

The Limitless Life Experience Podcast
Transcript
Activating Your Inner Leader

Pick one area that feels sticky, and face it, call yourself out on it and then share the process, document it - so that others can see your journey from taking the shadow and transmuting into light.

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 am super excited to welcome you either back into my world or into the crazy for the very first time.

And today I want to talk to you all about activating your inner leader. I have been saying really ever since the pandemic hit that the world requires and is asking for and demanding a new type of leadership. I genuinely believe that that leadership is going to come from a woman. And I believe that in order for one of us to be able to step up and join the ranks of people, like Jasinda Ardern, Oprah, that we have to be prepared to stop skating around on the surface. We have to be prepared to stop trying to avoid our bullshit. We have to be prepared to stop believing that we are not capable of handling challenges. And when we can do those things, what we're really saying is, is that I'm prepared to go deeper.

And it's on the other side of the potential pain, the potential discomfort, the disease of going where most people aren't prepared to go, that we find our liberation. And in the finding of that liberation, we start to glow. I believe that as we clear our channel of doubt and fear and guilt and worry and concern, we start to emit a signal of vibration, a frequency where we can't help, but attract other people who are either already vibrating at that level or who can see so clearly that that is the frequency band that they want to step into. And those people are prepared to do the work, to rise up. These people are your potential clients. All of the time that you are operating at less than your fullest potential, you will find yourself compromising on your values,

compromising on the things that were important to you, compromising on the way that you show up in your work, the way that you show up at home. You will find that again and again, and again, you end up saying this is good enough on the outside, but on the inside, feel the pain of pinching yourself off from your limitless power and all of the abundance that is available to you.

And it's funny because when I started this podcast today, I could hear the voice in my head saying this is too much. And I started it again, knowing that because my brain is telling me that it's too much and it may be for some people who will listen to this episode for the people who are ready to rise up into the next frequency band, open themselves up to the next level of receiving open themselves up to the next level of abundance... This is exactly what you need to hear. This is me saying, stop fucking about and get really real with yourself. Because you know that you are not doing the thing right now that is required for you to step up into that next level.

So the first thing that you need to do is make the decision that you are prepared to go deeper. Where are you avoiding yourself right now? You know, where are you saying yes. When you really mean no. And why are you saying yes when you really mean no? No, start looking at that shit. All. I want you to face the parts of yourself that you would rather deny. And I'm going to give you a tiny little get-out clause here because I have to be honest, there are parts of me that I am not ready to face. And so I really want to be transparent. And so you don't have to do it all at the same time, but pick one area that feels sticky, don't go for the easiest thing. Pick one area that feels sticky and face it, call yourself out on it and then share the process - document it so that others can see your journey from taking the shadow and transmuting it into light.

And it's in that journey... and you don't have to document that you're doing it. But as soon as you've done it, as soon as you've got the lesson, as soon as you feel the lightness of no longer carrying around baggage, that is no longer serving you - share it, document it, write a post on it. Because it's in that space that you start to differentiate yourself from all of the other people who are skating around on the surface, because they are afraid to go a little bit deeper and challenge themselves. You start to differentiate yourself from that lower vibration. Yay. Which is exciting. You start to open yourself up to stepping into the next frequency band. And your potential clients feel it. So they feel it when you call out your own shit and then share the lesson.

The second way they feel it is when you call them out on their shit, or when you make them feel uncomfortable because you know where they are hiding from themselves so acutely, and you are doing what every other coach in the world is not doing by really speaking directly to their fear, pain and passion and saying, this is why you're experiencing this. This is where you're holding yourself back. This is what

you don't want anybody to know about you - I know it, because many times I've been there. And in that discomfort, the people who are ready to step up say, I'm just going to hit you up in the DMs. I'm just going to give you a shout here. I saw your posts. I need to be in your world. I heard your podcast. I need to be in your world. Your messaging really spoke to me. You scare the bejesus out of me, but I am ready to take the next step. And what you do when you attract those types of clients is that you make it impossible for you to not love every single part of your job, of the work that you do. And that's exciting.

There is another layer which we won't go into right now around once you have made the invitation, how you hold the space for somebody to step into coming and working with you, but it starts with you first making the decision to go deeper and stop skating around on the surface, facing the parts of you that you would rather deny it, and then calling them and then shining a light on the bits of your audience that they don't want to acknowledge. And then finally is showing them what is possible. It's saying that this is available to you and you know, the best way to say that is through being the model, making sure that you are living into and as many places as possible, the possibility, the abundance, the freedom, the limitlessness, the divine self expression. Living into the uncensored, unfiltered self, embracing all of yourself.

Where are you not doing that right now? And why? Make the decision to look at your fear, and then you can start to do the work to transmute that shadow into your shadow self, into your most illuminated itself. This is the work and it gets to be so freaking rich. It gets to be so rich. And this is my invitation to you to make the decision... Who do you want to be? When it comes to leading, this is what leadership looks like, it starts with yourself. It starts with you falling in love with you being your best, most illuminated self, and then making the invitation for people to join you in that vibration and stand alongside you as their best, fullest, most illuminated self. And then creating a tidal wave of goodness, joy, love, positive impact, abundance in every way, shape or form across all areas of your life.

I mean, are you available for that? Are you available for that? If this type of conversation is your vibe, I want you to come over and join me in The Quantum Success Hub. It is my free Facebook group. I am loving spending time in there right now. There are hundreds of amazing human beings who are looking at life in a slightly different way who are looking at success in a slightly different way who are either already stepped up or stepping into what being your fullest most badass self is, and really feeling into what it means to self lead so that you can lead others in the most effective way possible. Yay. If you have loved this, please feel free to hit me up on Instagram. Let me know what your biggest takeaway was, and take a screenshot of the episode so we can share the wealth and get more and more people like onto

The Limitless Life Experience bandwagon. I am loving being here. I appreciate you, and I'm rooting for you.

So please just remember that...

Faith + Action = Miracles