

The Limitless Experience Podcast
Why The Bigger Mission Needs To Be Selfish Right Now
Transcript

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

As a mother. I know that if my house got taken away from me, I'm still your mother. I'm still gonna be there for you. I'm still going to show you my strength. I'm still going to hold you. I'm still going to protect you. I'm still going to be there for you.

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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I'm back gorgeous people. The vibe is high here in HQ, and I am really excited to talk to you about what I want to talk to you about today. So whenever I have time away, so normally I'm away every other month with the illuminate mastermind and this month I had been away with the freedom experience. It's normally like two days and this time it was four days and it's really, I love it for me. I love it because I love working with my clients in real life. So I love seeing the upgrades and shifts in them, but I also know it's a bit like me going on my own retreat, me having my own mastermind, because having that in-person element, the questions are asked, the coaching that is required, a practice, a very specific practice for me, like of leaning into the trust, seeing how much I can get myself out of the way and be deeply present, it upgrades everything for me. And so we'll do all of the exercises I will facilitate with, I'll facilitate, but then afterwards, I'll we do in the same exercises myself, you know, so one of the things that we did this, on this last was like, right, our storybook like write the story of our life.

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And when I came back on Monday, that is what I sat down and did. I did my next chapter and I wrote the last chapter. And I really, really thought about the vibe that my book, my story, my life, the vibe that it wants to embody, you know, the theme of my life. And it felt really, really rich and really, really nourishing. And from that space, this is the extension so everything else I'm talking about today has come through from that space. And speaking with one of my mentors, she asked me, she was talking about personal power. And what she means when she's talking about personal power is our ability to show up for ourselves, regardless of what is happening around us. Yes. Regardless of what is happening in our life situation as Eckhart Tolle would say, and it was really interesting when I could hear just the level of clarity around her commitment to her mission and her vision.

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It was really quite awe inspiring. I could tell from the tone I could tell and the quality of her voice that there was no question marks, no doubt about what she's doing, where she is going and what she knows is just going to be required of her when the sun is shining, but also when she's in the middle of the night, big fat tornado and she's there and she's committed. And it really made me feel like it was inspiring, but it also was nerve-wracking. And I just, I thought to myself, fuck like, I don't know, no that I have that level of certainty about myself, about the mission or where I'm going with the company. Like, I'm not sure. And what was interesting for this conversation was I realized that I do have that somewhere. I realized that I do have the type of certainty where no matter what happens

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I know who I am and I know the role that I get to play. And that is me as a mother. As a mother, I know that if my house got taken away from me, I'm still your mother. I'm still going to be there for you. I'm still going to show you my strength. I'm still going to hold you. I'm still going to protect you. I'm still going to be there for you, you know. Through my separation with their dad, even though at times that has been so difficult, I know I'm your mother. I know through the, like the best times and the high times and the most amazing times, I'm the, I am their mother. There is no doubt in my vibration about the role I have to play or who I need to be at any given time. And with that role, and with that commitment, I am prepared to show up imperfectly.

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Like there is no way that I can even attempt to think that it is going to be possible for me at every stage of the game to show up perfectly. And that's that, that's not the goal. The goal is just to show up and be committed. And when I think about that level of certainty, I'm like, I get it. I absolutely get it. And so my first question for you today is when you think, and I want you to take it out of your business, when you think about your life and it might be motherhood, it might be something else. What are you certain of when it comes to your role, what you are prepared to do, how, what you are prepared to sacrifice, what you, how you're prepared to show up, what are you 1000% certain of no matter what, this is who you are, this is what you're here to do,

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this is who you get to be. The reason I would want you to be very specific is that I want you to feel into the feeling of the level of certainty you have. So this can also be applied to somebody who has hit consistent 5k months in their business, for example. And I asked you like, do you think you can hit 5k next month? And the answer without any shred of doubt, because you have so much evidence, because you know how to do it. You know, that you could answer that question without any doubt at all, in your luck, no matter what is presented to you, you could break your arm, and you still know that you're going to make 5,000 pounds, because that's

your level of certainty. That is what I want you to tap into, being grounded enough and caring enough for myself to be a safe space for others, me first.

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So this example of certainty is not one that I want you to connect with what I'm saying, because I want you to connect with something that there aren't any situations where you can say, except when. And I can immediately think of a handful of situations where it's not appropriate for you to be a safe space for others. Let me know if this in itself, because even if this was the only thing that you got from this training, it would be worth it. I want you to identify something that even in the most dangerous of situations, even in the most complicated of situations, even in the most unusual of situations, you know the thing without any shadow of a doubt. So for those of you who are parents, I really invite you to use that example for those of you who are not parents, I want you to just listen to my words.

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And I'm looking for you to tune into a tangible, like something that's really tangible so that no, and the words that are important are no matter what, there are no exceptions. I want you to think about something that you are so sure of there are never, there's never going to be an exception. And I want you to feel how confident you are in your body when you think about that statement. And I want you to then think about your business, and I want you to compare the level of confidence you have in yourself with the situation that you have just identified, versus how confident you are in your business about where you are going and who you need to be in order to create what it is that you want to create. And as I can sit here saying to you that when I think about the level of certainty for me as a mum, that is significantly

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less wobbly. Like there's no wobble in that. When I think about the business and the goals, I know, that up until now, up until this point, there are multiple number of times where I've said, yeah but. There are multiple numbers of times where I'm like, but it's not really that convenient. There are multiple number of times where I've been like eek maybe tomorrow, I can't do that as a mom. You get what I'm saying? And so going back to the title of this, why you need to be selfish in order for you to really achieve what it is that you desire is that I know that for anybody who had, who resonates with having a big mission, like I have a big mission. Like I want to activate 1 million women, 1 million conscious leaders, you know, over the next two years to step into financial empowerment, you know, have a six-figure breakthrough in their business.

