

The Limitless Experience Podcast

Do you need a nap?

Transcript

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

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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 quick and dirty one for you today. It is all about what to do when you are feeling low energy. It's really interesting. We're coming up to this time of year where people are talking about, well, people are reflecting, actually. They're reflecting back on where they are in relation to where they thought they were going to be. And they are thinking about the future. And they're thinking about 2022. And they're thinking about what they desire. Now depending on how your year has been, depending on how much support you have had, depending on how well rested you are, you're either going to be hopeful about 2022, not really wanting to think about 2022 and you know, part for you, just really wanting a nap part for you, just really wanting to for 2021 to be done.

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And you'd be able to take a really long nap. And here's what I want to say to you, if you are feeling tired, because what I often see is when I, when I observe people feeling tired, at least on social media, is that they then take great offense at people who are feeling energized. People who are excited about the next year and who are planning what the next year gets to look like and how they want to feel and what their word of the year is going to be, and all of this stuff, I kind of see some little jabs, these jabs that just like, give it a rest. It's the home. It's not new year new you it's the same old you, you're going to feel crap by January the eighth, it's that whole vibe. Like, I don't want to talk about it.

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And if you are in that headspace, what I want to say to you is see what you can do to give yourself permission, to create a space, to take a break and, and take the

nap. Like if you're tired, take a break and take the nap. That's really what I want to say. Like, I genuinely believe that burnout, for most people, comes from this place of overworking when you really don't have the desire to, you're doing stuff that you don't want to do. And if 2021 has been a year that has left you feeling exhausted, has left you feeling like urgh, I want you to just rest and take a nap, and after you've rested and only after you have rested, I would love for you to, if you feel called, if you decide to, I'd love for you to think about how you'd like 2022 to be.

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And what I would love for you not to do is say, I don't want it to be like this. I don't want it to be like that. I'm not doing this. I'm not doing that. I am all up for releasing. But when it comes to setting empowering intentions, it is much more helpful for you to think about what you do want and how you desire to feel. And I want you to imagine what you do want and how you desire to feel without putting it through the lens of 2021 was crap, if that was your experience of 2021. So many times, and it's, it's a really interesting line that we get to walk and learn, because the way that the mind works is that it advises us based on experience. And so we want to use the experience that we've had, to learn lessons.

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Of course we do. And my intention for anybody who steps into my world, anybody that works with me, whether this is one-to-one, in the mastermind, in freedom experience, wherever it is, my intention is that we're going to create a chapter that you haven't explored before, and on the basis that you've never explored it, it's this like clean page, clean slate, the majority of those experiences, especially the experiences where you have not been able to lean in or create what it is that you wanted to create, are not helpful in your new page. Often when we use that previous lens, we're not using it from an empowering position. We're using it to disempower ourselves. We're using it as a form of defense. I need to stop myself from failing again. I need to stop myself from looking stupid. I need to stop because the last time I did something like this, it didn't work.

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The last time I put my heart on the line, the last time I put my energy on the line, this is what happened. And unfortunately, when you're trying to create something new, but everything that you're thinking about is really from a defensive perspective, it stops you moving forward. You can't possibly go into 2022 feeling empowered and powerful if every decision that you make is put through the lens of how do I stop myself from failing. Whereas if you allow yourself to think about how do I want to feel in January? How do I want to feel in December? How do I want to feel in June and July and start asking yourself what does life get to look like in order for me to feel this way this month? What does life get to look like in order for me to feel this way this week. We start painting a new picture.

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We start writing a new story that is going to be infinitely more helpful to you than to continually have your chin looking over one of your shoulders at how to avoid failing, how to avoid burnout, how to avoid whatever it is that you did in the past. This is something new. And as we're going into a new month, I don't know when you're going to be listening to this, but we are about to go into December. And certainly as we go into a new year, my invitation for you is if you're tired, take a nap and then think about how do you want to feel moving forward, and start crafting from that space. You're going to get so much further.

I hope that this episode has landed with you. If so, I would love to hear your number one takeaway hit me up on the gram and let me know that you have had a listen and I will see you next time. In the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles