

The Limitless Experience Podcast
Detaching from the outcome
Transcript

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Because I have gone through this process of setting a clear intention and embodying the frequency of that intention, and taking a dream and allowing it to become my reality so many times, there is a whole new level of trust when it comes to me setting goals and intentions.

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 limitless life experience podcast. And I want to dive right on in today and chat to you about detaching from the outcome. And I think this is one of the most challenging and frequently contradictory pieces of advice that you will hear. And I think I want to preface this episode by saying right from the get go, there are an infinite number of ways for you to get to a singular outcome. And honestly, if that is all you wanted to take away from this episode, I think that that recognition and acknowledgement and embodiment of that statement is extremely valuable and has the capacity to change many people's lives, just that sentence alone. And I share that really coming from the place of remembering what it felt like to really want to control the outcome of every single little thing in my life, control the outcome of every little thing, and also the people.

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And I have definitely come a long way in that respect when it comes to my control freakiness. I think that my kids are the biggest gift to me when it comes to really checking myself, I find it incredibly difficult still with them. You know, my control freakness shows up in the, 'there will be a consequence if you continue to behave in this way and you will not like the consequence', that's me being a control freak. I still say that way too frequently. And I also have more awareness when it comes to just keeping my mouth quiet, when it comes to just letting things go because of them. Because one, I know that it's not healthy to try and control your children or everything that they do think or have. And it's also exhausting. And I think that that exhausting piece is relevant just across the board, in all areas, trying to control people, things and outcomes is exhausting.

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And I definitely think that whilst as an individual, I am very intentional. One of the things that I have really learned over this last year, especially as the team has got bigger, is striking that balance between having a clear intention and then allowing people to go and do the thing. I definitely still have a long way to go, but as a team gets bigger, you can't possibly try and control every little thing, it's impossible. And so it has been a real lesson in, okay this is where I get to release. This is where I get to lean into trust. And this is where I give responsibility to you. And as the boss, as the leader, I think that there are real lessons in the abdication of responsibility. You can't abdicate responsibility, but you can, and you should empower people to take the lead on getting the outcome that you desire without babysitting people.

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It's a fine line. And as I say, I am definitely learning, but I think that in the growing of the team in this way, and wanting to, and needing to release some control, it has helped me when it comes to goal setting from a financial perspective. And I think that what I have seen has shifted within me is that I was the person who really, you know, I would write down every single goal, like hundreds of times, hundreds of times, that would be part of my journaling practice to write down all of my intentions. What do I want and write it down again and again and again. And I think that there is definitely a place for that. I think that the writing of everything repetitively helped with me when it came to the embodying of the frequency of those goals, it helped me believe that those things were going to be mine.

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It helped me increase the level of intention. And I think that it really came from a place of listening to Abraham Hicks say, 'a belief is just a thought that you keep on thinking'. And so in the writing down of my goals again and again, and again, and again and again, I was just writing down my thoughts again and again and again. And so I would write them down until those thoughts became beliefs. And because I believed those things to be true, they then became my reality. And I can totally see how, if you're writing things down that you don't believe are going to come to fruition, then you can write those things down until you're blue in the face, but your energy is aligned with this is never going to happen to me or for me. And so those things don't happen to you or for you.

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So the power of repetitive affirmations and writing them down and writing down your intentions, I think is really amazing. Still to this day, I write down my financial targets, as many of my passwords, you know, this is how much I'm going to make a year. This is how much I'm making a month. And what's really interesting is, is that for some of my older systems whose passwords haven't been updated, it's like 5k month. And I'm like, wow, I've used this for like eight years. So there is definitely power in the repetition. However, I think that where my mindset has shifted is that because I have gone through this process of setting a clear intention and

embodying the frequency of that intention and taking a dream and allowing it to become my reality so many times there is a whole new level of trust

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when it comes to me setting goals and intentions. And so I don't feel the need, it doesn't feel necessary to write something down 500 times a week or a day anymore because I trust that when I have an intention and my behavior lines up with that intention, that that is going to come to fruition or something even better. I think that where I've relaxed is just the belief that the universe has my back and that I'm fully supported. I think my awareness has expanded in really understanding that there are an infinite number of possibilities and that my brain can't possibly even scratch the tip of the tip of the number of possibilities that there are when it comes to my highest and best when it comes to me, really living out my mission and the vision, there are so many ways that I could do that.

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There are so many ways that it could happen. And I feel really at ease with knowing that I can't possibly know all of the ways and actually my job, the biggest job that I have is which, and this is always, this has remained the same, is to embody the feeling of expansion. My job is to open myself up to receiving myself and my limitlessness more and more each day. And as I receive more and more of myself, I will be gifted the inspiration and the ideas and the suggestions about what are the best next steps in ways that would feel so much tougher and come from a place of pushing energy, if I was trying to think up and manufacture the next steps and the next ideas. I'm getting better and better at letting those ideas come to me. And because I set the intention that I am creative, because I set the intention that I receive, you know, beautifully aligned, high vibe, frequency ideas, constantly,

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there is no doubt in my mind that the next steps are always going to be presented to me. And so, there's a real releasing of the grip of the steering wheel. There is a real trust that I am being guided and I get to deepen that trust for sure. But when I think about who I am now, when it comes to trusting that I'm fully supported versus who I used to be, which was somebody who believed in the universe, but felt that my mind, my will was stronger than the universe, I'm a completely different person in that respect and it makes things easier. So the invitation for you is to notice, where are you gripping? Where are you not trusting? And also acknowledging that where you are in your journey, you might not have seen enough evidence to completely trust. And of course you can just choose to trust and people do choose to trust every single day.

