

## **The Limitless Life Experience**

### **3 Ways to lift your vibe quickly**

#### **Transcript**

Get outside. If it's sunny, great. But even if it's raining - get outside and increase the amount of oxygen that is moving around your body.

I'm not going to tell you how you can make six figures in six minutes. I'm not going to tell you that the only reason that you haven't created the ultimate freedom in your life is because you haven't yet launched a membership site. And I'm not going to shame you into thinking that I've got the only magic wand in the world that will solve all of your problems - that you can have for just 60 gajillion pounds, but today, 97, but only people in the next few minutes. Why? Well, aside from the fact that it's really freaking wrong, and has always been really wrong - right now, the world is shifting and it is crying out for something new. And some people have felt it, some people have heard it, and some people just know that that is truth. My question is: will you be ready? Hold onto your hats, peeps, because The Gateway is coming.

Welcome to the Limitless Life Experience Podcast with me, your host, Suzi 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 and 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. It is Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast. And this is going to be a quick and dirty one for you today and I just wanted to share three ways that you can instantly lift your mood. Because let's face it, sometimes we get a little bit down in the dumps and we need to pick up the vibe, get back on the train, and give it a little bit of a toot.

So how do we do this? How do I do this?

My number one thing for lifting my mood instantly is dancing to some of my favorite nineties tunes... giving my age away. But yeah, give me a tune, especially if I can have it in my headphones, and I can have the sound up loud. That instantly gives me the feels, and all that's happening is that I'm being transported back to my carefree twenties where I am in the club, I'm in Ibiza, I'm with my friends. I'm carefree, no responsibility, just living it up for those four, six or nine minutes depending on what

I'm listening to. It's the muscle memory of what that music has gifted me over the years and I love it. It's like a little bit of mini time travel, and it absolutely lifts me up.

The second thing that you can do is get outside. If it's sunny, great. But even if it's raining, get outside and increase the amount of oxygen that is moving around your body. You know, ideally being able to see something nice and green, but actually that doesn't really matter. Just changing your environment and walking outside can be amazing.

The third thing that I want to share with you is a practice that I shared with my masterminders in February when we met for the first time - called a hundred breaths of joy.

And there there are examples of this on the internet but they're not as fun as the way that I was shown, and the way that I now show people. So I'm going to share with you the technique that we use and the first thing you do is find Agnes on your iTunes or Spotify and the song Release Me, which is really, really good. The second thing you need to do is understand the breath, the breath technique that I am going to share. So you open your mouth as wide as possible - imagine putting two fingers in your mouth, so that's how wide the minimum amount of size you want it to be. And then you just want to take a really deep breath through your open mouth. So not really supposed to pause at the top. It's supposed to be a circular breath, the breath is just going in. That's how you breathe. And then you put Agnes on. And then you lift your arms up, almost like you're doing a Jumping Jack, and you bring your knees up in front of you, so you're bouncing from one leg to the other side by side as you're doing Jumping Jack arms, and breathing like you need a mask. It's really high energy. The song is about three and a half minutes long. The first couple of times you do it, you want to stop. But I really recommend this practice if you want to lift your mood, what you're doing is over oxygenating the body, giving you a real physical lift, whilst also releasing any pent up emotions through that big circular breath. It's really, really powerful and great fun. Now obviously I suggested Release Me, but any music that is a little bit high energy and is going to help you move is amazing.

So those are my three favorite go-tos that you can do immediately if you are feeling the need to lift your vibe.

And a fourth bonus one that I do is my quantum flow. And a 20 minute practice of that can absolutely change my perspective, my view, how I feel in my body, and in my mind so effectively - I love, love, love that too.

So if some of these things sound interesting to you, and you know that you are looking for something that different from the blueprint, or the template, or this new strategy, or that new strategy to help you move forward, these are some of the types of things that I have been doing over the last year that have really, really accelerated my growth, both personally and professionally, that I will be sharing in The Gateway.

So if this sounds interesting, hit me up in the DMs. I would love to talk to you more about whether this new program is going to be a great fit for you or not. So as I said, this is a quick and dirty one from me today. If it's been valuable, hit me up on Insta so I can share the wealth and the love with all of my other lovely peeps and I, in the meantime, we'll see you next time.

**Faith + Action = Miracles**