

The Limitless Experience Podcast  
When a potential hell yes, turns into a no  
Transcript

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If it was easy, if it didn't require a second thought, if it didn't cause you to take a sharp intake of breath, arguably the stretch isn't there.

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 it feels like it's been a minute. If you listen regularly, you're like, it's been a couple of days, Suze chill out. But because I usually batch record my episodes, it does feel like it's been a little while and there's been a lot going on. So at time of recording, it is the middle of May 2021. We have just come off the back of our biggest month in business in April 2021. And there has been a couple of weeks of recalibration and I deliberately, very deliberately use that word because I think that often we start talking about what goes up, must come down and after a big launch there always needs to be an anticlimax or a crash or a huge contraction. And I really want to re-frame that idea in my mind.

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And so I say, what goes up, must recalibrate. And this is about adjusting to the new normal that you have created. And I would say definitely over the last couple of weeks, that is what I have been doing and combine that with a huge load of stuff, for want of a better word, going on energetically. So my mentors and the healers have all said that this time that we have been living through over the last couple of weeks, it's just like a melting pot of energy. And I've been advised in more than one place that it is completely normal if you are experiencing a kind of shedding. And that is the word that I would absolutely use for what's been going on with me personally, over the last two weeks. A real releasing of anything that isn't in alignment with my new normal, my new way of being, my new level of expansion.

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And some of it has been challenging without putting too fine a point to it, some of it has been challenging. I have noticed and being made aware of, lots of old wounds, old stories related to worthiness and value and is it okay for me to take up

this space. So, you know, stuff that you're like, oh God, is this coming up again, really, really Suzy, have you not let this go? And you know, what I say to myself is the same thing that I say to my clients until the lesson is learnt, every time you expand, every time you move into a new normal, some of that old stuff is going to come up, it's reactivated at the new level, so be kind to yourself. For me, what kindness has really been, is not holding on, not being in resistance to what is being shown to me and really choosing to release.

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And I actually think as challenging as some of it has been, it's also been very empowering. Of course, I've had those moments where I've checked in with myself and been like, is this just another sneaky form of self-sabotage, you've had success in the left-hand so you're going to try and whip it all away in the right hand. But when I've checked in with myself and when I have thought about what does my new level of toleration get to look like, and am I living into it? What would I be choosing? What would I be doing? What would I be releasing if I was really living into this new level of toleration, it's been clear to me that it has been time to let go. And that has looked like completing with clients. It has been releasing of team members and it has been releasing of old stories.

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You know, reconnecting with my birth father and connecting with him from a place of acceptance, testing myself. It's been, it was reconnecting with him from a place of really setting the intention to connect and accept him. And at the same time, really look to see in the moment where can I release any expectation for things to be any different from what they are in the moment. And that interaction with him was only possible if I was willing to let go of old stories about who he should be and how he should respond and what he needed to hear. So that was very, very soothing for my soul and empowering for me to be able to do that for my well being, to be dictated to by me and how I was choosing to show up in the situation, rather than putting the responsibility on him, to be a different human being, to say the right thing or to do the right thing in order to in "honour me and my need." Letting him off the hook was such a powerful let off the hook for me.

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So all of this stuff has been going on over the last couple of weeks and there have been some really tender moments like I've really needed to look after my heart during this time. I've also taken time to rest. I went and took myself off and stayed in a hotel for the weekend. And that was really, really great. Met up with an old friend, went shopping, ate good food. And I really nurtured myself. I got myself a massage. I can't even tell you the last time I received a massage. And I really just owned the fact that I was able to take that time because the kids were with Jerome and it felt really, really beautiful actually. And there is, I'm not going to lie, there is definitely some sense of not feeling completely comfortable acknowledging that. But I would say that when I'm really honest and transparent, one of the hidden benefits of the

separation is that I now, for the first time since we had kids, am able to take some time to myself and journal like lay in bed and journal without guilt.

