

## The Limitless Experience Podcast

What mind games in business looks like

Transcript:

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

Because when we are looking to create change in our lives or our business, it's very unusual that we only have to do one thing once to see the outcome that we desire. Usually we have to do one thing many, many, many, many, many times over.

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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 super of power 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 will 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 am going to get straight into it today. We are getting down and dirty I wanna talk to you about mind games and how we are really, really good at playing mind games. Now, what is true is that many of the people who listen to this podcast, many of you, gorgeous humans are coaching is experts, consultants. You advise people what to do on a daily basis, and you are pretty good at being able to see other people's. Like you can call it from a mile away when you have a client who is just really kidding themselves. They say things like I'm doing the work when they're not really doing the work. And you know that they're not really doing the work cause you can literally see and hear from what they are saying that they're not doing the work, but they think they're doing the work.

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And when you hear this, you can call it and you do. And the client goes, yep, you're right. And I'm gonna shift. And sometimes they do. And sometimes they don't. What's interesting is whilst you are really amazing at being a great coach for everybody else, you do not do this. You do not have the same level of insight. You do not apply the same level of emotional intelligence or detachment for yourself as you do for your clients. Why is that? Why is that? I don't think that it is something that we do purposefully. I think that it's just a lot harder for us to see it for ourselves. Now, this is not new news. This is why coaches have coaches. This is why I believe coaches should have coaches, because if you are committed to continual growth and evolution, and we all know that it is challenging to see our blind spots, even when we can spot it from a mile away in somebody else, it absolutely makes sense for you to have a coach and the extra added layer to this, whether you have a coach or not is how effective we are when it comes to fooling ourselves about who we are being in any given moment, when it is just ourselves.

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When it comes to the decisions that we have to make for our own growth, for our own development, for our own stretchiness, how often we will tell ourselves a story that if we heard a potential client saying, or we heard our actual client saying we would call them out so freaking quickly, but when it comes to ourselves, we will logic ourselves out of taking the action that we know deep down. We've got to take in order to move beyond where we are right now. Our mind is really, really bloody good at playing mind games. And you are really, really good at letting your mind get away with that. And I think what's interesting is, is that we're when you have a coach, a coach will call it for you, but what still has to happen, even when you have the reflection is that you still need to take a different action.

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And what is very interesting to me is the number of people who will have it reflected to them, what it is that they're doing. They'll say. Yeah, yeah, I completely agree. I totally see it. Oh my goodness. I can't believe that I'm still doing this and then we'll go away and they will continue to do the exact same action and then wonder why things aren't shifting now. What's really interesting is that even though they will continue doing what they've always done, which is not asking for the sale, not hiring team members, not joining the mastermind program, whatever it is, they will continue doing the same thing, but they will convince themselves that they are actually doing the thing. And the actually doing the thing comes down to personal practice. Obviously you can, there's a very clear line when you are not hiring or joining something.

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But when it comes to the personal practice piece, the number of people who will genuinely lie to themselves in a way that feels so true, that they can look at you without blinking and say, I'm doing the thing and they're not, you are not doing it. And so I really, really, really want to challenge you today to look at the area of your life, where you have been going round in circles for a while, get really clear on the one step that you know, that you get to choose. Nobody's making you do this. You get to choose to take that will shift things for you. It might not be the thing that shifts everything overnight, and that doesn't matter. But we're looking for one step that you are willing to choose to take consistently because when we are looking to create change in our lives, or our business is very unusual that we only have to do one thing once to see the outcome that we desire.

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Usually we have to do one thing many, many, many, many, many times over. And so I want you to cause you already know what the one thing is. You know what it is that you are either pretending that you're doing or are just not doing, you already know what it is. So now I want you to commit. I want you to decide whether you'd like a different result to what you've got right now. And if the answer is, yes, I want you to commit to doing the thing for a week. And then when you get to the, that week, I want you to see how

you feel. And then if appropriate commit for another week, now, what you can't do is do it for a week and then say it hasn't worked and therefore I'm giving up. You can't do that. You can't do that cause frequently not always the thing that you need to do, you have to do for longer than a week, but I want you to tap into how does it feel to have set myself an intention and followed through.

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I want you to notice if it feels good, if you feel like, yes, I can trust myself. Like I can trust myself to say, I'm gonna do the thing and then I'm gonna do the thing. And I want you just to see how the, that feels. And then I want you to let me know about it. This episode is really about challenging you to see yourself. Like you see your clients. I want you to start to be willing, to call out your own in the way that you call out your clients. Or if you are not calling out your clients the way that you know, you should be calling out your clients. I want you to look in the mirror and I want you to apply the same level of perception and precise that you either apply to your clients right now, or would definitely apply to the client who says, I'm ready to go all in.

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And I'm about to pay you your highest rate. And I want you to hold me to the highest standard. I want you to hold me to the highest vision that I have for myself and the highest vision that you see for me. Let's go. That is what I want you to commit to this week. And I want you to see how it feels at the end of the week. You don't have to change all of the things. You don't have to do all of the things, but I want you to do one thing that you have been either playing mind games with pretending that you're doing it and not doing it, or you've just not been doing it. And I want you to commit for a week and I want you to see how it feels. And then I want you to let me know. Have you got that? That was twice for the people at the back. If this episode has been useful, then do me a favour and share with me on Instagram, what your big takeaway was. And the one thing that you are going to commit to doing this week, that you have been holding out on yourself on. So thank you for listening. I love you.

Faith + Action = Miracles