

## How To Find Trust When Everything Around You Says No

Transcript

Suzy:

(00:01):

Often we get stuck or lost in the moment of thinking, I have just taken this specific action. Where's my return on investment? It doesn't work like that. Everything gets to contribute. And when you know that, again, you start to act differently.

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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 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.

(01:11):

Good morning. Good morning! How the devil are you? I am, look, I-I swear on my life. Somebody yesterday said to me, can you feel the spring is in the air, Suzy? Can you feel the spring is in the air? Hello? No! (laughs) It is raining. It is not the spring vibes. So what do I wanna talk about today? I wanna have a chat with you about trust. I have been asked, in the last 24 hours, on three separate occasions, how do you maintain the trust when everything around you is diametrically opposed to you, um, of trusting? Who has had that experience? When you wanna trust, like you have an idea, you have a vision, you have a dream, but you just feel fucking blocked. It's like, when is it gonna happen? Why hasn't it happened yet? This person over there had this idea about two seconds ago and they already look like they're exploding.

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I've had this idea, I thought it was the newest, bestest thing that has ever, ever graced the internet, and then three days later I see someone else has just launched something exactly the same. Um, um, you are- you know, you know that you have the skillset, you know, that you have the power, you know, that you have the intention to be hitting consistent 5K months, 10K months. But you've been doing this for a year, two years, maybe longer. And you are still, still, still, still not hitting your goals. And somebody like me comes along and talks about trust and you are like, grrrr-I get it. But like, how do I stay in trust when the bills are piling up. I've got no idea what is like, how I'm gonna, how I actually gonna be sustainable next month. Like, I, I actually don't know how I'm going to pay my mortgage. I've

got no idea where the next client is coming from. And honestly, I am starting to doubt that I've got what it takes to do the business bit. Like I know I'm a great technician. I know I've got the skillset, but I don't know that I can do the marketing, do the sales and do everything else that's required to run a business. Who has ever felt like that?

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If you have felt like that, I want you to know that you are not alone at all in the slightest. It happens all of the time. And I think that the biggest, the biggest piece of the puzzle—and you have to this piece—this trust piece is really, really fucking important. And I want you to know that even though I make a very deliberate point of telling you every time I come on here, that I am a multiple seven-figure business owner. It took nine years, well, eight and a half years to get here. And actually, the biggest explosion happened, um, in 2020, you know, we're in 2022. So before the identity of Suzy as the multiple seven-figure business owner who is talking to you was born, there was the reason I can speak about this with such passion and such awareness is not because people are just asking me, but because I lived it. Because I was there. And the first thing that I want to offer you is a phrase. It was like, I'm sure I just saw it on a meme, but it really, really resonated with me. And I wanna offer it to you. And this phrase is that 'Everything is going to be all right in the end. And if it's not all right, it's not the end.'

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Everything is gonna be all right in the end. And if it is not all right, it is not the end. When I first saw that and some people might be like wan-wan-wan. Cheesy. Cliche. That opened up a whole new world of freedom for me because it meant that I could feel safe. Like often when we are in this space of like waiting for something to happen. The biggest thing that we are wrestling with is that the insecurity and that feeling of this does not feel safe. Like I need to do something to make myself feel safe and where I was able to derive that sense of safety was just knowing that over time, no matter what happened to me, no matter how many bumps in the road that there were going to be, I was gonna be okay, simple. And so I really want to offer that to you now.

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It changes the way that you speak. It changes the way that you walk. It changes the way that you be when you know, at your core, that you are safe. So can you choose to know? And I'm going to really kind of unpick the words trust and know, because there's, there's a difference. There's a frequency. There's a vibrational difference between those two words. Can you choose to know that you are going to be okay? And if you can, you know, when I say that I slow my words down and I allow myself to feel it. I feel that knowing and certainty in my chest. Where do you feel that knowing and that certainty that you are going to be okay? This is going to be very, very helpful for you when I ask you in the future to tap into that, knowing. Because rather than it being an intellectual thought, I want it to be a very tangible feeling that you, you, you are able to access because you know what it feels like.

