

## Lessons from our gap year

### Transcript

I think that it's funny that it doesn't matter how much you feel that you're giving. There is always a part of you that says it should be more. Whether that is work, relationship, parenting, we always think that we should be doing or giving more.

Hello. Hello. Hello you gorgeous human being. I want to welcome you to the latest episode of the Limitless Life Podcast Experience and I am really thrilled to be bringing you this episode courtesy of The One. The One is my 90 day group mentoring program designed specifically for female entrepreneurs who are looking to hit consistent 5k months or have their first 10K launch within 90 days.

I love this program so much. I can honestly say after working with thousands of entrepreneurs over the last six years, having been through tens, multiple tens of programs, the way that this group mentoring incubator has been created makes it one of the best on the market. It means that the results that people get are absolutely second to none. And the really beautiful thing about it is that not only are people getting amazing business results, but they are changing who they are from the inside out in just freaking 90 days. I make the setup of this program almost impossible for you to not show up for yourself. And that is what makes the difference over time, when you are being held accountable for really following through on your dreams. So if you are interested and really taking 2020 by the freaking cahoonas baby, and getting involved in The One and joining The One crew in September for our graduation party at the One Live, then you need to check out [www.suzyashworth.com/theonelive](http://www.suzyashworth.com/theonelive). We start week commencing the 9th of March so you have time to come and play. Let's do this thing.

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three, multiple six figures 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. And I feel excited about being able to share this podcast with you. This is some of my biggest lessons that I have learned since moving to Mexico, and having

what has been one of the most magnificent years of my adult life. And I've got a feeling that this is going to be a two parter. I'm just putting it out there now because I don't want to rush this.

I think that that has to be my first lesson really is that even though I can sit here with my hand on my heart and tell you that 2019 was one of the most magnificent years of my life. 2019 wasn't easy and it's only literally as I am saying this, that it really sinks in that there were a huge number of challenges, trials and tribulations that I faced personally, professionally and within my relationship.

And yet I also sit here with the biggest smile on my face and my feet are tingling because last year was the embodiment of growth. It was the start of me really listening to my heart, and then taking action based on what my heart was telling me. And as somebody who really is quite heady, and very logical, and nerdy, and geeky... Like, I want to know the stats and the evidence and all of that jazz... 2019 was really about allowing that to still be, that will always be a part of my personality, but embracing heart wisdom, embracing the wisdom of the body, embracing, releasing of control, embracing true surrender. And I believe because I allowed that to happen, that's why I can say even though there were some really tough days, weeks and months, that overall the experience was magnificent.

I mean, what we did was move to a different continent on the other side of the world ,to a city, based on the recommendation of somebody that we spoke to for half an hour at a beach bar in La Paz in Mexico.

That's how we decided that we would move to Puerto Escondido. And that guy, I can't remember his name, I think we could probably find his bar again, but he gave us the opportunity of a lifetime. Actually let me rephrase that. He presented the opportunity of a lifetime. He didn't call it that. He didn't call it that at all. He just said, "I think you might like it". He presented that opportunity. We grabbed it with both hands and it turned out to be the opportunity of a lifetime. And I remember knowing within three weeks of being here that we were in such a magical place. Like Puerto is so magical. It's a complete opposite of Playa Del Carmen or Cancun or any of the places that you might have heard of in Mexico before - complete opposite. It is like 10 or 15 years behind Tulum and Puerto Vallarta, which I really liked.

