

## **The Limitless Life Experience Podcast**

### **Transcript**

#### **It's safe for you to want more**

I can work and be an amazing mother. You know, I can work and have a social life. I can scale my business and still enjoy ease and flow in my life. Look for where you are saying either or, and not act, and then stop doing it.

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 today I want to talk to you about feeling safe in your expansion. This was a super interesting thing that came up with a client recently, who bravely admitted to me that she didn't actually feel that moving forward was really honoring her current situation. It made her feel like she was being ungrateful for all of the magnificent things that were or are in her world. And it's that question of when is enough enough? Like, yeah, for sure. I can be limitless if I want, but I've already got a great house and great kids and a car. And surely right now I should be tempering my desires.

And I get it. Somebody shared on Instagram the other day, a meme from an account, I think it was called the financial diet.

And I think that usually they are sharing quite positive things. I think I haven't really been through the account, but the post that was shared with me was something along the lines of people who hoard billions of pounds only get to that stage by exploiting the needs of other people. And there were, there were a lot of fours and against, I was definitely against that post. I thought that it was interesting because what the writer had done is used the word billions and hoardings to immediately create an emotional response that says, this is wrong. This behavior is wrong. And of course, somebody hoarding billions of pounds or dollars and exploiting other human beings in order to get to that stage. Of course, that is wrong. And I don't object to that statement in and of itself.

What I object to is the subtext that at some level, the more successful a human being becomes in relation to wealth. So the more wealth that they accumulate, they must

be doing that in a way that is detrimental to other human beings. And that is a story that permeates cultures across the globe and stops people from desiring more and depending on where you've grown up and what your parents did and what they believed in that story will be deeply entrenched, rich versus poor them versus us. We're not those types of people, you can't ever learn more than your father or you can't earn more than your mother, or did you see that person over there with the big flash car, they were having an affair. They must be a bad person. And the reason they're a bad person is because they earned lots of money. That's the story. That's what I object to. That person has put billions, and hoarding, and exploitation all into one sentence. But so many people are doing that with 50,000 pounds a year or a hundred thousand pounds a year or a hundred thousand pounds a month.

They are putting limitations on themselves that come from the mind story, that abundance is wrong. And when you look at the laws of nature, when you take a look outside your house right now, if you are living in a green area, or you just go to the park, you go to anywhere where there is nature and who put the confines on nature? We do, we put a fence up, you know, we put the trellis up, go this way. We do the pruning. But if we just allowed nature to get on and do its thing, the tree continues to grow and the tree will take over anything and everything in its sites, without question, the grass continues to grow. Like when you look at nature, things grow until they die. And then when they die, they reconfigure. So nothing ever disappears. But nature does not limit itself, to evolve and to be alive is to grow.

And that is part of what we as human beings need to remember that abundance and that growth and evolution, which crosses all facets is allowed, is part of our birthright. Now, especially now more than ever, we people like you, people like me, we need to be earning a shit ton of money so that we can use that money to put into good causes, to help people to create leverage. And in this day and age right now that leverage that money equates to power and influence. And if we want to change things, being okay with desiring more is part of that. And my mentor would say, even if you did not want to, you know, put it into a charity or whatever, that would be okay too, because it's okay to want what you want, what you want. And I believe that too. And part of my soul's mission is to make sure that I am qualified for the wealth and the good that I make.

And that's why part of the plan one day. And as I say that, I'm like, we need more intention behind this, Suzy - is to have my own foundation. You know, that definitely is the intention and this podcast, I love the word, get to self coach on these podcast. Episodes is making me realize that I need to bring even more intention to that desire to bring that into reality way more quickly than it would. If it's still just become something that's up in the air.

Anyway, circling back, it is impossible for a person to become an energetic match to their next level of expansion if they are worried that being that wanting the new thing is not honoring where they are.

I just want to make it super, super clear that that's a story. I love my home. Being in Mexico is a really good example of this.

Like I loved my time in Mexico. I really adored it. It changed our whole lives and I was ready to leave. The fact that I was ready to leave does not mean that I did not appreciate where I was or the experiences that we had or were having when I knew that it was time to move on, you can love it. And it's not either, or look to see where you are playing a zero sum game. I can love myself and know that I'm doing great work and be absolutely amazed at the jump in my business year on year and look to finish the year, having more than doubled my income. You know, that doesn't mean I'm not appreciative of my months. It just means that I know that. And is my birthright. I can love you and I can appreciate this and I can have all of these savings and I can give back and I can work and be an amazing mother. You know, I can work and have a social life. I can scale my business and still enjoy ease and flow in my life. Look for where you are saying either or, and not, and, and then stop doing it. It's safe for you to desire more.

All right, my beauty, thank you so much for listening. If you have enjoyed this episode or know a friend who really needs to hear this today, please do me a favor and share the love. Hit me up with a little review on iTunes. And if you fancy taking a screenshot, tagging me and hitting me up on Instagram, I will appreciate you muchly. Let's get this podcast out into many, many, many more earbuds. And remember that...

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