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So whenever you can't access that, you know that you are not in trust, you know, that you are not in certainty. I feel I can breathe. Exactly my diaphragm, totally relaxed, beautiful. Cause that knowing is gonna be in a different place for each of you tap into it, but everything's gonna be okay in the end. And if it's not the end, if it's not okay, we know it's not the end. So we just got a few more steps to go. Two. I want you to stop trying to micromanage the minutes. And what I mean by that is that you are looking at every single little thing that is happening on a day-to-day basis. And you are looking at it as a sign, as an indication that you should feel unsafe. So you are on that frequency of scarcity, of lack, of it's not gonna happen because you're trying to micromanage the minutes.

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And the thing that I have effectively, effectively mastered over the last eight and a half years, particularly over the last couple of years is being able to zoom out. And this really relates to what we were just talking about. Like I'm able to zoom out and see the bigger picture. This is really, really helpful. And when I say the bigger picture, what I really mean is the bigger story, the bigger story of what is happening right now and frequently when we get stuck in the moment, it feels like everything is crashing in or nothing is ever going to change because we are so stuck in the weeds. The moment that you choose to zoom out and know that it is just a moment in time like this, this period right now this day, this minute is just a moment in time. So I don't need to try to micromanage the outcome of this minute because this minute is going to be a culmination of many, many millions of minutes in my story.

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It's going to be a culmination of many, many, many, many millions trillions of minutes in my story. So even though this piece is hard, I know that in those many million, millions of minutes, there are going to be many other minutes that are not so hard. Like this too shall pass. I feel like I'm a walking cliché, but when you ask me, how do I find the trust? This is it. Like, it's not a magic wand. Like these steps are the things that I have to do. Like when the shit goes down and shit goes down a lot. Um, when things aren't going to plan, when I try to make everything perfect in the minute it doesn't work, I just get tangled so that a willingness to zoom out and see everything as just a series of moments and know that this is just a moment in time.

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Again, it creates that spaciousness so I can breathe. And really what I'm talking about is finding as many ways that you can to just relax, because when you are in fight, flight or freeze mode, and when we are stressing about what is gonna happen next, and how do we make this person say yes. And how do I make this the whole best so that everybody comes to me? You can't think like scientifically you are less intelligent because the blood, the blood and the energy that would normally go to your brain is literally in your extremities. It's in your physical being

wondering whether you are about to be attacked, whether you should hide or whether you should run. So I want you to be able to breathe. I want you to be able to relax so that you can then start thinking so much more creatively about what the next step gets to be and who you get to be in the moment of that next step, rather than you trying to focus your attention on micromanaging the tiny minutes. Let me know if this makes sense. So number two, stop trying to control everything to the Nth degree. Can't do that. And it's safe for you to not try and do that too. (Exhales)

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Okay. This is a big one. Number three is to choose to know that in the moment, everything that you are doing is contributing to your success. Choose to know in the moment that every single thing that you are doing is contributing to your success. So a prime example of this is Thrive Thursday. I absolutely love doing them. Sometimes there are 11 people on live. Sometimes there are 30 people on live. Sometimes there are 40 people on live. Amazing. One day, I know that there will be a hundred people on live. One day, I know that there will be a thousand people on live and every single one of lives, whether there is one, 11 or 40 people are contributing to the day that one day that there are going to be a thousand people on live. Every single one of these lives helps. Often we get stuck or lost in the moment of thinking, I have just taken this specific action.

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Where's my return on investment. Where is the person who is reaching out to book with me? Where is this? Why hasn't that happened? It doesn't work like that. Everything gets to contribute. And when you know that, again, you start to act differently. You start to speak differently. You are no longer in the whiny child. It's not fair. So your energy is really, really different. You're no longer in that space of, um, Newtonian physics cause and effect. If I do X, Y, and Z, then I am going to get this response then, which again, is not the energy, by the way, that you wanna be showing up with anything. If you are a service-based professional, you wanna be, you wanna be showing up with the energy of serving with the energy of helping. Knowing that the ripple effect of you showing up with that energy is going to make a difference over time, particularly when you are consistent.

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But when, if I were to show up on this and be like, oh, well, I didn't have somebody immediately reach out and say that I wanna work with you. Then I wouldn't have done it after the first two sessions. Do you know what I mean? It changes the way that you show up. I talk about the inevitability ladder and I talk about moving from it's possible to it's possible for me to it's probable. And this is the piece that is in alignment with how to go from my dream is possible for me to it's probable for me. And it is taking action in alignment with the identity of the person who has already achieved what it is that you want to achieve. Do not ask me to repeat that, but the willingness to consistently show up, knowing that we're on a

continuum. And so at the beginning, it's gonna feel hard. But it gets to get easier and easier and easier.

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And if you don't have that piece at the beginning, you can't get to the success at the end. Everything is contributing. And when you show up with that energy, it's really interesting how quickly we are able to collapse the timeline. People who show up knowing that their success is inevitable. And so, therefore, show up as though that their success is inevitable, that their success is already done is those people that are able to collapse time. So showing up, knowing that everything is contributing and the keeping on moving. One of my beliefs is the knowing that we get to co-create the business that we wanna create. Like I get to choose how I show up who I be, where I show up. And when my energy is in alignment, like when it feels good, the impact that I can have with five people, when I'm on a platform that feels amazing to me versus a hundred people on a platform that I feel uncomfortable with, um, is exponentially different.

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So the energy piece of how you feel about where you are and where you're showing up is really, really important. Okay? So stop with the shoulds. You will find your freedom. You will find your magic. You will find your secret sauce. You'll find your ability to stand out in your power. When you stop with the shoulds and do the things that make you feel most free, that make you feel most aligned. So the final point here is to please stop stopping. Please stop stopping when it feels challenging. Please stop stopping when you feel yourself being stretched beyond your, um, stretched into your growth zone. People talk a lot about going beyond your comfort zone. I wanna talk about it from the perspective of everything that you desire happens within your growth zone. Now, when you are growing and you are doing things that are, that you've never done before, it feels fucking uncomfortable.

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Please don't take, read that discomfort, as I sign that you are doing something wrong and stop. The reason that I am where I am right now, is that my ability to keep moving; my ability and willingness to sit in the discomfort of the growth zone is high. Most people are stopping every five minutes to say, oh, well, this didn't work. I need to stop. I need to regroup. I need to, um, I need to go back and, um, clean up my ancestral line. You know, like this is, and it's like all of that stuff gets to be really useful, but you can be doing all of that stuff. And when I say that stuff, I'm talking more about the woo and the clearings and the energy piece, which is like 80% of the work that I do is like finding your energetic alignment, seeing where you can stretch your energetic boundaries, seeing where you can healthily expand.

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Like all of that is on the energetic side. 20% is on the strategic and practical side. So the faith plus the action piece, if you don't have the action, the-the, the

equation doesn't work. There are no miracles. So the willingness to keep on and moving is really, really important. And that doesn't mean that when something negative happens, or you have a knockback, you don't take a day to lick your wounds. Like I definitely do that. Um, and then the next day I get up. The next day, I think about what did I learn from this? How can I make this better? What feels like the most aligned next step? I make the desire to be the person who is fulfilling their dream of creating a tidal wave of positive impact, way more important than my embarrassment.

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I make it way more important than my fear of getting it wrong again. I make my desire to be the person who is creating a tidal wave of positive impact, way more important than the judgment of people that I'm never gonna meet on the internet. From my family, from all of the places, you, you have to keep moving. And as you keep moving, what you do is notice that I just managed to navigate my way through a challenging circumstance and nobody died and I'm still alive. And in that nobody died and I'm still alive. Mm. You are able to strengthen your certainty muscle because if I can do that in that situation, I can do that again in another situation. Like you start to just have more belief in yourself. And I think I want to close this up by just saying, maybe it's another...

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I said that I was gonna go deeper into the trust versus certainty. And I think what I wanna say very briefly—I feel like this could be another whole live—is that we use the word trust a lot. And for me, when you feel into the vibration of that word trust, there is an element of, um, there is all it's combined with an element of doubt. It's like, I there's, it's very, it's not dissimilar to hope. It's not dissimilar to, um, faith. It's not dissimilar to wishing and wishing and hoping and trusting that it is gonna happen. But there is a little bit of doubt there. And what I want you to get really adept at, at least committing, to is switching out your trust for certainty. What do you get to know? What do you get to know? Because, you know, because you know, even, even when there's no evidence, even when it looks absolutely like you are just going off the deep end, what do you get to know about who you are? And the more you get to lean into the knowing of who you are and what it is that you are creating and what it is that you are making, you strengthen that certainty muscle. And it makes it easier to navigate all of the bumps in the road that are inevitable when you are building a business. Okay. Inevitable, when you are creating something that is really gonna make a difference in other people's lives and make a difference to your lives, what do you get to know?

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Right. My lovers, you are amazing. And I will see you, miss me. I will miss you. Muah. Take it easy.

Faith + Action = Miracles