

## **The Limitless Life Experience Podcast**

### **Transcript**

#### **How to get in the zone fast when you're feeling frazzled**

So your mind, particularly when you've been running around like a mad thing, trying to do 60,000 things at once is just going to go from really really active to stopping dead, completely clear and zen mode - just doesn't work like that, but you need it to actually, you just need to slow everything down.

I'm not going to tell you how you can make six figures in six minutes. I'm not going to tell you that the only reason that you haven't created the ultimate freedom in your life is because you haven't yet launched a membership site. And I'm not going to shame you into thinking that I've got the only magic wand in the world that will solve all of your problems, that you can have for just 60 per million pounds - but today, 97. But only if you buy in the next two minutes. Why? Well, aside from the fact that it's really freaking wrong, and has always been really wrong... right now, the world is shifting, and it is crying out for something new. And some people have felt it, some people have heard it, and some people just know that that is truth. My question is, will you be ready? Hold onto your hats, peeps, because the gateway is coming.

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three multiple six figure, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you and go from confusion to clarity when it comes to creating messaging that convert browsers into buyers, so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is The Limitless Life Experience.

Hello, hello, you gorgeous human being. How are you doing today? It is me, Suzy Ashworth and you are listening to the Limitless Life Experience Podcast and I am super excited to be back in your earbuds, or maybe this is the first time I've been in your earbuds. Hi friend if you are new, but I'm excited to be here again. I am going to cut straight to the chase. It is just going to be a mini one today. I arrived here in not the most grounded of states. I was half an hour late for my studio time, because when I finished meeting with my peer mastermind group we meet every two months. When I signed up we were meeting in person. Unfortunately that's not a thing right now. We are still at time of recording in the middle of lockdown and whilst I'm not going to use the word stranded in Mexico, there is definitely a lot of ambiguity around the point of buying plane tickets right now.

We're having a lot of stories of people buying tickets and then the airline immediately cancelling flights and then offering vouchers in exchange for your money. So we are

still here right now. So I've been up since four on my mastermind meeting, meeting with all of my peeps in the UK, which was really, really important. And I had my time in the studio scheduled for half an hour after we finished and we finished on time and instead of making my smoothie (cause I'm on a smoothie cleanse right now) instead of making my smoothie going downstairs, chatting with the kids, saying hi to Jerome, I decided I'd just catch up on some Voxers and I got lost down the Voxel a hole. I was deep in it and ended up not really having any of my shit together at 11:40 when I was supposed to be in the studio at 11:30 so I'm rushing around like a mad thing still on Voxel by the way, doing a very bad job of multitasking.

I know that some of you are like, yeah, I feel you, Suze. I'm like this is the consequence of not being focused. So I'm still on Voxel speaking to my lovely Facebook ads lady and just trying to work my shizzle out. I go downstairs, I pick up my bag, and there's this weird thing on the top of my back, like I have a Tumi bag and it kind of wraps over the top. It's really quite nice. And when I pick the bag up, well I've picked the bag up and I haven't noticed anything is weird with the bag. When I get it into my office, so I can pack my laptop, and my mic, I see some weird thing that almost looks like a little bit of a fluff, but my intuition is saying that's not fluff, but definitely don't just brush it off with your hand. So I grab my moisturiser and I'm trying to like bat it off, and all of a sudden see the tail.

I see the claws and I see this thing running into my bag. It's a small - which are the worst ones by the way. A small greeny brown - which is the worst color by the way - scorpion. And it's run into my bag. I'm like 'aaah, Jerome', and then the kids come in obviously, and it's just, it's all a bit of a, you know, it's a bit of a shit show. And so that also holds us up. and then I'm saying to Jerome, 'I'm late, I'm late, I'm late', and so he's like 'Do you want to lift?'. So then we have to get all of the kids in the car. Then I've arrived, not feeling grounded is how this conversation started and you can see why and so it feels really apt to share with you the three things I did to fight off my frazzle fast. Easy for me to say.

The first thing I did when I got into the studio is stop, stop trying to do Voxel and I got my computer out. I closed everything down so no tabs open because obviously everything was open. Just shut the lid and chucked it in my bag, closed everything down if it wasn't necessary and I stopped. That is step one. If you're feeling frazzled. You know that what you are doing is not coming from your highest place, you know that you're doing everything badly. The first thing you need to do is stop.

The second thing that I did was closed. In fact, the second thing that I did was look at my phone and I set the timer for three minutes, which bearing in mind I can meditate, I've meditated for up to two hours a time before and can quite easily lose myself in a 40 minute meditation. I knew that three minutes was going to be tough because of

the speed at which my brain had been moving. So three minutes is a good time, actually said it for three minutes and three seconds just to give me the opportunity to slow my thinking down. So I set the alarm, I closed my eyes and I focused on my breath and because my brain was still in hamster mode, it took a little bit of time for me to really set the intention and honour the intention of just following the breath, and then noticing how many times in that three minutes I could just bring my attention back to the breath. So your mind, particularly when you've been running around like a mad thing, trying to do 60,000 things at once isn't just going to go from really, really active to stopping dead completely clear, and zen mode. It just doesn't work like that, but we don't need it to actually, we just to slow everything down. And that three minutes was slightly on the long side for my brain. My brain was like, 'Are we're not done yet?'. But actually that's perfect. That is perfect. It was like we just wait for the alarm.

And then the next question is, is what is the next best thing to do? And for me, I wrote that down, which was 'just record an episode'. and this was the episode I just tracked back. What have I just done? Because after I finished breathing, I certainly felt more equipped to do this recording session. And so then the next best thing was to not do anything else but just record the next episode. And so my friend, here we are, and even as I'm speaking you through the process, I feel everything slowing down just that much more, which honestly gives me a hell of a lot of joy.

It feels way more expansive and way more spacious than trying to cram everything in an even as I'm saying that, when we are rushing around from pillar to post, trying to be superhuman - in not a good way, we're in a state of contraction, and so any result that we are looking to achieve, even the conversations that I was having on Voxer, I had to say, I definitely need all of this written down because as soon as I leave this room, I'm going to forget everything. That is not the most efficient way to create, and deal, and interact, and communicate. And I think what's been super interesting during this time is... perhaps there's been less of that, because we've been on this pause, and we haven't been rushing to do the school run or rushing to get to work or rushing to do anything actually.

And I think what has been super interesting, even as I reflect on that is I, I know just from this small experience that that is not the way that I want to run my life. Always being late, feeling like I'm on the back foot, trying to cram in way too much because I am in fear. If this doesn't get done, then everything's gonna fall apart. Or if this doesn't get done, like this person's going to judge me, or if this doesn't get done, then I'm going to feel that I'm not good enough. There are so many other stories that feed into us not adhering to our own boundaries, but they're just some of the most common ones.

And what's been interesting, I've heard this from clients who've had clients who've said it, but I've also had people say it to me. I don't want to go back to life in that way. I don't want to go back to working in that way. I don't want to go back to that kind of distracted talking and communicating in that way. And when we are out of lockdown, I'm afraid that that's what's going to happen. I'm afraid that I'm going to go back to my old normality and I don't want that. What do I do? And I think that if any of this is resonating with you, and you are really clear that actually, even though it has felt chaotic sometimes, because I think that even if we, I think that the cramming has come particularly with people who are looking after their kids and homeschooling right now, and trying to run a business. That's where the cramming has come. And that looks different when it's school runs and - in inverted commas - normal life. And I think that for a lot of people, what they have realised with homeschooling, and all of that jazz, is that something has to give - because of all of the reasons that I've just said, it doesn't serve anyone. I think sometimes that can be really hard to acknowledge, and they also know that even when there is the freedom of being able to focus on your business, I had one client who the last time we worked with each other, she'd just given birth and she said that then 'I don't feel like I've got the time', and now she's got a small baby and a toddler and now it's like, okay, 'I can't believe I didn't think I had the time'.

But that aside, I'm digressing, I'm tangential. But if it resonates with you, the idea of not going back to the cram, not going back to feeling like you need to operate in a certain way to be worthy enough to get all of the stuff done and feeling like there's never enough time for you to really fulfil your dreams and desires... then you have to get really intentional now about what it is that you are stepping into, post Covid, post lockdown. And honestly, I think that a lot of people are not doing that in the most effective way. I think a lot of people are just thinking about things getting back to normal. And when I say things getting back to normal, talking about their environment, getting back to normal and well, when the kids are in school and when this is happening and we, when we are able to get together, then it's going to feel different.

Yes, it's going to feel different, but is it going to feel the way that you actually want it to feel, when we kind of take off the Rose tinted glasses about what life looked like and felt like and who we were being in our lives before Covid. Do we really want to go back to that person? And I think for many people, at least listeners of the Limitless Life... it's about way more. Yes, it's about appreciation of what we have. And also it's that question of what does limitless really mean to me? Now I have this new perspective. Now we're moving into this new chapter for the planet, and for the community, on a micro and macro level. What does this mean for our community, within our homes? Who do I want to be?

And so whilst I don't have the answer to that for you. I do encourage you to think about the changes that you want to make post locked down. I do encourage you to think about who it is that you want to be. Is it the same person as before or is it different? And if it is different, I would love, love, love, love, love for you to drop me a DM on Insta suzy\_ashworth - and tell me what are the biggest things that you are looking to step into, or change about how you are showing up, about what steps you're going to be taking to really live into limitless. When we were gained some semblance of freedom again, I would love to know.

Right my chickadees, thank you so much for listening. If you got anything from this episode, please tell your friends. Please take a screenshot. Please come and tag me on Insta and if you feel so inclined, drop me a review on iTunes. I will love you forever. Thank you.

And remember...

**Faith + Action = Miracles**