

The Limitless Experience Podcast  
Are You Triggered By Others' Success?  
Transcript

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When we are in remembrance of that fact, all we get to do is celebrate. All we get to do is observe and be like wow, that is amazing.

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 super quick and super dirty one for you today. This is based off a post that actually I originally shared with a group that I am a part of, after I was feeling a little bit triggered by the fact that a couple of moms from the kids' school, had made a decision that wasn't in alignment with a decision that I would make. And I was feeling triggered by it. I was feeling like, oh my goodness, I'm so different to them. I don't belong. They're going to think that I'm X, Y, and Z. And I now feel uncomfortable and just going into this whole, whole narrative that justified me feeling inadequate. I shared it with my coach and my coach had something that just really landed with me. And she said, people share about what they do and what they have, because they're proud of it and them choosing their thing and to be happy and proud of what they are doing and what they have, isn't against you.

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And it was that realization, that awareness piece, that their decision, their choice, is not against you, that really landed with me in a way that it hasn't before. You know, it means that my choices, the things that I'm doing, are not against anybody else, they just are. And I get to share, and I get to be proud knowing that my decisions are not against anybody else and their decisions are not against me. And what it did was open up a just deeper awareness of something that I started talking about at the freedom experience mastermind. And we did, the whole three days were based on us being the story, the author and the narrator. It was a really, really powerful weekend. And this awareness around people not being against me when they make different choices to me, therefore I get to release the trigger, reminded me of what I've been teaching.

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And that is that we all get to be the heroes of our own story. And when we're in comparison mode, it's like, we've forgotten that very, very important piece of information. You know, when we're not in comparison mode. And we are really tuned in to the fact that I get to be the hero of my story. You get to be the hero of your story. There can be no, there's no space for comparison. There's no space for your story is better than my story, because if we are being the hero, you know, and so the story is our story, and we are also the author, we get to create our own magic. Like nobody gets to be a, can be, not gets to be, nobody can be a better author for me of my own story, if I'm choosing it, if I'm in control of the penmanship. That story gets to be amazing, regardless of the obstacles and the challenges that I've run into, I still get to be the hero and comparison takes that awareness away.

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And it's the same vibe when we're feeling envious, we see somebody has done something or we see or feel someone's happiness for what it is that they've achieved. And rather than being happy and celebrating with them, we're kind of like, I wish I had that or why have they got that and I haven't got it? And the reality is, is that when you're coming at it from this space of knowing that we each get to be the hero, I could never have what they've got because that's their storyline. I can have my own version. I can write a story that includes inspiration from their storyline, but it was never going to be exactly the same. I can never have what they have got because I'm never going to bring the same type of magic that they're creating with their own penmanship. I can't be the hero in their story and they can't be the hero in mine.

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And I'd forgotten that. When we are in remembrance of that fact, all we get to do is celebrate. All we get to do is observe and be like, oh, wow, that is amazing. Oh my goodness, what a story you are writing for yourself. And that gets to be inspiration and activation. Wow, they are amazing at writing their own story. That is so inspiring that they are willing to be the hero in their story. I get to be the hero in my story. Oh my goodness. Like, I wonder how much magic I can write in this next chapter for myself. There's no edge. There's no jealousy. We get to admire and celebrate and be inspired. And the flip side of that is what happens when you're worried about making other people feel envious or jealous or triggered by your successes or celebrations and choose to shrink away from your greatness, choose to hide.

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And when you make that decision, what it is that you're really saying is, is that I am not willing to be the hero of my story. I would rather be a secondary supporting character. I don't want this book to be about me. And if that is a conscious decision, you don't want to be the hero of your own story, then that gets to be your conscious decision. The problem is, is that most people are not doing that from a place of empowerment. They're not choosing to not be the hero from an empowered place. They're doing it from a place of fear. And I really want to encourage those of you who want to be the hero, to say right now today that you

are not available for that, you're not available for shrinking. And from that place start to lean in even more deeply in the appreciation you get for the magnificent stories that are unfolding around you.

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And if you find yourself in a place where the stories that are being observed are really not that inspiring. The stories that you're seeing are kind of dull, boring, might be more suited to like a brother's grim tale full of antiheroes and darkness. Like if that's the vibe, you as the author of your own story, get to write in some new supporting characters, you know, people who are heroes within their own light, who are writing their own amazing stories that get to inspire and motivate you to write even more incredible chapters in your own book. So with that, I really, I can't express to you how much, not just saying this once and being like, oh yeah, that's a, that's a smart analogy, but really noticing where any contraction comes in, there is an opportunity for you to be like, oh my goodness, they're being the hero.

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Wow. Isn't it amazing that they're being the hero. This is incredible. This is inspiring. I want to celebrate this chapter with you, that level of awareness and how quickly you can insert that into any space where you're feeling slightly contracted has the capacity to change everything because that energy, that outlook is just a higher vibration. And when we combine that a higher frequency vibration with the expanded version of hero energy, wow, oh my goodness, you see what starts falling into your lap. You see how elevated your conversations become. You see how things just start appearing like miracles in your world. So exciting. So I really am setting the intention that this podcast lands with you in a deeper way than any other podcast has before. And if you love what you've heard, and this has resonated with you, please let me know over on the gram. Please share this far and wide. And you know, in the meantime, please remember that faith plus action equals miracles.

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