

## The Limitless Experience Podcast

### The Divorce Diaries 1: How separating has been impacting my creativity

#### Transcript

Suzy:(00:03)

My power doesn't come from my partner, or my partner's family, or my children or my clients, anybody's approval or disapproval of me. My power comes from me.

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 beings. It is Suzy Ashworth here, and I want to welcome you to this episode of the limitless life experience podcast. And my question is already, do you notice something different? Now to be fair, I don't know the order that the episodes go out in, because I batch record and depending on how I feel and what I've talked about the week before, we kind of mix it up a little bit. So what you might notice right now, I'm hoping that you do because, oh my goodness it's been a journey, is that we have a new microphone. Yes. And it's funny, we've now done obviously over a hundred episodes and most people are kind of okay with the audio being, not as professional as some of the other pro podcasters out there and that's okay, we're all friends here, but every once in a while, somebody will reach out and say, you know what?

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Somebody has actually used these words, 'the audio quality does not match the content that you are creating and I find it distracting.' And I take that constructive, because it's constructive criticism on the chin. But one person reached out recently and said, 'you know what, you really need to use this mic.' Actually she said, oh, are you using a pop filter. And then she came back and said, no, but seriously, are you using a pop filter? And I was like, yes, I am. She said, you need to use this mic. And so I got the mic, the mic is a Rode procaster mic. It came without a cable so then I had to get a cable and it didn't come with a shock mount. I still need to get a shock mount, we've made it work without then I had to get an input machine.

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I mean, it's been a journey. So I am really hoping that you can tell the difference between this microphone and my blue Yeti. And if you cannot, I am going to say any advice you get from well-meaning people on the internet, you get to decide

whether you take it on board or not, but I'm hoping that this is definitely, it's been worth the ride. And it's interesting, I recorded a couple of episodes recently and afterwards, and I love doing the podcast. I really, really do. But after these episodes, I was like, oh, these do not feel great. And yeah, this is not really the vibe. And I think that it's not really the vibe, because even though I use this podcast, of course to, you know, it's marketing for my business. We use this to increase reach and let people know more about my message. Because of the move,

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and because I have less time and I want to keep creating and I've got delivery and serving and all of that jazz, what I was trying to do is cram my batching into a short period of time, which meant shorter episodes, which is fine. I love a quick and dirty one, you know that, but it meant shorter episodes. And what I found, what I find is when I'm doing the shorter ones, at least when I was doing this batch, I was going, or I was going to the tactical, which is absolutely fine, except I, you know, I have a vault of tactical masterclasses and trainings, it's called the genius zone. People in the one incubator and the Freedom Experience get access to it. And it has all of the tactical and I'm a nerd and a geek and I love being able to unpick things and put them together and all of that jazz, but it's not necessarily the stuff that gets me super excited that I want to spend hours and hours and hours talking about on the podcast.

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Actually, what I've really enjoyed doing over the last a hundred episodes is just talking about what is on my mind and in my heart at any given time. And sometimes that is the practical stuff. And other times it's not. And right now what is on my mind and in my heart is anything but tactical, actually, what is on my mind and in my heart is the fact that I am going through a separation with my husband. I've just moved back into my family home. And I'm really navigating what this new season of business and life gets to look like. And there are so many conversations that I am really itching, like I really desire to have. And at the same time, I'm really conscious that what I teach and I absolutely believe that this is the right way forward that we teach when we're through the other side,

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and we have the learning, and we teach when we're not in a deeply, deeply vulnerable state where people want to reach out and say, are you okay? Because even though I love vulnerability and I love sharing authentically, I think that it's really important as teachers and leaders, that we don't use our platforms for therapy. You know, I have coaches, I have had a therapist and I will go back to having a therapist. This platform is not for that. And yet I have questions and observations that I am looking to explore and that, when it comes to my content creation in this space, because my podcast has always been the most intimate of spaces outside of my newsletter. Those two places are where I really feel that I get to share from the heart. But there's something slightly different I think that we do turn up the vulnerability factor when you can hear my voice.

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It's different from the newsletter. It's easier I think to just lay it all out there on the newsletter in a different way than what it is with a podcast. And so I think what I have been struggling with is wanting to share, being deeply respectful of my husband because he is still my husband. He doesn't feel like my ex yet, I haven't taken off my wedding and engagement rings, yet. And I know that I need to actually, but I don't quite feel ready. And I'm not sure when, I don't, I'm not sure that you're ever going to feel ready for that. You know, at least when you're having the type of separation that we are having, you know. I think that perhaps it is different, maybe, if there is a lot of acrimony and you cannot wait to escape, but that really isn't the situation that we are experiencing.

