

## The Limitless Experience Podcast

### The Divorce Diaries 5: Solo parenting 3 kids on our way to Greece... eek!

#### Transcript

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

Even though there's a part of me that's like 'this gets to be amazing and we get to create some amazing, amazing memories together.' There's a part of me that's like, 'oh my God, am I going to be able to do this in the way that I want to do it?'

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 am feeling the vibe. I am really quite excited. And at the same time, simultaneously, bricking it, what is going on I hear you wonder. And the answer is I'm about to take the kids on holiday. I am about to go with all three children to Crete, and it has been a whole thing. So we were originally supposed to be going to Croatia. I've been keeping my eyes on the green, amber, red list. So we really wanted to go to a green list country and Croatia was like up there. And so I was like, right, we are doing it, but I had to wait, I wanted to wait until the government had given their kind of latest overview. And so even though the two weeks in August has been booked since last year, we did not have a holiday booked, so Croatia was up there. I'm like, great. You know what? I'm going to get my, got the flights, got the flights on the Thursday and was looking at accommodation.

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And I swear to the heavens that I found about 10 places and every single place that I found that was reasonable and feasible was booked, sold out, gone, nada. And what was really annoying is that it took a long time for people to come back to say no. So I really, I am not so much of a hotel person with kids. Give me an amazing suite in a hotel and room service when I'm on my own. And I'm like, I'm happy. I am a pig in do-do, but hotel rooms with kids, they're just not fun for me. And I am not at the comfort level where it is normal for me to be like, okay, let's book a three bedroom suite. It's actually rare, I think to find three bedroom suites, unless you're like in the nicest of the nicest of the nicest hotels. And then you're looking at seriously crazy money for where I am at in my life and business right now.

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So that for me, isn't on the table, yet. Maybe it will be one day, but I prefer a Villa holiday when I'm with the kids. I want them to be able to have space. I want to have space and want to be able to have my own bedroom. I want them to be able to have their own bedrooms. I want us to just kind of be able to not need to get out. And for me, hanging around the pool all day is just boring. It's boring when it's on a resort. Now it's interesting because it's not boring to me if it's at a Villa, but it's boring to me if it's on a resort, I don't, I know that it doesn't a hundred percent makes sense, but that is just the vibe. Like my ideal is a Villa close to other villas. So there is a potential for friendship making, a pool

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And then the beach, like that is perfect for me. And in fact, as I'm saying that it's reminding me of my NCT group, when I got pregnant in the Caesar, we had the best NCT group in the world and we all ended up going to Barbados together. So we all stayed in one of the friend groups, parents' apartment. We had two apartments next to each other, and I'm not sure if we had a pool, but we were like right on the beach. That was just amazing. That was perfect holiday, perfect beach. I was pregnant with Coco at the time. It was, yeah, just really, really good, good clean fun. Anyway. So, we had to cancel, we ultimately had to cancel the plane tickets for Croatia. So that was 3000 pounds, and this is the other thing, the flights to Europe right now, one it's August and two,

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they're just really expensive. So destinations like Croatia, where you're normally paying 47 pounds for, you know, for me and three kids, it's like over 3000 pounds. So to council those tickets, you don't get a refund. You get a voucher, bought more tickets because the next option is Crete, which is actually on an Amber list but is doable with all of the like kind of self isolation and quarantining, like it's doable. So I'm like, okay, fine. We're going to go to Crete. And we're going to find a villa and we're going to find a resort and I'm doing other things. I've got my friend, Laura, who is totally into getting amazing places, I've signed up. I am actually a travel agent. Can you believe that I'm an independent travel agent, which means I can get good deals on accommodation, which is amazing. But I've got my friend, Laura who signed me up.

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I've got her looking, other travel agents looking. The whole of Crete appears to be sold out. I'm like, and I'm stressing. What's interesting about this, is that I'm having the day before I'd had this whole massive conversation in my peer mastermind about trust and how the biggest shifts have occurred for me in my life and in my business is when I've anchored in the feeling of trust into my body. You know, when I've asked myself the question, what does trust feel like? And as soon as you might ask yourself that question and you give yourself time to breathe, you can't help it expand. Let's do it right now. I want you just to, if it's good and safe for you to do so, you can do this with your eyes closed. And if not, you can keep them open, but I want you to just tune in to the feeling of trust.

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What does trust feel like in your body? And if you have difficulty immediately accessing that, I want you to ask yourself what is something that I deeply trust or can I think of a time where I have exhibited deep trust. And as soon as you start to access that memory, you're going to notice some differences in your body. That my friend is the frequency of trust. So I'd spent the whole night before just talking about how these are the things that create the biggest shifts to me, and trust in your body and trust trust trust trust. And then the next day I'm running around town like, shit, oh my God, nightmare. Like, oh, are we going to go? Am I going to waste even more money on bloody

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flights, like what is going on? And then finally, at five o'clock I heard back from a villa on Airbnb that has availability and actually I asked, put my travel agent hat on and asked, do I get net commission being an independent travel agent? And they allowed me to book off of Airbnb and offered me my commission. So that was exciting. And five o'clock on Saturday afternoon managed to secure a villa. And it was really interesting because I think just before the villa came through, I became more aware, like I became more awake around how I was acting and how I was not living into the embodiment of trust. I was actually doing the exact opposite. And I know that my work over the next year, certainly the next few months is around embodying what I'm teaching at an even deeper level. I obviously embody it to a level.

