

How do you keep on keeping on when things aren't going to plan

Transcript

I want you to take full responsibility for how you choose to respond because that puts you in an empowered position rather than being a victim.

Hello, beautiful. I am really excited to be bringing you this episode courtesy of Limitless Live.

We are going into the third year for this annual event where I bring together the best of the best speakers on the planet when it comes to personal development and really going beyond the limits that you thought were possible for you and this year I am not disappointing. So if you are in London on the 16th of May, you are a female entrepreneur - or somebody who knows that being in the room with a hundred or so incredible women, who are all looking to expand into the highest vision that they have for themselves - is going to have an incredible effect on you. Then you need to be in the room. Limitless Live is a collaboration that I do with my charity of the year. Love. Support. Unite. who I first met two years ago when I went to Malawi with them to see the work that they do in the local communities. This charity is a small but mighty force of nature who are doing incredible things in the world and we share 50% of the profits with this organisation, every event.

So if you are looking to do good and feel good as you step into your own version of limitlessness - easy for me to say - then you need to be at this event. 16th of May, 9-5 at Foyles bookshop. The sixth floor - we have the penthouse, close to Charing Cross Road in London is going to be incredible. You need to get your butt on the seat. Go to Suzy.ashworth.com/limitlesslive2020 to get your ticket today.

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth.

I'm a mum of three, 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 my gorgeous human being, it's Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast and I am in love with you. Yeah I just said it straight up. I mean it. I love you. I love the fact that you're listening. I love the fact that you share the podcast with your friends. I love the fact that you are messaging me. You're tagging me on Instagram. You're telling me that you're getting value from these episodes.

It's funny because I hosted a mastermind with - I think there were 15 women there and couple of weeks ago and one of my clients said, I just love the sound of my own voice. And we all laughed because the way that she said it, like she said it with a real dulcet tones. It was really smooth - we were all like, "well, we love the sound of your voice too", but I think that there's, there's something in that.

I'm a little bit shocked. I think this is like the 25th or 26th episode and I just love talking to you even though I can't hear your responses in real time. Getting the messages makes it all worthwhile. Getting new reviews makes it all worthwhile, but I really enjoy this medium. I love video because I love the interaction but I also really appreciate that it's just me and you. How we're just hanging. We're just chewing the fat. For anybody that's listening to this in the states who is like, "what the heck is chewing the fat?" I mean we're just chatting, we're just hanging. And it feels really special actually. So I mean it when I say that I love you. Now this episode is going to be a short and sweet one. The title of it is "How do you keep on keeping on when things aren't going to plan? and...spoiler alert, if you are an entrepreneur and if you listen to this, you probably should be, at least you're thinking about it. There are going to be times, many times, many, many, many, many times where things are not working out in the way that you envisaged them. Even if you affirmed it 50,000 times, even if you wrote it out in your journal 100,000 times, even if you have told all of your friends or family like "it's happening", this is a non negotiable still. You will run into situations frequently where you're like, "Hmm, this is not exactly what I had on my vision board". I want you to know that if you're in this situation right now, you've got a launch that is not working. You are trying to take some time off and you found that you can't help but look at your phone. You just can't help the fact that you had a vision for something and the universe had other ideas. What do you do then?

I want to first acknowledge that it can be really dispiriting. You know, I think that we often see other entrepreneurs and we're like, you're just so enthusiastic. Oh my God, everything's always working out for you. Oh my God, how do you just stay so high vibe all of the time? Because when you're thinking like that, you are feeling like dog poop - and I want you to know that this world is challenging and you are not on your own. Your success however, will be determined by how effectively you are able to deal with those challenges. And the first thing that I really want you to take on board is to not take anything that is not working out for you like now (particularly when it involves another person and their actions and what they are supposed to be doing)... Please don't take it personally like really, please do not take anything personally. I think that I talked about this maybe in the one of the Woo Files, but when you take responsibility for everything that happens in your life, it is really, really powerful.

So when my daughter is losing her shares or at me, I can either be reactive to that situation and maybe shout back or tell her to calm down or tell her that the behaviour is unacceptable in a way that is probably really irritating to somebody who does need to calm down and shut out, but is never going to respond to that in a million, trillion years. I can either take it really personally and be like, I'm a crap mother and she must be really unhappy if she's acting like this, and all of the stories. Or I can get curious and be like, "hmm, that's interesting. I wonder what I can take from this situation. I wonder what she is trying to really convey. I wonder what's underneath all of this drama". And I use my kids as an example because you know that is what I deal with on a daily basis, but it's the same with our businesses. It's the same with the person who doesn't pay on time. It's the same with the person who says that they no longer want to work with you. It's the same when you go through a launch and that launch 'fails' - inverted commas. It is the same in whatever situation is not going to plan, berating yourself and telling yourself that you are a bad, inadequate, ineffective individual is not helpful. Newsflash, spoiler alert, really looking to see - and I can't remember where I first heard this - but where you can respond rather, than react is incredibly powerful and you are much more likely to respond and react to the situation when you stop taking what's happening in the events that are surrounding you personally. Please do not make it about you, when you're dealing with external events.

