

The Limitless Experience Podcast

Why am I not getting the result that I desire?

Transcript

Suzy: [\(00:04\)](#)

Energy is everything. And you can sit at your computer pushing on through for as long as you like, but the result that you're going to get from pushing on through, is never going to be as powerful as what it is going to be when you get your energy aligned.

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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Yo yo yo. So I was just feeling like ohh, you know like when you have something to say, and it's on the tip of your tongue, but you can't quite find the words. You're not quite sure that it is, but you have it. Like it's all there, sometimes you have something to say, but the words aren't quite there. And I was feeling like that this morning. And I was feeling like that. And what is really interesting is that old me would have been like, right, you've got something to say, you don't know what it is that you've got that you want to say, but you're going to say something. You've just got to get up there and you're gonna say something, I'm gonna push. I'm going to push on through. I'm going to trust that the words are going to come. So I'm just going to push on through.

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We've got all of the pushes. And so the way that my day is scheduled today, if I was going to go live and this thought did cross my mind. So if I was going to go, live I should have been going live at 11:30. That is when my schedule allowed for me to go live at 11:30. And if I was going to go live at any other time, it would kind of messed things up. I can see the clock ticking, and I've got this urge. I've got words on the tip of my tongue, I don't quite know what they are. And there's part of my mind going, you just push on you. You should, you should be doing this right now to shift it. Anyway, we're coming up. It's like, I don't know, five to 11. And my feeling actually, I don't want to be going live right now.

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This is not what I should be doing. Actually, what I would really like to do is go to Starbucks and get myself an almond macchiato with like caramel, almond macchiato and a cake. That's what I'm going to do. Cause I'm gonna get in my car. I'm going

to go. And oh my goodness, energy is everything. And you can sit at your computer pushing on through for as long as you like, but the result that you're going to get from pushing on through is never going to be as powerful as what it is going to be when you get your energy aligned. And for me, alignment was about stepping out of my house and getting away from the computer, going on a little bit of a drive to Starbucks and getting my nourishment. And in this car drive, I am chatting with one of my good, good friends, and we are talking.

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The conversation is just going up and down and around and around. And she asked me, she says to me like, why am I not getting the result? Like, I'm a year into this, why am I not getting the result that I desire? And what is really interesting. Like I absolutely believe and live into like, I just, I know this to be true, that whatever conversation that we're having at any point in time, whatever situation we are experiencing at any point in time, there is a gift and a lesson for us to learn. Okay. And so when she's asking me this question, I just immediately, I know the answer and I'm like the reason you're not getting the result that you want is because you're not connected to your bigger vision. And so whenever something happens that kind of takes you slightly off

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course, you change the result. You change the big vision that you are aspiring to. I'm going to say that again, the reason that you're not getting what you want right now is because you are not connected to the big vision. Okay. So when something isn't, something takes you off path, you just change the end result. Oh, I don't really want that right now. I want something else. I want it. I don't really want that anyway, I've had these conversations with her like, oh, well, I'm not interested in having six figure months anymore. Oh, I am not going to do this. Or for anyone going to do that offer. Oh, but I thought that you said that you wouldn't, oh, I know I'm interested in that anymore. I don't want to do that anymore. That doesn't feel aligned to me anymore. That doesn't feel aligned to me anymore.

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This is where my alignment is so I'm shifting. And I'm like, hmm, this is really, really interesting because it gets me thinking, it gets me thinking about me going to the coffee shop rather than coming on live and pushing. And me going to the coffee shop was absolutely, absolutely the right decision. But it gets me thinking about all of the things all of the times where I'm taking up space, I'm taking up space, I'm taking up space. And then something happens. A thought comes in or somebody says something. And I go from taking up space and being really expansive to contracted. And it's in the contraction, I go from taking up space. This is what I want. This is what I want. This is who I am. This is who I be. This is what I do, to it's in the contraction that I lose sight of the vision.

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And the mission. Does this make sense? This is so freaking important. This is not a rehearsal, but there's a big but. I'm not usually a but person. I'm usually an and person. "Sometimes I have to take the foot off the gas completely first, then connect with the vision otherwise the vision gets pushed too" exactly. "Yes it's quite an experiment to see what is the redirection of flow for expansion and what is construction because you want to procrastinate?" And this piece here, what is the contraction because you want to procrastinate. What is the contraction because you're afraid of failure. What is the contraction because the idea of you sticking with the vision and the mission feels so freaking scary that I am just going to redirect myself. I redirect myself over here. Yeah. I'm going to do the thing in, I want to do the thing tomorrow.

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I want to do this thing in a week and I didn't think of the month. I should probably know when to do the thing at all tomorrow or in a week or in a month because the vision that I have, I'm not actually sure that I want that vision anymore. I actually, there's something else that's coming through and I just need to wait to feel what it is. And then I'm going to do the thing. What I'm talking about and it's so subtle. It is so subtle. I cannot even, the only reason why we are on live is because it was so clear to me in that seeing the mirror in my friend of where I expand, expand, expand, expand and then I contract either consciously or subconsciously because in a moment, in a fraction of a second, I disconnect from the big vision.

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I disconnect from it. And in the contraction, what happens is that I am dropping or shifting my standards. And the reason why this was such a powerful conversation for me is that the person that I was speaking to is very highly intelligent, has a huge, very emotionally intelligent, has by anyone's standards a successful business. And yet she is consistently dropping her own standards every single time she disconnects from the big vision and she's justifying it. And she's justifying it, by using words like alignment and firm. And it's just not the way that I like to do things. And I just want to do things differently. And it's a pattern of behavior that has been happening for a long time, that she has been justifying for a really long time. The behavior that she has been displaying is in alignment with the old rules of, I only like to work via intuition, either want to, I don't want to, they're excuses, but they don't feel like excuses.

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They are excuses, but they don't feel like excuses. They feel like, oh, I just have a new mission. I just have a new vision. And because I have a new mission and a new vision that justifies me behaving in this way, this requires a high level of whole self awareness. Yes. it's the saboteur, when we look at it from the archetypal perspective, it is the saboteur because they're really logical, reasonable things to be saying, really logical. You have to, articulating such specific, but yes. Good, good. I really want this to land. Your behavior today is going to tell you whether you are acting in alignment with the standards of your vision. And if you are making excuses, if the

saboteur is at play tomorrow next week a month. And I can't because of this and this and this and time and this and that.

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And actually my vision is different and my vision is happening in 10 years time. So therefore I can play around what it is I'm doing today. It doesn't really matter because this is what this is. This is where I'm going to be next year. This is what I want to be in two years times, it doesn't really matter what I'm doing today. I said, I wanted that thing, but I don't actually think I do want that thing because I think that it's going to be quite tricky right now for me to do that thing. So what I'm really going to do from that shift, what it is that I said that I want so that I can act the way that I'm acting today without letting myself down, without feeling without consciously needing to acknowledge that I had just dropped my own standards. Here's what I want you to know.

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And there are lots of people I know who have been not only chatting with us and chatting with team Suzy about the freedom experience for this round, but people who've been chatting with us about the freedom experience for two, three or four rounds. I'm going to say that again, people who have been chatting or watching and saying you're on the vision board, I'm doing it next time. Because the behavior that they are displaying today is the same behavior that they were displaying the last time around. And the time before that. And the time before that. Our ability to drop our standards, our ability to go into contraction. It can happen so fricking quickly and we justify it. I want you to get very, very, very, very, very clear right now when it comes to your business, what is the impact that you want to make?

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I want you to be able to say it in one sentence on this. When it comes to my business, what is the impact that I want to be able to make? Here's the thing, it's very important to understand that we teach people how to build their businesses. And if somebody has been going through the cycle for 2, 3, 4 times, it means that something hasn't shifted in their business. So you have to do something differently. You have to be prepared to do something differently ie step in to the thing that feels really scary and then show up for things. It was really freaking scary so that you can change your experience. So it's not unfair, it's not unfair. Okay. So next question, and this is a tough one to get into a sentence. In order for you to achieve this goal, what needs to shift, what do you need to be prepared to do differently.

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Here's the thing that I want you to hear really, really loudly. You are already the individual that has the capacity to create worldwide global impact, but the actions and behaviors that you are taking on a daily basis, isn't in alignment with that vision. So you get to ask yourself, in my business, in my life, in my conversations, if I am the person who is making global impact, if I am making global change, if I am helping people, what is it that I am doing today? What is the standard that I get to live into

today to ensure that that becomes a foregone conclusion. And the answer is going to be something different to what you are already doing, but it's not about, do you see what I mean? This is subtle. It's subtle. It starts with you asking yourself, am I taking actions in alignment with the person who is creating X, Y, and Z.

