

The Limitless Experience Podcast
How to refocus and live your purpose
Transcript

Suzy:

What's the unique fingerprint I get to leave on this planet? Don't over-complicate it. And you know what, even if you don't know the answer to that question immediately, I want you to hear me when I say that it doesn't matter.

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 I want to say how the devil are you today or this evening, this afternoon, whatever time you are listening to this, I hope that you are super super well. Today's podcast episode is, I suppose it's a little bit of a public service announcement and it's one of these things that comes up periodically that I always appreciate because it doesn't matter for me, I'm just not quite there yet. It doesn't matter how many great things that I do or how many times I get incredible feedback from amazing clients. Something will happen and my head will get turned. My attention will get drawn into something that someone else is doing, or I will start to interpret a look or a know, or a something that distracts me from really staying in my own lane.

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And so for the person who needs to hear this today, I just want to remind you that you are exactly where you need to be. Even if things aren't going to plan right now. And especially if things aren't going to plan right now and you're listening to this, and actually it triggers the MF out of you. I want you to, instead of wasting your energy on being irritated with me, I want you to take this as a sign. And that sign is one where you get to refocus. Refocus on why you started out on this path. I want you to refocus on where exactly it is that you desire to go. And I want you to really refocus on how you want to change the world. And then the invitation is rather than looking at the person who started at the same time as you, and is now run off like a hair or the person over there

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that's been going for five years and she's got this many followers or how unfair it is that that person gets to collab with the big names in the business, you don't even

like the big names in the business, but there they are benefiting off their audience yap, yap yap. I want you just to focus on yourself and ask yourself, what do I need to let go of in order to get back on track? What do I need to focus on to take this dream and make it my reality? What do I need to focus on in order to take the next best step? What do I need to focus on in order to create momentum after I've taken that best next step? Stay in your own lane, the amount of energy it takes for you to observe and comment, and then berate yourself because you're not doing what someone else is doing, or you're not in their clique, their niche.

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And they're doing really well over here. Just, it's distracting you from doing what you are supposed to be doing, which is living into your purpose. You know, there is nobody on this planet who can do you the way that you do you, nobody, there is no one that can come close. And I think that we all just forget it way too frequently, because we're looking at someone else's magic and just thinking, wow, I wish I could do that. Newsflash. You're never going to be able to do that. But you are going to be able to create your own magic. You can do you in a way that no one else can replicate. And so it's that real remembering why you're here, what your unique purpose is. And then really thinking about what's the unique fingerprint I get to leave on this planet. Don't over-complicate it. And you know what, even if you don't know the answer to that question immediately, I want you to hear me when I say that it doesn't matter.

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I think it makes it a lot easier when you have a bigger picture vision. I think that it makes it a lot easier when you are showing up for something that goes beyond yourself and has impact beyond you and your family. I think that it makes it a lot easier when you have that, and you're asked questions like this for you to go, Oh, that's the reason why I can't get distracted by Dierdre today. Oh, I forgotten why actually it's not great for me to be scrolling on Instagram for two hours a day. Oh, that's why I need to create this podcast. And the more you keep coming back to the center and the more you keep committing every single day, just to take one step just a little bit closer, one step. Wow. It is incredible. The pace at which you are able to build momentum, the pace at which you are able to gain attention, the speed at which people say, you know what, actually, I want a little bit more of this.

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All of that is available to you when you don't let yourself be distracted by what other people are doing, thinking or saying. And this is, as I say, it's a PSA, not just for you. It is for me, too. Like I can easily get a little bit bogged down in the weeds. And if you've listened to my episode on clubhouse, that's exactly what I'm talking about. So hear me when I say you're doing a frikin' amazing job. And if you know that you haven't been doing the best job as in you, haven't been living into your fullest potential, this is your sign. This is your beautiful, polite, loving, nudge in the ribs for you to pull your head out of your backside and recenter, refocus, and realign. If you

are on the other side of the fence and no matter how well you are doing, you are criticizing yourself.

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You're berating yourself. I want you to stop doing that. I want you to acknowledge that you are a badass. I can't say the word arse. I can say arse, but you don't say badarse do you? I think we need to remind the team that this is definitely going to go under the explicit. It's going to need an explicit banner otherwise I'm going to get banned. I always find it weird English people, how do you say bad-ass without sounding like you're doing a bad American accent? I do not know. Perhaps it doesn't matter. Perhaps I just get to say it the way that I want to say it, right? That's the whole point. Stay in your own lane. You are doing a great job. And if you need a little bit of support, this is the support. And if you actually want some real life support, come over and play in the quantum success hub over on Facebook. It's where we hang out live every single Thursday, there are prompts in most days to get you thinking into your next level. And I kind of love it. So without any further ado, much love. And please remember that faith plus action equals miracles.

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