

The Limitless Experience Podcast
Speaking on stage with Lisa Nichols and Marie Forleo
Transcript

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

So that's the intention and the vision that I set and hold. And in order to do that, I have to keep grounding back into the vision that goes way beyond the ego and the vision of impact.

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 beings. It is Suzy Ashworth here, and you are listening to the latest episode of the limitless life experience podcast. And I wanted to share with you today just how I'm feeling about the beautiful reaction that I have received after people have seen the announcement that I am going to be speaking at expert empires global with the incredible Lisa Nichols and Marie Forleo. It has been a really, really lovely, actually, the response. And I have really felt that people have wanted to see a black British coach on stage headlining. Don't know why I felt a bit awkward saying that 'headlining' with these two US powerhouses. And I have known about this for.. Nick asked me about a month ago and I was super excited. I did not know that they were going to be headlining when he invited me, the contracts had not been signed. So he wasn't sharing the news, although he was in negotiations with them. And then he did a little teaser on the interwebs saying, yes, I've got my first speaker. And I thought, oh right, I'm not that exciting (ego). I text him to say, oh who's signed? And he said it was Marie Forleo and my response was fuck off.

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He laughed. And I thought, wow, you know, this woman, actually I really credit with the reason that you are listening to this podcast because she taught me what an online business was. You know, it was the first business related course that I purchased. I've talked about this in my conversation with Denise, Denise Duffield-Thomas was the second course that I bought. And I bought that because I found her through the B school community, and bootcamp and B school, all the b's really did change my life back then, you know, it taught me what an email list was. It taught me what consistency was. It massively influenced what I chose to teach when it came to working with baby business school owners. I didn't work with baby business school owners, when I created the baby business school for baby business

owners, you know, and the principles are timeless. What she taught was timeless principles.

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And since then there have been a plethora of different tactics and strategies that I have used to grow my business, my impact and my influence, but what underpins all of those strategies was the work that I did eight years ago in learning how to build an email list and writing to your email list on a weekly basis. This is how you create a website. You know, it was all, for somebody who had, who didn't actually spend a hell of a lot of time online back then, everything was new, everything. I never went through the course again, you get lifetime access. I only ever did it once in full, but it really did change my life. I remember when I got my book deal, actually it wasn't when I got my book deal, it was when I self published the calm birth school book the first time.

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And I remember getting the box and taking a picture of the books and posting it into the B-School group. And that was probably two or three years afterwards. And I remember saying, don't give up, you can do this. I had never even dreamed of writing a book until I went through B-School. It just opened up a whole new world. And I definitely know that even if this wasn't my affirmation, one of the people that I used to follow online had said one of her affirmations was, and my mentors become my friends. And what is super interesting is over the years, I am happy, you know, pleased to be able to say that people like Denise Duffield-Thomas and Natalie McNeil, they are friends of mine now, you know, both of which have been mentors throughout the time. And now I get to speak on stage as a peer with Marie and Lisa, you know, Lisa Nicols, such an incredible human being, such an amazing speaker and motivator and her stories.

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Like I have been listening to her stories for five, six years, and I got to know her through the online space, not the secret, probably one of the only people in the entire universe who still has not watched the secret. But yeah, Marie taught me, Lisa inspired me and it is a big deal. And I hoped that one day, not I hope, I set the intention that one day, it won't be a big deal at all, it'll be like, of course, of course I'm on stage with Lisa and Marie, we do it all the time. We kind of hang out. So that's the intention and the vision that I set and hold. And in order to do that, I have to keep grounding back into the vision that goes way beyond the ego and the vision of impact and where I am at in my life and business.

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It's like, it's the detail. It's what do I get to do to really cover every single detail? And even as I say that, I'm like, is that really the goal? And actually it is for me and covering every single detail is a lifetime's work. And I think that that is really the important piece here. I think that perfectionism and wanting to get everything perfect and everything to be perfect before you can show up is a huge problem. I

think that it stops people in their tracks. I think that it strangles creativity. I think that fear of judgment is a beast and a thief when it comes to getting your work out there in the world. And I am not available for that. I'm not subscribing to that in any way, shape or form. However, when I think about the number of people that I want to impact, and when I think about the changes I want to make, and I see how the dynamic shifts and changes and evolves in my kind of little microcosm of the freedom experience, I know exactly what it is that I want to and get to do in order to facilitate the change in not just a few people, but millions of people.

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And that is, that requires detail and I'm fully available for that over time. It gets to shift and evolve and create and get better and better and better over time. And I think that for a lot of people, when it comes to the business, they're in a real fricking rush. And what's interesting is that I think that sometimes people mistake my ambition for hurriedness. And as I say that, I'm wondering, is it other people, or have I got that mixed up? And actually, I don't think that I have, I love having big, audacious, crazy goals because it stretches me and it invites me on a daily basis to check in with myself and ask me, ask myself, how am I showing up? You know, when I reflect on the day before, how did I show up? Did I show up in my power? Did I show up as the person who wants to impact millions and make millions and make millions of pounds of impact in this world?

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Did I show up in that way? No, I didn't. Okay, great. So we've got something to work on today. Did you show up as the person who has this huge vision or were you getting stuck in the weeds and worrying about one person over here, and one person over there, thinking this, or saying that, or judging you about this or not being integrity about that or saying shit on the internet, all of that when you take the time to reflect on that, and I think that you only really reflect on these things, when you take the time to reassess, where am I going and where am I right now? And where am I right now in relation to my own radical responsibility? Where am I right now in response to my own radical responsibility? When we take full ownership of our visions, I think that that, and we're reflecting and we're coming back to on a day today day basis, that's really where the magic lies and because I want to show up on a day to day basis, and here's the truth.

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I do want to collapse the timeline, for sure I want to collapse the timeline, but I don't want to do that through hustling more or moving more quickly. That's the difference. How do you collapse the timeline without rushing? That's the difference. That's the key. And you collapse the timeline through behavior and focus. And I love that, as I say that, I love that. I feel that I know that to be the truth. And so I'm really grateful actually today to be able to explore this with you and to really encourage you to tune in to what the big vision is. My big vision is to impact millions and make millions. And I know that it gets easier to do that when you surround yourself with people who are doing that because they help you to raise

the standard just through them modelling, which is what we are talking about today amongst all of the other things.

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And then on a day-to-day basis, outside of the modeling, outside of the mentoring, it's on you, it gets to be on you and that doesn't have to be pressurizing. It doesn't have to be stressful. It gets to be exciting. It gets to be fulfilling and it gets to be your next layer of evolution. And so my question is my friend, are you ready? Are you ready to take radical responsibility? Are you ready to create a bigger dream? Are you ready to take the steps that are going to be required of you? And only you can do it in order to get there. If you are, and you would love my support on this, please reach out because I would love to help you. This is that mindset and that tenacity is what I'm calling in for the freedom experience. So come and play with us, my friends. If you have enjoyed this episode or, you know, somebody that you think would benefit from it, please share this. And remember that faith plus action equals miracles.

Faith + Action = Miracles