

The Limitless Experience Podcast
What to do when you're feeling overwhelmed
Transcript

Suzy: [\(00:01\)](#)

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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 hello you gorgeous human being. It is Suzy Ashworth here, and I am super excited to welcome you whether this is your first episode or you are an old school, long timer, you are listening to the limitless life experience podcast.

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I almost forgot that I was going to sing the word podcast there, who knows maybe it is on its way out. I am going to go with the flow. I am a feeling the vibe, I'm feeling the vibe this morning. I have been up since silly o'clock because I set the intention that I was gonna wake up at four o'clock this morning. And I set the intention that I was going to wake up at four o'clock and I wasn't going to have to use my alarm clock. So my body decided that 3:30 would be the time I'm like, thank you because I could've done with the extra half an hour, but I'd also set the intention every half an hour I slept was gonna feel like two hours and I was going to have the energy that I needed to have a really incredible day.

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So I didn't stress out. When I woke up at 3:30, I did about half an hours work of energy, work on my shakras getting myself into alignment. And then at four o'clock as planned, I got up and I did my quantum flow, which felt amazing. And you might be wondering why the heck are you getting up so freaking early? And the truth of it is, is that I have been feeling a little overwhelmed and I don't think I would have used that word if I hadn't had a message from one of my private clients this morning saying, "argh I feel really overwhelmed." And me saying overwhelmed is a choice.

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And the truth of the matter is that I have been feeling overwhelmed. We've just come off the back of a really beautiful, intensive and impactful event where we had an amazing launch, a £400,000 launch. And with that comes the contraction. And what I have got really good at over the years is when we have the expansion into that next level is really reducing the desire to go and run and hide in a cave for months and months and months, questioning life and worthiness and all of that jazz. And so what happens now when I have a big expansion, yes, there is a small contraction, but it's small, and I've got better and better at learning how to really breathe into that. So I can breathe back out and expand to the next level even more rapidly. And if you don't want to expand rapidly, you don't have to.

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And at the same time, I would much prefer it for you that if you don't want to expand rapidly, that that contraction isn't painful. Because I find that a lot of people have these 'what goes up must come down' existential crisis, just it's all a bit dramatic and it doesn't need to be like that. Even if you do just want to take a moment to integrate and breathe where you are at. So what I was noticing this week is that my mind was racing a lot, thinking about all of the things that I have to do, and I'm really mindful with my language. And as soon as I start hearing myself, wanging on about how busy I am, or I've got to do this, or I need to do that, or I should be doing this. I'm like hang on, stop. Brrrrr

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Rewind "when the crowd say bo selecta", if you are not 40 in the range of, if you are not from the UK, you are probably thinking right now, what the heck has she just done? If you are in the UK, you are around the age of 40, you will know if you were even remotely into the smallest bit of garage what just happened there. That's all I'm saying. So rewind, stop. This is not how I want to feel. This is not how I get to show up. And for me, it is super helpful to remind myself that my overwhelm is a choice. And what I mean by that is that I get to choose what I do with my day, all of the frickin time. So if there is too much on my plate, guess what? I get to take something off of my plate.

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I am in the privileged position to be able to do that. And if I wasn't in this privileged position, so financially able to say, you know what, I want to take a step back. I do know that I would still have the option of asking for some support somewhere that not everything that I was doing at any given time would need to be done. If I stopped doing one thing that gave me a little bit of space, the likelihood is that the world would not come falling in. And I think that often that is not the mindset that we are in when we are drowning in overwhelm and busy-ness. And I say this with real, like caution actually, because at the moment, for anybody who has their kids at home full time and trying to run a business, it's really intense. And that's also part of the reason that I have got up super early to do my work for me.

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So to do that energy work, because at 2:30 every day, I get to finish. I choose to finish, you know, so I am there, I'm present in the afternoons. So don't all message me about how freaking lucky, how it's all right for me, because that's part of the reason that I've got up and if I didn't want to get up, I could choose not to get up. And then I would have to choose not to do something like quantum flow or choose not to write two hours of my book and I would get to choose to be okay with not finishing my book on the timeline that I had originally wanted. So let's talk about moving through overwhelm because probably there is nothing more annoying on the entire planet than somebody saying, just chill out, just choose. It's okay, overwhelmed is a choice when you're feeling really busy and overwhelmed.

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And what I noticed with myself this week, as I say, mind racing and I'm feeling like I don't want to be feeling, is that I just had a lot going on in my head. And when there's a lot going on in my head, it keeps me racing. And so what I did, and it's something that I used to do way more regularly, like weekly, because it's such a good way to organize your week. And then I just kind of got out of the habit of it. We're now bringing it back because there's just a lot going on in life. And when I spoke to my client about this this morning, she was like, oh yeah, I haven't done a brain dump. And I was like, yes, that is what it's called. It is a brain dump. And so on Sunday night I spent, well, it was across Sunday afternoon and evening.

