

## **The Limitless Life Experience Podcast**

### **Transcript**

#### **How to accept rejection**

Objection is part of the game. Open yourself up to knowing that you are never going to please all of the people, all of the time. Open yourself up to knowing that you can provide the best content, be the best coach, have the best idea... and still someone will look at that and say, what the hell are you talking about?

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 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, 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 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. Hello you beautiful human being. This is Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast, and there is no fannyng about today, at all, in fact. I mean there is so much going on now that if I hadn't done some of the work that I am teaching on now, with regards to being able to hold exactly what is being presented to you at any given time, my head might be close to exploding. Because I'm my third official day into a launch. It's actually been going on for about two and a half weeks, with the launch for The Gateway. Jerome and I bought tickets for the family to fly back to England two days ago. We have a full moon ceremony that's going to be happening a week on Saturday. My sister is going to be moving into our house. My whole business has pivoted. I'm now working and teaching, and sharing on energy in a way that I've never done before. And, yeah,

we're leaving Mexico, we're leaving Mexico after 16 months. And you know, we're kind of still in lockdown, but there are flights.

So I mean there's a lot, there's a lot going on and I'm not gonna lie. I mean feeling a little bit pooped. I'm feeling a little bit pooped right now. And I also know that I, again, because of the tools that I use, I get to rest and rejuvenate in my own personal little sleep chamber tonight, and I can wake up feeling open and ready and willing to expand and receive.

Oh, that's the other two things. It has been a six figure month, which is incredible. And I realized on workshop number one, that actually I have had my biggest year in business this year and we are only five months in. What the heck? What the heck is that about? Half a million pounds in sales. I feel so privileged and honored and grateful to have had the opportunity to serve and support so many amazing human beings. And the idea that this gets to get better, and better, and better, and better, and better. That feels really, really good. Really good.

So anyway, there's a lot going on, and I'm available for that. I'm really available for it. The thing that I need to be really mindful of is my self care in amongst all of this stuff that is going on. And I was talking, I'm going slightly off on a tangent, but I think that this is important because a lot of people, particularly when they're launching, they have that experience of putting all of the energy in, all of the energy in, and all of the energy in, and then they kind of self combust and need to take three months off of work. And because I have just signed up with a new mentor, which feels really exciting, and felt very important because my business is going in a new direction and I wanted to have something alongside my mastermind, alongside my mindset work, have something that was very practical and strategic and was going to just help me stay on track when it comes to how I would love to expand the business moving forward.

And this new mentoring program feels like the perfect fit. So I am really looking forward to being able to share with you over the coming months how it has all played out, but especially because I've just made this investment... I'm not available for burning out for the next three months. I'm like, I'm very available for making sure that I make the most of the time, and the support, and the resources that are all available for me to create even more freedom within my life. Because that is what this game is about, and it is a game.

So preamble out the way. Let's talk about what I want to talk about today, which is rejection and how far we will go to avoid that feeling of being rejected. And it's so interesting to me because it's everywhere. It really, really is everywhere, all of the time. And I think that the difference between the people who are going out and

making moves, and making money, and attracting clients, and doing the things that you potentially look to yourself and say, 'Wow, I would love a little bit of that. That would be really super helpful to me'. The difference between those people and the people who are not doing that... is that the people who are out there doing the thing and making the moves are not afraid of the feeling of rejection because it's just part of the deal. It's just part of what we have to go through. And I think that if you are an artist, you're an actress, you're a musician, you kind of accept that that goes with the territory. But when you are in entrepreneurship, or you are a CEO, you are running a company or you know, senior management in a company, that idea of being rejected, you know, you speaking your truth and somebody looking at you going 'What?' can be debilitating, it can absolutely freeze you in your tracks.

