

## **The Limitless Life Experience Podcast**

### **Transcript**

### **How to stop overthinking things**

You didn't need to be prepared to fail and I think that one of the biggest gifts that I have given myself is just being prepared to mess it up, because I know that I am now unemployable. I know that in the back of my head, I'm not saying to myself, if my next launch fails and I'm going to get a job, you know - I've taken that option off the table.

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 if people are in the next two minutes. Why? Well, aside from the fact that it's really freaking wrong, and has always been really wrong. But because 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 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 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 Limitless Life Experience.

Hello, my gorgeous human being. It is Suzy Ashworth here and you are listening to the Limitless Life Experience. I mean - I would judge me if I heard that. I get it. I get it. Goodbye to all of those new listeners who heard that, and thought to themselves - no, who are you, Suzy Ashworth? No. So what are we talking about today? We are talking about overthinking and I'm going to keep this really short and snappy because I don't want to overthink it.

Overthinking is the same as over cooking. It's like, you've got your broccoli, and rather than just letting the water boil and popping the broccoli in there for, you know, four to five minutes, you have put the broccoli in with the boiling water as you're warming it up. And then you keep the broccoli in there and you cook it for like another five minutes. And then because you've got your timing's wrong, you keep the broccoli in the water even though you've turned the hob off, but it's still just cooking, and you're cooking it, and you're cooking it, and you're cooking it, and you're just overdoing it all.

I want you to stop. And what I really want you to do, is take that period of time when you turn the pan on, and you've got the water just slowly starting to heat up. I want you to think about

your business or the thing - whatever it is where you're feeling stuck and I want you to just gently ask yourself, if I wasn't worried about getting this completely wrong, what would I choose to do? If I wasn't worried about getting this completely wrong? How could I make this easier for myself? What would feel really easeful? And I want you to just see what comes up. You might notice that the answer is, well, what would feel really useful is outsourcing this. What would feel really easeful is doing a video. If I wasn't worried about fluffing this up, I would do six Facebook lives, and share what about these lives on my own personal page? Yeah, that's what I would do. I want you to just tune in to what are the answers that come up for you when you ask that question.

And then I want you to hear all of the "yeah, buts". The "yeah, buts" are your conscious mind, which is operating from a place of "it is not safe for you to do this". And that is one of the biggest things that holds people back. It's not safe for you to do this, so I'm not going to let you do it. Not helpful, not helpful as a small business owner to operate from that space of fear all of the time, you have to be prepared to take a few risks in your business, and you have to be prepared to break a few eggs, whilst creating something that you're really proud of in your business. And I think that when you can just start to tap in more to the question, what would I choose if I wanted to make this easy, what would I choose if I wasn't afraid of failing?

And then taking the answer and imagining it dropping into your heart, and then just checking on how that feels. Does this feel like a really loving way to approach this task? Does this feel loving towards myself? Does this feel loving towards my potential dreamboat client? And if the answer is yes, just do that thing, just do that damn thing. And if the answer is no, then you need to recheck in what would I do if this was going to be easy? What would I do if I wasn't afraid of failing? And then drop it into your heart. Does this feel like the most loving thing to do right now? Yes, I got it. No. Okay, so what would be? And then write it down and then just take action on it. You didn't need to be prepared to fail and I think that one of the biggest gifts that I have given myself is just being prepared to mess it up because I know that this, I'm not, I am now unemployable. Like I know that in the back of my head. I'm not saying to myself, if my next launch fails and I'm going to get a job, you know I've taken that option off the table, which means that energetically I can show up in a very, very different way. Like failure is just part of the puzzle. It's not the be all and end all or going to define my existence for the next 10 years if this one thing is slightly off. What's going to happen, is that I'm going to learn about the thing that is slightly off and then I'm going to do it differently next time. Oh wow. This is not revolutionary stuff, but so few people are really willing to walk that path because they haven't committed to themselves, and they're not committing to themselves because there is a part of them that feels that they are not worthy, or they can't do it or they're not deserving or fill in the blank. And I get it. It makes it hard to commit to yourself when you have all of that shizzle going on in the background and, and you have a choice about that too. You know, you can push on through it, which is very, very doable, for sure - it often feels like really hard work, but it's absolutely doable. Or you can learn the tools to help you release that shizzle from your backend so it makes it way, way easier for you to fail if you need to fail. But Oh my God - it makes it so much easier for you to receive, for you to open up, for you to allow all of the good stuff that is literally queuing up for you. When you stop trying to avoid failure, like it's going to kill you.

Stop overthinking. How can I make this easier? What would I do if I was afraid of failing?  
Then filter it through your heart. Is this the most loving thing to do? Done?

I hope this is useful. If it was, please, you know what to do. Take a little picture. Tag me on  
the gram, share this love and wealth with as many people as possible and remember that...

Faith + Action = Miracles.