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Like, I really truly know that. And yet I also know when I'm very, very honest and I really connect with, connect with where I am at. Like, I really want to do that if it's like, not that hard. I really want to do that if it feels convenient. I really want to do that if it's not going to mean that I have to, you know, make sacrifices that feel uncomfortable to me. And when I got that awareness, I was really like, ah, that's not

actually my vibe, but that is the way that I have been behaving. That is the way that I have been acting. And so what I realize is in order for me to have the same level of certainty that I have over here as a parent, it might be, you know, as a partner, it, I mean, yeah, it could be anything, but yeah, in order for me to have the same level of certainty as I do as a parent no matter what, I have to embody being the model and not the mirror.

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This is something that I've been saying for a little while now. I have to be really committed to following through on what I say is important to me when it comes to the mission, and when it comes to the vision, no matter what, like that, my family, that level of certainty and my business, that level of certainty is what is going to be required for me to break through to that next level. And so the thing that underpins this is trust, the thing that underpins me being prepared to go into, me being prepared to embody being the model is trusting myself, trusting the universe, trusting everything that happens on the path, whether it is perceived as good or bad, it's all supposed to be happening. So as a coach, often what will happen is you'll get somebody in your space who is a, who is displaying tendencies that are, you know, not in alignment with their big vision.

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So they're like, I really want to do this, but I keep sabotaging myself. I really want to do this, but I'm not showing up. I really want to do this, but I'm not showing up. And when you're really, really honest with yourself as the coach, you're like, where am I saying, I really, really want to do this thing, but I'm not showing up. Where am I saying that I really, really want to do this thing, but I am sabotaging myself. You're an energetic match for that type of behavior because you're mirroring them. And they're mirroring you. When you're the model and not the mirror you're actually doing what it is that you are saying you're going to do no matter what, it's a whole different level of commitment to yourself. And that's the selfish piece. And the beautiful thing about that is when you are showing up with that deeper level of commitment to yourself, not only do you become a match, the people that want to be in your space are like, okay, I want to emulate that.

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I want to model that, they become a reflection for your higher frequency and your higher vibration. Does that make sense? And so it's really leaning in, so in order for me to be the model and not the mirror, I know that one of the things I have to make a non-negotiable is creating more spaciousness, creating more space so I can be still. And in that stillness, really looking at what are the fears that are coming up, where do I get to release those fears? And in the spaciousness and in the stillness, ask myself, what is it that I really desire? What do I truly desire? And who do I need to be in order to be in receipt of that? This is the work. This is the, this is the work that is, it's happening right now. And it feels, this is big. If you, if you had that level of confidence or fact, this is how I'm showing up, how would it change? How would it change? What would you choose? What would you do? What would you let go of

if you had that same level of confidence, that same level of certainty, that I show up no matter what, even when it's tough, even when it's hard. Even when it looks like it's all crashing down around me, I show up, especially when it's amazing, especially when it's good, especially when it's fun, but how would I show up when it doesn't feel like that? How would that change things for you?

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I'm so committed. Yeah. Yes, yes, yes. What would you do? How would it feel? Who would you be? Okay. What has shifted for you? I also want to tell you something very, very briefly. From September the 15th, I am going to be running some paid for money workshops. I'm really, really, really freaking excited about this. I'm going to be running them once a month and they are going to be two hour workshops, an hour of teaching and an hour of q+a, if you are in the freedom experience, or if you're in freedom founders, you will get this as part of the freedom experience with freedom founders. If you are not in that. And you're like, I don't know what I'm going to be in that I want to be in it, but I don't know what I'm going to be in it. I really really advise you if you want to have some deeper conversations around money and receiving similar to the type of depth and so much deeper because we have two whole hours together.

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I am encouraging you to sign up for these workshops. So at the moment we are in pre-sales, so there isn't so much information that I'm going to be sharing with you. You can either sign up for the first one, which is happening in September, September the 15th, 10:30 to 12:30. If you can't come live, do not worry. It will be recorded. You will receive the recording, or you can sign up to all 12 for the presale price is £90. I think it's £99 pounds plus VAT. In fact, I think it's £97 plus VAT. And then if you want to sign up for the whole year, it's £997 plus VAT. So I am going to be talking about this frequently and a lot over the next couple of months, the more I talk about it between now and September the 15th, the more the price is going to go up.

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All I want to say to you, I want you to you and you can, again, you can just sign up for the first one and then sign up for each one afterwards, not a problem. The price will be more. So I just want to make that super, super clear. It is my intention to open up a whole new level of receiving for you, not just with money, but really, really across the board. So that's all I'm going to be saying for now, 97 pounds or 997 plus VAT. If you want to have the 12 sessions with me, two hour sessions, hour of content and an hour of q+a. That is all I'm going to say. If this is floating your boat, then you can sign up at [www.suzyashworth.com/money-mind shift](http://www.suzyashworth.com/money-mind-shift). The name of this is going to be changing. But right now, money-mind shift. It's my new, I, I think I want to get some money membership, but you can, yeah, you can get out whenever you want to get out or you can sign up for the whole year. But it's just supposed to be affordable, accessible, and of course, designed to change your life.

So if you want to play come play. Right. I love you. You're amazing. Have an incredible day and I will speak to you soon. Bye-bye.

Faith + Action = Miracles