

The Limitless Experience Podcast
My relationship with Clubhouse - it's complicated
Transcript

Suzy:

Whenever I am presented with something that takes me out of my comfort zone, the thing that I immediately do is do it again. No matter how well or how bad it's gone, I always just go in and do it again.

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: [\(01:13\)](#)

Hello hello hello you gorgeous human beings. It is Suzy Ashworth here, and I am so excited to welcome you back to this episode. I always say back, I mean maybe this is your first go. Maybe this is your first rodeo. And if it is, I want to say welcome to the limitless life experience podcast. And I, even if I do say so myself, have got the juiciest of juicy episodes for you today. I want to share with you all about my whirlwind love affair and not quite break up, but certainly change in relationship status, it's got complicated, with clubhouse. So unless you, I was going to say, have been living under a rock, but that is just one of the most annoying phrases ever. Unless you have a life where you are not obsessed with everything that is going on social media, you have probably heard about the new social media app called clubhouse.

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If you haven't let me be the bringer of new news to you. So this app has taken the coaching world by storm, and don't be fooled because even though I say that it is, it has taken the coaching world by storm. This is not an app for coaches. It was designed as "exclusive" membership app. And what's really interesting is that at the start of December, there were only 3,500 people using it. And now, I mean, I think that where I'm reading this information from, this was written at the start of January, now, there are over 600,000 to people on it. So it's really interesting when we compare it to something like Facebook that has 2 billion people on it. It's got a long, long way to grow, but I don't think that there has been this level of excitement about a new app that I have seen in a long, long time.

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And what was interesting is that when my friends first started saying, 'Suzy come and check this out. It's really interesting.' I was a little bit like, oh I don't have time

for it. And the truth is, is that I genuinely felt and still feel that I do not have time for it, but because the FOMO is real on this app, I succumbed and I signed up for it probably about nine days ago at time of recording. And for the first six days, I was kind of in it and out of it and in it and out of it and not really getting the premise of it. So what it is, are rooms that are started up by people within the general public around certain themes or topics. And so these themes might be black people who support president Trump, or how to get on the next crypto train or how to use social media for your business, or how do I get a date with a short guy?

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How do I do something? And so you have these rooms that you get to hop in and listen in to these conversations that people are having. And if you have an opinion that you would like to share, if the floor or in clubhouse they call it the stage, if the stage is open, you can raise your hand and be invited onto the stage to contribute. And a whole discussion can be formed. And the combination of the fact that this is a live room only. So if you are not in the room, you are not going to hear this conversation. And the fact that you had this exclusive element, so you could only get into clubhouse if a friend of yours invited you, and you can only get into clubhouse right now at time of recording if you have an iPhone, it's not available for people on Android, there's this whole kind of real heady marketish dream of this,

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'I don't want to be missing out on what is going on in the club'. And what's really interesting is that when you are listening to somebody's conversation or you're hopping in mid-conversation, you have to either be completely hooked by what somebody is saying the moment you start listening, or you need to be prepared to commit and little bit of time to get to the juicy bits. And I think that when I first signed up for the app, I was not interested in committing any time. So I was room hopping, listening to 30 seconds of somebody speak, thinking, don't get it, this is boring or this is not for me and hopping out and going to the next room. So I just was not really resonating with it. And then somebody else and somebody else and somebody else was just saying how amazing it was. And I just thought sod it, I am going to set up a room.

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And so I hosted a room with a couple of clients and one of my friends and I was really, I felt really nervous. It did not feel natural to me at all actually, which is really interesting because I love the podcast. I love audio as a medium. I'm also super confident on camera. Like give me a video, sit me down and I am just going to talk. And I was very, very self-conscious in my room to start with. And so for anybody who is thinking about setting up a room, I really advise you to give yourself permission to start small. You don't have to invite everybody you know, so that you can just practice chatting, you know, invite a couple of people and just practice talking and sharing without the pressure of feeling like 'is what I'm saying okay. Are they getting it?'

