

The Limitless Experience Podcast

It's time to tell your truth

Transcript

But this week, I just thought, you know, I don't know if I can do this anymore. Um, what was so interesting is what came up was you can't run away from yourself. You can't run away from yourself. 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? Hello, hello, you gorgeous human being. It is Suzy Ashworth here, quantum transformation and embodiment coach. And I am delighted to have you here in my space. This is my house. This is my house today. If this is your first time here. Welcome, welcome, welcome. And if you are coming back for more and more every week, thank you so much. It was a delight to see that we had hit number 34 in the entrepreneurship charts this week. And that is because you are listening and sharing, and I am so grateful for that. And in today's episode, I wanted to really talk to you about the power and the importance of you using your voice. It's been a really interesting week for me. I have felt a lot of heaviness in the air, a lot of density within myself as more and more troublesome things are presented to me about what is going on in the coaching industry, in the wellness industry, in the publishing industry, in the online industry.

And I, uh, intersect all of those areas. And as a black female leader, people want to know what I think, and they want to know my opinions both personally, and as a community leader. And I will be honest with you. That feels at times really heavy. It feels really exhausting. And I think that I first spoke about this after George Floyd was murdered and lots of people approached me to ask me to take part in their panels and share my opinions on race and black history and all of the things that came up with that injustice. And I decided, and publicly stated that whilst I was happy to share my views on my podcast, it did not feel appropriate for me to be speaking as though I was a black historian or an expert on race because I am neither. I am a black woman. And my lens is very different because of my upbringing, which is with white foster parents. And because of this, because of that lens, it has meant that, and the fact that I am married to a white man and have, so all of those things have really meant that when it comes to asking myself questions about what I believe, why I believe it, where those beliefs have come from and the many, many other questions that have run through my mind, often I have felt like my mind has been scrambled. It's been scrambled and underneath the scrambling, there has been a lot of emotion and what I was able to tap into today actually, before getting on to record this episode was that one of the emotions that was coming through, I can't say strongly because it's the first time I've been able to name it, but has certainly been in my field, in my energy, has been guilt.

It has been guilt that I am a plus seven-figure entrepreneur and I have benefited from the system that is corrupt and broken. And I also know that as a black woman who has succeeded up until this point, that I have also succeeded in spite of the system. And so all of the time or much of the time I am dealing with yes, and. And in the past that has been of massive benefit, I've taught about that in business, how, as women, as my clients, often

people are saying either or, it needs to be this or that, it needs to be this or that. And I have been very good at deconstructing that for people to show them how they are limiting themselves. And then all of a sudden everything that I have said and everything that I have believed passionately about and everything that I have used as a tool to help people move forward in their lives and business has then been called into question.

And I would say that this has happened consistently really since the pandemic hit. And as I am sure, anybody who has done any anti-racism work, anybody who has looked at what is going on in the world with COVID and the way that it's been dealt with, we have all had to question ourselves.

We've all had to question what we believe, we've all had to question what our values are and what we stand for. And it can be I'm being very conscious because I definitely would hate for this, for what I'm saying to come across at all victimy, because I, I'm not a victim at all in any way, shape or form. I am a very privileged individual and I am hugely grateful for the privileges that I have in this world. And, there's that magic word again. And at times it has felt exhausting looking at all of the thoughts, ideas, stories, beliefs that I have, I have had. And in some cases continue to have both had to deconstruct. And at the same time, as that has been happening, there has been a desire to quieten down. There has been a desire to just speak a little bit more quietly, to just be a little less visible because you might be wrong. You are not clearly and definitively in this camp over here, and you're not clearly and definitively in that camp over there. And nobody, nobody likes the person in the middle. Now I have to say, I don't actually think I am in the middle. And, there's that beautiful and word. And where I stand doesn't neatly fit into any of the boxes that I see being presented as my only choice. And because of that, I have felt very isolated a lot of the time. To such an extent that I thought to myself at one point this week that maybe I was just going to leave the industry.

And it was just a fleeting thought. And I can honestly say that I don't think I've ever thought about giving up in the whole time I have been an entrepreneur. I just, I just, I've never thought that that was an option for me, but this week I just thought, you know, I don't know if I can do this anymore. And what was so interesting is what came up was you can't run away from yourself. You can't run away from yourself. One. The second thing is, is being a black woman of colour who has crossed the seven-figure mark is fucking rare, is so rare in the entrepreneurial world. In fact, only 2% of women from the statistics that I have seen, which are a little bit out of date to be fair. But in 2015, only 2% of all female entrepreneurs exceeded the seven-figure mark.