You know, we have hung out in a city where it's totally cool to wander around barefoot. It's just not a big deal. I've met some of the most magical humans in my life. I have been inspired to be a better human being because of the people that we've met here and it's sleepy hollow. Like who knew that this was going to be such a magical vortex full of goodness? We didn't. And so being here, you know, it's taught me that magnificent doesn't always have to mean good, because on the flip side of all of the magic, I haven't had a proper hot shower in Mexico. That's not true, in Mexico city I do have hot showers, but in Puerto Escondido I haven't had a proper hot shower for a year, which is

kind of annoying. The internet is a bit annoying, you know, some things just don't work as well as they do or well there's as well as what I am used to them working in Europe - and it's okay. It's been okay for a year or 13 months, 14 months, however long it will be when we leave. It's been okay. It's been so okay, I wouldn't trade it at all. And I think that what this experience has given me is a real understanding that freedom is my number one value. And I have adored being able to travel. I've adored being able to go to the States, which I never thought I'd say - no offence to all my stateside listeners - but I had a thing, I had a thing about America. And I love the fact that I've had the opportunity to go and see it's better side a couple of times. And that's been amazing. I've loved going to Columbia, and visiting other central South American countries. And you know, I've achieved that freedom through building my business in a way that supports that desire.

I couldn't have done what I've done - either by myself or with my family - if my business wasn't in a position to be able to support that. And so what it's really highlighted for me is that again - you've heard me say many times - money gives you choices and building a business where I love what I do, and I get to help other people love what they do, and who they are and who they be, has had huge rewards that I have been able to really utilise in 2019. And I think what this year has given us permission to do as a family, and Jerome and I permission to do as a couple, is say, "why would we go back to England now when we're not ready to?", "why would we be doing that when we don't need to?". And I'm not saying that we're never going to come back, but right now we're not ready to.

And if we hadn't gone away, we wouldn't have realised that it was an option to do something different. And I think that again, seeing other people and the way they live and the way that you do business and seeing what other options are that are out there for you is so important when it comes to designing your own life. Because often we live in silos where the view and perspective is so narrow - is based on what everybody has done before us, and they've all been in our environment. Put yourself in a different environment, you're going to have different ideas because you're going to be inspired by different things. And so again, this feeds back into the freedom thing - it's creating the opportunity to see, and meet, and experience new and different things enables me at least to create, feel inspired, and love life just a little bit more. And so freedom is important.

One of the other lessons that I have taken from being here is that I love, love, love my family, but - oh, I should change that. I love, love, love my family AND especially when we first got here, we were all living in the same room and that was challenging. You know, I'd set things up in my business so that I did not need to be working all of the time. And that was really important. I didn't want to feel like I'd miss this opportunity because I was knee deep in work and we were changing everything up drastically. So at the time that we left, Jerome had been out working on houses and I was doing the school run and you know, we'd be out in the day, I'd finish work at three, I pick the kids

up. You know, it was a very established routine and all of that went out the window when we arrived here.

And that was challenging. It's like I wanted to spend more time with my family and I was like, "Whoa - this is a lot of time". I'm an ambivert. And so I love meeting people. I love getting energy from people. I love people, and after I've been with people for awhile, I need my own space. I was the person at the end of the party when I was like 20, 21 and people would come over to my house and like at eight o'clock in the morning I'd be like, okay, can you go home now please? Like, we've done it. I don't want everybody here all day. Like I want to be quiet, I want to watch some TV, I want to have an egg sandwich and I don't need you here anymore. And I used to pay like that direct and it's the same now we will go out as a family and have an amazing time and then when we get in I will want to go sit on the bed, like read a book, listen to audible or whatever it is, and just have some downtime.

And so I suppose it really feeds into that understanding that freedom has never been more important and that also freedom within my family is important to me. And that's okay. I don't have to feel guilty, or bad, or ashamed about that because the truth is in the last year I've spent way more time with everybody than I ever used to, because my working hours have been so different. And I think it's funny that it doesn't matter how much you feel that you're giving. There is always a part of you that says it should be more. Whether that is work, relationship, parenting, we always think that we should be doing or giving more and I think I am making peace with it doesn't always have to be like that.

As long as I am living in alignment with my values - and I don't always live in alignment with my values. What I say is important to me, and that's part of the journey. That is part of really committing to being the human that I want to be and looking at my values. I don't do it daily, but as often as possible to keep me focused. When I'm not focused, I go off piste, you know?

