

The Limitless Experience Podcast
My Love Letter to You
Transcript

I get another chance to be a little bit more honest. I get a chance to just improve, just a tiny bit across the board. And the truth is most of the time I fail quite spectacularly, but you know what? Even that doesn't matter, because a tiny bit in one area every single day makes a difference.

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.

Hello, you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast and we are now officially holidayed up. I believe that this episode is going to be meeting you on Christmas Eve. So if you are somebody who celebrates Christmas, I want to say happy Christmas. And if you are not a Christmas celebrating person, happy holidays to you. And if Christmas is all about giving, then I want to really give you the biggest gift I can from myself to you right now. And that is just a huge, huge amount of deep, deep appreciation. My heart is open so wide and I am metaphorically bowing so deep to you. Because you are listening to this you are a part of my community, even if this is your first episode, especially if this is your first episode, I want to say welcome to the fam, my friend, welcome to the fam.

And for all of you who have been listening for a little while to the podcast, I would just want to say, thank you so much for coming back and sharing the space with me. This is one of my favourite ways to create content. And who knew, who knew that I would enjoy this two way, one way conversation, where I just literally get to share with you what is on my heart and mind as much as I do. I had no idea. You know, I love writing my newsletter every week and I have a set, the same kind of feeling like it's like my love note, my new newsletter. And I think about the podcast in a similar way, but yeah, it's different. It's really different. And so if you're here right now, I just want to say, thank you. Thank you for listening. Thank you for, for being here.

Thank you for sharing and letting other people know that there's a vibe going on here. And I want to extend this gratitude and appreciation out to every single person who is in my community. I feel so deeply grateful to be able to do what I do on a daily basis. I get to see incredible women, predominantly, incredible women who often come to me, not quite realizing just how much magnificence they are

really sat on. And when I am able to see, so clearly the light that shines from them already, and just how much brighter that light gets to be when they start leaning in to their brilliance. When they start giving themselves permission to say, I'm here, I'm ready. This is my time I'm worthy. I'm deserving. Let's go there. Let's play. There is very little. That is more satisfying to me. You know, when I get to go and host a retreat with three, five, 10, 15 women, and I'm actually able to see in real time in that condensed, intense period of time, just how much is capable of changing.

Just how quickly a person is able to shift. They allow themselves to go as deep as I want to take them. It blows me away. And the fact that I have created this, and this is my life, I just, I feel so very blessed and very, very fortunate. So I just want to say thank you for allowing me to do me. Thank you. Thank you. Thank you. And before I sign off, I want to share with you just that my ability to feel that the level of gratitude is part of my daily practice. And when I wake up in the morning, I say, thank you, thank you, thank you for the fact that I have woken up and I get to live another day. I feel deeply, deeply, blessed every single morning that I have another morning. And that does not mean that every day is a walk in the park.

It doesn't mean that I don't have a hissy fits. It doesn't mean that people don't irritate me. It doesn't mean any of that stuff, but it does mean that I am really grateful that I get another chance to go at it again. I get another chance to be a little bit better. I get another chance to be a little bit more honest. I get a chance to just improve, just a tiny bit across the board. And the truth is most of the time I fail quite spectacularly at improving just a little bit across the board, but you know what? Even that doesn't matter, even that doesn't matter because a tiny bit in one area, every single time makes a difference. And having the opportunity to improve a tiny bit in one single area, every single day is a gift. And so if per chance, you woke up this morning and forgot that, I've just given it back to you. I've given you that gift of remembering. And if you didn't need the nudge amazing what I'm going to invite you to do anyway, and this is this counts for you too, even if you did need the nudge is just to join with me energetically right now, put your hand on your heart, on your chest, take a deep breath in and on the exhalation, just allow yourself to feel gratitude for yourself, reverberate all around your body. I'm going to do that one more time.

Thank you so much. I love you. And please remember faith plus action equals miracles.

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