

The Limitless Experience Podcast

Celebrating 200 episodes!

Transcript

I'm so, so grateful to my entire team for being those people for me. I am really, really grateful to my mentors for being able to ask the questions that remind me of who it is that I get to choose to be. 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 am not going to lie to you. I am going to give it to you straight. I've been stalling a little bit on recording this episode, and I am not entirely sure about what the sub-culturess belief is that says it is not safe to be here in front of the mic today, but it has been real. And I want to acknowledge, and I want to release and say, adios my friend, adios limiting belief. We are doing it right here right now. And we are celebrating that this is the 200th episode. Like, can you, can you even get your head around that? Maybe you can, I can't! And maybe this is why I have been procrastinating, 200 episodes.

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That's kind of serious. That is kind of serious. And I'm really, really proud of myself that it is coming up in December 2021. And when I reflect on how much has changed and shifted and evolved since, not even this first episode actually, I had a Facebook memory pop up on my phone a couple of days ago about the first podcast that I ever recorded called mindset, marketing and motherhood. And I, that, that podcast, I spoke about it with the, in the episode with Denise Duffield-Thomas, that that podcast never came to light. And at the same time, you know, I've got memories of it popping up on my Facebook feed from this period, so excited about bringing it to life. And I think the reason that that feels poignant is I know that there will be at least one person listening to this who has had really, really big dreams, ambitions, and goals.

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And they have thrown their hat in the ring at one point or another, and really thought that now is the time. And then for one reason or another. And when I think about the podcast for me, it was permission, it was self-belief, it was confidence. It was a willingness to be consistent and I wasn't, I think I recorded like six or seven episodes and I didn't definitely didn't get bored, but I ran out of steam and I didn't have anybody there to say, Suze, this is going to be really good. Like it's probably

crap right now, but it's going to be really good. Keep going. You're going to really, really appreciate the version of you that said yes to keeping on, keeping on, you know, if I hadn't of said yes, then, then who knows, maybe this would be our 500 or 600th episode, which would also be a-mazing.

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I would have learned so much more by staying in the game and I'm sharing this because I know that there is at least one person, as I said before, that has thought that it was going to be the moment. And then they've got in their own way. They have found a very reasonable reason to stop going. And I want to really celebrate the fact that I've had many reasonable reasons to stop going with this podcast, but I haven't. And I want to credit one of the reasons, and this is not all me. I have definitely changed. I've grown, I've evolved. I can see when I'm procrastinating and I am able to move through that in many places, not all, but many we're still working. We're still a work in progress, but I've set myself up where I have a support network in place that is able to really help me move forward when I want to stick my head in the sand.

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And so even when I haven't created or made the time, we've still had episodes going out because I'm always creating content. There's always loads of content. I do love the episodes that are fully, I go into them knowing that this is going to be a podcast episode, but we've now got systems and processes, and I have the most incredible team so that if for whatever reason, I can't get to the mic, we can still put out an episode. And so it's with that collaborative effort, it's having found people who have really got my back, that I am able to not only move forward, but increase the level of impact that I can have in this world. And I'm so grateful, I'm so, so grateful to my entire team for, you know, being those people for me, I am really, really grateful to my mentors for being able to ask the questions of me that make me, that remind me of who it is that I get to choose to be in order to be the type of person that has a podcast with 200 episodes who, you know, I am grateful for the mentors who ask me the questions that remind me of who I get to choose to be, to be the type of person with a multiple seven figure business.

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Oh My God, I can't even believe, I cannot even believe that in the month that we crossed 200 episodes, it will also be the month that we crossed 2 million pounds for the year. Like these are two huge milestones. And I think what feels even more incredible about these, about these huge steps is I know how much is going to evolve over the next year. And it's a lot, so much is changing within this business. And what I want to share with you, if there was one lesson that I have learned since starting the podcast to building a multiple seven figure business, the one lesson that feels so important, and there are obviously like loads, obviously loads of lessons, but the one that feels really important right now is understanding that I can shift, change, evolve, and transition and keep the momentum moving. I have built up enough energy and understand now the role of energetics in my life and in my

business to such an extent that big things can happen, shift or even stop from the human level of awareness and still be going in

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the energetic level of awareness, can still be going in the quantum level of awareness and the appreciation, the understanding and the willingness to live my life with that being a core pillar of knowing, a core pillar of application, a core pillar of allowing is changing things really rapidly for how I feel and the type of people that I'm attracting into my life and what is possible, even when it feels like I'm taking my foot off the pedal. And I think that what is most exciting is what is possible next year when I allow myself to put my foot on the freaking pedal and there is a part of me that wants to say, ah, like I'm scaring myself, but I am so not scared. I'm so excited for this next chapter, for this next cycle around the sun. And I just want to say the fact that you're listening to this.

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I mean, the podcast wouldn't exist, if one I didn't have amazing support in getting it out. And two, if you weren't listening. So I just want to say thank you so much for taking the time to tune in whenever you feel called. If you've ever left me reviews, tagged on Instagram, I want to thank you so much for helping me spread the word. And I really want to, I don't know exactly how it's going to look from a podcast perspective. I don't even know how it's going to look from the human perspective, but I really want you to hear me when I say that evolution is coming. And if that feels, if you feel remotely curious or even activated by this intention, then thank you. I, this is an invitation, it's an official invitation to come along for the ride with me. And I am going to be really teaching and sharing everything I know about what I am learning and deepening, deepening my understanding of when it comes to transcendental power, you know, our ability to deal with the chaos of the human reality while still allowing ourselves to be fully supported by everything that's happening in the energetic realms.

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You know, I have a deeper commitment to that knowledge and learning. And I have a really, really, really, and this does feel super exciting commitment to understanding what it means to receive in all areas of my life at the deepest level, you know, financially, spiritually, health wise, romantically, just all of the places. How can I go deeper when it comes to receiving and that journey, especially, I'm like if you know that you want to increase or improve, expand your relationship with the frequency of more, from a place of knowing that you're already enough, from a place of contentment, this is the place for you to be hanging out in 2022. This is a place for you to be hanging out in 2022. So, I'm going to say thank you and adios. If you've enjoyed this episode, please share, perhaps leave me a review. And in the meantime, please remember for the 200th time, faith plus action equals miracles.

Faith + Action = Miracles