I think that I did not realise how much I love the sun until coming here. You know? Some people are like, I miss the seasons. I really, really love the seasons and I'm like, I have not missed the seasons. Oh, I have enjoyed it being 28 29 30 31 degrees every single day. In fact, 28 degrees kind of feels cold. 23 degrees in the morning. It's cold to me. I don't want to feel the cold.

There's a part of me that is really nervous about coming back to Spain because even though it's warmer than the UK, it still gets cold. It's going to take us time to acclimatise. However, even as I say that, I know that that is a way more positive thing to look at - that it's just going to take us time to acclimatise, rather than I hate it. I'm never going to survive at 12 degrees - it's like you will survive, and you're going to get some core warm clothes and it will be okay. But I love the sun and I love being able to go to the beach every day and so that will be a big thing when we move to Valencia because although

there is coast, I'm getting the impression, although we won't find out until we arrive, that the type of house that we want to live in will be in a more rural area rather than at the beach. And so it will be interesting to see whether it's my love of the beach or love of nature, love of being able to get outside is the most important thing.

But what I know for sure is that if it is the love of the beach, then looking to see how we can design a life that really honours that desire will be one of the key priorities. Because I think that another thing that I've learned since being here is it's okay to want what you want. It's okay to desire what it is that you desire and it's true that other people might not get it. Other people might think it's silly, other people might think it's selfish. Other people might think, "well, I wouldn't do that", and that's okay. That does not mean that I have to temper who I am to support who you want to be. I don't have to compromise. I get to choose. I get to want what I want. Something that I didn't learn here but has definitely been reconfirmed to me is your vibe attracts your tribe. Never has there been a more true sentence put on a meme than that sentence. I have been blown away by the number of beautiful, glorious messengers, friends, soul sisters that I have met since being in this country and more specifically in this city, and what is so interesting to me is that Jerome did not feel it to start with. He just did not have the same vibe as me. And what came first? The chicken or the egg? I don't know because I wasn't conscious of it when it was happening. However, if you speak to Jerome now, he feels the same way about Puerto that I felt in those first three weeks. And he has a huge circle of people that he loves to hang out with. And I remember after one event that we went out to, he just said, "I feel comfortable in my own skin". And I, I mean, I don't know which came first that the love of Puerto for him, or the people. And arguably you can say the same thing about me, which came first, what I've been saying, that this is the most magical place where I hadn't met these amazing people. But there's something about this place that attracts and keeps really special humans. And I've seen some people come, and I've seen some people go quickly. And for me, when you are vibing, you're just vibing, and you can't help but attract. You can't help but me magnetise to incredible people when you are vibrating at the same frequency.

And so was it the water? Was it the sun? Was it the beach, or was it the people? I don't know. But for a small, small town that I've never ever heard of, there are a concentrated number of incredible human beings. So I love having the pleasure of kicking back and spending time with them - it helps me maintain my vibe and I take the same intention to really continue to work on raising my frequency and noticing how many amazing people I also am able to encounter in our next destination. And I won't lie, there's definitely been a part of me and the same for Jerome, that's questioned - are we doing the right thing? We have so many good friends here and we've built up so many relationships over a short period of time. And the short answer to that is we don't know if we're doing the right thing. And you know it doesn't really matter either because if we decide that we want to come back to Puerto Escondido, we can do, if we decided we want to go back to England, we can do, if we decided we want to stay in Valencia, we can do, but it just doesn't matter. You're allowed to change your mind. But who you bring to the table is

absolutely going to impact your experience. And so that is one of my commitments to myself is to bring it to the table, all of the goodness, all of the high vibe-ness and see what is there waiting for me and Jerome and the kids. You know, it's exciting.

Anyway, my lovers, this is the end of part one and I will be back another time to share more lessons from our gap year. I hope that you have enjoyed this episode. If you have done, please do me a favour and leave a review on iTunes and we will be picking out a name at the end of the month to enjoy a 30 minute free laser coaching session.

And remember, faith plus action equals miracles