

## **The Limitless Life Experience**

### **How to beat procrastination**

### **Transcript**

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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, hello you gorgeous human being. It is Suzy Ashworth here. And you are listening to the latest episode of The Limitless Life Experience and I am just happy, pumped, excited that you are here and I am backing your ear buds once again. The vibe is high right now actually at Ashworth HQ and I feel really grateful and really appreciative of that. Our whole family is healthy, most of our friends are healthy. Our extended families are healthy, you know, we're still in Mexico right now and possibly quite possibly we are in (certainly at least one of) the safest places on the planet - should we say - in relation to the fact that where we are in Puerto Escondido. There has not been one reported case of Covid-19 go through the hospital. The town is on lockdown. So there aren't police on the street fining people thousands of pounds or euros for being out of their homes, and I'm still able to come and record the podcast while several lots of shops in the town are closed.

There's still people around, everybody's wearing masks. I'm not actually wearing a mask, but everybody is wearing masks and you know, there is life where we live. It's completely quiet. So it feels good actually to be able to come into the town and see just a little bit of movement. And it feels really great to also recognise that people are taking the situation seriously. And as I say on my street and in my little suburb, it is really, really, really quiet. There's maybe like two shops open. So that feels great. And I think that in times like this - it's an invitation isn't it? The world is on pause right now. And I have paused, I've taken time out, I've taken time out of work, which has been really, really good. And I think probably gonna do another episode on exactly why I did take some time out and exactly what I got from it. But suffice to say, it was good to have a break because I am on it so much of the time and I'm on it because I love it and I get so lit up and feels so alive being able to do the work that I get to do.

It's like 'Hallelujia' - you know, I am one of these people who genuinely feel like they are living their purpose and that it's, you know, that feels amazing. And even people who are living their purpose sometimes need a break. And after an incredibly powerful healing session, it came through that I needed to take some time off because my heart was tired. And hearing that made me feel really, really sad because I knew exactly why I was getting that message and so I took the time. I feel like I'm going off on a really crazy tangent. We're like five minutes in. I'm like Suze get on with the show. So I'm going to, as I say, I'm going to do a whole podcast on why I took the time out and what I got from it. But right now - I love this. Let's talk about procrastination.

I mean, was this not the longest introduction to a show? Is this a sign? Is this a sign that I'm not supposed to be talking about procrastination today or is this me just showing you what can happen when you are not intentional? So lots of people I work with or am observing or are on my social media are going on about the fact that it's killing them, that they are not taking the action that they want to take and they are wasting their time by dilly dallying, faffing and fluffing around with shizzle that they shouldn't be doing at all. You should be outsourcing or really compartmentalising like this is the 10 minutes a day I look on Instagram and then the app is off my phone, because I have so little self control that I can't keep it on there unless it's gone. I really want you to, if you want to get a specific result in your life or in your business, here's the deal - there are no shortcuts. You have to do the freaking work and that work starts with setting the intention and getting serious about the intention, and so what do I mean by that? I think that it always - you know me - this is not going to be a shock to the system unless it's your first episode, but whenever I want to do anything, what do I do? I go to the bigger picture. I go to the big vision, I go to the mission. Why is that important? Because it takes it way beyond what my little brain is worrying about. It takes it way beyond this idea of what is that person going to think of me? What is that person going to think of me or you know, what's my mother-in-law gonna think of me? As soon as it takes it a big mission and a big vision, it becomes much bigger than me and then it's always easier to take an action step.

So that is your first step. How to beat procrastination, go big, go wide, go expansive. So you're giving yourself your own kick up the backside. Second thing I want you to do is get really clear on what are the three things that I need to do today that are going to make that big vision and dream inevitable. What are the three things? This is a really powerful practice, so I ask a lot of my clients to do it weekly, but the truth is I do this daily. I do this daily and it is incredible to me the difference between if I skip a day or two or I'm just on it. I get shizzle done when I am on the case and I am asking myself what are the three things that I need to do that are just non negotiable and often pretty much every time it is messaging, messaging will be on there daily.