And I think that it's interesting because I get that you're, you probably listening to this and like, yeah, but you just said take full responsibility. I want you to take full responsibility for how you choose to respond because of that puts you in an empowered position rather than being a victim. And you'll hear me talk about that a

lot because I think that the difference between the hugely successful entrepreneurs and those who are in a constant state of struggle is that the hugely successful ones have just decided to operate from their most powerful place. And the ones who are struggling are the people that make excuses about why they can't act from their most powerful position. That for me, that's the main difference. If you take a cross section of all of the most successful human beings, they've all failed. Crap has happened to them time and time again.

They've lost it all. They've lost their way many, many times, and then they've chosen to get back on the path they've chosen to not allow themselves to fall or flail at the first hurdle they've got back on the horse. And because they've got back on the horse where everybody else says, "you know what? This is not for me. You know what? I'm just gonna not send that anymore emails. You know what? I'm not going to use my personal page because you know aunt Betty might see me and judge me and I'm not going to do Instagram stories because I just can't get over the fact that anybody is going to buy anything from this face". Like I get it. You don't have to use Instagram stories or Facebook or any specific medium, but I want you to choose what is not aligned with you because it's not aligned with you, not because you're scared of rejection or because when you did it before, nobody responded in the way that you wanted them to respond.

Like that's a really disempowering and reactive place to be operating from and is not the place that you want to be acting and behaving from if you want to generate success on demand. So that first thing is do not take any type of failure or difficulty personally, but take responsibility for how you are choosing to respond to those situations.

The next really powerful thing that I want you to just meditate on consider is like what's your mission and your vision? How many times are you prepared to get pied - get custard pied in the face - in order for you to really fulfil your mission and your vision? Like I'm prepared to take a lot of pies. I really, I really, really am. When I think about my mission and my vision, I think about this podcast. I'm like this is really helping me live into wanting to raise the frequency of the planet, like I imagine you listening to this - like this is the intention that you listen to this, and you feel slightly braver, you feel slightly more uplifted, you feel slightly more capable, and any of those emotions or feelings or actions that you take from a slightly MORE position means that your frequency has increased. Which means that you are that much more

one step closer to aligning to the frequency of the thing that you're looking to call into your reality.

That one step more might be the thing that pushes you to make the extra call today or to do the Facebook live ,or to write where the authentically your Facebook post, or to just allow yourself to speak your truth in a way that you've never spoken before. And when you do that, you create the space for you to call in more ideal clients, more people who you can really help facilitate change and transformation within. And when they experienced that change and transformation, guess what? It has a positive impact on everybody else that they come into contact with. Like that's how I feel about the podcast. And so when somebody says, “Ooh, I don't like that intro, it's a little bit like, eh”, I'm like - okay, interesting. Is it a little bit off? Like what do I need to do here? Or like being in the top 100 is amazing until you want to be in the top 50... How long am I prepared to be in the top 100 for until I'm in the top 50. What am I prepared to do?

Who am I prepared to be to make sure that this podcast is getting thousands of downloads every month? Why is that important to me? It's important because this is the start of the journey. This is the start of me being able to live into my mission and vision of helping 1 million women create financial economic success, create financial freedom through their businesses. And this is part of the mission to raise the frequency of the planet and the tools that I use are business and mindset and messaging. I'm prepared to take a lot of custard pies for that. When you connect to this on a daily basis, you'll be prepared to roll with the punches more. And when I say this, I mean your mission, your vision. Am I prepared to have a failed launch? Yeah, course I am because that one failed launch gives me so many lessons to make the next launch that much better. You know, that's the gift in learning. So stay connected to your mission and your vision.

And then finally, how do you keep on keeping? Ask yourself - “How am I going to be required to show up in order to turn this around?” And when I say turn this around, I'm not talking about what's happening immediately in front of you. Sometimes you might be so far down the line that it genuinely is. It's just going to be one of those experiences that you write about in your book that you share on a Facebook live to make you more relatable, so you can say, “yeah, this is the time that I really F'd this up”. Like brilliant, but what is going to be required of you on a daily basis in order for you to fulfil your mission and your vision? This is the behaviour part. This is the action taking part. And I think that when you are not taking things personally, that you're

connected to your mission and your vision, and then you are acting in accordance with the mission and vision, that is what is going to propel you into the top 1%. And I feel like there's a whole show on the behaviour part, because so many people just don't behave in a way that is aligned to what they say that they want. They want to take shortcuts, they want to go cheap on themselves. They want to pretend that everything isn't available to them. And when you're in that mindset, it's really, really difficult to keep on keeping on when you feel limited, when you feel like it's now or never, and this is the only chance I'm ever going to create for myself to make a success. That is not a good place to be operating from. When you're in that type of head space, and when you're in fight or flight, you cannot think straight. And in order to really make a difference, you have to be able to both think and feel your way into what the best next step is going to be.

So my lovely short and sweet today, how do you keep on keeping on? Don't take things personally when they fluff up. Stay 100% focused on your mission and your vision and ask yourself what is going to be required of me in the way that I show up? I want you to think about your behaviour all of the freaking way.

If you do value from this podcast, please give me a tag on Insta. You know that I love that. Drop me a review on iTunes and at the end of the month, we will pick somebody to receive a 30 minute laser coaching session to say thank you for giving your time and your energy and spreading the love about this podcast. Please remember, Faith + Action = Miracles, and really enjoyed the rest of your week.

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