

The Limitless Experience Podcast

Are you ready to step into your greatness?

Transcript

Suzy: And I wanna say to you that your greatness has been calling you for such a long time. And you saying yes I'm ready, is not the same as you really listening and responding to the call. Are you ready to respond to the call?

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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It is Suzy Ashworth here. Hi, it's me happy new freaking year, how the devil are you? Let me know in the comments, how are you feeling? I think that it might be the sixth. I think it's the sixth as oppose to the fifth, and I am feeling fine. It's taken me and I have, I've been very transparent about this. It's taken me a little bit cranking up to get into the 2022 vibes, but I'm here. And like, I really feel like I have arrived. It was a really lovely Christmas and a really lovely new year. I, it was, it was very Christmasy. It was lots of food. It was lots of alcohol. There was family, there was running around, there was cleaning crap up. So I finished like, you know, you have that the limbic period, there was still stuff going on.

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And when we got to the 31st, which I spent on my own, which was also divine, I was really, I was like, ready. I was like ready for it to be done. And I was ready to come into the new year. And so we've started the new year with a lovely wellbeing intention. So I'm not drinking for the next 90 days. I've been eating raw for the last five days. And I'm in that zingy space. I'm in that like zing, zing, zinging, zing, and I'm feeling creative and I'm feeling excited. And I've just had two days with the team, like just setting out our intentions for this year. And I feel really, really amazing. And I'm gonna leave this until the end, but I've got a little bit of an announcement to make about the quantum success hub, which I'm gonna save right until the end.

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I saw a post from my friend, Susie Gray saying if you haven't got the whole of your year mapped out in the first week of January, it's okay. And she is right. And today's kind of chat is really about looking at the bigger picture and what, how you are leaning in to who you desire to be and what it is that you wanna create over the long haul. So my question for you and the title is, are you ready to lean into your

greatness? Are you ready to lean into your greatness? This is not a rhetorical question. I would love for you to give me your answer. Is it a yes? Or is it a no? What is the vibe? What was really interesting is that we had two days with the team. I had two days with the team yesterday, and I think that from the outside looking in, if, if you were to observe me being asked that question, you would say, Suzy would definitely say yes, like, yes, yes, yes.

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Of course she is. In fact, she's probably already doing it. Tell me, do you think when you reflect back on where you've been, do you think that you have already been leaning into your greatness? Be honest, yes or no. Do you think you've already been doing it? Do you think you have been tickling the toes of greatness? Today's going to be an invitation for you to start getting really, really, really honest with yourself and where you are holding yourself back. It's so easy to say, yes, I am ready when somebody asks you this question, but why are you more ready now than what you were last year? Why are you ready today on the fifth or 6th of January, whatever today is, but you weren't ready last year. What's the difference between today and the 30th of December? Why do you feel ready now? But you weren't last year because this was really brought into focus for me, just from a couple of observations that my team made and then listening to a really great Instagram live from Africa Brook last night. Louisa said that she's done a shit ton of work ton of inner work last year, and now she's ready.

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Self-belief has been massive. What about you? What has shifted? For everybody who said, no, I wasn't ready last year, but I am ready this year, what has shifted? Too much going on in my personal life, house relocation, poorly husband, kids going to uni overwhelm. Thank you for being so honest here, what you are saying though. I'm gonna give you some real talk, is that life happened last year and the real talk is life is gonna happen this year. It won't be house relocation. Hopefully it won't be a poorly husband. And the kids going to university is not gonna be a new thing anymore, but I can assure you, there is a lot of life that is going to happen over the next 360 ish days. Is that going to be a good enough reason for you to not lean into greatness again in 2022?

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So two things were reflected to me yesterday from the team that I wasn't consciously aware of. And they said, Suzy, when we're in launch, why do we never have any posts on social media saying that we are in launch? We might have it on stories, but we never have anything in the feed. And I was like, hmm, good question. And then we were talking about our desire to increase contribution. Contribution is one of the values of our company. And last year, I'm really proud to say that we donated as a company, £64,700 to charitable causes. This is something that I shared about on my personal page, but I didn't put it on any of my business pages. And these two things were reflected to me. And I was like, hmm. The reason that we don't always share on the newsfeed when we are launching something, is

when I'm inconsistent on my social media, there is a sense of guilt around then saying, come and join my thing. For all of the entrepreneurs who are listening, who feels like that, that it doesn't feel savory.

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It's not really that cool to be promoting your thing if you have had some level of inconsistency and inconsistency might be your thing, your thing might be actually my general value content isn't good enough. Like I haven't earned the right to talk about the deeper level of transformation that I have. With regards to the contribution piece whilst it felt okay for me to share all my personal pages, it didn't feel great to share it on my business pages because maybe people would think that I'm only sharing this on my business page to say, look how great I am or oh, that she, she's so worthy. You know how annoy, like good for you, good for you that you've done. That does that, are we supposed now? Is it supposed to be okay now that you are a multiple seven figure business earner because you've given this little bit, that's not enough.

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That's not good enough. And it was very interesting that quite unconsciously, I have been reducing how much I want to say and what it is that we are doing because of fear of judgment. Now where this expanded last night, when I was listening to Africa, she talks a lot about self censorship and how in today's day and age self censorship has never been more rife because of essentially cancel culture and people being so fearful of saying the wrong thing and having their live ruined and their business is taken away, their friends and family saying, who, what, who is she? You know, who are they? And she asked the question, are you willing to be uncomfortable? And this is something that I, I teach on and I hugely relate to like our willingness to lean into courage will absolutely determine the level of impact.

