

The Limitless Experience Podcast

How to get over a set back

Transcript

Suzy:

And then finally the invitation is to go to bed and get a good night's sleep, just sleep. Set the tension that you're going to wake up feeling a little bit better, or not better, depending on what your vibe is. And when you wake up, first thing, check in, quick body scan and then whether you're feeling great or not go into appreciation. Thank you. Thank you. Thank you. Thank you. Thank you.

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.

Hello, gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And today's episode is all about how to pick yourself up, dust yourself off after you have had a bit of a knock back, after things haven't gone exactly as you planned. And I just, first of all want to acknowledge that if you are in that position right now, and my hand is on my heart and I am sending you a huge, huge amount of love. So that is the first thing. The second thing that I want to say is this too, shall pass. The feelings that you are experiencing right now are not going to remain. And I want you to take deep heart and pleasure in knowing that most likely, certainly within the year, you're going to look back at this moment in time and be able to say, wow, isn't it amazing how much my life has shifted from that point.

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Thank the Lord. You are going to be able to do that. The next thing that I want to say is reaching out for help and reaching out for support is always top of the list for me now, when I'm having one of those moments. And I feel very fortunate that depending on what type of moment I'm having, there are a range of different people that I can say "help". And I think the biggest change for me from how things used to be when I was suffering is that I would be the type of person to suffer in silence. My martyr hat would be firmly on, and I would bemoan at the fact that nobody ever supported me the way that I wanted to be supported, because I was always the person doing the supporting. And it's interesting that I, well, it's not interesting, it's obvious to me, I attract a lot of people who have that script running as well.

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And what's beautiful is that I become one of the confidence for those people. But if you do not have me in your voxer, I want you to really commit to reaching out to people who, you know, are capable of holding space for you. And if you genuinely feel that you don't have anybody like that in your environment right now, I want you to set a very clear intention that you're calling those types of friendships or mentorships into your life. There is something that is so powerful that comes when you're able to say to somebody who loves you and cares for you, but also will always see you in your highest. There is something so powerful about being able to share and not be treated like a victim at the same time as being heard and held. And that for me is really, really invaluable types and invaluable type of support.

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And as I say, sometimes that's friendship and sometimes that's paid mentorship, but choosing to reach out and ask for help is so important because it's usually with those other perspectives. One, we find a new level of strength. Often we're reminded just how strong we are as individuals, but two those alternative perspectives give us the opportunity to look at the situation in a different way. And that is super helpful when it comes to helping us move through whatever pain or suffering we are experiencing in the moment. The next thing that I want to say is that it's totally okay to have a moment. I think I have, I have some people in my life who say, Oh my God, Suze, I'm blocked and this doesn't feel good. And that doesn't feel good. Like what's wrong with me? And I say, you're not blocked, you're human. Like there is something crappy that is happening right now.

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And you get to feel it. And that doesn't mean that you are holding yourself back from manifesting the life of your dreams. It does not mean that you are now off path or you are an inauthentic spiritual person because you're having a moment. You're having a moment because you're a human being and something crap has just happened. So allow yourself to feel the feelings. And for me, I don't have a specific time limit, I'm certainly not on the phone, like with my timer waiting for the alarm to go off. And at the same time, I have a very keen understanding of when processing and allowing emotion to flow through me has shifted into wallowing in my own self-pity. And as soon as I find the fact that I'm sitting in it no longer feels helpful, no longer feels part of the process.

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The minute I feel that my emotions are overwhelming me and it's my emotions are in control and I'm waiting for them to lift, I know that I get to do some work. So from that space of allowing emotions to flow through me, if I haven't done so already, I'm going to reach out to somebody. And if I've already done that, I'm going to choose. I'm going to choose to zoom out. Oh my goodness, the power of the zoom, zoom out. What is the bigger picture when it comes to why it's important for you to get back up on your feet, why it's important for you to view things differently? Why is it important for you to allow a new perspective, to be the

perspective that you operate from? You know, is it your kids? Is it your family? Is it the bigger mission?

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Is it the big vision? Is it death, you know, why is it important that you are able to tune into a different perspective? And then really the next thing is being really kind to yourself, doing something deliberately, intentionally nourishing that is heart expanding. That is uplifting. That is comforting, that is soothing. And giving yourself that gift, knowing that when you're kind to yourself rather than berate yourself, when you nourish yourself that you're just creating space for healing. You're saying I am ready to be healed when you're intentionally kind to yourself in that way, and that can only lead to good things. And then finally the invitation is to go to bed early and get a good night's sleep, just sleep, set the intention that you're going to wake up feeling a little bit better, or a lot better, depending on what your vibe is.

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And when you wake up, first thing, check in, quick body scan, and then whether you're feeling great or not go into appreciation. Thank you. Thank you. Thank you. Thank you. Thank you for being gifted the opportunity of making things just a little bit better that day.

I hope that that has been helpful for you my friend. If you have enjoyed it, please do me a favour, give me a tag on the gram, leave me a review on iTunes. I would appreciate that deeply. And if you want to come and play, you want to talk more business than I am hanging out in the quantum success hub for female entrepreneurs over on Facebook, and you are so goddamn welcome. So come and play and remember that faith plus action equals miracles.

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