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So I spent a good couple, probably more of hours, getting every single tiny thought around my to-do list, every single thing out onto paper. And by the time that I had finished, because every time you finish, you ask yourself the question and what else and what else and what else? I had six pages of A4 things for me to be doing. And then I looked at it. I was like, oh my God, no wonder you have been waking up feeling stressed and not sleeping so many hours. You've had all of this stuff in your head. And what happens when I have all of that stuff in my head is that I pass some of it on to my assistant and say, this needs to be done and this needs to be done. But often when I'm doing that, I'm doing it in Voxer, and I'm forgetting that I've said what I've said or what it is that I need, and everything just becomes a little bit messy.

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She's amazing so she can deal with it. But for me, it's not so helpful. So getting it all out on paper was really, really powerful. From that place I can work out what actually I need to do, what I need to delegate, what doesn't need to happen right now. So what do we get to delete and what do we get to freeze? And so that process is the start of me creating space. So even when we're not talking about overwhelm, when we are talking about the creation of anything, the manifestation of anything, the first thing that I will always say to a client, the first thing that I'm always thinking about for myself is what do I need to release in order for this next level to have the space to come in, in order for this next thing to be true. You have to create spaciousness in your mind, in your body and in your heart for any expansion.

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And so this is what this process is. It's literally creating brain space for me. And then from that place, I can then enter everything that I'm going to do into my diary. And, and this is a strategy from Brooke Castillo. And the way that she talks about it is if you are taking your child to school (that would be nice!) taking the child to school, then you also probably need to think about the lunch and getting them dressed and doing their hair and the shower and the food and everything that comes with getting your child up and getting them to the school gate and all of that needs to go into your diary or into your calendar and what that means, depending on your frame of mind, that can feel really like constrictive, having everything listed down to the last 15 minutes, which is what I do, or it can feel really clarifying.

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And for me, it's absolutely the latter. Being able to see everything in my diary, down to the last 15 minutes for each and every day means that I don't then take on anything else that I literally do not want to make space for. It's like I am full. And then the other really powerful thing about this technique is that you choose how long something is going to take you. So you put in 15 minutes and you make the agreement with yourself that after 15 minutes that task is going to be done, after half an hour, that task will be done. You don't say this is going to take me half an hour, then open Facebook, then open Instagram, have a scroll on telegram and realize that already 15 minutes has gone with you doing everything else except the actual task. And what that means is you are not distracted.

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You've made the commitment and you get the shizzle done. So we had three hours in the diary to create six podcasts. And what I realized when I looked at all of the other things that I needed to get done is that I needed to get those six podcasts recorded in two hours. So what does that mean? It means that I have to write out what I'm thinking about writing. I need to write out the key objectives and the key points for each episode, and then I have to get on with recording. And what's so amazing is that when I do that right now, I'm talking about something completely different to what I had actually planned, but the process of going through it just sparks ideas and then I run with it. I'm clear on the maximum length the podcast can be, and I just go with it.

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And so what it means is that you're just way more efficient with the time that you do have, you know what it is that you've got to do, you're saying no to everything else. Or if you were saying yes to something, you know specifically what you are taking off your plate in order to create space for it. And then you are working, you know, good enough is done, things generally aren't perfect and that is okay, but you are working and sticking to the timeframe that you have allotted yourself. And, you know, it's 10 past nine. And I feel really good about what it is that I have been able to do today. And I know that come 2:30, I will be stopping and I'll have a little break

for rest and recuperation before I get on and do the homeschooling with the girls. So it feels very empowering.

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And at the same time, probably the most important thing is that there is a calmness and just a heightened sense of peace, knowing that I've got it handled. And what I will also say is that there was no way that I was going to be able to fit all six pages of to do things into my diary, which has meant that I've only taken the priority things and all of those kind of little things like, oh and this and this and that. They haven't disappeared. They're on the page. And what's super interesting is that when I get to next week and I take a look at it, I'll decide again, are these things actually important? We will work out or I'll be able to work out. This is just one of those things that is taking up space that I can let go. It's safe for me to release rather than thinking and, and, and, and all the freaking time. So for anybody who is feeling under the cost, I really hope that this episode has been helpful to you. Please let me know over on the gram, if this has tickled your whistle. And if you want a little bit of me live, come over and play in the quantum success hub over in Facebook. I am live every Thursday there and I can't wait to see you. Take it easy and remember that faith plus action equals miracles.

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