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I think that what I miss was knowing that people were there, and not being able to receive any feedback, whereas with the podcast, I'm not expecting feedback, I just get to riff. And I get to say what I say, and you know, once I give it to the team, it's like, it's done. Yeah maybe I'm going to look at the download figures at the end of the week and all those figures represent is how many people tuned it. And if I have less people tuning in on a weekly basis, that's about the title rather than the podcast. So it's just very interesting to me to see how I responded to the fact that I was aware that people would be having judgments or, yeah, I was aware that people would be having judgments, but I couldn't respond to them and I didn't really enjoy it. And whenever I am presented with something that takes me out of my comfort zone, the thing that I immediately do is do it again, no matter how well or how badly it's gone, I always just go in and do it again.

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I'm like, what did I learn the first time that I can implement the next time? And so I went into somebody else's room. I was invited up. I contributed and whilst I still felt tense, there was still adrenaline in my body as I was speaking, I felt just a little bit more comfortable than what I had done in my own room. And what I gathered from that was I was just going to feel a little bit more comfortable every single time I spoke. So what happened after doing my own room on the Friday, going into another room, speaking on their stage is that I then basically spent my whole weekend listening in on clubhouse conversations or contributing to clubhouse conversations. And I went from, I don't like this platform to, oh this platform makes me feel uncomfortable to I'm going to nail this platform to, oh my God, I can't leave this platform over such a short and intense period of time.

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And what was really interesting to me is the way that I was engaging with it on an emotional level. And so what you have got right now are some micro groups and micro posse's of people talking about very niche conversations. And then you've got these big groups and big stages where you get access and coaching and information from celebrities and pop stars and internet celebrities and people that you would not normally get access to people that would not normally directly be answering your questions. And you have access to this wealth of knowledge where not only can you ask the question, but you can also place yourself in a position where you are seen as a peer to these internet celebrities and, you know, celebrities of the coaching world. And that is really seductive for your ego and what happens or at least this was my experience.

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What happened was even though it's early days and there are a few people in there with thousands of followers, there are lots of people who like myself are yet to get to a thousand followers. And as with all of the platforms, there is a little bit of, oh, this, the more followers a person has, the more worthy they are of garnering my attention. So this desire to increase the number of people who are validating you as

a human being, becomes more pronounced than what it is usually because you also are hearing lots of people say, this is the most amazing social media platform for organic growth that we have ever seen. I have been able to get to a thousand followers in 72 hours. I'm able to sit next to Grant Cardone or whoever it is, and this is going to increase my popularity.

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People are going to be taking me as seriously as what they take him. This means I'm going to be able to grow my business exponentially. And you're hearing all of these messages that really come back to all of the things that we have spoken about. All of the things that have created anxiety in you in the past, everything is kind of amplified on this platform when it comes to the number of people that you have following you, and whether you are being invited, acknowledged or listened to when, if you're invited up onto a stage. And then once you're up on stage, are people listening to you and validating what it is that you have to say and already in a very short period of time, these cliques and I was gonna say, niches is cliques and niches have been formed, where if you're in with the right person, then you're going to be getting air time.

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Doesn't matter, whether you're speaking sense or not, but if you're in with them, you're in. And what I noticed about myself was that I would be contributing in a room and I'd make a contribution and my mind would be like, Oh, I wonder if I've got any more followers after contributing that, Oh, I wonder if anybody has DM'd me on Instagram. Oh, somebody has DM'd me. I'm worthy. Oh, nobody's DM'd me, I'm not worthy. If I don't do this well enough, then I'm going to damage my business. If I don't do this well enough then now I'm going to miss out on this massive opportunity that only comes around once in until the next time. And I got to the end of my Sunday and I was having just a short conversation about what it means to be truly sovereign. And I was aware that in this kind of whirlwind of clubhouse action, that I was really giving up my power.

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I was really in that space of, I want to prove that I'm good enough on this platform. I was really in the space of, I want other people to validate my expertise, my knowledge, and tell me that I am a great coach. And what I realized by the end of Sunday was what a load of bullsh*t, what a load of BS it's like by the end of Sunday, having this conversation with my coach and listening to one of my peers leave me a voice note. What I realized as I was listening to their voices and we were having these conversations, is that my whole frequency changed the tension in my body, relaxed my heart opened up. And the way that I was thinking completely elevated. And what I realized was that I was spending time in these rooms wanting to be picked and wanting to be validated, listening to people whose opinions, quite frankly, I did not respect at all, feeling inadequate if they were not selecting me.