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But for those of us who are more mind-y, you might require some more evidence. And then it absolutely makes sense for you to be setting your intentions and writing them down and creating thoughts that become beliefs. So it just really depends on where you are. I think the next level of detachment for me is, comes with, stopping

believing that I am going to be a better human being if I get the result that I desire. And, and this is so huge because really everything that we want in life, when you go to the core of it, for the majority of people, we want what we want because we think it's gonna make us happier. We think it's gonna make us fuller. We think that it's going to make us more complete. When I have a 50K month, I will feel worthy. I will be able to look at my parents in the eye and say, I've made it.

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And then I'm going to feel good about myself. When I've got 15 people on my course, I'm going to know that I am a great marketer, and then I'm going to feel great about myself, then I'll be happy. When I've got my brand new house, then I'm going to know that, you know, I'm worthy of X, Y, and Z. It all comes down to being happier, fuller, more complete. And so it absolutely makes logical sense for us to grip on to these goals, thinking that in the attainment of these goals, that we are going to feel better as human beings. And the really shitty thing is that, that feeling of happiness, completeness, fulfillment that we get from having achieved the outward goal. I think that for many of us, we get it. And then there's the, oh shit I still feel the same as what I did before.

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I still don't feel quite enough. I still don't feel quite complete. I still feel empty and not in a good way. And so for me, the detaching of 'this is going to mean something about me as a human being' and what I believe that people are really talking about when they say detached from the outcome. I think that, if I'm really honest, a lot of the time people say to detach from the outcome, because they've heard somebody say you need to detach from the outcome, and how people interpret that is hmmm I'm just supposed to not give a shit. I don't care.' And maybe there's that in it. But when it comes from a deeper place of, 'I don't care whether this happens or not, because I know who I am. And the truth of who I am is I am whole and complete and perfect, and a divine expression of source.

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Nothing outside of me can complete me.' And when I talk about it in that respect, 'I don't care' feels not appropriate. It doesn't feel in alignment with knowing who you truly are. And so where I am in my journey right now is really looking to see, where am I attaching meaning? Where am I making it mean I'm a failure if I don't get the goal. Okay, great. I can release that feeling because whenever I'm noticing, whenever I'm tuning into, 'I'm making this mean that I'm a failure if I don't do it', I can feel that feeling, the anxiety, the fear in my body. And I get to release that feeling. Or where am I allowing this to inflate my ego? Oh, this means that I'm somebody, you know, this means I'm finally something. And I keep coming back to, I wrote a post on Instagram a week or so ago about knowing that at the core, there is no separation.

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There's no hierarchy. Even when we look at people and think, wow, they are so spiritually enlightened, at the core, you know, after the body dies and we all return back to pure consciousness and awareness, this is my belief. There is no hierarchy. Everybody is pure consciousness. And so it is my willingness to keep remembering that that makes the goal become less meaningful in a very mind-y 3D way. This makes you better or worse. This makes you full or not full. This will make you happy. This will make you... No, none of that. And it's in the remembering of you are a divine, human being who is complete, who is enough, who is beautiful, who is all of the things. And the allowing of that to really shine through like working on a moment by moment basis of clearing any blocks, experiences, or stories that prevent me from accessing that truth, that it becomes easier and easier for me to allow my intentions or something even better to come through.

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It's really interesting and super fun. The detachment is detaching from the story that achieving or not achieving your goal means something about who you are as an individual. It doesn't, you know, on the surface, it might look like it does. On the surface it might feel like it does, but the invitation is to go deeper, go deeper to the truth of who you are. And when you touch that truth, none of that surface stuff can touch your truth. It's an interesting journey. And it's really beautiful. Those moments in time where you just get to remember like, wow, I'm a divine human being, you know, I am a spiritual being, having this defined human experience where my job is just to remember who I truly am at my core. And then all of the external material stuff gets to be fun. Like this is just what I desire.

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I desire it because I desire it. And that's it. For me, the story that I have attached. And for me, this is a healthy attachment until it won't be, is that when I choose more expanded and expansive goals, and let's just say financial, but it can be relationships, spiritual, it's just a representation of how much of myself I am allowing myself to access. How much of the truth of who I am I'm allowing myself to access. Because the truth of who I am is that I'm limitless, the truth of who you are is that you're limitless. And in the remembering of that, everything else gets to be just so much fun. It's like if the intention doesn't play out the way that my mind decided that it should play out, it doesn't, I don't have to attach a story to it. I just get to be like, oh okay, there's more I get to release. There's more space I get to create to allow more of me to flourish, to align, you know, and that feels delicious, totally and utterly delicious. Anyway, I hope that this has been interesting for you. I'd love to hear your thoughts hit me up on the gram and I will speak to you next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles