

# The Limitless Life Experience

You can do hard things

## Transcript

The energy and vibration of the words that I share that is a reflection of the part of you that knows that every day that you choose, every day that you consciously intend, you get to expand into the person that you desire to be too.

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 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, hello, you gorgeous human being. This is Suzy Ashworth, quantum transformation and embodiment coach, and you are listening to the latest episode of The Limitless Life Experience podcast. And if you are feeling amazing, as you are listening to this today, I salute you, I applaud you, go and share your energy with the world. And if you are feeling like today is a sack of shite I feel you. And it is my intention to soothe your soul with maybe just one sentence. And that one sentence is you can do hard things. You can do hard things.

I believe that every day I get closer to living into the person that I'm supposed to be. I don't believe that I am there yet, and that's okay. And I don't believe that there is a fixed destination. I believe that it keeps expanding. I believe that it gets to keep evolving and that's exciting for me sometimes. And other times it's overwhelming and it scares me.

What I know to be true is that if you're listening to this and this isn't your first episode.. if it is your first episode - Hey! But if it's not your first episode and you're coming back for more and more every week or intermittently, you're coming back for a reason, and there is some about the energy and vibration of the words that I share. That is a reflection of the part of you that knows that every day that you choose, every day that you consciously intend, you get to expand into the person that you desire to be too.

And whilst I feel very comfortable using the word leader for me, I get that that word might not resonate with you. And I don't really mind the fact that I believe that I am here to be a leader amongst leaders. And that's part of what makes the work that I do special because I see you and I feel you and I hear you, and I see you, before perhaps you've even seen yourself. And I'm okay with that.

And so if you are having a hard time right now, if you have something hard that you need to do, and your mind is playing that game of you're not capable, I want to call bullshit on that story. And I want to invite you to go back to the last hard thing that you had to do and that you did not want to do, and that you fought kicking and screaming so that you did not have

to do it. And I want you to think about whether you regret doing that hard thing. I want you to think about how you felt maybe a week, two weeks, a month, a year. How you felt after doing that hard thing.

I want you to think about the you then that didn't have the knowledge, the tools, the experience, the knowing or the certainty that you have listening to this episode right now that you were going to get through it. And I wonder, I wonder, do you applaud that version of you? Who did it anyway? Do you applaud that version of you that had the capacity to get through it? And maybe you're not quite at the stage of thriving right now.

But you can be. You can choose to keep expanding and evolving and moving into the energy of thriving. You can have that. And if you are feeling amazing today, anyway, I want you just to remember this the next time you have a hard thing to do. I want you to know that you can do hard things.

If you know somebody that needs to listen to this episode today, please share the podcast. Give me a tag on Instagram, hit me up with a review if you find these mini power sessions helpful, and please remember that...

Faith + Action = Miracles