

The Limitless Experience Podcast  
The Divorce Diaries 3: Father's Day  
Transcript

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

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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.

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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 feel really, really great right now. I am sitting in my part renovated office and I've got some beautiful white peonies, roses, lilies, I think daisies. I think that when they're mixed in with the other flowers, that the aroma is less white cats wee. And actually every time I walk in here, it feels really warm, really cozy. I've got some beautiful lighting. I've got some plants. How old am I? I've got plants, in plant pots, and they're giving me life. We've got brass and gold trimmings everywhere. It just, it feels so nice. My office is possibly my favourite place in my home right now. And I have the amazing Erica from the unbusy home to thank, she has.

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She was my designer on this and it feels good. It's not going to be ready for a few months cause I'm still waiting on stuff, but I'm really enjoying this space. I'm really enjoying the idea, the prospect of doing the whole house. I've never properly furnished a house before. It's always been the bare minimum. It's always been, what do we need? Let's just get what we need rather than what would make this place feel really homely? So I'm excited and started to do the kids' bedroom. I'm excited to do my room. Yeah, I'm feeling really good. We just had Father's day. And I got a really lovely message from one of my clients saying, you know, it's your first father's day away from the kids Dad, how are you feeling? And I was feeling a little bit stressed because we'd had an incident.

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We'd had a moment with the gorgeous, well, I won't say which one it is, but one of my lovely minis decided that they were so desperate to have whatever it is that you buy when you're playing these random games, roadblocks, Robox, I don't even

know what the name is. God, that makes me feel so old. And they ended up spending £360. I was seeing 9.99, 19.99, 9.99, 9.99, like racking up on my PayPal account. And I was thinking to myself, why have I got all of these subscriptions going through? And I look at my subscription list and I'm like, I haven't got all of the, my I've got like six subscriptions what's going on. So I go into apple and I see all of these purchases. I mean, I lost and lost my shit. I was so not Zen that I lost my shit. And then I felt bad and then I felt bad, but it really stayed with me, really made me question, like, what am I doing wrong as a parent?

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And then the losing my shit made me be like, you're doing that wrong, you should never shout at your child, you're scaring them. And I have this real, because there is a level of self-awareness that I have now, in the past when I was younger and I would lose it, it would be like I, there was no awareness at all. I would like be so in the moment and I would be losing my rag. And then afterwards I'd be like, oh, what just happened? I'd feel really drained. Now when I have these moments, I am, there is a part of me that is aware and it's like, I choose, and I chose in this moment just to be really angry, really angry. I was angry at the fact that they had changed my password because that made it very deliberate and very calculated. And that felt way worse than the actual spending of the money.

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And then I felt weird about the actual spending of the money, because I was thinking about what would have happened if I had made that choice as a child, how severely that would have impacted our family for the negative. And I think that there was some guilt around the fact that the money in and of itself doesn't impact our family in the same way as it would have impacted my family when I was growing up. And I'm also dealing with the fact that I understand that they have no concept of what they had just spent. I mean, they do have a little bit of a concept now because they're having to pay it back. And yes, I have gotten a refund, partial refund from apple because apparently they only give back 25 purchases. I remember significantly more made than that. Yes, you hear me correctly.

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Anyway, I get this lovely voice note from one of my clients asking me how I was doing. And she said, you know, I've got your voice ringing around in my ears today. And she reminded me that we get to choose. And it was such a lovely voice note. And this is what it is to have soulmate clients who want to give as well as receive. And I feel so grateful to have so many of those types of people in my life. And so actually I feel aside from the reverb from the losing it, I feel okay and we're about to go to lunch and I'm going to go to lunch with their dad and feel good about it. And we went for lunch and lunch with three kids, it's never the most relaxing let's be real. It is never the most relaxing experience, but it felt really good to take over his father's day present.

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And for us to spend time together as a family and to go out for lunch and to be able to, when the kids would allow, to you know, be present and enjoy each other's company. And I felt really, really fortunate and so grateful that at this stage, in our journey together, that we are able to create some semblance or enjoy some semblance of peace with each other with them, because I know that it isn't like that for every family who goes through separation or divorce. And yeah, it feels amazing to be able to give that gift to our kids, at the same time there's still, of course worrying all the time that the decisions and choices that we have made and continued to make on a day-to-day basis, are, you know, messing them up. But as I speak more and more to my peers, because I think normally the conversations that I'm having now with peers and friends would have normally been between Jerome and I, and they happened between Jerome and I, but they also happen with my friends.

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And I'm like am I going mad. And what is reassuring is hearing people again and again say, no, you're not going mad. And this is tough. And for me, when I think about what the next steps, next phases are in life, so much of it comes back to finding the same type of peace and having the same type of self-awareness I have within my business, within my parenting. There's so much that I still try to control. There's so much where I am in that space of comparison or feeling guilty or fear or worry in parenting. That I just don't have in my business, which creates a whole new level of freedom. I mean, I suppose let's be real. It helps the fact that I'm the boss, you know, so there's a certain amount of freedom, I suppose, that comes with having that role. And the problem with kids is that you're not the boss of them. You might think that you're the boss of, and you might want to be the boss of them, but you're not actually the boss of them. They're their own boss. You know? And I, with my team, I like to think of them in the same way as I like to think of my clients, I mean we're all sovereign beings. We all get to be the boss of ourselves. So it's not even that I'm wanting a dictatorship.

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I'm not, I promise. I'm not even wanting a dictatorship. And I think that sometimes the way that I am with the kids is that I would like it to be a dictatorship. Listen to me, just do what I say and every space in turn, they're like, no, no, you listen to me. And what I know is that when I'm in that space of trying to control, it brings my energy down. It creates leaks in my container that ultimately then impact who I be in the rest of my life, including my business. And what's so interesting and beautiful is that I know that it doesn't all need to be perfect for me to be thriving and growing and evolving in my business. And at the same time, I know that if I clean up my energy in this space, it can only have a more positive effect when it comes to me running the business. So I suppose this is the next phase in the divorce diaries, and me really leaning in, leaning in to consistency around who I'm being across all areas of my life.

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Knowing that it will help. Knowing that on the path to true freedom on the path to limitless living, that my capacity to release control our capacity as co-parents to really honor the space that we had and the space that we get to continue creating is part of that freedom. And part of self-leadership, you know, I've always said that all leadership starts with self leadership and it's that next facet of self leadership I get to lean into even more deeply. So that is it for this episode, a little catch up, a little catch up episode. I hope that you appreciate this. And until the next time, please remember that faith plus action equals miracles.

Faith + Action = Miracles