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I'm not, I definitely did do that when we were still in the relationship, but there was always a sense of oh how much more time am I allowed, I really should get out of bed? You know, a real sense of I should be doing X. Is this really allowed? Am I taking the mic? So to be able to do that without that side has been really nourishing and needed, I say needed, that is very entitled. All the parents who are listening, who don't have that time, I want to apologize for sounding like an entitled little sh\*t. The time was very much appreciated. And when I didn't have that time, I made it work in other ways, you know, because that's just what we do when we commit to parenthood. Anyway, there's my little catch up for you. What I really wanted to talk to you about today was when you get people approach you, who kind of seemingly drop out of the sky and are like

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"I want to walk with you, I'm in, we're doing it, let's do it." And then when you tell them the investment, they're like, okay, I just need to go off and, you know, rearrange and things, sort some things out and I'll be back like I'm in. And then they disappear. And what that has the potential to leave you with. It's funny, I bring this up because this happened to me last week and then the client in the group shared a really similar story. And I really want to share from a couple of angles with this. And the first angle is I want you to be really, really clear that when somebody is going to take the next step with you, it takes a huge amount of courage and self-belief. And you, as the facilitator, cannot give that to somebody. If a person does not believe in themselves, and I'm using this language very deliberately, this is not about whether somebody believes in you.

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If somebody invests in you because they believe that you are the thing that is going to make a difference, what they are doing is completely disempowering themselves. And that is not a good position to be in as a coach, where somebody has given all of their power to you. What it means when that happens is that when times get tough, rather than them pulling on their own resources, they put the responsibility on you, fix me, sort this out, this isn't working, what are you going to do about it? Uh uh, we do not want that at all. So when we're talking about real alignment and calling in the truly dream boat clients, we are looking for sovereign individuals who are standing in their own power and are saying, I am courageous enough. I am willing enough to step into a new level of commitment to myself and my willingness to do the work required up level.

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Most people, many people. And actually I think it is most people aren't willing to do that because it is difficult saying I'm going to step up. And you know, when I think about this from a very personal level, because I have done this so many times,

because I have stretched myself beyond what feels logical, beyond what feels normal, beyond what feels sensible, so many times and stepped up every single time. There is a different level of confidence I have when I'm going to take that next move. And it's interesting because as I'm saying it, I'm thinking about what would a genuine stretch, what would a genuine bum clenchy investment look like for me next time around? And the truth is a bum clenchy investment would be around the six figure mark that would make me like go, okay I now need to show up in a very different way and I don't necessarily need that right now.

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You know, accountability, you know, working with people who are a few steps ahead of me is absolutely fine and dandy for where I am at in my journey. But if I wanted to take a massive quantum leap, then I would look at making a much bigger investment that would scare me. So when you get into that position of saying, okay I'm ready to stretch myself. What happens is that it feels really deadly uncomfortable. It feels like, yeah, it feels very uncomfortable. And for most people, it is also going to be inconvenient. Like if it was easy, if it didn't require a second thought, if it didn't cause you to take a sharp intake of breath, arguably, the stretch isn't there. And so what's required of you, once you move into the coaching, is that you just show up the way that you've always shown up, and then you're not going to make the kind of leap that is possible.

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And I really want to be very clear. I'm going to say it again. Maybe you don't want to make a big leap. Maybe you do. Maybe incremental steps is exactly what it is that you want to be doing. And that feels very, very comfortable for you. And so therefore putting yourself under any kind of stretch is out of alignment. But because of the way that I work with my clients now, for most people, it's going to be a stretch. Yes, we have low ticket offerings where I will deliver the offering once and then it's pretty much DIY, but for anything that involves my time, ongoing coaching, there is a value that is attached to that, which causes most people to stretch and stretching feels uncomfortable and inconvenient. Most people when they feel uncomfortable or inconvenienced, want to retract. They would rather sit in comfort than to deal with the pain of discomfort, which is why when it comes to results, those people don't get as good of results as people who were willing to sit in discomfort.

