

The Limitless Experience Podcast
Nerves and Nausea
Transcript

Suzy:

If you desire accelerated growth, if you don't want to wait, then the feeling of the butterflies or the fear, all of those things are rife and real and normal.

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.

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Hello hello you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And this is going to be a quick and dirty one today. And I think that you will be listening to this either just before or just after we have done my second three-day event, The ONE Live. And I just wanted to share with you the level of nervousness that I am feeling about this event. I think it's interesting because whenever I go live, like whenever I do my five day challenge series or my mini master classes, I always start and I always say that I'm feeling really nervous and I don't ever think that people believe me. I think that they think that I'm saying it just for effect. And so I wanted to create today's episode, really with the intention of documenting my level of discomfort around, the discomfort

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doesn't come from the speaking. I love the speaking and I love being up on stage. It comes from the fear of disappointing people. It comes from thinking, 'oh what if I get all of this wrong? What if they just don't get it? What if they think that I am just a terrible person?' and that fear and that nervousness is so real. And I wanted to share it with you to make you feel better. I wanted to share it with you, for any of you who are about to embark on something that you have never done before. And I've never spoken to a room of people who have come specifically to see me. So I've spoken to larger audiences before, but specifically who have come to see and pay to see me, I've never done this before, and I've never done a live event for three days for this number of people before.

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You know, there's lots of new things I have done three-day retreats, which have been amazing, but there've been like three people on them. So it's just a completely different experience. And I just want to normalize the fact that when we are doing something new, when we are about to step out beyond our comfort zone,

the nervous system says what the actual F!? It does. And I think that often we are programmed to believe or told that if you feel like that, it's wrong. I think that we're often told that if you feel like that, it's okay to shrink back because you don't have to feel uncomfortable. And I want to say that all of that can be true for you. You don't have to stretch beyond your comfort zone or you can take baby steps and be really okay with that. And I also want you to know that if you desire accelerated growth, not everybody does, but if you do desire, accelerated growth, accelerated income, if you don't want it, if you don't want to wait, then the feeling of nausea or the butterflies or the fear, all of those things are rife and real and normal,

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when you are about to take the leap. That doesn't make them wrong because you are uncomfortable. And so I just wanted to share that with you. I feel this level of discomfort, not all of the time, but a lot of the time, because I choose, I choose accelerated growth. It's not for everyone, but if you know that you're not living into the potential that you desire, then this feeling is a normal feeling. And that's, it's not to say, and it's really interesting as I'm talking to you, I'm like hearing my voice and I want to make it clear that the life that I live, it's not, it doesn't, this does not come from a place of dissatisfaction. I feel hugely, hugely grateful and appreciative for the life that I live every day and the business I have. And it's okay for me to know that my path, my journey is about me diving deep into the pool of limitless potential.

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And it's about me really knowing and trusting that I am not going to die. And I use that because it's an example that a client said to me the other day about edging into the deep end. I never jump into the deep end because I'm not a strong swimmer, but the way that I'm choosing to live my life is the equivalent of, even though I'm not a strong swimmer trusting that I'm going to float, trusting that I'm going to be fully supported. And in those moments of like not being close to the edge and not being able to hold on, that's where I get to release. That's where I get to relax. That's where I get to trust. And in that trusting and the releasing and the letting go is where the magic happens. The buildup, the excitement, nerve sickness, nausea is what happens

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usually before I get into the water. I hope that this is helpful for you. If it has been, please give me a shout on the gram, share with your friend. If you haven't left me a review yet, you know, think of it as a beautiful exchange. You get to listen to something that plants a seed and in return, you just leave me a little review on iTunes and help spread the magic a little bit further. Thank you so so much for your ears today, and I will catch up with you next time. Please remember that faith plus action equals miracles.

Faith + Action = Miracles