

The Limitless Life Experience Podcast

Transcript

Should you be working when you don't feel like it?

Some days you just don't feel like working. Should you show up? Again, it depends on this, not showing up in alignment with your vision, for what it is that you are creating.

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believe in miracles. My superpower is helping female entrepreneurs like you create six figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the Limitless Life Experience Podcast.

Hello, you gorgeous human being. It is Suzy Ashworth here, and I want to welcome you to this episode of The Limitless Life Experience Podcast, and I have got a quick and dirty one for you today. I'm just going to get straight into it. Should you be working when you don't feel like it?

This is a question that I get directly and indirectly all of the time. And I don't think that there is one clear, straight answer actually, and that's not me being on the fence. It is me being honest. And I think the first thing that I want to invite you to consider that I think is super important when it comes to answering this question is what's your mission? What's the vision, because if your mission and vision is to be very present with your family for 35 hours of the working week, and to have a very low touch business where you can just work for a couple of hours every single day, then the question of should I work when I don't feel like it is probably no, if you are able to organise it so that even if you don't always do the two hours a day, but things are able to take along without you having to worry, then the answer is no don't work.

If you don't feel like it, if you have the desire to create a really big business. And when I say big business, that might be a high level of staff, it might be high turnover, it might be high profit. And some days you just don't feel like working. Should you show up again? It depends on is not showing up in alignment with your vision, for what it is that you are creating for your business. I'm going to be super honest. There are some days where I just don't feel like working and some people would say, well, you know what? You should not work on those days, but I want to counter that with the mission and the vision that I have for this business and the mission and the vision that I have for my family and the mission and the vision that I have for myself.

It means that whilst I think it's really, really important to factor in downtime to create a business that really does support me not working 24 hours a day, seven days a week or 14 hour days every single day of the week, because I'm afraid that it's all going to fall apart - like that's not living. That definitely is not The Freedom Experience. The mission and the vision require me to be consistent in the way that I create content and the way that I serve my communities in the way that I manage my team and interact with my team. And so if I just don't show up on the days that I don't feel like it, I'm feeling a little bit off, guess what I cannot expect to achieve my mission and my vision. And so not feeling like it isn't a good enough reason to not show up for me.

It's not in alignment with who I desire to be and ensuring that I am able to go for a massage, have a facial, finish by 5:30, 6 o'clock and get back to having Fridays off... work has crept back into my Fridays, which I get to choose becomes a non negotiable again. And I want to make it really clear that in order for me to get Fridays back, what I need to change is my mindset changing. My mindset will enable me to get the support required, will enable me to say and really mean, and that I am not available on a Friday for work conversations. That's a mindset shift. It's not anything else. You know, being able to create a business where I'm making a massive impact and I'm working five hours a day is also a mindset shift. You know, it's also a mindset shift.

I have to say to myself, who am I prepared to get in to support me? What needs to happen in my business to be able to justify hiring this person for this job and that person for that task and this person for this job, while still maintaining the level of profitability that I desire for my business, all of these questions, they're strategic questions for sure. But in order to get into that space, I have to choose to think differently. And so what I want to say to you is reconnect with what you said that you wanted. And more importantly, why you said that you wanted it. And I think that you are probably listening to me because you are the type of person who does have a big mission, even if you haven't fully claimed it yet. And when you have a big mission, you have to want that mission and alignment comes into that space with you strategically choosing your downtime, where you consciously and intentionally choose how many hours a day that you are going to work so that you have that space for playtime. This conversation is not about work and no play because you've got a big idea. This conversation is about creating structures and frameworks within your business to allow you to work and do the work that you need to do and play.

So I would love to hear if this resonates with you and whether it gives you some food for thought, because I of course want you to play and have fun and really be able to be spontaneous and know that spontaneity within business comes from building and structure. That's when you have that structure you can afford to play. I really want to

know what this brings up for you. Hit me up on the gram. If you loved this episode, then please leave me a review and please remember that...

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