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And so, yeah, he is still my husband, right now. And actually probably will be for a long time. We're not in any hurry to get divorced, but I am very aware that anything that I put out there in this platform is out there. And so I am deeply respectful of his journey and the fact that people he knows might one day listen to this. And I would hate to ever say anything that causes any more pain in a painful situation. And so some of the questions and observations that I desire to explore genuinely don't feel it doesn't feel like the right time right now, but at the same time, because they are the things that are on my heart and in my mind then when it comes to allowing my full creative expression to be expressed, feels challenging. So it, it feels good to be up early this morning.

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The kids are still asleep in bed. And to have this time to explore this with you, and this feels really good, really good to just share where I am at because I don't think that I've done this yeah anywhere. Yeah and I, and obviously they are the other consideration, because whilst I know I can't imagine them ever going, "I wanna listen to mums podcast." I do and I am mindful that anything that goes into the public arena is in the public arena and whether they choose to listen to it or not, if they have friends or enemies that decide that they want to needle them, then again, a platform like this could leave them very vulnerable. So I'm just conscious of all of those things. And I suppose it leads me to asking the question and offering support for those of you who do have stories that you want to share, but are wary of upsetting causing pain, offending family members, friends, and all of that juicy stuff.

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Like what do you do? And I think that we get to do this. I think that we get to share the parts of the journey that do feel aligned. I think that you can be honest in saying that, you know what, I'm not revealing it all right now, but this does feel important to share. I think that we get to share our stories through other people's stories. And so what that gets to look like for me, that might be bringing on other successful female entrepreneurs, whose, who have gone through separation and interviewing them about their stories and their experiences and picking out what resonates and

sharing snippets of my thoughts and opinions on what is going on with them. It might be through, you know, sharing the stories of friends and clients, not in interview format, but those snippets of conversations that you have snippets or in depth conversations that you have with people that have gone through the experience and just sharing their story.

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And I used to talk about this in my early days when it came to messaging about the "client story." And I suppose that doesn't feel so aligned anymore because if we're talking about authenticity and being honest, you know, saying it's someone else's story when it's really yours, it makes you dishonest. And I don't think that any of us should have to feel like that. I think that when we are fully in our sovereignty, then it shouldn't matter. And I think that this is also interesting to explore because I talk about this a lot and in short, that my power doesn't come from my partner or my partners, family, or my children or my clients anybody's approval or disapproval of me, my power comes from me. And so that means that I give myself permission to speak my truth and know that sometimes that truth may be difficult for you to palate.

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And that's okay, you know, that is true sovereignty. And we get to be empathetic. We do get to care about how other people feel, and it's not our job to drag anybody into sovereignty. You know, it would be great if we were all sovereign beings or acting, we are all sovereign beings. It would be great if we were all acting from that place. But we know that many people in our lives are not acting from that place. We know that many times in our lives, we are not acting from that place. I think that there's a real difference between fear and genuine care. I think that there's a real difference between fear and respect. And what I do know is even by sharing what I have shared on this podcast right now, that it will be making a difference to somebody to hear someone like me expressing how I'm expressing, how this is impacting, the way that I show up, the way that I create, the way that I want to speak.

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I know that that is helping and that the type of impact that I want to make and I get to make, and it feels so grounded. There's no way that I'm going to finish this episode and say, oh, that was crap. And we all have moments where we are not creating at 100, but time and space, I think really gives us the opportunity to tune in. And when I was recording yesterday, I didn't feel that I had either of those things. And as somebody who is embarking on this co-parenting journey, where is half the week, I'm lucky we're doing half and half. Half the week, I am going to have an abundance of space and maybe that's the time I choose for creation moving forward. Other the people who are single parents, you know, who are genuinely on their own, don't get that luxury. And that privilege that I have, and that we have as parents in relationships where our partners are playing, they didn't even need to be playing an equal role, but playing a role in supporting the growth of our children.

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It makes a difference. There were so many amazing conversations that I want to have about this actually, as I'm speaking, and I would really love to know what conversations would you like me to be having? Are you somebody who has been through this experience, who has found a depth when it comes to your healing and the navigation of this new path and new chapter, that would like to share your story? I am really interested in hearing what it is that you would like to hear and discuss and share. And it's not to say that everybody who says I'm a divorcee or I've been separated, can I come on? I can't promise that by any stretch of the imagination, but I do want to open this up. This is going to affect my business, it is going to affect impact. It's going to impact the way that I share and create moving forward.

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And it gets to be exciting. It gets to be a real opportunity. And yeah, I'm looking forward to sharing this with you as I'm when the time feels, right. Yeah, it feels good. And I think that that's it for today. So thank you so much for listening. I'm not entirely sure what we have covered, but I think it was good. If you have enjoyed this or know of any other women who are going through this experience right now, who would benefit in just hearing, just hearing me, and feeling like they're being seen and being heard, then please share this podcast, hit me up with your comments. I really would like to know what you are interested in when it comes to this subject matter. And like I say, as and when the time is right, I'm really open to sharing as much of the journey that feels right for me. So thank you so much. Please remember that faith plus action equals miracles.

Faith + Action = Miracles