

The Limitless Experience Podcast
Are you feeling grateful about this too?
Transcript

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

Another new idea that is absolute magic. And in that space of magic miracles pop up and happen, and people go wow, that's amazing. And I go oh it was just another one of those things that I tried.

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 me. Your host Suzy Ashworth, and you on listening to the limitless life experience podcast and I am back with a quick and dirty one for you today. We are, first off, doing a little bit of an experiment. We are filming this episode for the first time whilst recording so that you can, perhaps, if you have the desire, see my lovely visage over on the old YouTube channel. We're going to see how this works. I don't know whether it's a little bit off putting, but we are going to test it out and see if I like it. And if I like it, we'll keep it. And if not, we will get rid of it. But yeah, things, things feel like they're shifting things or feel like they're shifting and it feels good to be trying new things.

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And it's really interesting because this week I did a mini talk for a old media friend of mine. She's not going to appreciate being called old, a young media friend who I used to work with many moons ago and that talk was all about change and our willingness to embrace it. And one of my coaches, the amazing Melanie ann layer talks about our willingness to play in the, what if zone, but what if this happened? And what's interesting is so many people play in the space of what if the worst thing possible? The worst thing I can think of? What if that happens and the most successful people that I know, and something that I believe that I have been very good at since the moment I decided that I no longer wanted to work in my old media career is thinking, but what if something amazing happens?

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You know, it's that old meme of what if I fall, but what if you fly? What if you fly? And I think for myself, this has been something that I have been very good at tapping into the belief that miracles are possible. That's where faith plus action equals miracles comes from what it's not where it comes from, but it's why it's so effective

for me, because I believe that it's true. I believe that I get to co-create miracles in my life every single day. And so the what if I fly is not actually a big leap for me. In fact, I would almost go as far to say that I pretty much expect incredible things to happen. And if I ever, I'm not in that mode of thinking, that's weird for me, that is odd. And I can't help, but be thinking about like, wouldn't this be fun if we tried it like this, like, I feel something new coming through.

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This is, this is a very classic Suzy line. I feel something new coming through. I'm not quite sure exactly what it is. I'm not quite sure exactly what it looks like, but I can feel the energy of it. And in the feeling of the energy of the news thing that's coming through, I start to get excited and I start to look for opportunities for us to try and test and play with new things. And I create spaciousness for my mind to come up with new ideas and probably even more than creating space for my mind. I am in the space of listening. I'm in the space of listening for the new thing. And in that spaciousness, I get that nudge. In that spaciousness, I hear the, how about this? Why don't you just try this? And I do. And sometimes I fall flat on my face and the new idea doesn't work.

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It's a pile of poop and many times the new idea that doesn't quite work opens the door for another new idea that is absolute magic. And in that space of magic miracles pop up and happen and people go, wow that's amazing. And I go, ah, it was just another one of those things that I tried and this one hit the mark. And so I really want to encourage you to create space for seeing things differently, create space for thinking about things differently. And most importantly, create space for doing things differently. And the way that we create space for doing things differently is to be okay with things not always working out the way that we would intend them to work out. You know, it's being okay with the F word, what's the F word, failure. It's being okay with failure. And when you can be okay with that, it makes it easier for you to test and try new things.

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And when it comes to building a business, when it comes to staying ahead of the game, when it comes to being seen as a thought leader, when it comes to people, really being interested in what it is that you have to say versus everybody else, it is your willingness to try new things, which puts you ahead of the curve rather than just repeating everything that everybody else has done before you, you start testing new things and it's from that you get new insights, which makes you an interesting person to come and listen to. It makes you more magnetic because people want to know what it is you're up to today. So the moral of this rather long introduction is to embrace doing things, seeing things, thinking about things differently, and then do take action, take action in the doing whilst being okay with the potential for failing and when you're okay with the potential for failing.

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And when you are okay with actually failing, you know the weird thing, you can't lose, the paradox that is life. So what is today's episode about, is quick, it's dirty. And it is just a little reminder for you to stay in the space of gratitude for the small things, gratitude for the big things, but gratitude for the small things. What I notice is that with people in my life and in my community, because we're talking about big numbers, because we have big visions, because we're looking at big impact. People's idea of what is worthy of celebrating in their lives sometimes becomes a little bit warped. And I have an incredible client who was in our freedom experience Facebook group today. And she was saying how she had to kind of check herself a little bit, because August had been such an incredible month. It was, I'm not sure if it was her first 20 K cash received month or not, but it, but it had been sort of \$20,000 cash received month in August and September had wait for it only been in "only been" 11 and a half thousand dollars.

