

The Limitless Life Podcast Episode

Get out of your own way

Transcript

What could or should I be doing right now, that it's going to take one step closer to helping humanity in the way that I know that it is longing to be supported and helped and held right now. And I want you to do the damn thing. 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 believer 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.

Suzy:

Hello you, you gorgeous human being. It is Suzy Ashworth here, and you are listening to The Limitless Life Experience Podcast and I am so, so feeling the vibe today. I have to say that whenever I start the podcast with a little sing-song, there is something that goes in my head like for the new people, for the new people whose first ever episode, this is, it must be a turn off. Nobody wants to hear my amateur dramatics musical background coming through on a podcast that's pitched itself as helping you step into and create a limitless life experience. And yet me being able to sing somewhat badly, you know, like I own the tune and I'm going to own it, I can own the tune. But sing somewhat badly is the model of me living limitlessly. Would you not say? Look, if you're still here, I know that you're supposed to be here and so welcome. And thank you. I am grateful.

I am going to stop messing and really hit it with what I want to talk to you about today. And that is really just getting out of your own damn way. Yes! I'm talking to you. I am in the very privileged position of working with female entrepreneurs, like you, female entrepreneurs, right across the board. People who are working, who have been in their business for maybe two or three years, some of these people are earning really way, way less than what they should be and working less with startups. So people who are earning between one to 2000 pounds a month, right the way through to 50-60 thousand pound months. And, I see the same things presenting themselves at every single level, the same things that used to be on my mind, for sure there were some changes and I've just done a whole series on the

different things that you need to be thinking about, but there are some fundamental pieces, and one fundamental thing that I want to share with you today, that whenever you are feeling a little bit lost and you know, and you know that you just need to get on and do the damn thing. Whenever you are feeling a little bit, like, I don't know if I can do it, I don't know if I'm cut out for this. Why is nobody helping me? And I'm doing that voice on purpose, because I'm talking about those times when you were in a little bit of whingey-whiney mode. When you are in the victim archetype and feeling like the world is against you, feeling like nobody understands you. feeling like you might just throw all of your toys out the pram and just give up. I want to say to you, stop wasting your freaking time and get on with the damn thing. Just get out of your own way! And I know that that phrase irritates some people, but here's the thing. I want you to know that every single thing that any one of my clients has ever achieved in their business started with the decision to make the decision that their goal, that their intention, that their business, what they wanted, what they desired was a non fucking negotiable. They stopped making excuses. They stopped saying, yeah, when I was 16 years old, this person was rude to me and my mum didn't let me do this, and my dad didn't let me do that. They stopped doing that. And they just got on with it. They realized that there is nothing separating them from any of the people that they admire. They committed to getting over every single obstacle. They committed to releasing, and even if they weren't ready to release, they committed to not allowing any story or belief that said: this is not possible, you are not worthy, you are not deserving, there were a million other people out there better than you who are doing this more effectively than you who are more polished than you. They committed to pushing all of those stories aside and just doing the work. You need it right now. And the bullshit stories that you tell yourself that stop you from going on live, making the posts, asking for the sale, launching your podcast, writing your book, upping your rates, creating the group programme, getting your course online and so on and so on and so forth. That's you, it's not the strategy. It's not the blueprint. It's not the funnel. It's not how much money that you have or don't have right now. It's you haven't made the decision. And most people aren't making a decision because they're scared of fucking it up. They are scared of looking like a fool if they fail. And I want to say, be prepared to look like a fool, be prepared to fuck it up, really, and immediately you will leapfrog the other 89, 90% of people who are dithering and dallying out fear and trying to be perfect and trying not to show themselves up. So many people aren't doing the thing because of those exact reasons. And simply by committing to putting one foot in front of the other day, after day, after day, you will leapfrog everybody who is messing around on the sidelines and messing around with half a foot in and half a foot out, dipping their toe into the water limply and then you get to decide where to focus your attention so that you can really make the difference at the world is crying out for you to make right now. And so I want you to listen to this and I want you to ask yourself,

what am I dithering about? What do I know that I could or should be doing right now, that is going to take me one step closer to achieving my desires? What could or should I be doing right now that it's going to take me one step closer to helping humanity in the way that I know that it is longing to be supported and helped and held right now. And I want you to do the damn thing.

And then I want you to come and let me know either in Instagram or in the Quantum Success Hub on Facebook, I want you to let me know what you did. And then I want you to do it again and again until that momentum creates a snowball in your life and in your business. So that in 365 days' time, you can turn around and say: wow! look at where we are. Thank God for that podcast. I'm joking. Thank God for myself. Thank God that I got out of my own way. And I just did the work. How about that? If you know that there is someone else out there today that needs to hear this message, do me a favour forward on the podcast, share it on your Instagram, tag me so we can let more people get the kick up the backside that they need to go out and do what the world is crying out for you to do right now. Please remember that it's...

Faith + Action = Miracles