

## Limitless Life Experience Podcast

### The surprising way I make big decisions

#### Transcript

Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three, a multiple-six-figure serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you go from confusion to clarity when it comes to creating messaging that converts browsers into buyers so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is the limitless life experience.

Hello, gorgeous human being. Welcome back to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. As always, there's no fluffing around. Maybe one day I will talk to you about what's been going on in my day or in my week or in my orbit if it feels really important. But I just kinda like to get on with it. And so that's what I'm going to do today.

I am talking to you about the surprising way I make big decisions.

When I look back on my life, there have been many big decisions I have made and I always make them in exactly the same way. I think that for a lot of people from the outside looking in, when they see me doing what I'm doing, the question that they ask, not just themselves but me, a lot, is, 'How did you do that?', or they completely count themselves out and say, 'I don't know how you did that. I don't know how you decided to pick up your kids from school and go and move to Mexico for the year. I don't know how you decided to just leave your well-paid job at *The Guardian* and set up your own business. I don't know how you decided to get your diploma in hypnotherapy and psychotherapy'.

Actually, the way that I make these decisions is really simple. Most of the time – and I know this is going to sound a little bit maybe irresponsible to some people, but most of the time – there isn't a lot of thought involved. That's the secret. I have an idea or somebody suggests something to me – so my husband suggested that we go and spend a year in the sun – and I just say 'yes'.

Probably the one thing that I did take a little bit of consideration over was my hypnotherapy and psychotherapy diploma, and that was because I had limited finances and I knew that I wanted to choose something that ticked both boxes, was going to give me the academic approval that I was looking for, as well as being a really practical course because secretly I did not feel very academic and so I needed to get something that really crossed the two well, which required research and required me looking into things deeply.

But outside of that, when I decided to go to Ibiza after my mum passed away, after I decided to move to Amsterdam, after then I decided to move to Thailand, when I decided to move to Brighton or London or change jobs – these things were really quick decisions, based on feelings, based on a knowing that this wasn't the right thing for me so I'm going to step into something else, based on knowing that we live a really limited life, which may be taken away from me tomorrow. The life that you are leading may be taken away from *you* tomorrow. So when presented with the opportunity to explore and uncover and develop and learn and challenge and run and feel free and swim and play and laugh and just *live life*, the answer is always going to be 'yes'. Our thinking mind... what I know to be true, yes for myself, but more

actually in what I observe with clients and more in what I observe with people who really, really want to work with me *but...*; really, really want to go on a retreat *but...*; really want to do x, y and z *but* – the ‘but’ the is the mind. The ‘but’ is the part of you that will tell you all of the things that will go wrong. The ‘but’ is the part of the you that wants to keep you safe because you don't know what is coming after the next step. When you choose to move forward without a guarantee of the next step, that's where some really serious magic can happen. And I'm not saying that all planning is bad, I'm not saying that at all, but when I look at where I am in my life now and the freedom that I have created and the opportunities that present themselves and the people that I get to hang out with and jam with and mastermind with and play with, all of those good things did not come from a plan – they came from *instinct*, they came from *intuition* – although I would not have used these words at the time – they came from a *feeling*.

So it's interesting to me that the more I observe myself looking outwards for help with my intuition, for help in going beyond my mind, that help is valid and really useful because those people, coaches, mentors, friends, they ask me questions that, from my own vantage point, I'm never going to be able to tune in to because I only know what I know. So those people, coaches, mentors are super, super helpful for asking questions that shift my vantage point and shift my perception. When I put myself in the position where my perception can be shifted, often I am redirected to access points within me that are already there rather than completely new concepts, completely new ideas. Sometimes that happens, but most of the time I'm tuning in to a place that feels like home. It's a remembering of who I am and what is possible.

Part of the way that I love to work with people now – and this feels like something that has evolved in the work that I do – is, whilst having the structural piece there and this is the template for how I've done it, or this is the template for how other clients have done it, really helping a client shift their perspective from ‘I don't know’ to tuning in to the place within them that feels like home, that *knowing* when it comes to what to say and how to say it and how to ask for the sale – that's so powerful, that's what creates quantum leaps, that's what feels exciting. Being able to marry the two – practical action and templates with soul-led, heart-based wisdom, those two things – ooh, that's my happy place!

So when it comes to making decisions for me, when I go with my heart and try not to – not *trying*, we either do or we don't – when I go with my heart and stay out of my head, *that*, even if it doesn't feel like *that* in the moment, even if that leads me into some tricky situations and challenges, in the moment, beyond *that* is where the magic lies. So that's what I am encouraging you to do this week. See where you can utilise your heart wisdom, where you can get out of your head and into your heart and say ‘yes’.

As always, hit me up in the DMs. I want to know what you said ‘yes’ to. That would be super, super fun.

If you have enjoyed this episode, please leave me a review on iTunes. The goal is 100 reviews in just 6 months. Can you help me do it?

Have a beautiful rest of your day, remembering that Faith + Action really does equal Miracles.