

The Limitless Experience Podcast

Setting a new standard

Transcript

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

When you are able to stick with it, when you are able to decide like, this is the thing that I value and then honour that across all areas of your life, you will reach a standard of excellence that most people just won't ever touch the sides with. 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.

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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 another quickie for you, and it is all about setting a new standard. So, uh, in transcendence, my program that is all about money and power. I do a little thing each week that has been super helpful for me when it comes to anchoring in an intention for the week. And my intention for this year is for this to be the most extraordinary year of my life to date. And actually the first two months of 2022 has been pretty incredible. And it's really interesting just to vocalise that it has been the first two months because the start of March for a multitude of reasons, some of them global, you know, the, the war with the Ukraine, the floods in Australia, the amount of trauma and wounding and feelings and emotion that clients are feeling I'm feeling everybody is feeling right now in the world has been a lot.

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And because of everything that has been going on in life, it can be easy to forget that the first two months or that there has also been, not even just

the first two months, there's also been a lot of other stuff that is especially now really important to remember acknowledge and celebrate because it's easy to get sucked into the tunnel of doom and despair. And because what is going on is so serious, there is almost a kind of justifying energy of why not only like it is expected to be sucked down there, but it is actually right to, and I want to, challenge myself actually. That's where it starts challenging myself to remember that, yes, my attention and my heart and my care and my empathy towards myself and every other human being on this planet is absolutely necessary and required right now. And my joy and happiness and love and spark and magicalness is also necessary and required on this planet right now.

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And all of that gets activated when I allow myself to find the magic, notice the magic, remember the magic and acknowledge and appreciate the magic. And the first two months of this year, really in so many different ways have been magical. And part of what I have been doing in my program, transcendence, which actually interestingly is a, about the polarities of life. Like how do you continue to allow? So is exactly what I just said. Didn't even realise that was gonna happen. How do you allow the magic to happen when a whole load of life and heaviness and realness in the 3d is like, is you can't, you can't avoid it. You gotta hold it. How do you balance that? That is what transcendence is about. And one of the things that I do each week on a Sunday evening or a Monday morning is go into the group and do a little audio audio room where I talk about my standard for the week.

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And what I mean by that is what is it that I am valuing as important with a spotlight on it for this week. And so we have had honesty and integrity and values and aligned action. And we've had nine because we're coming into the 10th month at the point of 10th week at the point of recording this. And so what that will mean by the time we get to the end of the year is that I will have had 52 different standards. And I was sharing in the freedom experience group that it's very, very helpful for the beginning of the week to have that conversation. And to have that dialogue, it's really helpful for me

right at the end, because I have to reflect on where I've lived into it, where I've forgotten about it, but sometimes in the middle, when a whole lot of life is happening, it can, it can escape my mind.

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And so there was a question mark about whether I needed to have 52 different standards or whether I should just focus on one. And the truth is what I've decided is that that exercise is a very beautiful exercise for anchoring people and myself into the space. And I think that because of the reflection element is really helpful when you assess your week. Like, I don't know whether you assess your week, whether you look back like on a Saturday or Sunday and think, how did the week go? I know that a lot of people take the time to plan the week forward, but do we reflect on how we feel? Do we reflect on how we've been? And my reflection happens through the lens of the standard. Like, did I really live into integrity this week? I did. And this was the result, or I didn't, or I let it drop here.

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And this was, this was the outcome. How do I feel about that? How do we get to upgrade that? Sometimes I've repeated one standard once where I felt like I could, I completely kind of drop the ball on it, but mostly it's a new one every single week. And I think that it's a really beautiful exercise. And so my invitation for you, this is not, I suppose, so dissimilar from those of you who have a word of the year. And my question is, if you have a word of the year, are you still three months in using it as a filter for how you are living your life? And if you are not, and let's be real, most people will not be, if you are not, this is the invitation to just wake that back up and think about how can I design my life.

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So that, that standard, that word of the year or word of the week is really front and centre for me. So I remember, you know, I'm anchoring it in, in the morning. Maybe I'm thinking about it in the evening before I go to sleep. Maybe I'm sharing it with a friend. Maybe I've got it in my peer WhatsApp group. It doesn't matter how you do it, but it's just an invitation for you to keep it front and centre and allow it to be the filter for all of the things that

you do. And ask yourself, ask yourself on notice, how has it shifted things for me? How has it improved the quality of my living by honouring this standard? Most people find it including myself, very challenging, just to stick with what they've said that they're going to do. And I was talking to one of my mentors about this, and she was saying how, when you are able to stick with it, when you are able to decide like, this is the thing that I value, and then honour that across all areas of your life, you will reach a standard of excellence that most people just won't ever touch the sides with.

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And when you look at any like uber successful, and I, I hesitate because I don't wanna start a conversation around what success and there's a money and da da like whatever your version of success is. And if you think about a person who has modelled that version of success for you, they decided on a standard for living. They were gonna honour, no matter what they decided on a standard for living that they were going to honour, no matter what. And so whether your standard is your word of the year, or whether you think it would be fun to have a new standard every week, that really becomes the filter for you living that week. I encourage you to do this and I have a new one every week, cause I think that it's great for the group, but I've settled on one word actually from this point onwards that is going to be the filter for my standard.

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That is elevate. You know, from this point onwards, my question to myself is, does this feel elevated? Is this an elevated experience? When I look at this picture, does it elevate me? Do I feel like this is next level of what it is that we would create when I read this text does it feel elevated from the last thing that I wrote and I am very excited about my commitment to this word and how it gets to impact my life and business. So let's chat again in a few months time, and I'm gonna share with you my progress. And if you have a word that feels very resonant to you, that could work in this way. I would love to hear if you would care to share, just hit me up on Instagram, @Suzy_Ashworth because yeah, I would love to see where you go with this. And as always I ask every week, like if you enjoyed the episode, take a little screenshot, tag me on the gram so we can share the love.

Faith + Action = Miracles