

The Limitless Life Experience Podcast

Transcript

On to Valencia

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Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three multiple six figures, 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 converts 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 you gorgeous human being. It is Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast. And at the time of recording, we have just under 36 hours until Coco and I hop on a plane and make our way to Valencia for the next chapter of our adventure. And I suppose that I just wanted to share with you why we're doing it really and why this feels like the right step. And I think even in saying that phrase, this being the right step, what I have spent a lot of intention and attention on over the years is really cultivating a belief that there are no missteps or wrong steps and that everything that is supposed to happen is always happening. And that has been really, really helpful. I think in terms of living a life where there are few, there were definitely some, but there are few regrets and really embracing the opportunity to take risks that other people sometimes look at and think, 'Hmm, what are you doing?' and why are you doing this? I have got used to hearing people say, 'yeah, but how?' and 'why?', and 'are you sure?'. And the answer to, or particularly the last question, which is, are you sure is yes and no. And does it matter? And the answer to, does it matter is always no, you know, what I am sure of is that I, um, fully supported, I am fully supported in everything that I do. And I believe that I have my team of people, my team of guides, who even when I'm making the most, you know, messed up, ridiculous decisions due to my own insecurity and lack of connection with my limitlessness are still there cheering me on a still there like, 'Oh, she's decided to take this route, interesting'. 'That's probably going to take another five years, but Hey, we're here for it. We're available for it'. And that feels really, really comforting. So when it comes to making these big life decisions, there is a sense of ease and the same sense of being unattached when I talk about results in business. And what's interesting is that it's probably a little bit easier, just a little bit easier for me to be more unattached in my life than it can be in my business. And I think that,

you know, when we're really straight down the line, the reason that that is is because - my business I'm solely responsible for the wellbeing and financial security of our family right now. So it becomes slightly more interesting when it comes to saying to the mind, relax, let go of the wheel, you're fully supported. It's going to be okay. Because if it's not - death and destruction and the loss of our home, that's where the mind wants to go to. But even in that space, I am so much better at releasing control because of this belief and mindset that I have cultivated.

So when it comes to our year away in Spain, we genuinely have no idea what is going to happen. We have said that we would love it if this is our place - you know, if we can feel completely at home in Spain and the kids will feel great in school, then it could be a contender for where we choose to do life, which feels exciting. And at the same time, we're like, and if it doesn't work, we'll just come home. And I genuinely think that it's such a powerful place to be in when you realise that nothing you ever do, can't be undone. You always get another chance to take another step and to take a different path. And within that awareness comes a whole new level of freedom and the opportunity to explore all that is possible for you. And you know, that is my commitment. Even as I'm saying it, I feel the excitement starting to bubble. And I love the fact that it's starting to bubble, cause I'm not gonna lie. It's been a little bit stressful over the last week or so. I've been talking about the number of triggers that have come up and the number of insecurities that I have noticed. And I know that that is because I am currently in transition. I am about to up level to another frequency band, which means that I'm opening myself up for a whole new level of receiving. And with that come the triggers. With that come the limiting beliefs and stories that say 'who we're used to have this much?', 'who are you to be able to receive at that level?', just 'Who the fuck are you really?'. That stuff comes up every single time.

We are looking to take the next step and looking to attain a new level of freedom, a new level of abundance, a new level of choice. And it's okay. I definitely think though part of that is also the move, which I hadn't really considered until I started chatting to you. We're changing our lives, the game, and we are turning the page and creating a whole new chapter in our story together as a family. And some of that is going to be divine, and beautiful, and just so gorgeous, and effervescent, and fizzy, and fun, and all of the things and other parts of that chapter are going to be dark, and dense, and stressful, and challenging, and frustrating, and stuff that we find hard.

And I suppose that this episode is a declaration that says I'm open and available for all of it. Ah, I just said that. Especially the good bits. Especially the fun bits, I'm definitely available for the fun bits. But I know then you can't have light without shade. You know, contrast is part of the journey, and I feel really good about it.

So it's going to be a hectic couple of weeks when we arrive, our first mission will be to try, and find a longer term house and home, so that we can settle down, find a school and enjoy the sunshine. So if Valencia was once upon a time your hood, you've been there and you know the places to hang out, then please, please, please hit me up on the ground. Let me know what the vibe is. I am totally open for your suggestions and inspiration.

Right, I love you so much. Thank you for being here and I will see you next time.

Please remember that...

Faith + Action = Miracles