

How to start living the life of your dreams

Transcript

Suzy:

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There's so much in the doing that the feelings and the emotions part is really just a secondary—it's not even a secondary thought. It's like buried right at the back of the brain. We'll get there when we have time and we always run out of time. Like that's the vibe. So actually grounding in to where somebody's at is often the place, at least with me, that I will want to start.

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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, hello, you gorgeous human being! Welcome to the Limitless Life Experience podcast with me, your host, Suzy mothertrucking Ashworth! Nobody's actually complained about the level of terrible singing at the start of the podcast. It doesn't appear to be affecting the number of people who are downloading every week. And so I'm just gonna stick with it. <laugh> How are you? I hope that you are feeling incredible. I hope that you are loving life. And if you know that life-business relationship could do with a little bit of an upgrade, then you are going to appreciate this episode, which is all about the first step when it comes to living the life, living the life of your dreams there. I said it. And I'm curious, like, does that bring anything up in you? The idea of living the life of your dreams?

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It almost feels when I say it like a little bit audacious. I remember when I told a friend that Jerome and I were separating and my friend was like,

what? And I said, we're not happy. And he said, nobody's happy Suze, just get on with it. <laugh> and I thought that is the difference between you and I. But in all seriousness, I think that the idea that you can create a life that you are deeply and wildly in love with is a little bit rebellious. And maybe more than just rebellious. I think that sometimes there's a sense of who do you think you are like, okay, princess, you wanna live the life of your dreams? Okay! Most people can be content with just, just, okay. Actually. So who the heck do you think you are? Well, you will know from the start of this episode that I am mother trucking, Suzy Ashworth, who the heck are you? Who the heck are you?

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And so this is a really simple first step that gets to have quite a profound difference on the way that you are living life. If you start to adapt what it is that you are doing to live into the answers for the question that I'm about to ask you. The first person to ask me, this was a mentor that I worked with years ago. Her name is Jadah Sellner. She was the original co-founder of Simple Green Smoothies. And she's an incredible orator and spoken word poet and author and all of the things. She's a very, very beautiful human. And I've worked with her a couple of times in my coaching career. And one of the times that I was working with her, she asked me, she asked me the question, how do you wanna feel on a daily basis? And I thought, that's a good question.

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<laugh> It's not a question. Like it's a question that you might ask yourself when you're on retreat. Sometimes like you might get that as a journaling prompt or when you are in an event. Although, I think frequently when we're on retreat or an event, the question is more likely to be, how do you feel right now? Because so often we are disconnected. We're disconnected from our emotions, or we have deliberately buried emotions and feelings because we are busy. We've got a lot to do. We've got businesses to run, empires to build kids, pack lunches, to sort out, you know, life. And so the idea of creating space to connect in with your feelings could also fill a little bit indulgent. And in my experience, when I take women on retreat, I think that why people feel so emotional is because they have space to feel there's so much into doing that.

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The feelings and the emotions part is really just a second secondary, or it's not even a secondary thought. It's like buried right at the back of the brain. We'll get there when we have time. And we always run out of time. Like

that's the vibe. So actually grounding into where somebody's at is often the place, at least with me, that I will want to start, like, where are we at before we think about where it is that we desire to go to. However, today I want to share with you the question that she asked, which is so powerful, and that is how do we want to feel? How do we wanna feel on a daily basis? And I'd love for you to come up with five different feelings. So when I think about this for me, I want to feel alive. I wanna feel so alive.

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I, I wanna feel excited when I wake up. I wanna feel excited about all of the magic that is going to unfold in my life. That I don't even have any idea about the new clients that might pop in the new opportunities that are gonna come into the inbox, the, the new people that I might meet. Like I just, I wanna feel, I wanna have that excited expectation. And knowing that every day I open my eyes, something magical is going to happen. That feels like it's just dropped out of the blue, that I wanna feel excited about my life. I desire to feel a sense of, I'm not sure whether it's bliss or contentment. I think that it is contentment. Like I want to feel content like really just like, mm, I love my life deeply as it is. And it goes so nicely with also the sense of excitement about what's to come.

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You know, a lot of the time when I speak to people about their money, their money goals and their money stories, they can't get their head around giving themselves permission to want more without feeling like they're being greedy or ungrateful for what they've got. And when I think about my intentions for life, it's not either or. It's and. I get to feel excited about what's to come and what I'm receiving. And I get to feel deeply, deeply content with where I am at. I desire to feel connected to source like I've got my own personal hotline. I think in the past, I used to frequently feel isolated. And then I realized that that was completely unnecessary because I am fully supported by source at all times. And I just get to remember that. I don't wanna just know that at an intellectual level, I wanna feel that at a cellular level.

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So I wanna feel connected. And then finally I desire to feel the love. I wanna feel full of love and everything that love brings through me, to me, with me and for others. That's how I wanna feel like. Loved up with myself, with my life, with my people, with my family, with my lovers. Like I wanna feel the love. So those are the five things. So I would love for you to go through, do that exercise yourself. And then the trick is being connected to what you're

doing on a daily basis. And asking yourself the question when I'm doing this, how does it make me feel? Does it make me feel loved up? Does it make me feel connected? Does it make me feel excited? Does it make me feel content? You know ask yourself the question. Am I living in alignment with how I wanna feel?

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And every time the answer is, no, you get to ask yourself, okay. So what does this get to look like? What needs to shift here in order for this to make me feel one of those five things. And if you can't, then I would be asking myself who else can be doing this? Do I really wanna be doing this? The answer more often than not is no, I don't need to be doing this. Somebody else can do this for me. And if are there listening to this saying, no, I need to do this shit. You haven't fully committed to knowing that it is possible to create the life of your dreams. You don't need to be doing the stuff that is out of alignment with how you desire to feel. And if you genuinely feel that you don't have the option now, then it's about, okay, what gets to happen over the coming days, weeks and months for this particular activity to be either taken off my plate, to call support in to do this for me, or for me to change the way that I'm doing it in order for it to be in alignment with me creating the life of my dreams.

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That is your challenge. This is the first step identifying what it is that you want, and then acting in alignment with that on a moment-by-moment, day-to-day basis. Okay. I love you. I hope you've enjoyed this episode. I would love, love, love, love to hear what are the five things that you wanna feel on a daily basis. And if you haven't come and joined me over in my free Telegram community, what the heck? What the heck are you doing? You can find me on Telegram under The Quantum success Hub. Sometimes people find it difficult to find the community by just typing in the search function. So if that is you then hop over to my Instagram, go to the bio and you'll see, there is a little link there that says, join my free Telegram community. And that will take you straight over. So you can share with me your five things, or you can do it in Instagram. It is up to you anyway. My love you are incredible. Thank you for listening and I will look forward to being in your earbuds next time. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles

Shownotes

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There. I said it.

And I'm curious, like, does that bring anything up in you? The idea of living the life of your dreams?

Highlights

- 02:15 Living the life of your dreams
- 04:04 Ask yourself this question
- 06:44 How I wanna feel
- 10:41 What needs to shift?

Quotes

- "You don't need to be doing the stuff that is out of alignment with how you desire to feel."
- "The first step is identifying what it is that you want, and then acting in alignment with that on a moment by moment, day-to-day basis."

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Blog

If you want to check out Episode XXX of The Limitless Life Experience Podcast, where I talk about this subject more – [you can head here.](#)