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Otherwise I wouldn't have seen the success I have seen in my business. And I wouldn't feel as at peace with myself in the way that I do in so many ways, if I hadn't embodied what I teach. And I know that there is a way, way, deeper level of embodiment for me to access, which when I really bring my intention and attention to is going to blow things up in a way that feels absolutely mind blowing. And this was like such a beautiful mirror for me of like, okay, you say that you're ready to go deeper, but more what, what is going on over here? Not that, and it was just a really great reminder and reflection of what it feels like when you're not living it. And I really want to invite you to think about whether it's something that you teach or something that you've heard that resonates deeply with you.

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And has you been like, yeah, yeah, yeah, totally. Yeah, totally get it. Totally me. And then as soon as the shit hits the fan, you revert back to type, you revert exactly back to old habits without any awareness or what it is that you are doing. And if you're able to identify that, I really don't want you to look at yourself with judgment. I didn't judge myself yesterday. I was just like, oh, this gets to be different. And what was really amazing is on Sunday, I'm back in town, back getting last minute bits, getting the suitcases, getting, you know, some clothes for the kids, wanting to get my nails done. And I get this message from Sophie saying, oh, how did the test go?

Have you done your test? And I'm like, my first response was, oh shit, I've not done the test.

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And I could feel myself going, like I phoned her on WhatsApp, on a normal phone, left a message, just like, okay, I haven't done the test, let me know what time I needed to get, let me know the latest I need to do this test otherwise. And I'll go home if I need to. And I left the message once and then phoned in the other places to see if we could get hold of her. And I feel my anxiety rising. Is this going to be another thing? And then I was like, I just chose to release the struggle. It was so conscious, that decision, that I wasn't going to stress about the fact that I hadn't done the COVID test and that it was going to be okay. I was going to get the answer. I was going to get the resources.

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I was just going to get what I needed and it was going to be okay. And immediately I was able to access a frequency of trust in my body. And it felt really good. It felt really, really good. And so whilst it has not been a smooth path to get to Crete, already I know that in this journey, there have been some serious upgrades, not only in the energy of letting go and trusting, but also like we're staying in a very, very nice villa. And it's the most that I have invested on a holiday. You know, I've spent more on like work retreats and things like that before where I've been the host and the guest. And I can do that without batting an eyelid, very different when it comes to investing in myself, just for the sake of investing in myself. And obviously this isn't just myself.

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This is myself and the kids, that and choosing, making that decision to be okay with that level of investment, big up level, big upgrade for me and made me really think about why, how, and look at the fears, look at the fears that came up with making those decisions and really work my way through it. I did a lot, a lot of journaling, making sure that my energy was clean and clear around the investment, because it is an investment of which, because I am allowing myself to give this gift to us as a family, I know it'll come back to me tenfold, but only if my energy is clear in the doing of it. And, and that was, I was very aware of that and it felt very powerful to take the time to work through the crap so that when we arrive, I can just be like fully open to the space. And then the other big thing is the fact that this is the first time I will be going away with all three children. So I've done it with two, but with all three kids on my own. And that at times feels very overwhelming.

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My client and beautiful soul sister and friend, Nicky Clinch is like they're just so alive aren't they? And I'm like, yes they are and I, as an ambivert, I do like my own spaciousness, like when I'm with people for a period of time, like I need, want and require that downtime. And the reality is three kids on your own, in a villa, there's not going to be as much of that as what my brain says I require. And so, yeah, even

though there's a part of me, that's like, this gets to be amazing. And we get to create some amazing, amazing memories together. As a part of me, it was like, oh my God, am I going to be able to do this in the way that I want to do it? That what it is. Am I going to be able to do this in the way that I want to do it? Which means AKA code for not losing my shit every 10 minutes, when people are like

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Mom, mom, mommy, mommy, mommy, mommy. Watch me. Watch me, Mommy. Watch me, mommy, mommy. Look at this. Look at the mummy. Mummy.

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Am I going to be able to not lose my shit? The answer is probably not, yeah. The truthful answer is I'm probably going to lose my shit a bit. And that's okay. Because alongside that, I'm also going to have some incredible, beautiful, nurturing nourishing times where we all get to be like, this is amazing. You know, where we all get to be like, wow, this is amazing. And I say that, knowing that the kids will not really be like that. Not at this point in time, but when they reflect on it in 15, 20 years time, they will be, I insist.

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The thing I have done, which also feels very stretchy is that I have invited Tilda who is like our housekeeper, cleaner, nanny, all round amazing egg to come out and be with us for four days. And that feels really like that made me feel very uncomfortable making that request. And actually, it was so funny, my client said to me, why are you not inviting Tilda? And then Coco said to Tilda in the kitchen, I wish you could come. And Tilda was like, I would love to come, but I've got a hold down the house. And I was like, would you love to come? I was looking for an in. And even that to me is so interesting that it didn't feel okay for me to initiate that conversation, but everyone else was like, Oh my God, Tilda needs to come with you.

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So that is a huge uplevel. So we'll go out and be there for like five days. Then she'll come out for four days and then we'll have a couple of days after she goes home. And that feels great. It means that I would definitely get some rest bite and would definitely feel like I've had some time to rest. And I feel really grateful and appreciative for that already. So this is the vibe. It's definitely brought stuff up of the Asley with this being the first holiday alone and Jerome and I did talk about whether he was going to come at some point, but it feels like maybe that's a bit too soon and we get to look at that for the next time we go. So there's been a lot, you know, who'd have thought a holiday in a pandemic, solo with three children would bring up any stress

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at all. I mean, I don't know who would ask, but think that, I hope that this has been mildly interesting for you. I just wanted to share. And I really look forward to giving you the lowdown on how everything unfolded and panned out once I am back. And

in the meantime, have a glorious rest of your day, afternoon, evening, and whatever point in time you are listening to me and I will see you next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles