

The Limitless Life Experience Podcast

What does Amazing look like?

Transcript

Intro

Do you genuinely feel that you were born in this space at this moment in history to merely accept and live into, this is just good enough, like really? I just don't and can't believe that to be true. Welcome to the Limitless Life Experience podcast with me, your host, Suzy Ashworth. I'm a mum of three, seven-figure, serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believer in miracles. My superpower is helping female entrepreneurs like you create six-figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space you will hear me talk all about wealth, yourself, spirit, and impact. This is the Limitless Life Experience podcast.

Suzy: Hello, hello there you gorgeous human being. It is Suzy Ashworth here, and I am super excited to welcome you to the Limitless Life Experience podcast. Yay. It feels a little while since I have sat down in front of the mic and I am not gonna lie, it feels great to be back. For all of my people in the UK, I'm picturing Tony the Tiger - great to be back, when I say that.

Today's podcast is going to be a short and sweet one inspired by my other half Jerome Ashworth and a conversation that we had where he asked me, what would amazing look like? And I found it difficult to answer that question when it was first posed. And it made me think of all of the times where I have asked people, what do you want? Now what do you really, really want? And why do you want it? And what a difficult question that can be for some people to go beyond I want to be able to pay the bills Suz, I want to go on a holiday every six months or so with my family Suz. And whilst I have no problem at all, with that being the goal for some people, what I know for the people that join me in my programs, especially when I think about things like Freedom Experience or illuminate or working with me one to one. Is that the what do you want and why do you want it goes way beyond wanting to pay the bills and wanting to have a couple of nights' holidays a year. And it can feel uncomfortable allowing yourself to go there. And what I realised when I was asked this question was I felt some level of embarrassment maybe, or if we're getting really real, some level of shame about what amazing would look like for me, when I gave myself permission to go there, what came up was, amazing looks really, really goddamn, unrealistic to 99.9% of the population. Amazing to me, looks like a 9 or a 10 out of 10 every single day. Now this is with the real acknowledgement that as human beings living a human experience, sometimes shit happens. And sometimes no matter how much the intention to have 9 out of 10 or 10 out of 10 days is, some days are going to be a 2. Some days are going to be a -2. And that's because we are living life. However, my intention and my attention when it comes to creating the life that I desire is absolutely rooted in why the fuck shouldn't I have a 9 or 10 out of 10 life, every single freaking day? I want to have the most rich and expansive conversations. Every time I speak with somebody, I want my home to feel like an absolute haven of creativity, inspiration, and positivity.

I want my children and my relationship with my children to feel so expansive and nurturing, and for me to be able to be emotionally, mentally, physically present with who they are and who they desire to be. And I'm smiling as I say that, because I know that so many of you who are parents who are listening to this will really relate to that. And the truth is, is that I feel so far away from that intention, but I know that the more I speak this publicly, the harder it gets for me to not honour the desire, the harder it gets for me to not adjust my behavior, to adjust my thinking, to adjust my believing to what is possible. The more frequently I speak this reality into my existence. I want to feel 9 out of 10 in my skin. I want to feel 9 out of 10, 10 out of 10 in my heart.

Like I want everything to be optimal. One of my mentors always says, isn't this the best ever, isn't this the best cookie ever. Isn't this the best green juice ever. Isn't this the best ever. And I would always laugh and be like, maybe this isn't the best ever is good, but it's not the best ever. And in this conversation about what would amazing look like? I realised that what I am choosing to expand into, what I desire to step into is that yes, for me to look around at my life and feel into it with every cell of my being that this is the best ever, most people are willing to settle for less than, most people are willing to settle for good enough, most people are willing to settle for this is alright, because 99.9% of the population are living in that space. And so therefore it feels wrong. It feels arrogant. It feels audacious to say that I'm aiming for the best ever in every single area of my life.

But my question is, if you're not aiming for that, why not? Do you genuinely feel that you were born and it's a miracle that you were born? Do you genuinely feel that you were here, you were born at this time, in this space, at this moment in history to merely accept and live into, this is just good enough? Like really? I just don't and can't believe that to be true of anyone anywhere and because of who you are because of the very fact that you are listening to this podcast right now, I know that you are listening to this because there is another level that you are not tapping into right now. And that your soul is saying, I need more. I need more from you, right? I need you to step up. I need you to expand, and you are listening to this to get the nudge, to stop accepting less than. So if you needed to hear me say today, it's okay for you to desire more. It's okay for you to bring your intention and attention to calling in more. And it's okay for your desires to be or desires, hear me right now, when I say that it's okay. And if you're like, no, Suzy, I am completely content. I'm like, great, good for you. This episode, this particular episode is not for you. This specific episode is for the person who knows in their heart, in their soul, in their bones that they want and deserve, and are absolutely capable of receiving the best ever in every facet of their life. This episode is for you.

And if you recognise that if you feel a stirring, if there is something that has been activated by us having this conversation today, I want you to commit to taking one positive upleveling action. That is going to take you one step closer to creating the best ever experience in just one area of your life. And usually that means releasing something. It means declaring something. It means just taking action on something. Okay. That is it for me today. I trust that this was exactly what you need to hear. If it was, do me a favour, tag me on Instagram and let me know that you are with me. If you know that this is an episode that one of your

friends needs to hear, please share the love. And don't forget if you haven't done so already. I would really appreciate a five star review if you are feeling that vibe over on the iTunes app. And please remember from now until next time...

Faith + Action = Miracles