Often it is sales activities. I mean again, another podcast here, but really the minimum number of sales activities that you need to be doing a day six asking for the sale, six times, six ways - for shizzle, and then the third thing is whatever the third thing is, but it's really, really powerful to get that intentional. One of the new things I've added to my morning practice, which was suggested to me by a mentor, was to just begin to notice the law of synchronicity coming into my life, noticing where it's playing out in my life. And again, this is all about the power of intention and because the moment, the moment I started setting that intention that I would notice how many crazy beautiful coincidences, how many crazy, beautiful serendipities, synchronicities I could spot in my life happening day, after day, after day - I was bombarded with them, and guess what?

When you notice stuff like that, you get even more invested. This is from my personal perspective. I get even more invested in the idea that I am in a co-creative relationship with the universe. I am being fully supported. This is not just me, this is the world working with me because I'm being really clear, really intentional about what it is I want to receive. And at the same time I'm being really, really clear and intentional about what it is I want to give. And because I understand about the give and receive cycle, I create this beautiful, beautiful back and forth between me and the universe and I notice it. I know so many people who are having amazing things go on in their lives and they don't even notice it because they haven't set the intention to receive everything that's available to them. So while, other than going, 'Oh wow, look at this amazing thing', or 'wow, look at that contact, Oh wow, look at this networking opportunity, or this podcast invitation' or whatever. They're looking to the left saying, well that's crap, and this is crap, and I haven't got this and I haven't got that, and I don't think I'm good enough at this, this, this, this, this, this, and that. It's like, no, because the reason it is so important, and the reason I'm talking to labouring this point just a little bit is because when you're feeling high vibe and like you're in a co-creative relationship with the Universe, guess what? It's easier to get shit done when you are in lack, when you are negged out, when you are feeling like this is all on your shoulders and you've just got to do it yourself. And if nobody does it, then nothing's going to happen, then it is a way, way easier to get overwhelmed and end up faffing around wasting your life not doing anything. So set the intention to keep the vibes high.

The third thing, very, very practical, super, super useful. Diarise when your three non-negotiables are going to happen, and I go in and out of this, but I'm super clear. If it's not in my diary - these are the first three things I'm doing of the day, so nothing else happens. You know, it's like boom, boom, boom. I'm not allowing myself to get distracted by five, six, seven, eight, nine, ten messages, or this notification, or this person or that person. These three things are happening before I do anything else.

And then it's done. And what I've found from experience is that I can make that easier on myself when I diarise it. And so that is my recommendation for you is starting this practice is decide on what your three non-negotiables are. In an ideal world, you want to do this for the week, you know on a Monday my three non-negotiables are... on a Tuesday, it's this... and you want to plan this out on a Sunday. That's the ideal. So you know exactly what you are doing and exactly how you're setting yourself up for not just success in the near future, but setting your life and business up for success just overall with the big picture. And then every day before you get going, remind yourself of the intention. Remind yourself of the big vision, remind yourself of the commitment that you have made to yourself to get there. And so even if you aren't able to do this all on a Sunday, you are still setting the intention and revisiting the commitment to yourself, to your people, to your family every single day.

So that my friend is an easy tool for you to use in order to beat procrastination. And what I would say is if you try all of this and it doesn't work for you, I want you to really tune into whether your big vision is really your big vision. Because if it is, there is no stopping you. And I think that for a lot of people, it's not that their big vision isn't their big vision. They just forget because life and kids and other commitments and self worth, and I'm not deserving, and I need everybody else before me, like all of this stuff gets in the way, and they don't make time to reconnect with the big vision. But the minute you give yourself permission to allow yourself to dream your dream and then say, yeah, this is important - everything else falls into place. It's only when you say, 'Oh, my dream isn't as important as their dream' or 'my dream isn't as important as supporting this person, or that person', or 'I'm not worthy enough to really go for this, or I don't think it's going to work anyway. So actually, what's the point?' You start to see procrastination happen when don't feel worthy of your dream, or if your dream isn't really yours, then why are you going to put yourself through it? But when you're really connected to the right thing and then you are reminding yourself of this on a daily basis, that's where the magic can happen.

Right, my lovely. That is it for this episode. If you have got anything from this little ditty, please do me a favour. Take a screenshot of the show, tag me on social, and of course, leave me a little bit of a review on iTunes and I will love you forever. Remember my friend, Faith + Action = miracles, and you deserve a million of them.