

The Limitless Experience Podcast
Stop beating yourself up
Transcript

Suzy: [\(00:01\)](#)

Just stop it. We're human beings having a human experience. And it doesn't matter how enlightened, awakened, conscious we become. There are always going to be things that don't go to plan and don't go in the way that we thought they were going to.

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.

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Hello hello hello you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. How the devil are you? Are you feeling okay today? I hope not. Okay is not the way, I want you to be feeling fabulous. And I recognize that some days, okay is exactly where you need to be based on what is going on around you. Some days fabulous is so far away from where you are in the given moment that the idea of me suggesting that anything other than okay is not okay, makes you want to, I don't know, put my face on a dartboard and bulls-eye me. And I hear you, I suppose, actually, it's a really beautiful lead-in to what I want to talk about today, which is about feeling bad and beating ourselves up when things don't feel great when things are not even just okay, but things are less than okay.

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And feeling like we should know better by now that we should have learned this lesson or that we should be more organized or we should have got it sorted or should have just known and the message for today, which is going to be so short and sweet is stop beating yourself up, just stop it. We're human beings having a human experience. And it doesn't matter how enlightened, awakened, conscious we become. There are always going to be things that don't go to plan and don't go in the way that we thought that they were going to, because we are only in control of ourselves. We are not in control of our friends, our kids, and all of the millions, if not, billions of things that are happening around us at any given moment in time. And so I hear you when you say, yep, I get that Suze.

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And yet, if I am in control of myself, why wasn't I able to control myself in this moment? And I believe that if you're listening to this podcast, you are the type of person who most of the time you are doing your best. And I think that sometimes our best falls down the cracks, you know, when we're tired, when we're sad, when we're frustrated, when we're just peed off. Yep sometimes our best falls down the cracks and we snap and we're mean, and we're not very kind. And I think probably the biggest lesson for me, when it comes to self-acceptance is being able to observe all of those things with awareness. I think it becomes super problematic when you have no idea that you are, you know, not acting in your highest. So I think that having that awareness is super important and then choosing to love yourself

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anyway. I think that when we find ourselves in those moments where we are acting, where we're allowing our inner child to act out, it's really remembering that it is our inner child acting out, it is our inner child who feels confused or unsafe or unheard or exhausted, actually, maybe the exhausted bit is us. But what happens when we feel exhausted is our inner child comes out, and rather than berating ourselves, rather than berating yourself for getting it wrong for not being the person that you know that you can be in that moment. The real invitation is to soothe yourself is to get really quiet and ask yourself, how is it that you're really feeling right now? You know, what is really wrong and really just listen, tune in to where your pain is, where your suffering is, that you are trying to expel to other people and acknowledge yourself and soothe that pain by being kind to yourself rather than berating yourself.

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It will not I am sure be the first time that you've even heard me, let alone this concept of us, you know, being like onions and it's layers. Like the work is never done. There is no destination. You're not going to wake up one day. This enlightened being who never messes up because you're human and that is totally and utterly okay. And you are totally and utterly okay, even when you're not. And I think that the quickest and most effective way to move through any of those challenging feelings or behaviors is to self-soothe, it's to hold yourself, it's to love yourself anyway. 'I've been a dick and I love myself anyway, I got it wrong and I love myself anyway, I shouted and I love myself anyway.' And the more you're able to name it and love yourself anyway, you feel your self expanding. You feel the tension releasing, and you can allow that pain and suffering to come up and move through you.

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And then from that space of spaciousness, you get to choose way more consciously what the best next step is going to be. And it might be saying, sorry, it might be moving on. It might be making a different plan for next time. It might be having a plan B. It could be any multitude of things. You're going to be able to access those things, what it is specifically so much more quickly when you act from a place of self-compassion and self-love and self-acceptance. So without any further ado, I want to say, stop beating yourself up. You're great. Okay is great. Fabulous is great.

Crappy is great. And even though it's not great in the moment it gets to be, it gets to shift. It gets to transmute and you are always enough, even in your messiness. You're good. You're great. And I love you. If you have got any value from this episode, please let me know over on the gram.

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I love hearing from you and I love having your insights and your takeaways. And of course it means that we get to share the message with more incredible human beings. And if you want to hang out and play on a more regular basis, well, we're pretty regular with the podcast, so if you want to come and play in person, shall we say, but eyeball to eyeball, then come over and join us in the quantum success hub. I go live every Thursday morning and it would be amazing to see you. And please remember that it's faith plus action that equals miracles.

Faith + Action = Miracles