

## The Limitless Experience Podcast

Are you comparing?

Transcript

Suzy: [\(00:02\)](#)

Every experience that you get to have in your life is a gift, especially the failures, especially the things that do not pan out, like it is an opportunity for you to grow.

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 have got a quick and dirty one for you today. It is all about comparison. And I feel a little bit guilty doing this quick one because we do have the queen of comparison coming up in one of our interview series very, very soon, the gorgeous Lucy Sheridan, but this is on my mind and in my heart. And the reason that I am thinking about it is because I have an incredible, amazing, ridiculously cool client who has just in the last quarter, earned 20% less than what she did in the whole of 2020. And at the same time, she just experienced a launch which didn't pan out the way that she wanted and was feeling the feelings of shame. And I wanted to, I wanted to talk to the fact that what we are really hearing, what I am hearing in her shame of not hitting the goal is comparison.

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Comparison saying, you are not as good as this person over here, or you're not as good as that person over there, and that means that you're less than. And so this episode is for you. If you've ever had that feeling in the past or you're in it right now, you can see other people soaring, seemingly having better launches than you, better relationships than you, just pushing all of those inadequacy buttons. And what I want to say is one, well done, well done. Well done for surrounding yourself with people who are doing great things in life. Well done that you are in the frequency of those people and you get to observe the way that they think, the way that they feel, the way that they deal with success and the way that they deal with challenges. A lot of people will refuse, actively refuse to put themselves in situations where they are surrounded by people that stretch them because their comparison gene is so strong and they feel so, so inadequate that it's too painful, that it's too hard and it's too harsh to put themselves in that environment, that isn't you because you're seeing it, so well done.

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The second thing that I want to say is stop giving a sh\*t about where you are in comparison to where they are. Every experience that you get to have in your life is a gift, especially the failures, especially the things that do not pan out, like it is an opportunity for you to grow, and maybe I hear you when you say, you know what Suze, all well and good, but I still feel like dog crap right now. And I get it. And I want to say, give yourself permission to feel it, feel what you need to feel. And then go back into observation mode in the same way, is that you get to observe those people who stretch you, who challenge you, who you inspire you, you also get to observe yourself, observe your behavior, observe your alignment, observe those thoughts, feelings, stories that you were telling yourself before, during, and after the event about who you are, what you're allowed, what you can expect, just look at them all impartially.

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And actually my advice is to write down each and every story that you have observed and just really take a look. What stories were you taking into whatever you did that you were able to prove or disprove? What stories did you prove or disprove during the event and also after and ask yourself, where were these stories serving me? Where did these stories originate from how much truth was in these stories? And then finally, what's the new story that I get to create. This podcast is really just to remind you that every single successful person that you have ever heard of in your life has failed so many times, so many times and their capacity to get up, look themselves in the eyes, anybody who's asking me, how can you look yourself in the eyes, go and look in the mirror and say, you've got this. Let's do it.

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Let's go again. You're a bad-ass. You got this, everyone's been through it. I've been through it. Everyone has been through it. You're not on your own. Feel it for a little while. Be very, very boundaried. And then stop wallowing, get off your arse and get back in the game. People are waiting on you. I am waiting on you. Let's get back to work.

I love you. If you needed this today, you are welcome. Hit me up on the gram. Find me on a Facebook. I hang out in quantum success hub for female entrepreneurs and then live every Thursday for thrive Thursdays at 9:30. It's super fun. I want to see you in there. And remember as always faith plus action equals miracles.

Faith + Action = Miracles