And when it comes to women of colour, the average annual revenue, I think it's revenue, turnover is like 66,000 US Dollars. This, that statistic is from 2018, and that's actually gone down from 87,000. The average revenue for a non-minority female entrepreneur is over 222,000, which says a lot about the number of non-minority white females who are earning a shed load of cash for it to be that high. These are numbers based on what is going on in the United States of America. So I wouldn't imagine it to be hugely different or in terms of being in favour of women of colour in the UK, by any stretch of the imagination. And because I am where I am that means something and it is important. It's really, really important that now, especially now I do not allow the work that I need to do to move through the feelings of discomfort, the feelings of fear of not getting it right.

The feelings of fear about not representing powerfully or effectively enough get in the way of my activism. And my activism is blowing success. And anybody's measure of success for what a black woman in the UK, and fuck it, globally, should be "allowed" to experience.

This is my activism, and yes, I'm doing it for me. And yes, I'm doing it for you as a woman of colour. I'm doing it for you as a white woman. I'm doing it for you as somebody who identifies as female, I'm doing it for you as somebody who is gender fluid. I am an anomaly and it would be easy because I'm not like everybody else, because I don't think like

everybody else, because you can't box me like everybody else to feel like that is not a place for me. And I'm tired of that. This is my place.

I created it. This is my table. I've fucking bought it. This is my house. And over the last few months I have shared my thoughts so tentatively, because I've been so scared of not neatly fitting in either box, in any box. And this week, the fear is still real, believe me, it's still there, but something has shifted, which is why I'm having this conversation with you now. I get to talk when I want to talk and I get to do the internal work when I need to do the internal work and I respect, and I'm hugely grateful that people care about what I think and want to hear my opinion. I'm very, very grateful for that. But I also recognise that I as an individual have a lot of work to do when it comes to being able to accurately and effectively talk about the politics that is going on. And it's why I feel more comfortable sharing what is going on with me. And at the same time, there has been part of me that has said, that's just inappropriate because this is not about you, except it is except it really is. And so this is messy. It's really, really messy. And what I have chosen to do is start to share the mess. And from that place, I get to choose to know that whether people want to receive it or not, it's really actually not my business. And I say that slightly wryly, because I did speak to my sister about a post I'd written said, what was your honest opinion? So I know I've got work to do there. And I worked so much with intention. And the intention to feel stable enough in myself and centered in myself for me to not need to do that in the future is alive and kicking and I will continue to do the work until one day. It really doesn't matter, until one day it really is none of my business. And I'm sharing this with you because this is my invitation for you. Your voice is important, even if it does not fit neatly into what other people tell you you should fit neatly into. I believe that it was my understanding of, and maybe this was conscious or subconscious, but it was my understanding that actually I could create my own box. I believe that that's the reason why we're having this conversation now. The world is changing rapidly. So, so quickly, and it is our jobs to keep up with the pace. And, and there's always a bloody and. And when things are hitting you at 50 miles an hour, you also get to pause, you get to tune in and you get to ask yourself, what does this mean to me? Why does it mean this to me? Or what does this mean to me as a leader? What does this mean to my community? What does this mean to the global community? And as you ask yourself those questions, my invitation to you is to share your thoughts, share your feelings. And of course, I'm not just talking about race and politics. Of course, I'm not. That's very alive for me right now in a way that probably has never been before. But this is a conversation that I have been talking about with my clients since I used to call myself a mindset and messaging mentor, you know, I've been having this conversation for six years and it just feels that I get to go deeper. And as I get to go deeper, I invite you to go deeper. What is divine self-expression to you? What are you holding back on? What do you feel fearful of that you are not speaking on? And I encourage you to tap into your truth and share anyway, because right now the world needs leadership, communities need leadership, and they're looking for leaders. And that starts with not being a nodding dog. Even if that appears to put you on the outside, you have to find you, and you have to do you, and you have to know that doing you is okay. And I say that next to the word and because what is important to me in this community and this being my house is that you do you, and you care about the world. You do you, and you care about your neighbour. You do you, and you seek out how you can contribute positively to positive change. That's my choice. You don't have to think like that. You don't have to believe in that. You don't have to desire that, but that is my choice and I get to own that. And what I am inviting you to do, even if your choice is not my choice, even if you are not bothered about what I am bothered about is to be true to you. And maybe we don't have anything else to do with each other and that's okay. And that's okay. And I think that that last bit is the thing that we are almost scared of. And what I am feeling into is that the more I allow myself to just say

what's on my heart and in my mind, saying it's okay is no longer just something that's coming out of my mouth, because I know that it is what I'm supposed to say. I'm starting to feel it in my body. And that feeling is a feeling of spaciousness.

It is a feeling of self-appreciation. It is a feeling of self-respect. And that feels good. And so, the invitation for you is to tap into where are you holding back? Where can you allow yourself to express yourself more truthfully? If you have enjoyed this episode, please let me know, hit me up on Instagram, leave me a review on iTunes if you haven't done so already. And if you want to have more of these conversations, please come over and say hello to me. In The Quantum Success Hub for Female Entrepreneurs over on Facebook, it is where I am hanging out on the daily. Alright my love, please remember that...

Faith + Action = Miracles