

Limitless Life Experience Podcast

What are you no longer going to tolerate?

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, hello, you gorgeous human being! Welcome back to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth.

I am excited! I am just *ready* to get into this! I am feeling all of the feels! It is the start of the new year and not only that, it's start of the new decade, 2020! Let's bring it! I'm feeling the fizzes in my feet, I'm feeling the tingles in my toes, I'm just ready to go, and I genuinely hope that you are feeling the same too. Whether you are coming off the back of a wretched 2019, or whether 2019 was the best year of your freaking life, it doesn't really matter. It doesn't matter what happened last year because we only have what is going on right now and it's in this moment that you get to choose how good it's going to be.

It's so interesting for me when I just reflect – or project! Maybe that's what I'm doing, I'm not reflecting, I'm projecting forward and thinking about what it is that I want to create in 2020 and create for the next decade. I was sharing in my group programme in the calls that my coach had invited me to think about what is going to be my word of the decade. Often we have a word of the year and I thought mine was 'Refinement'. It might be changing! I'm going to give myself permission to change the word of the year if I need to, but I'm playing around with 'Refinement' at the moment. But when it comes to my word of the decade, it is so clear to me that that word is 'Service'. I am looking to create a business, multiple businesses that have a deeply positive impact in the world and that are really creating deep transformations, massive transformations, and it's all coming from a place of service. It's all coming from a place of knowing that the ultimate vision is to create work and be the person, a person, who is contributing to raising the frequency of you, of the planet, of the people that *you* engage with and touch. And that feels amazing.

What's really interesting is that in order to do that, it is going to require a *huge* mindset shift. And that shift for me, the starting point is really looking at what are the things that can no longer be in my life in order to create the space for this new, upgraded, more impactful person that I desire to be. We can't just keep jamming stuff on the top, like 'I want this, I want that, I want this!'. You can't just keep putting more and more things into the pot. So in order to create space, we have to let go of things. One of the exercises that I have done this year is to make a list of all of the things that I no longer am going to tolerate both personally and professionally. I will share a couple of the things that I have chosen for myself.

It feels a little bit vulnerable because this is what is going on in my mind when I'm thinking about what needs to happen in order for me to not only create a limitless business but be living a limitless life. So one of the things that I said that I no longer wanted to tolerate was suboptimal communication with my

husband. I no longer tolerate trying to control my children, which is really tough for a control freak like me. I no longer tolerate not being clear on what is happening with my sales funnels. I've been telling myself the story for the longest time that I am not a details person. Whilst that is absolutely true, I don't need to be a details person to get a handle on my sales funnel! So what needs to happen in order for me to be really, really clear on my funnels?

I longer tolerate travelling economy class. Ooooh, that feels really edgy to put that out there. One, because... judgement! 'What are they going to think about me? What do they think / think about people who are travelling economy class?' (I don't think anything about people that are travelling economy class!) However, what I desire to do is to create the opportunity for me to feel as good as I can possibly feel at any given time, and I know that that is important because when I feel good and I'm vibing high, the people around me feel good and are vibing high, and when they don't feel good – like my children or my husband or my sister or whatever – when I feel good, I am able to be that centring point, I am able to listen more, I am able to be there more, I am able to be the person that I want to be when I feel good. So travelling in a way that feels spacious and abundant is really important to me. Now in order for me to be able to live into that, that means I have to be of higher service in my business because when I am of higher service in my business, one of the benefits of that is that I am then compensated. So anything that has a material value for me when it comes to what I'm no longer tolerating and what my new minimum standards are, it all comes back to, 'But what are you giving back?'. And maybe not even giving back, but 'What are you putting in first in order to increase your level of receiving?'.

Ooooph, that was a big one! I'm going to share with you a couple more: I no longer tolerate a day without taking connection time (that is the time that I spend with myself). I no longer tolerate not laughing every single day.

I have a whole list of these things and I have a whole list of my minimum standards. What is really interesting for me is that I wrote these things out before Christmas and then I just left them. Then I took a look at them – today, even, hence the podcast! I took a look at them and I realised how many of those things either felt, from a material perspective, slightly bum-clenchy, like, 'Whoa, is that what I said I wanted?!' or, from a human perspective, from a life perspective, the 'I no longer tolerate trying to control my children' and then thinking about how I was really just failing at that miserably last night, what it really made me realise is that unless I am connecting with these things every single day until they become second nature, until it just becomes automatic, I will forget and I will slip back into the old habits because those are the things that have been, up until now, my go-tos, they're my pre-sets, they're the programmes that I have been running for years. So unless I bring conscious attention and intention to these things, I haven't really got that much of a chance of fulfilling my whole list of desires.

Some of the things that feel really front of mind, of course I'm thinking about, but there are a lot of things on those lists that are *not* front of mind. I think they say you can only hold seven things in your head at any given time, and that list is *long*! And so because I'm absolutely committed to building the business and living the life of my dreams, to living a limitless life, the new commitment, the new thing that I no longer tolerate is not checking in on what I am no longer tolerating and what my new minimum standards are!

That is really what I want to leave you with today: an invitation to take a look at 'What are the things that I need to release? What are the stories, what are the actions, who are the people, what are the behaviours that I am no longer going to tolerate when I think about the vision I have for where I'm going and who I am evolving into?'.

Come and hit me up on Instagram, [suzy_ashworth](#), with your number 1 thing that you are no longer tolerating. I would love, love, love to hear from you.

If you have got value from this podcast, you've loved this episode, you've loved any of the episodes that you've listened to so far, please, please, please do me the biggest favour, it would mean the absolute world to me if you could **leave a review on iTunes**. Thank you so much and please remember that Faith plus Action equals Miracles.