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And I just realized like how ridiculous is this Suzy? Really ridiculous. And it was so clear that how I felt often, waiting for the moment, was I was draining my energy. It was bringing my frequency down. And what I know is that in order for me to create what I want to create in the world and have the impact that I want to have in the world, my energy and my frequency and who I surround myself by and with are everything. And so I made my decision, as I said, we haven't broken up.

Relationship status is not broken up, but what it is, is I get to use this space really uber intentionally. And what that means is that I am not going to have thousands and thousands of followers. You are not going to see me on the most popular stages, reaching out to new people.

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I'm not going to be doing that. And maybe that is going to be seen as me missing an opportunity. And I'm okay with that because my business is not around for a season. It is around for the next 20 years. And I'm pretty sure that Clubhouse and the way that it evolves over the next year or so, if it is one of the unicorns that make it beyond their season and are still around in 20 years time, I'll be using it for sure, but most of the time, these things are around for a season and maybe we're coming to the end of Facebook season may be, maybe Facebook is going to be the next MySpace may be, who knows, but it doesn't matter. What matters is that I get to use this tool in a way that elevates my frequency in a way that serves my mission and my vision.

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And that allows me to step even more deeply into my purpose and into my sovereignty. You know, that I don't get caught up in this desire to validate myself through other people's acknowledgement, you know? And it's, I love this realization. And I love sharing with you this little whirlwind of a mini journey to just demonstrate that God I can be a dick sometimes, and that's okay and I can love myself anyway. It is, everything is such a journey. And there's a part of me that gets frustrated with myself like, God, don't you know this yet. And I know that there'll be lots of people who are loving clubhouse and listening to it saying of course, of course I use it intentionally. Of course, though, I don't hang out with people who speak. Of course, you know, I get that. And I'm like, that's, that's your journey.

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And you're further ahead in this, the me and I'm also okay with that. For everybody who can sometimes suffer with the idea of FOMO, I want you to know that I think that it's an incredible tool. I certainly think that we, if you feel called to that, you should try it out. I think that there are huge opportunities on the platform, but if you are here for the long term, know that you don't have to spend hours and hours and hours on this platform connecting with every single person in order for you to build a successful business. They are people who have still not opened clubhouse who have made hundreds of thousands, if not millions of pounds so far this year, you know, so just take a breath, be very, very purposeful and intentional with how you do all of the things actually.

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And just probably even what is even more helpful than just saying, be intentional with everything, because we know that we should be being intentional, check in with how something is making you feel. And if you're feeling good and it's raising you up, great, continue, go for it. If you are feeling low and it's bringing you down, ask yourself why and change things up. And the other thing I would say for those of you who are serious about knowing your sovereignty, which means knowing who you are, regardless of how much money you have in the bank, what car you are driving, or how many followers you have, check in with yourself when it comes to, am I feeling good because other people are telling me that I'm a good person, because the reason that that is so fricking important, or the reason I feel good is because I've got a hundred grand in the bank.

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The reason that that is so important is because anything that you receive that comes externally, it can be taken away in a mini second. And I want you to know your worth. I want you to know how valid you are, whether you have "everything" from a material sense, from an egoic sense, or you have "nothing" in a material sense. I want you to know who you are because it's in that space of knowing your value regardless of what anybody else tells you. That's true freedom. I hope that you have enjoyed my ramblings on club house.

If this has touched you in any way or put anything up for you, please hit me up on the gram. I love it when I am able to converse with you about the things that have impacted you. And if you haven't left me a review on iTunes yet hit me up on the iTunes app, please. So we can spread the word far and there. And rest assured if you don't hit me up on Instagram or you don't give me a review on iTunes, I'm going to be okay. I love you so much. Thank you for lending me your ears. And please remember that faith plus action equals miracles.

Faith + Action = Miracles