

The Limitless Life Experience Podcast

Transcript

Stop making excuses

I'm talking to you. If you have been making excuses about your progress, I want you to receive this as the slap, a little slap around the chops of me saying, "wake up!".

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 gorgeous, it is Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast. And I am just about to take a big glug of water because my throat needs it. Right. We are back in the house. How are you, how the devil are you? My friend, this is being recorded in Valencia. I'm not sure if I have done any four episodes here yet, but it feels really, really good to be in Spain. I am loving the vibe. I would say the only kind of non positive difference that I have noticed is that the locals are not as outwardly friendly as what they were in Mexico. That is not to say that Spanish people are not desperately friendly, because my experience, at least when I've been with Ibicencan, which I know it's slightly different, do not want to put everybody in the same melting pot. But when I lived in Ibiza, I think one of the things that was so, so incredible with the number of Spanish and Ibicencan people that were so warm and welcoming. So it's interesting. I get curious as to whether it's the city vibe or whether it just is what it is for this area, but outside of that, and as I say, I'm not saying that Spanish people or Valencians or not friendly, I'm just saying not outwardly as like, Hey, come in, have some sangria. We're definitely not like that in Whitstable either. But I'm loving it. I am loving the architecture. I am loving the Palm trees. I'm loving the colors. So, so vibrant colors on the buildings. It feels really artsy and creative and I feel just good. So I cannot wait to host here. Fingers crossed the borders. The doors will be open for October because we have a freedom experience for the original freedom sister community to come and play with me over here in October.

So that is we're keeping all of our fingers and toes crossed that that is on. And then in July, 2021 Freedom Experience, 2.0 are coming over to play. I just can't wait. Can't wait to show off my new city.

Anyway, what are we talking about today? We are talking about our capacity for making excuses. Yes. I'm talking to you. If you have been making excuses about your progress, I want you to receive this as the slap, just a little slap around the chops and me saying wake up like, seriously, we do not have time. You do not have time for your excuses right now. And this might sound harsh and you may think this is not unexcused. It is true. We have being in a pandemic. I don't know how to do the thing. Yeah. I don't think this works for me because if you have said any of those words in the last 90 days or so, I want you to stop it because you are not serving yourself at all.

In fact, what you are doing is giving yourself permission to not Excel in the way that, you know, deep down, deep, deep, deep, deep down that you want to do. You're giving yourself, get out clauses. Here's the thing. I know that nobody, nobody, nobody, nobody feels amazing all of the time. I didn't last week. I definitely didn't. Last week, I felt the stress of moving to another country over a period of a month during a lockdown while still working and managing the kids and being a wife and sorting out the dog. And everybody's saying, Suze, what about this series? What about this series? What about this soon? Sort of like, I did not feel great. And my body said, you need to stop. You need to stop right now.

And so I know like we don't great all of the time. And I also know that even with all of that stuff going on, I wasn't actually doing all of the things that are necessary for me to do in order to get the result. And in this case, the result is me feeling at least 85% of my energy. I wasn't doing that. I allowed myself to go to bed a little bit too late, which meant waking up a little bit too late, which meant not doing as much quantum flow as I wanted, which meant that I was way more easily distracted. I was checking my phone more. I was on social media more, feeling in that headspace of reaction rather than choosing to respond. All of that contributed to me, not feeling my best.

And I want you to get really real with yourself. If you haven't got the results that you have wanted over the last few months. And especially if you haven't got the results that you wanted over the last few months and you are in the coaching industry. And I want to be really specific because I'm thinking about one of my clients in particular, who works with local government agencies. And she hasn't got the results that she wanted over the last few months, because quite literally, she had to pivot her whole entire business. Yes. And with that pivot, she belongs last time we spoke was on a 17,000 pound loss and there was a part of her, yeah. Giving herself a hard time for not having hit the numbers that other people in my coaching groups. And I'm thinking

specifically right now of the Freedom Experience have... And I was like, how long a minute, give yourself a break. Because this actually is a thing. The people who pay you stopped paying and they diverted all of their money and what you did instead of rolling over, laying down and saying, this is not possible. And this is not fair. And my business is going to fail. You chose to pivot. And now you're sitting on a £17,000 launch.

How many other people in your industry have done that? And so this isn't a like totally ignore your circumstances. But I do know that if you are in the coaching industry, whether you are a life coach or a business coach or a metaphysical coach, you can be earning right now. So, so many of my peers and friends and clients have been killing it. Why? Because they chose to. Why? Because they took action on the things that they said that they were going to take action on. Why? They did not let their fear of not having all of the answers, of not knowing what was going to come next, and not knowing if people were going to buy, slow them down. And I know that for some of you listening to this, this is going to feel quite uncomfortable, but here's the thing I want you to feel uncomfortable because I want you to step into your awesomeness.

I know that you can do it. I know that you can do it. You wouldn't be listening to this. If you didn't have it within you to do it, and you wouldn't be feeling uncomfortable. If you didn't know that you have been making excuses for not showing up fully for yourself. And so if this is you, I don't want you to beat yourself over the back with a big stick. I definitely don't want you to do that. But I do want you to say enough is enough. Enough is enough right now. And I am choosing to show up for myself. I am choosing to let go of the story that says poor me. I'm just not good enough. I didn't have enough people telling me the right things. It doesn't work for my industry. I want, if any of those thoughts are in your mind, I want you to stop with that crap because it is crap.

And I want you to recommit, to stepping into your greatness, which means resting when you need to rest taking action. When you need to take action following through on the promises that you make to yourself and for yourself, and if you cannot do it on your own, getting a mentor, that's what it means. That's what it has meant for me, every single step. And you know, I have so many mentors. Why? Because I know that I wouldn't do it if it was just left up to me, I know that accountability in my world counts. And so I pay people to keep me accountable to my dreams, to my vision, to the possibility and I pay good money. So I get good accountability, right? My lover, that issue or little shot in the arm and where they want you to share with me what your number one takeaway has been from this. And if you have got good value, if you required this today, then please tag me on Insta. You know, I love a little bit of

that. Leave me a review on iTunes and let's spread the word about moving limitlessly.

And if you haven't come over to play with us in the quantum success hub yet, it's my free Facebook group. The energy in there is all why. And I teach every Thursday in there for free, with thrive Thursdays. It's just a whole load of fun and it would be great to see you in there. So come on over and playing and remember that...

Faith + Action = Miracles.