Now there is a saying, I think it's an NLP saying... that there is no failure, there's only feedback. And I think you can switch the word failure. There is no rejection, there's only feedback. I don't know whether you can switch that or not. Does that work? You tell me. I think what I really mean when I say that is, is the rejection of self that is the biggest issue. It's not what other people will or won't accept about you. It's the part of you that you are willing to reject in order to feel safe and secure. That is the real problem here. And I think what happens is that we act from this place of trying to protect ourselves. Or maybe what I should say is that we choose not to act from this place of wanting to protect ourselves. I am not going to show up live today. I'm not going to ask for the sale today. I'm going to stay in my home today. I'm going to avoid doing the thing because we think that we are afraid of the rejection from the outside world. And I say we think, you know the truth is, is that many people are afraid of that rejection. But what I want to pose to you is every time you hide away from doing the thing that you really know right now, you want to be doing that your soul wants you to be doing. If you want to honor where you want to be in the space you want to take up in this world, every time you choose not to do the thing, you're really rejecting yourself. And my question is, is all you really available for rejecting yourself every day, week after week, month after month under the pretense that what anybody else thinks about you matters. And I really want that to sink in a little bit. Are you willing to reject yourself day after day, week after week, month after month under the pretense of what anybody else thinks about you matters?

Rejection is part of the game. Open yourself up to knowing that you are never going to please all of the people all the time. Open yourself up to knowing that you can provide the best content, be the best coach, have the best idea and still someone will look at that and say, what the hell are you talking about? And the reason that this feels so alive, is that was talking to both Jerome and my sister about this over the last week or so. They'd both had experiences where they were dealing with that sense of pain and suffering that comes after feeling as though you've been rejected. And I was like, do you know how many times I got rejected today? 69 times. And I

did a live stream for 71 people and when I got off that live stream, I had two sales, which meant that I got rejected 69 times. And I can either choose for that to mean something or choose for, for me to know who I am, for me to know how important my message is, and for me to know how many people have been activated and shifted and are going to respond to that in their own time, when they're able to see, when they are not deleting, or distorting, or generalizing about the information that I have to share and going 'Oh my goodness'. And I have to say what the most amazing thing is, is that when we were chatting, when I was chatting about this to Jerome, he and I were talking about when I launched on my 40th birthday, which was a really big mistake, was a really big mistake. So I did a webinar whilst people were like texting me every five minutes to wish me a happy birthday was not focused at all. And again, I did the thing, I did an amazing presentation. And then after that presentation I had five people sign up and then nothing. And then nothing, crickets, absolute crickets. And then someone bought, and then someone bought, and then someone bought, and then someone bought. And I think it ended up being like an 84K launch or an 86,000 pound launch. I had to feel the rejection, I had to feel the burn, and then I had to pick myself up and then I had to just go again. So there's really two things I want you to take from this. One is that what anybody thinks about you, when somebody doesn't get you, when someone's not receiving you, when someone says no to you... it doesn't matter.

You have to go through those nos in order to get to the people that you connect with. You're not supposed to connect with everybody. And if you choose not to act for fear of not connecting with everybody, you are really rejecting yourself and your dreams and the possibilities that are available for you when you choose to step beyond where feels comfortable, where feels safe, and where feels secure. And so my challenge for you is to look at your actions over the last week and get really real with yourself. Where have you been afraid to take a step because you're afraid of getting it wrong, and somebody will judge you. You are afraid of somebody saying no to you. You're afraid of what your partner will think of you. You know, you can look at it however you want. Ultimately what it comes down to, that fear, we're looking for that fear of rejection. Where are you not stepping forward because you're fearful of being rejected in some way.

And then again, get really real and honest with yourself and ask yourself, where am I rejecting myself right now? What desires? What wishes? What hopes am I denying? Am I rejecting? And then ask yourself, are you really available for that? And if the answer is no, no matter how scary, no matter how hard, no matter how much you have to dig deep, if the answer is no, go and take some freaking action.

Okay. If this has been helpful to you or you know somebody that you think would benefit from this episode, please pass it on. Please share it. Tag me on social media and I will see you for the next episode and please remember that it's...

Faith + Action = Miracles