

The Limitless Experience Podcast

The second book is coming

Transcript

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

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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.

Hello hello hello you gorgeous human beings. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast. And I want to talk to you about my mother trucking goddamn book. If you're new around here, you're like what book?

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And if you are old school, you're like, oh my God, is she still making podcasts about the book she hasn't written yet? The answer is yes, but there has been a development, which does feel a little bit exciting. I met with my book coach last week or maybe it was this week. I think it was last week. Her name is Jessica Killingley and she has been very patient with me over the last few months because I hired her what feels like a lifetime ago. And I had the idea of my book and I really wanted accountability. And actually it's working with her that has made me realize that this idea of accountability that we seek is really different from what it actually is, because she's very good. She can do like carrot, she can do stick, but ultimately, because I didn't want to do it and I didn't want to do it for a number of reasons, but mainly I think, you know, so much was going on in my personal life that I just didn't have the head space for it.

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And so whilst part of the work that we do and part of what I hired her for was to keep me accountable. The truth is you can take a horse to water, but you can't make it drink. And it doesn't matter how good somebody is at saying, "you said that you were going to do this by this time. If you don't want to do it, then you're not going to fricking do it." Anyway, we had a meeting after taking an intentional break for me to get my head, my life, my launch, and all of the things out of the way. And I've been saying to her in voice notes, like, I feel like the book is changing. Like I've changed. I feel like the book is changing. This is kind of what I'm playing around with. And we had a meeting where I brain dumped what was on my mind and in my heart.

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And she went away and came back and said, this is kind of what I feel like you were saying, this is what I feel like you want to write. This is the structure that I'd recommend. What do you think about it? And I was like, oh my goodness, of course, like this feels like the thing 1000%. And what's interesting is that I am going to have to be really intentional about creating space in my diary, which I'm not going to lie, feels like a mission. It feels like, okay, we're going to have to really take some things out. We're going to have to let some things go in order to create time and spaciousness for this. But I feel excited. And I think the real reason that I am sharing this outside of, I just don't want to be that person who in a year's time is still wanging on about their second book that they never wrote.

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The real reason I'm sharing this is that sometimes, and I know that people use this as an excuse, 'I'm just going to wait to see what the universe has in store for me, I'm waiting for a sign', just make the fricking decision and own the decision. And sometimes you are not doing the thing that you were going to push to do. Like the thing that you decide that you're not going to push to do is absolutely creating space for the thing that is going to flow for you. And like I say, I say this with a little bit of, I'm going to ring fence this, I do not want you to use, 'I'm not waiting for a sign' to be the reason that you don't make decisions and for allowing procrastination to dictate how you run your life. And what I know to be true without any shadow of a doubt.

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If I had continued with the schedule that we had originally planned out, I would have been pushing the book through and I would have been pushing from a place of, this is what I said I was going to do, so I am going to do it, and this is the content, and even though I'm not feeling it a thousand percent, we're just going to do it because that was the plan. I am so glad that I did not do that because what is now in front of me and what I now get to write is something that feels like it is going to be infinitely more powerful, infinitely more impactful, and infinitely more joyful for me to actually sit down and write, which means that you are going to enjoy reading it so much more. And so this book is a book about freedom and you know, the idea of planting the seeds of activation for freedom around the world, like makes my heart and my mind explode.

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And when you read my take on this, I just, I know, I just feel really, really happy. I know it's going to help facilitate shifts in perspective, which according to a course in miracles is, all a miracle is just your ability to look at something differently. I know that they were going to be so many shifts. So here's me announcing the new book, a book about freedom. And I cannot wait to share it with you. And as I say that, I'm like, okay, next task is to get off here and start making space in my diary to write this fricking book. And this is an invitation to you to really tune in to the thing that you've been sitting on, that you've been procrastinating with and ask yourself, am I

procrastinating because I don't want to do this thing anymore. I don't want to do it like I'm doing it. And if the answer is, yes, ask yourself, do I need to take a break? Or, how can I do this in a way that feels easy, aligned, and fun? And whatever the answer is to that, do the thing.

Okay. I hope that you have found this episode helpful. Let me know on the gram if you want more, let me know what your biggest takeaways were and I will see you, or you will hear me, in the next episode. Giving you all my love. Please remember that faith plus action equals miracles.

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