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I'm like, excuse me now, say what now, did you just say that in the last two months you have a current \$31,000, did you, so did you, did you just say that, did you just say that in the last two months you have earned more than what most people do in an entire year? Did you just say that? Oh, my freaking God, that's incredible. That's amazing. What did you earn last September? Oh, about two grand. Pardon? Pardon? And I totally get it. I totally get it. We live in a world where we almost build up the foundation of success or success is built on the false idea that unless you are increasing your revenue every single month, month, on month, that you are failing. And that actually isn't the case. And I've shared this before. Like when I look at my numbers, we've had like a hundred and ninety two, hundred and thirty two hundred and sixty seven, 140, uh, you know, they go up and down and up and down and up and down and up and down, but year on year, because we are because we lower the barrier for all.

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Sorry, because we've increased the lowest entry. So, whereas the lowest entry used to be like 89,000 or 103,000. Now the lowest barrier to entry is like 130,000, 140,000 year on year, the highs are higher and the lows are higher. So it means that now, just over 1.5 million in cash received for the year, we've taken over half a million more than what we had done, you know, this time last year, which is just incredible, incredible, incredible, incredible. But that is not because we have expanded month, on month, on month, on month, on month. And so it's very easy to get into that of, oh my goodness, I haven't done more this month. And that means that I am on the road to failing. That means my mind was right when my mind said, you're not going to be able to do this again.

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Like last month was a fluke. I really, really, really want to remind you that when you get into that Headspace and this client wasn't in that head space, cause she was saying, I really want to check myself. I am still going to play in the space of abundance. And even in the saying, I am going to check myself. I'm still going to

play in the space of abundance. There's a little bit of a gap between where I am on a month where we have not earned as much as the month before and where she is. And that gap is not needing to talk myself back into the awareness that I live in an abundant world. And my businesses continues to grow year on year. I don't have to be running that story anymore because my expectation is miracles. My expectation is that we will continue to grow, even though we go up and down and up and down, which means that I can be in the space of really just like, wow, that's amazing.

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Every payment that comes in. Wow. That's amazing. I feel so grateful. This is absolutely incredible. Thank you. Thank you. Thank you. Thank you. Thank you. I get paid today. I get paid most days. Thank you. Thank you. Thank you. I got paid 133 pounds. Amazing. I got paid 15,000 pounds. Amazing. Like everything gets to be amazing. Everything gets to be like, I feel so grateful. And in that space, Wayne Dyer said it first I believe, you know what we focus on expands. So I'm not having to deal with any frequency wobbles. Like I earn less, but it's okay. I earned less, but you're gonna, you're going to be, you're going to survive. I'm not having to deal with the adjustment there, which means that I'm able to maintain and grow from a much truer, much more stable, abundance frequency. And so I really want to encourage and remind you, if you can't do this with money yet, because you are in a dry patch, you are in a dry spell look to see what else you have in your life that you can be really, really grateful for.

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You know, is it that I can go and get myself a Starbucks in the morning before work like, mm, I love coffee and I love almond milk. And I love the fact that I can get some caramel syrup. Like thank you. I was thinking that this morning I was thinking about when my mom and I used to go to Poppins and how that stopped. We stopped being able to pop into Poppins and have a cake and a milkshake because the money dried up and the fact that I can do that for me, the fact that I can do that for my kids, we can go and treat ourselves to a cake and a drink or a juicy water. The kids like to have that, the fact that we can do that feels so abundant. And I am so grateful for that seemingly small thing. So what do you get to be grateful for?

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You know, I'm looking out the window and I'm seeing the blue sky and it's, you know, one of those perfect autumn days where the air is crisp and the sky is blue and the sun is shining. And I get to feel really, really amazing about that. You know, what are the small things that you get to notice, appreciate, and speak, or feel your gratitude towards knowing that what we focus on expands, knowing that our emotions are contagious, knowing that the longer we are able to keep in the vibe and the frequency, the better for us. It's not to say that we know we're going to fall off. It's not to say that we spend every minute of every day. And if we don't spend every minute of every day, then we are going to ruin things for ourselves. But when we are able to consistently capture those small moments of things and people and places where we can feel our gratitude and appreciation, that is really, really great

for you, great for the people that you're around and really good, really good for your business.

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So tell me, what are you feeling grateful for today? Hit me up in the DMS on Instagram. And you know, I love to hear from you. I am on @Suzy_Ashworth. And if this has been useful, inspiring, fun, interesting, any of the things and you care to share, please do me a favor, share it on your Instagram, tag me so we can spread the word. Do you know that I have almost recorded like 200 episodes? Is that not like mindblowing? Does this actually make me a podcaster. I think by Jo I think it does, right. I love you enjoy the rest of your daytime evening, nighttime, whatever time of day you are listening to this episode and I will be in your earbuds next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles