

## **The Limitless Life Experience Podcast**

### **Transcript**

#### **How to plan and achieve your financial and spiritual goals**

When it comes to your spiritual goals, the question I really want to ask you is, I mean, what do you mean? When I talk about my spirituality, really what I'm talking about is alignment. How much am I acting in alignment? How much do I love myself? How much am I allowing love to move through me, with all of my interactions and engagements, and do I have a plan for that?

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 gorgeous human being. It is Suzy Ashworth here and you are listening to the Limitless Life Experience Podcast, and I've got an interesting one for you today. This is a question that came in from one of the members of my free Facebook group, The Quantum Success Hub for Female Entrepreneurs. If you are not a part of that vibe right now, why the heck not go over and get yourself acquainted, introduce yourself so we can play, and I can answer your questions on the podcast like this. So somebody asked, how do we create a plan for both our financial and spiritual goals? And I loved this because I think that there is a real opportunity to create what you call in therapy terms, a double bind that really serves you. So normally when we talk about double binds in a modality, like keeping the therapy, somebody has attached something to the outcome of another thing, or created a relationship between two things that are not actually intrinsically intertwined.

So it might be that when I leave the house, I always have to have a cigarette. Now they don't always have to have a cigarette, but they have created a relationship between the two. And as I was pondering on this, I thought that it could be really, really useful for you to create a relationship with the deeper into alignment you become, the more financial abundance you are able to receive. Because it was just an interesting question to me in the first place, like how you set a financial goal is just decide how much you want, and then make sure that you have products and services that you can sell enough of that will enable you to get to that goal. Like that is how you set a financial goal. When it comes to your spiritual goals, the question I

really want to ask you is, what do you mean? When I talk about my spirituality, really what I'm talking about is alignment. How much I'm I acting in alignment? How much do I love myself? How much am I allowing love to move through me with all of my interactions and engagements? And do I have a plan for that? I do actually, but not in a traditional, like, let me put something on a spreadsheet and be ticking things off. Really my plan for that often presents itself in my morning routine. And for those of you who are immediately cringing at the idea of a morning routine, because life kids, you don't do mornings, it doesn't matter... Really, what I'm talking about is just giving myself time and space, time and space to tune into me. And it's really interesting - in Mexico, I found this way, way easier to do than when I have been in the UK. and I'm not entirely sure, sure why. But creating that time and space. What works really well for me is in the morning to do my journaling, and quantum flow meditations, and activations, and visioning and all of that good stuff for me... All of those tools and strategies are about me expanding my relationship with my spirituality or in other words, just getting more and more deeply into alignment. When I have that time and space to get quiet, I know that that's where my inspiration comes from. And what's really interesting is that because I am also a voracious learner, this is my head brain - it always wants to have more information. I want to know how this works, and that works and dah, dah, dah - which, which would be great. And I really, yeah. Useful trait to have, but when it comes to expansion and alignment that comes from within. And so I have to be really mindful. I have to notice when I'm putting too much energy and attention into other people's theories, books, courses, programs, and taking that attention away from my inner world. Because I know that from my inner world, that's where the magic happens. That's where I get the clarity on what it is that I need to release, and clarity on what my next steps are going to be in life and in business.

So for me, that morning space is super important. But my question for you is where do you feel most spacious? Where do you feel most aligned, or what activities help you feel that sense of centeredness and stability? Because it's from that centeredness and stability within yourself, that you create the space for the inspiration, and the creativity, and the motivation to take the next step comes in. And what I have managed to do, I think probably by accident, but again, it's been super helpful is create this subconscious double bind whereby I know that I don't know, I have to be in complete alignment to receive, because I have done enough work over the years that I already have a high base level of receiving now. And I know that that isn't going to change - however, where the double bind comes in is, I've created a story, which again, like I said, isn't true, it's just a story. I get to create all of the stories in my life. This story is helpful - that the more into alignment I get, the more in touch with my spirituality, the deeper I go when it comes to connecting with myself, the more I am able to receive. And I think that the reason that this story works, is that the more I'm able to do it for myself, create that space to step into the inspiration and the clarity and the motivation, the better I become at holding and creating that space

for my clients to step into. And the more that they step into themselves, the higher level of receiving they experience and the better they do, the better I can do. And again, that story isn't true, but it is useful for me to buy into that. As my clients get better and better results. As I support people in having an 80,000 pound launch, I think that is the highest we have got to so far, which is super exciting. But as I am able to support people in stepping into and up to that, I know that my skillset around holding the space, encouraging people to go deeper, encouraging them to see where their blind spots are, and letting them know what it is that they need to let go of, helping them get even more clarity on how they want to show up, what their messaging is, what divine self expression is for them. The more complex overcome doing that, is directly correlated to how accomplished I am at doing that for myself. So the better I am doing that for myself, the better results that my clients get, the more I am able to charge for my services as I get more and more refined in creating situations that allow abundance financially, spiritually, emotionally, and mentally into all facets of our lives.

It's so good. So whilst I definitely have a financial goal, I always have a financial goal for the quarter. I frequently then break it down into what it is I want to be receiving month on month. I set that goal because I want to have a good relationship with money. And that means that I feel that I need to give it attention, and nurture that relationship and engage with it on a daily basis. However, the real goal, and the real intention, and the real attention is to focus on what does alignment feel like? How quickly can I get back into alignment, get back into stability, get back into centeredness when I wobble or fall off the bus? And the more quickly I'm able to bounce back and get back on, the better it is for my level of receiving.

So that is what I encourage you to do. Certainly what is interesting is that for a lot of people who consider themselves to be spiritual, they want to do the complete opposite. They're like the story that they've been telling themselves is not spiritual to receive. And I suppose what this podcast is about is just turning that notion on its head and understanding that the more in alignment you get, so the more spiritual you are, if you want to use that word, I just prefer alignment more in alignment you get with your mind body. And so the more you are able to open yourself up to receiving, isn't that fun?

I would love to know if this podcast has resonated with you, please hit me up in the DMS on Instagram. Thank you so much for your time. I love you deeply.

And I want you to remember that it's...

Faith + Action = Miracles.