

## The Limitless Experience Podcast

### Being a disappointment

#### Transcript

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

Sometimes doing the right thing by me, means that another person is going to feel like I have done the wrong thing by them.

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.

Hello hello hello. You gorgeous human being. It is Suzy Ashworth here, and I want to welcome you to this episode of the limitless life experience podcast. And this is going to be a quickie for you. I want to talk about disappointing people and the feeling that comes up when we know that we have disappointed someone.

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And I think that it's really, really easy to make assumptions about how other people are thinking and receiving what it is that we say or do. And I think that it is really, really difficult when somebody lets you know, directly or indirectly, how disappointed they are with you as a human being. And I am laughing because I know that I've made that sound a little bit dramatic, but here's what I want to say. It is impossible, impossible to go throughout life, making everybody else happy. And I think that frequently as women, as caretakers, as people who hold space, space holders, for many, many people, our desire, our intrinsic innate desire is to make everybody else feel happy and to avoid at all costs the idea that you might upset or disappoint anybody. And I know that that comes from a place of best intentions. You know, for me, it comes from a place of just wanting everybody to feel the love and everybody to feel good.

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And let's be really honest. It's about not wanting to have to deal with the idea that somebody might not like you or somebody might be angry with you or somebody might be disappointed with an action that you have chosen to take because that puts you on the outside and being on the outside is dangerous. Especially at this time in our culture where, you know, cancel culture, outrage culture, it's a thing. It is real. And so what do we do with the fear of disappointing people that you care about, that you love, even the people that don't know you. Even strangers on the interwebs. How do you deal with the idea that, and I actually, I say idea, but actually I'm talking about the reality that it is inevitable that you are going to disappoint

people. And I think for me, how I am dealing with that is to accept that it is part of life.

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And for the most part, my intention is so clear when it comes to doing the right thing by as many parties as possible. And I also know that sometimes doing the right thing by me, means that another person is going to feel like I have done the wrong thing by them. And it's that real acceptance piece of knowing, of dealing with the consequences of when you choose to do the right thing by yourself, that sometimes another person is going to feel like you have done the wrong thing by them. And it's a real dance between, are you willing to be the person who sometimes, and even in that, even in that, who sometimes says, I'm putting me first, are you willing to be that person? Or are you always the person who is willing to put others before your own needs? And I think what's really interesting is that the way that we are brought up to look at life and look at ourselves is the person who is going to be most protected.

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The person is going to be most liked. The person who's going to be most included is the person who puts everybody else before themselves. And if you put yourself first, then you are the selfish person and the person who doesn't care, the greedy person, the unkind person, and all of the other negative connotations. And the question often is am I willing to be perceived in that way? Am I willing to be perceived in that way? And with some of the decisions that I have made, I have ultimately said to myself, yes, I am willing to be perceived in that way. But, and the but is real. The but is that difficult. It's really, really, really difficult to know that you are upsetting or disappointing people because you are willing to put your needs, desires, wish, wants first. And I'm resisting using the word

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sometimes. I think that it gets to be one of those things that goes without saying that as a, for those of you who are mothers, but even daughters, sisters, brothers, bosses, you know, all of the roles that we play, if you are a good person, most of the time, and a lot of the time you are going to be putting other people's needs before your own, which is why I want to drop the caveat because it's obvious that being selfish is not what somebody is going to be a hundred percent at the time. And I also want to encourage you to examine the stories and the meanings you put behind the word selfish. I recently did a talk in clubhouse and we were talking about greed versus abundance. And what came up was that it was okay to be greedy around time. And I thought that that was really interesting and because greed has such negative connotations, such negative stories attached to it, but when it comes to time, actually, it's okay to be greedy.

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And it encourages me to think about when I think of the word selfish, which also has very negative connotations. When does it get to be okay to be selfish? A friend of

mine was talking about self care on her Instagram, Kerry Jarvis, a few weeks ago. And she was talking about how the idea, the concept of self care really frustrated her, because the idea is that you get to push yourself to the very limit, empty yourself completely before it's okay for you to take care of yourself, put yourself first, be selfish. And I think that it ties in really beautifully with really just what I'm considering here. I want to, if you were looking, if you needed a permission slip to disappoint somebody, anybody, people in your life, because you want to put yourself first, then I want to give you that permission slip. I don't want to give you any other reasons, than it's okay to put yourself first, than that.

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I don't want to justify it. I don't want to make it into a thing, like here's the checklist for when you are allowed to put yourself first. I am going to make the assumption that as an inherently good human being that you put lots of people first, many, many times, frequently. And so therefore, if you are considering putting yourself first in this instance, it's really okay. And not just in this instance, in all of the instances, easy for me to say, that you desire to do that. It's okay. And what you get to play with, is the being okay as well for other people to view you in a way that perhaps you're not going to love, but you get to stay true to yourself. It's okay to be imperfect. It's okay that not everybody is going to love you all the time. It's okay to disappoint people. It's okay to put yourself first, knowing that when you do that, you're also inspiring a shed load of people who are like, Oh my goodness, why haven't I done that yet? I'm ready and available. Let's do this thing. Okay. I hope that this has been a helpful podcast for you to listen to today. And please remember that faith plus action equals miracles.

Faith + Action = Miracles