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If impact is the goal, our willingness to lean into courage will absolutely determine the level of impact that we can have in this world. And yet moment by moment, day by day, week by week, we avoid being courageous saying the thing, making the offer, sharing the post, because we are afraid that the few people and for all of us, including myself, it's a few in comparison to 7 billion people in the world, the 11,800 people that I have on the Instagram, the 6,000 people that I have on Facebook. It's a few people, the few people that say you are valid. The few people that say, I really like what, I really like, you, maybe they're gonna take their approval away. And then what would I be left with? Maybe they're not only gonna take their approval away, but what if they actually say like, that's enough, I've had enough.

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You are a bad person. You're not gonna get this right. You, you are, we are done with you. It's the loneliness, and then it's the judgment. And just having the meeting and people asking why don't we do this? And then listening to Africa talking about discomfort and we really be being able to see like this discomfort and courage, they

go hand in hand how I have been strangling my greatness and how a little bit of success is almost worse than no success, because when we have a little taste of what is possible, Africa Brook @AfricaBrook, she's amazing, a little bit of success, we are so afraid of losing it, we will compromise what we know we should be saying what we should be talking, what we should be sharing again and again and again and again, game. So every single one of you who has said that you are ready to lean into greatness.

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I really want you to look at what gets to shift today when it comes to you being more courageous and your courage is absolutely related to your discomfort. Where am I willing to be more uncomfortable when it comes to sharing what I know I need to share, what I need to offer, what I need to create, how visible I need to be. This is what leaning into your greatness is going to, it means. And I wanna say to you that your greatness has been calling you for such a long time, and you say, yes, I'm ready is not the same as you really listening and responding to the call. Are you ready to respond to the call? Now, oh, my strangling, your creativity, strangling your inspiration, your desire to feel safe, your desire to feel safe is strangling your ability to be great.

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And all of us have all, all of us are great. All of us have greatness within us, and it's not about needing to build your audience or making the million, or be the best, right? It's not, I'm not even talking about that. I'm talking about responding to your soul's desires and I really Louise over on Facebook, as you said, like it doesn't feel safe. And I really wanna challenge this. This is part of me being courageous. What I am about to say, especially in this day and age will trigger another word that I really don't like, is going to trigger maybe some people. And it feels really important to say this. This idea that we have to create safe spaces is killing free speech is killing our desire to say what it is that we need to say for the fear of all of a sudden creating an unsafe space.

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Here is what I want to share, which is my opinion. I'm getting scared argh as I say this, here is what I wanna say about safe spaces. When I say something that makes you think of a time in your life, where you were hurt, where you were afraid, where you were uncomfortable, where something bad happened, this space, the space that you are in, is not unsafe. Because even though you are thinking about the experience, the experience happened in the past. What you are experiencing in the moment in your discomfort is the memory of the experience. And that becomes an opportunity, if you desire, not everybody desires. It becomes a moment in, it becomes an opportunity in the moment to get deeper healing, not necessarily from the conversation that is being had, but from your support network, from the person who you desire to reach out, to in order to create the healing that is required within you.

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So, oh God, this is, this is why this is like, this conversation is hard for me. It's challenge for me because I know that so many people right now are like the reason that this person should be canceled. The reason that I'm gonna leave this program, the reason I don't wanna be in this space is cause I don't feel safe. I want to say to you that you are stronger than you realize. I want you to, I want you to know that you are more resilient than you know, and I want you to know that these words, whilst may, whilst these words might remind you of a difficult and uncomfortable situation, they can't, they're not gonna hurt you, physically you are fine. And if I say something that, that brings up, that stirs up an old emotion, old, her old pain, don't hold that in your energy field anymore.

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Like that's the invitation to go and get the healing from a professional, from somebody who you trust, somebody who, you know, and, or a recommendation to heal that because that is holding you back. And so, that is the safe space and thing that I wanted to say, Suzy Ashworth does not create safe spaces. And I also wanna acknowledge the, the fact that in this time where cancel culture is rife, like genuinely it, that, that feeling that it's not safe for me to fully be myself is true, but we have a choice and the choices are you ready to lean into your greatness? Do I want, do I want my greatness, not the world, the outside world, society's definition of what is great, but am I ready to lean into my greatness? I could say fullness. I could say my fullest potential.

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I could say, listen and respond to my soul's desires. All of those things encapsulate what I mean when I talk about greatness, not being number one on the top of the pedestal, or getting the gold medal or six gold stars or 5,000 likes or a viral post. I'm not talking about that. just to be clear. So this is the vibe. This is the energy that I am really cultivating and leaning into in this new year. I'm looking to see where I am holding back. I'm looking to see where I am willing to be more uncomfortable, where I'm willing to be more courageous, knowing that when I speak my truth in the way that I have just spoken, whilst it might repel some people, the people who are going to be attracted to me, the people who are like, you know what, let's go in, let's do life and business together are gonna be so much of a beautiful, beautiful match that the level of elevation and the acceleration that happens in the leaps and in the shifts that happen is going to be wild, not just for them, but for me, because it's a co-creation.

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And my desire is to be creating magic, magic act, creating magic, activating magic in epic, epic proportions. And I can't do that whilst I'm, I'm holding back afraid to say the wrong word, afraid to say the thing, but might ruin, remove, you know, lose me some followers. Like I can't, I can't do that. And so it feels risky and it feels courageous, but I'm here for it. Are you here for it? Are you here for it? Wow. I haven't heard this and I love it. Social, the ideas from the social justice system

around brave spaces, let's create brave spaces as opposed to safe spaces so that we can have the difficult, challenging conversations that are really going to create transformation and change this society and change our culture and change the way that we interact with each other. Let's go for brave spaces as opposed to safe spaces. I am so available for that. Yes. Right, my loves. Thank you. I love you, please, please, please for the love of all things good, remember that faith plus action equals miracles.

Faith + Action = Miracles