

The Limitless Experience Podcast
£2 million and so much more

Transcript

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

This is one of the things that I don't do anymore. I don't, you know, I'm not calling myself a dick and an idiot. I used to do that a lot. Calling myself those names wasn't helpful when it came to a vibrancy perspective, an energy perspective, even though I was going for the cheap laugh, I was doing that at the expense of my energetic frequency.

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, quantum transformation and embodiment coach and you are listening to the limitless life experience podcast. God, I went quite high there didn't I, I don't think I usually go that high. Anyway, I digress. It is very early in the morning. Instead of the midnight caller, we have the early dawn caller. My kids are being dropped off here very early in the day. We are in holiday season and I'm catching up. I'm not gonna lie. I don't know what's really happened over the last couple of weeks, but I have definitely felt like I'm in the space of like, where did the time go? What happened yesterday? Wasn't I supposed to do this? And, and it's all good. And it's all jolly good. I'm in a reflective and positive place as we approach Christmas, which honestly, if you'd have said to me that I'd be feeling this way at the beginning of the year, I would've said really, is that possible?

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This is the first Christmas that Jerome and I are spending. Well, we actually are spending it together, so maybe that's part of it, but you know, it's our first Christmas back in the UK as a separated couple. And if I'm really honest with you, I am looking forward to it. And the idea that we'd be able to do this Christmas together and it not feel scary is just, yeah, I didn't, I didn't necessarily know that that was possible. Of course, the idea was nice, but I don't even think that I was having that idea back in January of this year. So as that approaches, I feel incredibly grateful, very, very grateful that despite this being a roller coaster of a year personally, I'm finishing it feeling really, I think proud of myself is a term I've used a few times over the last

week or so proud of the way that we have dealt with this new chapter, proud of the way that the kids have responded and just proud of the way that I feel.

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I think that it is super easy outside of the business side of things, it's super easy to run your whole life feeling stressed and worried, particularly when we put it into the context of the year that the pandemic continued, you know, which was another, I think huge challenge for many people. I think a lot of people came into 2021 thinking that everything was going to go back to normal. And the truth is, is that I don't think that I was expecting that. In fact, I know that I wasn't expecting it. And I don't think that we are at the "new normal" that anybody was hoping for at the beginning of last year. In some ways it has been even more challenging because of the expectation. And that is the word expectation. How does that change how we receive things? Hugely. So maybe we can say that my expectation was low and therefore, we have been pleasantly surprised.

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And even that wouldn't be a hundred percent true because by nature, I am an optimistic human being. So I don't think that I was expecting a low vibe year. And maybe that's, maybe this is one of the big lessons, actually. My willingness to really embody what I have been teaching, I would say has been the biggest gift that I could have given myself this year. And what that means is when the going got tough, I dug in, I went inwards and looked at myself and I asked myself who was I being. And sometimes I was being pretty bloody great. And other times I was not being great, I was going to use a rude word and I thought, this is one of the things that I don't do anymore. I don't, very, very infrequently at least, you know, I'm not calling myself a dick and an idiot.

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And I used to do that a lot. Ingest, self deprecation mode, but calling myself those names wasn't helpful when it came to a vibrancy perspective and energy perspective, even though I was going for the cheap laugh, I was doing that at the expense of my energetic frequency. So the smallest refinements have been happening this year. I don't think that it has been a mass shift in awareness, but there has been a massive shift in consciousness. And the shift in consciousness has come from the compound impact of me looking on a day by day basis at who I wanted to be, how I wanted show up, and I think in combination with the expansion of the desire to want to make a bigger difference, you know, the goal got bigger this year and not, I don't mean financially. I mean, the desire to impact people in a way that goes beyond me, that desire has been anchored in more.

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And I don't think that it is necessarily meant that we have had, well, it hasn't meant that we've had bigger launches, but it's meant, I believe, I feel meant that I have become a better teacher. And so I've connected with my clients, paying clients as well as people who consume my free content. I feel like I've connected with people

on a deeper level, and that has left me feeling infinitely, infinitely, more fulfilled. And that feeling of fulfillment gets to keep growing and growing and growing and growing. That's really the intention as we move into 2022 is to allow that sense of fulfillment to continue to build up momentum. And how I get to do that is by really walking the walk, because what I teach, I know because I'm living it and because I get to see it every single day, changes the way that you interact with the world, it changes the way that you feel about yourself.

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It changes the way that you are able to connect with people. It changes the way that you are able to receive. Like it works. There is no doubt. There's just, no, it works. You know, and some of it comes from me. It comes from my journaling and some of it comes from my teachers. Some of it comes from my mentors. Some of it, it, some of it just comes as a divine download. It's an amalgamation of many beautiful truths. And the more I commit to leaning in and expanding those truths, the better I feel than the better the life is. And so that feels quite exquisite. And I'm noticing where I want to limit that feeling because of a sense of worthiness or to deservingness, being allowed, feeling like I'm not capable. I'm noticing all of those places. And little by little, I am chipping away on a daily basis and that consistent and continual willingness to chip away at the, at the excess or the limited constructs has created really just, just the most.

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And so all of that being said with regards to how I feel, you know, what that has resulted in is our biggest year to date in business. You know, we have crossed the 2 million pound mark, and that is just also so incredible to me. And I was saying to a couple of friends that this feels different from hitting the 1 million and it feels bigger. And for anybody who's rolling their eyes, like it is bigger. I mean, to me, and I think what it represents is what happened in 2021 wasn't a fluke. And that's why it feels bigger. It feels like that we are on a trajectory. And I know, I think that the exciting thing for me is how are we going to, how is this trajectory going to continue? You know, some people are like, I was born an entrepreneur. I was selling football cards from when I was five or six.

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I had my first lemonade stand when I was seven. That wasn't me. that was not me. And so, you know, to think that this story started, it started when I got pregnant with Caesar, and I knew that I wanted to shift. I knew that I wanted to be able to say to him, you can do anything that you wanted. And I knew that in order for that to hold any weight, that I would need to be doing something that I want to do. So that was the first knowing without knowing, unconscious knowing that embodiment was going to be the thing that really, really changed the game. And, you know, he's 11, he's gonna be 11 in February, which is just, again, it astounds me, ah, how did that happen? You know, it wasn't until I had had cocoa two years later that I really took action.

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And I think that again, if we're gonna look at how I got here, the thing that has shifted over the last two years in comparison to the start of the journey is that that embodiment piece doesn't take two years. I've shortened the gap from when I have the insight, this is who you get to be. This is what is required, the gap up between the awareness of that. And then the implementation of that has got shorter and shorter and shorter and shorter, which has meant that the momentum has got bigger and bigger and bigger. And, you know, the realization of the intention has happened more and more rapidly. I'm thinking about what I can do and what I can't do. I'm getting the nudge and I'm responding to that nudge and the results have been quite spectacular. And so this is really, I suppose, a celebration of an incredible year and celebration of incredible growth

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that goes way beyond the growth of the business. And at the same time, super important for me that I get to acknowledge the growth of the business. So for every single one of who has supported me this year, I want to say, thank you so much. Thank you so much for listening to the podcast. Thank you so much for trusting yourself. If you have invested in any of my programs, if you shared any posts, if you've liked things on Instagram, if you sent me a DM, if you sent me an email, just thank you so much for all of it. And, you know, as we go into 2022, I think the exciting thing, the really exciting thing for me is really knowing that we're just getting started. Like I am in this for the long game and I am just really, my heart is open wide for as many people who wanna come along for the ride as possible. Like I am here for it. So if you are celebrating anything right now, I wanna say I celebrate with you. I love you. And please remember that faith plus action equals miracles.

Faith + Action = Miracles