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I need to fill up my own cups so much more. The idea that somebody needs to be completely fixed is an idea that has been perpetuated in the personal development world. It's very useful for people to think that I need to do this. I need to do this. I need to heal that. And I need to heal this. Don't hate me for this. I think I'm going to put a podcast on it. I don't even love the word heal because you're already whole, you're already enough. This is about revealing who you already are and that's layers. And those layers, it gets to happen moment by moment, by moment, by moment, there is no magical day. I do not believe there is a magical day where somebody suddenly wakes up and goes, I'm healed. Okay, now I'm ready. It's one of the stories that keeps people stuck.

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I'm talking to this idea, generally, this is something that says you'll be ready when it will be convenient when, you will feel like X when. No, it doesn't work like that, it doesn't work like that. You get to be today. And the more you action the space of knowing that you are whole and complete and enough, knowing that you are, that you have the right to increase your rates, that you have the right to invite people, that you have the right to ask the question. Do you want to take the next step with me? You already have that, right? Your ability. And I talked about this in the five days, your ability, your, if you know the transformation that you can help, somebody facilitate, you can facilitate for somebody. If you are clear on the problem that you can help somebody solve.

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If you are clear on how to facilitate the solution and you can do that powerfully, and you can do that in integrity. And you can do that authentically, you get to release the layers that you are working on alongside, because your offer isn't actually about you. It's about the transformation that you can help somebody with, you're enough already. And if I knew I was enough, if I knew that I was enough what would I choose for myself? Who would I be? How would I show up? What would I say? If I knew that I was enough already, what would I choose? What would I say? Who would I be? I am going to ask you how easy does that get to be? Practice what you preach, embodiment. Most people, this here is it.

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Most people, all that is required for them to make a massive shift in their life is to embody what it is that they are teaching, be the leader. And when you, when we're talking about conscious leadership in the globe right now, what is required is for you to maintain the standard of the vision that you have, not just for yourself, but for the world and show up in alignment with that vision. Look to see where you go, I got

the vision, I've got the vision. I've got the vision of what the vision expansion, expansion, expansion...contract. It's okay. It's okay to contract. It's okay to contract. I want you to release the story that says you need to contract. I have to be in my own power. I have to be in my own power, choose the energy to share for, instead of the lack and scarcity.

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This is it. Choose from a place of power, as opposed to choosing from a place of fear, as opposed to choosing from a place of lack, as opposed to choosing from a place of scarcity. Most people are choosing from a place of fear, lack and scarcity, because this is how we have been programmed to operate. This is the old operating system. Conscious leadership, which is what is required right now here and across the globe requires you stepping into your power and giving yourself permission to expand and then behaving from that place. And I'm not saying that that is always easy. I'm not saying that it is always easy, but it gets easier to spot when you are acting from a place of misalignment. And then when you catch yourself acting from a place of misalignment, you get to course correct. You get to course correct.

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And so this is my invitation for everybody who today knows that they've been thinking, acting, operating from a place that is below the standard of the vision that they have for themselves and this world. The invitation is to ask yourself, what would I choose if I was acting from a place of power, what would I choose if I was acting in alignment with the standard, that it is required for the vision that I have for myself in this world. And from that place, choose to take aligned action. And this is why I'm here now. Being able to catch yourself in the contraction quickly is the thing that is going to massively massively change the speed at which you are able to one, collapse time, but two, really see your vision unfolding in front of you, most people and most people are not seeing it at all. Okay? So most people are living from the place of the excuse.

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Most people that live in from the place of the justification and really just creating reasons but saying, this is, and this is the reason, they're creating the justification and then living from that place. And so nothing ever changes. Then we have the second person who they have the awareness, they know that they're doing it, but they carry on making the mistake, the same mistakes, the same choices anyway. And then you have the person who has the awareness, the light has been shone. And as soon as they have the awareness, they choose to course correct. And so my question is which one of those groups are you operating from normally? And which one of those groups do you choose to operate from today and tomorrow and the next day and the day after? What I'm really hoping is that this has one, activated you two, made you feel slightly uncomfortable, three left you feeling like, okay, I'm ready to stop messing about, I'm ready to take the awareness and behave differently today. Right my friends, I love you. Bye-bye.