

How many of these things are stopping you

Transcript

Suzy:

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I do love a blueprint, but it's not the first thing. It's not the second thing. It's not the majority of what it is that I need in order to move forward. The first thing that you need is to make the decision that you are worthy of receiving the thing that you want without justification or explanations.

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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.

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Hello. Hello! So let me get into the shizzle! Right. I want to talk to you about the things that hold you back. And what happens when we are in that stage is essentially we stop looking at what we, what, what our next step is. What we are supposed to be doing. And in the stopping of looking of where the next, what the next step is supposed to be, we just freaking stop. And the reason that we stop is that we are looking over our shoulder over here. We're looking at Jenny from the block over there. We're looking at Suzy over here. We are looking at Marie over there. And we are observing where they are in their journeys. And we are saying, we are not as good as them. Or we're asking ourselves the question, how can I do it like that person over there? Who relates to that? Either I'm not as good or how can I do it like them?

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We have to, what I want you to really understand. And this is a—I believe that what I'm about to say is a lifelong journey, but it has the capacity to shift things for you today if you just remember today that you secret

source is you. And I don't want you to think that this is a cliché, even though it kind of is. Cause everybody says it. I want you to understand that you are the only thing that is unreplicable. Is that the way that you say it, you are the only thing that we cannot replicate. And so I want you to know that it is okay for you to take an existing idea because there are really, I wanna say no original ideas on this planet. Like all of the ideas are out in ether already. Okay? Like all of the ideas are already there.

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You know, when, um, Elizabeth Gilbert talks about in Big Magic, that ideas are given to us. And if we do not take action, then they are passed on to somebody else. So even allowing yourself to think in that way about ideas can be really empowering. Okay? So there are no original ideas. They are gifted to us. And depending on our willingness to take up the mantle, they'll either stay with us or go with somebody else. So that's the first bit. Now let's just say you hear a concept or you are taught a concept that really, really resonates with you. Your job is to start to communicate the concept in your words, through your lens, because when you start communicating it through your words and through your lens, and when you do this really well, you are talking from your own personal experience. It's that experience part that makes the general concept, your own unique transmission. The biggest thing is when we try to copy someone else's exact words because we see them being successful. We see them being successful and then we wanna say it and be like that person. And in that space, that's where you lose your magic. Does that make sense?

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So allow yourself to be taught, allow yourself to be inspired and commit it to living and creating your own experience of the teaching so that you are never parroting. And when you are in that space, it there's no, there can't be any comparing because it's you. You've done it. You've learned the lesson and then you lived the lesson and then you talk from that space. It then becomes your own unique transmission. Okay? So I want you to understand, I want you to hear me today. So rather than looking at what everybody else is doing, and somebody said, I wonder how much time it's gonna take. Like when I look at somebody and I look at where they are, I wonder how much time they're gonna take. And you know what, it's funny, my mentor, one of my mentors last night said, you can either look at the gap, which is when you are looking at the time, you can either look at the gap or you can be the person who is becoming the person who is doing it.

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And it's when you look at the gap, it feels impossible. It feels like it's gonna take an eternity. When you look at the gap, you start wondering what are all of the things I don't know yet? How am I gonna do it? How, how, how, how, how am I gonna do it? And then the how, how, how and the, how am I gonna do it? You stop. You stop. You have to continue moving. So we are choosing to release comparison today. Second thing that stops you is the stopping. Is the procrastination. Tell me how your procrastination shows up in your thoughts? I'm gonna give you some examples: That sounds amazing! I'm gonna do that next month.

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That sounds really great. Can we do it tomorrow? That sounds so, so—that sounds perfect for me. I just wanna work on getting this extra certification so that then I'm gonna be really equipped. That sounds like I, I really, really wanna do that, but I just need to get my ducks in a row before I'm actually ready to take the action. How many times do you hear yourself saying something along those lines? I'll do that when I hit my income target. No you won't. You won't. Here's—this is what I was talking about in the post that I said yesterday, when people bargain with their desires and we do this as individuals, all of the fucking time. And what you are really saying in your procrastination, I'll do it when... is that I do not believe that I am that person right now, but I will prove, well, once I've proven to myself, I am that person.

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Then I will reward myself. That's what you are saying. Now, in the "I need to prove it to myself", you are actually resonant with the energy of, "I doubt myself". Do you hear me? When I say in the space of, I need to prove this to myself, you are actually more resonant with the frequency of, I doubt myself. And so I'm gonna look for reasons why I don't get to do the thing, commit to the thing, be the person now. And I'm going, and I'm gonna find reasons, and I'm gonna find evidence that sound so convincing, so realistic, so reasonable that no one is going to be able to argue with me on this. And if they do it will mean that they are unscrupulous. It will mean that they don't care about me. It will mean that they are irresponsible and I am not an irresponsible person.

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Do you hear that? Let me know if this, when you just go a little bit beyond the surface of why are continually procrastinating, you see that it is because you are fearful that you are not going to be able to fulfill on the thing that you actually desire. Sometimes it's fatigue. Here's the difference between fatigue and procrastination. Fatigue. When you are in your power,

you say, I don't have capacity for this right now. It's coming from an empowered. There is no reasoning. There is no need for justification. There's no reasoning and there's no need for justification. That's the difference. I'm in my power. And I'm saying, no, not, no, I don't have capacity. No, I am. I don't desire to do this. I am not choosing this right now. Very, very different from, I will do this when. Even when I have enough energy. And the reason why, even when, even when I have enough energy is that there's no commitment there.

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There's no commitment to yourself there. There's a I'm gonna wait and see when... When my chakras are aligned. I'm gonna wait and see. And I know that's gonna happen sometimes. And when that happens, that will be the time. Then I'm gonna jump in. That, that is not coming from your most sovereign and empowered self. Feeling overwhelmed by many tasks is a—oh controversial what's about come outta my mouth—there's a choice. What am I willing to release in order for me to stop feeling overwhelmed? And the idea that you can't release anything from your to-do list, usually comes from a place of wanting to prove that I can do everything or the false belief that doing everything is going to get me the result that I want. No, Nope. Doing everything is never gonna get you. The result that you want.

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And certainly doing everything is never gonna get you the result that you want in the way that most people desire to truly get their result, which is in a sustainable, healthy way. Okay? So we talked about comparison. We talked about procrastination. And then the, the thing that stops people from getting what they want being who they wanna be is, I don't know how. I don't know how. Has somebody got the checklist? Somebody got the checklist for how? how I do this, please? Who's got the, who's got the blueprint? Well, I'm just waiting for the blueprint on how to be the person who hits 5k, who hits 10K, who has a hundred K, has eight figures, whatever it is. Who, you know, even I wanna be a better mom. I mean, I've asked for the blueprint on how to be a better mom, many, many, many, many times <laugh> hello.

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Can I just stop therapy please? And I'm not dissing that, actually. Um, in relation to the business though, here's the thing about the blueprint on how, when you solely think that if you just have, it's when you solely think that it's the strategy that is going to move you outside of the being outside of the knowing that you are on the path to success. And I think I talked

about this on last week's Thrive Thursday, just really knowing that everything is building towards you getting the result that you desire, um, and choosing the result that you desire is really fucking important. You know, actually <laugh> a lot of people refuse to say what it is that they want. I did a masterclass, for one of my clients yesterday. And it was interesting. Three of the women in her mastermind said, I don't know what I find it really difficult to, um, identify what it is that I want.

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Oh really? In fact, what's your big vision? Are you somebody that says I'm not really sure. And what I said to each of those people is I don't believe you. And actually we just, the few questions, it was really clear that they knew exactly what they wanted, but one, they felt that it either wasn't big enough or it wasn't grand enough. Um, so that, so they didn't, so they didn't want to claim it, or they were afraid of not knowing all of the steps to get to where they wanted to get. And the fear of not being able to master or navigate the steps, stopped them from claiming it full stop. Hmm!

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You don't need a blueprint. Okay. That's not that the, and here's the thing, depending on your personality and I'm somebody who loves strategy. Okay. So I do love a blueprint, but it's not the first thing. It's not the second thing. It's not the third thing by far. It is not the majority of what it is that I need in order to move forward. The first thing that you need is to make the decision that you are worthy of receiving the thing that you want without justification or explanation. You're worthy of receiving the thing that you want without justification or explanation. And I have to say that what I have just said there in this day, at this particular time takes real courage to own what you want because you want, because we are being told left, right, and center, how we should think what we should feel, where we should spend our money, what it means about us.

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Like we are being directed in so many places. And there is so much fear around if I really own what I want, people are gonna say that I'm shallow. That I'm greedy. That I don't belong. That I don't care. And I can't believe that it's not affecting every single person who is on here because as a heart-centered entrepreneur, you care. You care. But here's the thing, many of you care so much about what everybody else thinks that you refuse to allow yourself to acknowledge what you really care about. And you can care about multiple things. You know, that is life. You can care about many, many, many, many things, and you can care about you. And

you can care about your experience. Most—many people, not most people, many people are putting what they want, what they truly desire, stuffing it down, down, down, down, down, because they're afraid that it is not correct or right, or in alignment with group-think.

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And I want you to challenge that because you are, when you are looking for the blueprint and you are putting that first, I want you to know that until you know who you are until you are ready to claim who you be, who you desire to be, until you're ready to claim what you want, putting your energy into someone else's map for how they got there, how they got their results. Before you've looked at what is actually important to me, will leave you on the treadmill that I see so many entrepreneurs on. Looking and wondering why it's not quite working for them. Because they think that the blueprint is the magic. You are the magic, and we add the blueprint afterwards. And when you realize that you are the magic, and when you realize, and you are willing to claim that as a magical human being, that you are allowed to want what you want and desire, what you desire without justification or explanation. It is much easy to find and attract the strategy that you are most in alignment with. 80-20 rule. So these are the big things that I really believe are holding people back right now. And I want you to hopefully use this as a little bit of inspiration for you today to get moving.

Faith + Action = Miracles