

The Limitless Experience Podcast

Is it time to Marie Kondo your life and business

Transcript

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

The reality is we are willing to compromise on living a life where we are surrounded by things and people and doing things that don't bring us joy. And we give ourselves permission to honour things that are not important to us. And the invitation for you is to stop doing that and regularly check in, 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 and believer in miracles. My superpower is helping conscious leaders like you create six figure breakthroughs in your business fast so that you can expand into limitless living and being part of the tidal wave of positive impact that we want to create around the world. In this space. You'll hear me talk all about wealth, yourself, spirit and impact. This is the limitless life experience.

([01:17](#)):

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 coming to you feeling the vibes this morning. Now I have got a quick and dirty one for you today, and it is all about whether it is time for you to be Marie Kondoing, your life in business. And the answer to this is going to be, yes, there's not a time when you should not be Marie Kondoing, your life and business. So what do I mean by this? I mean that, I believe that we should be in a constant state of identifying whether we are honouring the things that bring us joy and honouring the things that we have said are important to us. And the reality is, frequently we are willing to compromise on living a life where we are surrounded by things and people and doing things that don't bring us joy and we are surrounded, or we give ourselves permission to honour things that are not important to us.

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And the invitation for you is to stop doing that and regularly check in. ie every single time you open your mouth, check in with yourself to see, am I speaking from a place of truth? Like, am I agreeing with this person? Because I think that it's important to them to hear me agreeing with what they want me to say, or am I agreeing because this is important to me. Am I arguing with this person? Because I've forgotten that is important to me to operate from a place of responsiveness as opposed to reactivity, or am I arguing with this person? Because I genuinely believe that it is important for me to communicate with this level of passion, this bit of anger, this level of rage. So I want you to take an upgraded approach to the way that you are thinking about your life. And as I say that, I'm like, am I allowed to say that?

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And that the reality is, is of course I'm allowed to say it. And you can either say F you Suze, I'm quite happy doing what I'm doing. I don't care what you want, or, Hmm. Interesting. Is there an opportunity for me to expand a little bit more into my own fullness? Because this is my desire for myself and every single human being that I come into contact with. And I wanna be really real with you. I am so far away from really being that person who is consistently living in alignment with the things that she says is important. That this message is really for me today. And I just know that there is going to be a percentage of people who tune in to the podcast that this is gonna resonate with. What I'm saying is that our lives are important. Your life is important.

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And if we wanna get to the end of this cycle, really feeling like I lived the life that I was supposed to live in this lifetime, then we have to start honouring the things that are important to us. And I think just because of the way that we're brought up, because of pressure from family, societal cultural, and this, the ideas that we have formulated in our own development, around the necessity for other people to perceive us in certain ways, we frequently stop checking in with ourselves when it comes to, am I doing the thing that I really want to do and how this culminates and manifests is people having huge midlife crises, like they get to 50 and go, what the hell have I been

doing? And this practice that I'm inviting you to give some attention to stops that. Now, what is really interesting is this, that the first step of this is asking myself, is this important to me?

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Like, is this table, do, does this table bring me joy? Is it important that I sit at this table in this way every day? Like I like this table, but when I look at everything that is around me, like it is important to me that my table feels clean and clear and spacious. So in the disarray that is surrounding me whilst I'm recording the podcast, I'm not honouring the thing that is important to me, which is a sense of peacefulness. When I sit at my desk. And at that point of recognising that I'm not honouring what is important to me, I then have a choice. I have a choice to just let it go. Or I have a choice to shift my behaviour. And it is in the shifting of the behaviour that the expansion comes, that the honouring comes and that we start to live in alignment with who we truly wanna be.

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And it is in the shift in the behaviour. That is the challenge. It's what other people will find challenging. And it will challenge you to your core. If you apply this lesson to everything that you do, so conversations, what you are eating, what you are wearing, you know, your living environment, all of these things, and I'm here for it. It gets to be a process, but already in just the bringing my awareness to how many times I compromise, I've started to shift my behaviour. And when you start to have conversations like this with yourself, and you start shining a light on essentially where you are lying to yourself, there comes a point where you're like, I just can't do it anymore. I've just gotta stop lying. You can't unsee what you have seen. And so this is an invitation, only for people who are ready to live into a different standard for themselves, create a different standard of living, which is not about anything other than who you are and what is important to you.

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And I think that, that intention feels really bloody, liberating, really expansive. And I really hope that you join me in this quest, if this has been

illuminating for you, insightful, if it has made you just think a little bit differently, I would love for you to share with me, what are the first things that you have noticed that have been out of alignment and what have been the shift in your behaviour that you have committed to. And when you've noticed that you've wobbled from that commitment, what have you allowed yourself to come back to, I would love to know. And as always, I love a little bit of a tag, take a screenshot, share with me on the gram that you have been listening so we can get the podcast out to more people. And yeah, just wanna say that I love you. Enjoy your, your evening, your nighttime, whenever it is that you are listening to this.

Faith + Action = Miracles