

The Limitless Experience Podcast
Can we talk about healthy competition
Transcript

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

Your competition has nothing to do with your best friend. It has nothing to do with your peers. And it has nothing to do, especially, with the people that you do not respect in the industry.

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 you are listening to the limitless life experience podcast. And I've got a quickie for you today. I would love to talk to you about healthy competition. I think frequently we talk about comparison and it really being the thief of joy. And I would love to get the lovely Lucy Sheridan on, actually, the queen of comparison, to talk about this in way more detail. So Lucy, if you are listening, let's get this show on the road please. But I want to talk about the other side of comparison and that is competition, healthy competition. And I think that this is, I think it gets to be really important. And I think that it gets to be something that drives us in a really positive way. And what I want to invite you to consider today in this episode is that your competition has nothing to do with your best friend.

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It has nothing to do with your peers, and it has nothing to do, especially, it has nothing to do with the people that you do not respect in the industry. A-hah, your competition. The invitation is for your competition, healthy competition, to be with yourself. And my invitation for you is to take the time to reflect either at the end of the day before you go to bed, or at the beginning of the next day and ask yourself, (and this is not a new concept people), but I think it's something that we don't explore enough. Just ask yourself, what does one degree, 1% better get to look like tomorrow or today. And I really want you to be able to do this review without berating yourself. Healthy competition with yourself is a judgment free zone. There are no pujil sticks for self-flagellation. There is no, you should know better than this.

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You should be over this. It's just really objectively getting very intentional with your commitment to yourself. And actually where my mind was thinking is the

commitment to love yourself. Just a little bit more than you did yesterday and loving yourself a little bit more is going to look definitely to everybody. You know, for some people that loving yourself just 1% more is taking time out. Or you're loving yourself just 1% more is stepping back in to the arena, that loving yourself just 1% more is sharing your message just a little bit more authentically going just a little bit deeper, giving yourself permission to sit in the discomfort of being seen and being heard and honoring the bravery and the discomfort. And even as I say that, I'm like, maybe that wouldn't even be 1%. Maybe that would be 10%, but the invitation is to take the time to do the review.

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That's the important part. Look at how you showed up and look to where you can lean in to love just one degree more, 1% more today or the next day and get intentional in claiming and voicing. And when I say voice that could be journal, it doesn't matter, voicing what that gets to look like. And let me know how you get on with that healthy competition. Thank you so much for listening. I hope that you found this episode useful. If you did, please let me know over on Instagram or come into the quantum success hub over on Facebook to let me know how you got on. Thank you so much. Faith plus action equals miracles.

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