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When I look at my peers and when I look at the way that, when I look at the difference between them and people who aren't performing at their level, they have a high tolerance for the discomfort that comes when they are trying something new. And it doesn't mean to say that discomfort can't be joyous. It doesn't mean to say that discomfort can't have levels of ease. Like how you, as an individual, respond to discomfort will determine how painful it is. So, you know, I said at the beginning of this conversation that I've been in recalibration mode and that has required me to let go. And in the letting go, there have been challenges, but how I have dealt and

responded to those challenges at this point in my journey versus what I would have done 10 years ago. Oh my God, there would have been a whole other level of pain because of the amount of resistance there would have been to the change.

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Whereas this, whilst it has been challenging, whilst there have been some tears, has been so much more easeful in comparison because I understand resistance. And there has been a different level of willingness when it comes to acceptance of what is and what I'm stepping into. So I think what I really want to convey to you is one, don't take it personally, if somebody runs into their own resistance and uses that as an excuse or a barrier to not step into their expansion. I think that it is one of the most underestimated blockers when it comes to people achieving what it is that they want to achieve in this world. Even after they say yes, I feel like I could almost do a whole series on resistance, you know, because it comes up again and again and again, and the resistance is always about survival and avoiding pain.

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I will resist doing the thing that I know is going to serve me and help me because I'm scared of dying. I'm scared of failing. I'm scared that this is going to be painful. So I'm not going to do it. Don't take that personally, if you run into this and like from a sales perspective, this is one of the reasons that I highly recommend that you take payment on the call because what is so, what happens so frequently is that you will get somebody who is like, okay, I'm ready. I'm going to do it. You'll speak to them. You'll ask powerful questions. They will understand. They will say yes okay, let's do it. And when you take the payment on the call, you increase the level of commitment. So even though that person will feel resistance after the call, will feel the kind of sick in the back of the throat, because they have taken that extra step,

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they are much more likely to move through that resistance, than when they get all excited, yes, I'm here, I'm ready, I'm going to up level. And then they get off the phone, you haven't taken a deposit, you haven't taken any payment. And their logical mind clicks in, the saboteur archetype clicks in, and gives them all of the reasons under the sun why they cannot bet on it themselves. All of the reasons why it is not safe for them to move forward. And at that stage of the game, 99% of the time, you will lose somebody to their own resistance. You know, they will tell themselves why it is not convenient. And usually that inconvenience will be, it's not the right time. I've got too many things to do. I can't commit to this right now. It will be all of those types of I'm going to have to put myself out.

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It's the wounded feminine archetype that says, I can't afford to do this or risk this financially, emotionally, or physically right now. They step out of the magician, out of the lover who knows what it is that they want. Out of the magician who is like we're going to make this happen, I dunno how but we're doing it, and into the saboteur and the wounded feminine. I want you to not take it personally, if, and

when this happens to you, and I also want you to take responsibility for being very clear about the type of people that you call in. Being very clear about the type of commitment required when it comes to saying yes to not you, but to themselves. And I want you to have a really empowered stance on your sales calls, not because you were trying to force, trick or hoodwink anybody into doing anything that they don't want to do. We are only ever wanting to work with aligned clients who are ready to take the next step, but it's really understanding that the mind will do anything that it can to maintain the status quo. And when you understand that, it becomes so clear why so many people say no, when they truly, truly want to say yes, and we're not talking about money. We're talking about the people who are literally scared to say yes, because they are scared of changing the status quo because it's uncomfortable and it's inconvenient.

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It ain't your fault. It's not even their fault. It's not even their fault. And we get to support people by making sure that we're communicating powerfully about what is required and explaining that we understand the stories that the brain will be telling them. It doesn't mean that those stories are true. Okay. I would love to know if this has been useful. I would love to know if you identify yourself as one of the people who are like in and out and shake it all about, we do the hokey pokey and we turn around, that's what it's all about.

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Or you attract a lot of people with that energy, I'm in, I'm out, if you're attracting a lot of people with that energy, it's likely that you do that too, when it comes to your own commitments, but getting really, really centered and really clear within yourself about what it is that you're available for and who you're calling in, and then matching that in your messaging, will really start to diminish the number of people that you have wanting to do that dance with you, and also checking yourself, you know, you understanding and spotting your resistance and then choosing to move through that when aligned and appropriate. Okay, my loves, thank you so much for listening. And I look forward to seeing you next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles