

## **The Limitless Life Experience Podcast**

### **Transcript**

#### **It's time to choose**

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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 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 you gorgeous human being. It is Suzy Ashworth here and I am so freaking excited to have you here in my home and listening to the Limitless Life Experience Podcast.

And when I say here in my home, I am genuinely being serious because I am no longer right now, recording in a studio. I am in my home. And so we're kind of breaking bread together and that feels amazing. Today's podcast is going to be a quick and dirty one. And it's all about choice and choosing.

And I think that the main message for you here today is that every single thing that you are ever going to achieve in your life and your business starts with you making the very conscious decision to make the thing happen. It starts with the very conscious choice of allowing yourself to imagine, allowing yourself to dream, allowing yourself to know that this could be your possibility if you just choose. And I think that the reason a lot of people do not get what it is that they desire is because they fail to say, this is the thing that I want, because the idea of saying this is the thing that I want means that you are officially playing the game.

You're saying, Hey, I'm walking out into the arena and I'm waving at you up there in the cheap seats and the fear of the person in the cheap seat, not appreciating your work or seeing you fall on your face... is enough to keep many people from just doing the damn thing. It's enough to keep people silent. You know, how many things right now, and maybe it's one, or maybe it's a whole list as long as your arm, but how many things have you yet to voice because they feel too big? Because where you are, it's kind of okay, what you've got is just enough? Because every time you sync in

that way, you are putting a literal barrier up. When it comes to your ability to create space, to receive the thing that you really, really want. You haven't claimed it yet. And so your actions aren't in alignment with the person who has already achieved your goals, your actions and behaviors are in alignment with the person who is wherever you are today. And unless you are deeply, deeply satisfied with where you are today, there's work to be done.

And honestly, I say that, knowing that there's going to be a percentage of people listening to this going well, I love my life. I love exactly where I am, and here's the thing - I love my life. I have just crossed a really, really big milestone when we flew back from Mexico, because we all upgraded and we all flew, all five of us, business class. And that feels like a huge milestone that my business is able to support us as a family of five, doing that long haul trip in business class. That's amazing. And we get to come back to our home, which is in a really beautiful area. And sit on a really comfy sofa and be in our beautiful bed and look out into the garden. There are so many things I am so grateful for. So when I say what I'm saying, it's not about a sense of discontentment. I don't believe that you can create abundance from a space of lack. But what I do know is that even though I feel so lucky and so fortunate to have so many blessings in my life, there is a real drive and desire to create a wider and deeper impact in this world. And that means that I have to operate at a higher, deeper, wider level than where I am right now. And that's what I'm talking about. It's not about, as I say, discontent or being ungrateful, it's about really tuning into what is possible for me as a human being.

What is the legacy that I desire to leave on this world? What is the impact that I want to have in this world? Am I doing that right now? And for the majority of people who are still really actively wanting to live their life for me, the answer always has to be no, because we are supposed to be evolving. And this is not just related to business. This might be what's the impact that I want to have in my relationship. How do I want to grow as a wife? How do I want to grow as a mother, or a sister, or a friend? That evolution of who we are is natural and right. And perfect. And I feel that whenever people have said to me in the past that they are not interested in moving forward and developing themselves, often, those people often I find that those people are scared of living into what is truly available for them.

They've made a decision that to go beyond where they are, is going to cost them too much. And if that is you, if you resonate with that idea that you know, things are okay, I don't need any more Suze. I want to really acknowledge that this is not about what any person needs at any given time. We are in the lucky 5% of the population who have food and water and electricity whenever we need it, we don't need anything else for the most part. But this is connecting to your limitlessness. And knowing that you get to create the universe that you live in, and you going beyond

where you are now does not have to mean that you sacrifice the other things are important in your life. That is a lie that keeps people from really living into their potential that I see so freaking frequently. Do not allow that lie to hold you back from stepping into that next level of evolution, feel yourself, and know that whilst you have lies and stories about what it's going to cost you running in the background, you will never fully choose.

And without that very conscious intention and attention, we cannot get anywhere. So that is the invitation for you today is to really look at yourself and identify, where am I underplaying my choices? Where am I refusing to say, this is what I want, because I'm either scared of failing or scared of being judged, or just scared that it's going to cost me too much. Where am I doing that? What is the new story that you're going to choose to create for yourself?

And hit me up on Instagram. Let me know. I would love to hear what you have decided you are going to choose for yourself today, tomorrow, and the next day, because you are all ready to step into your fullest and highest potential. I'm excited for you. Like let's get this freaking show on the road.

If this has been helpful, please, please, please go and share it with a friend. Hit me up with a review on iTunes and do not forget to take a picture, tag me on the ground so I can share your brilliance with the rest of my people. Whilst we similar stainless, they get to shout out about the podcast. It's a win, win, win, win, win, win, win. Have an amazing rest of your day or evening. And remember that faith plus action equals miracles.