

## The Limitless Experience Podcast

1 magic question that can change your life today

Transcript

Suzy: [\(00:02\)](#)

The big thing, the real big thing that came up was I would be living my life as though it were a work of art and everything that I did, I would see as an act of beauty.

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 I have got a doozy of a question for you today. And this came up when I was in the gorgeous island of a Ibiza with the lovely Laura Husson. And I can't remember how the conversation came up, but Laura asked herself a variation of this question and it really stuck with me. And I asked myself this variation when I came home and it led to a really beautiful recognition of what my next level of evolution gets to look like and the invitation to lean in. And so without any further ado drum roll.

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The question is, if you had all of the money and all of the energy and all of the security that you could ever desire to have, what would you choose to be doing right now? I'm going to say it again. If you had all of the money and all of the energy and all of the security, what would you choose to be doing right now? And for me, when I asked that question, the question that immediately came up was, would you choose to work? You might find when you ask yourself the question, you might have the answer, but for me, what came up were lots of other questions. And the first question was would you choose to work? And I really just gave myself a little bit of time to pause and breathe into the answer. And the answer was yes. And I'm not sure that I quite believed myself when I said that if I had all of the money and all of the energy and all of the security would I really want to be working.

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And the answer was yes. And when I say working, what I know that I mean, when I'm being truly authentic is really making an impact. And I think what I would be owning more if I had all of the money and all of the security and all of the energy, what I would be owning more is how I am working with my essence, with my spirit, with my

soul, to lean into my fuller and fullest potential. I think that I would own that way more than what I do. I think that what, and what's interesting about it is that inside the freedom experience, most of my teachings outside of the pre-recorded strategic elements of what it is that we do, most of my teachings come from that place of soul and essence and the work that I'm doing. And I love it when clients comment on my evolution and comment on the changes that they have seen in me across the year, because I'm allowing myself to lead with that.

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I think that I would be owning that in all areas of my life a lot more if there wasn't any kind of contraction at all. And the big thing, the real big thing that came up was I would be living my life as though it were a work of art and everything that I did, I would see as an act of beauty. That was so rich for me, that revelation and realization was such a rich one for me, that has become an invitation to see where am I going through the motions, where am I ticking boxes, where am I doing the things that I think I should be doing. As one of my mentors would say, where are you should-ing all over yourself, as opposed to approaching each and every conversation as though it were a work of art. Every coaching interaction, as though it were a thing of beauty. Every Instagram post, as though it were a thing of beauty.

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And I look at that from a work perspective, but obviously that applies and can be applied so easily to the way that I'm living life. And just in the observation of that intention, I found myself in a beautiful shop in Whitstable on Saturday, the owner whose name is Suzy. Never seen it before, never been in it before, but just a total just vintage, like just beautiful place. And I ended up buying two silk dresses from there. And as I was just feeling the material of the dresses, it was just like this, this outfit, very simple, very plain, but just very beautiful, gets to be the embodiment of that. And what was especially interesting or funny is that, you know, I'd gone into the shop with that intention in my mind, because for me, if life gets to be a work of art, if life gets to be beautiful, even the way that I am holding my shoulders, even the way that I am walking, even the way that I'm holding myself, there gets to be a different quality of richness. And when I went into the shop, the lady was just like full of compliments and just like, wow, you look like this, you look like that, you know, where do you come from? You haven't been brought up around here in a, where do you work?

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And I'm like, oh, actually I was, I was brought up here. I moved here when I was eight and I've been away but yeah, yeah I'm from this place, I work from home. She's just like, oh my goodness, I just need to take your name and your number. I need you to model for me in November if I do my fashion show, and it really made me laugh because that's quite an unusual interaction, but I believe that that interaction happened because the seeds of that intention are now starting to infiltrate their way into how I'm showing up. And I get to be really curious and excited about keeping this intention front of mind and seeing how it changes

things, seeing how the business gets to evolve, and my life gets to evolve based on that intention. And the last thing I want to say about it, it's just, as I look around my office, which is the first room that I have properly decorated, purely with my own tastes, my own style my, you know, my stamp just on my own. And right now it won't be, but right now it is the favorite place in my house because it just feels so beautiful. Like I love it and it's not finished and it's not perfect.

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And that and, even in me saying it, I know it doesn't need to be perfect. You know, it just gets to be a work of art for me. And so I'm to ask the question one more time and I would love to hear your answers, if you had all of the money and all of the energy and all of the security, what would you choose to be doing right now? And I really invite you to know that the answers, and you might have to ask yourself more questions to get to answers. But the answers that come up for you, are answers that you have the opportunity to start living into right now, if you allow yourself to lean in, you do not have to wait a week, a month, a year or 10 years until you have, you can choose to start now, planting those seeds and living into them.

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And if the mind has a real trouble with believing that, I want you to reduce the scale and ask yourself, what's one thing I get to honor from that desire today and ask yourself that question every day and see how life begins to change. I love you so much. Thank you for listening. It is an honor and a privilege. Come hit me up on Instagram, @suzy\_ashworth or come and play in the quantum success hub. I go live in there every Thursday for thrive Thursdays. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles