

Should you really put the bigger vision first

Transcript

Suzy:

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It has to start with me. And I have to know it in my bones that I am worthy, and my thoughts are real and valid, whether nobody else sees our post ever, ever, ever for the rest of my life. That's where it has 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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Good morning! Good morning, gorgeous! I am feeling on fucking fire today. I am feeling on fire. So, I was thinking about why we do things. And I talk about finding a bigger context for the work that we do. And I wanna talk about the flip side of that bigger context. And I suppose the great place to start with this is that really understanding that nothing is ever black and white. nothing is ever black and white. There is no one truth. It's like you can't have light without the shade. Everything has contrast. And the contrast that comes when we live into the bigger context. So we have a bigger mission. We have a bigger desire and for the people that are in my world, that bigger desire often relates to inspiring other people, right? Motivating other people to live their best life. We talked about it on Tuesday with the gorgeous Nicola Lynch, like living into your greatest potential.

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That's not about me. It's about you. The problem when it is only about you, is that there is a temptation to wait for or to need validation. Like what does John think about what I'm saying right now? Like, am I gonna get some hearts? Like what is Sheila thinking? Like does she, does Sheila like me? Like,

am I resonating? Am I like connecting? And the problem is no matter what level you are at, but particularly when you are in the first couple of years or particularly when you are looking to move upper level, is that you're not going to get the affirmation that you need and want from the outside world, from people outside of you. You're not gonna get it immediately. And if you need to get it in order to show up, if you need to get it in order to know that your truth is truth, it becomes very, very easy for you to become disheartened.

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It becomes very, very easy for you to say. And we talked about this a little bit in magnetic. Like if I don't get 100 likes on my post, does that mean I'm not valid? If I don't get 10 likes on my post, does that mean that nobody's seeing me? Nobody's hearing me. If I don't get someone saying, wow, that's amazing or I'm ready to sign up or let's go. Does that mean I'm a shit coach. I'm a shit expert. I'm not a very good healer. I don't know what I'm talking about. So we are constantly needing to do this dance between the two areas. One area is something bigger than myself. And the other area is I do this for me. I do this for me because this is my truth. I do this for me because for me, this is living on purpose. And so the post that I write and the reason that this came up for me today is because I've got all of the juicy creativeness going on.

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Like, I don't think that I have felt this creative for, for a while. And so this morning I'm journaling and then I'm writing one post and I'm writing another post and I've got a post that's gone out on Facebook and I've got a post that's gone out on Instagram. And there is no, I think one person liked my post on Facebook. And I'm like, this is an amazing post. Like this post is true. Like this is like, why is nobody? And as I was asking myself, getting in tears about nobody seeing this post, I asked myself the question, who did you write it for? Why did you write it? And who did you write it for? And it has to start, we, you, as in, if you were saying this to yourself, it has to start with you. If I'm saying it to myself, it has to first start with me.

[\(05:53\)](#):

It has to start there. I write this for me because I know that it is true. I write this for me because it is a footprint, not in the sand that gets washed away, but it is a footprint that shows me the path that I have walked and where I am on that path today. So, when I look back in a year's time, I can see how far I've come. When I look back in five years time, I can see how my thought process has evolved. I can see the depth, I can see the growth. I can see

the expansion. It has to start with me. And I have to know it in my bones that I am worthy. And my thoughts are real and valid. Whether nobody else sees that post ever, ever, ever for the rest of my life, that's where it has to start.

(06:59):

So I write for me and then, and then I allow the bigger context to take over. I allow the biggest context and the greatest context for my life to carry, like, to pick me up and carry me on. So I start for me and I carry on for you. I start for me and I carry on for you. I start for me and I carry on for you. And I trust that at the right time, that circumstances will move and direct you to the post that makes you go, this is what I was waiting for. This shit she understands. Wow! She gets it. Okay, this is what I needed right today! I am activated today. I make a different decision today. I move forward today. I grab my life and I make the change. I take the step, but first for me and then for you.

(08:09):

So the question has to be who are you doing it for? And so when I ask you, and I want you to be honest, how frequently do you start with the intention of I'm writing this to get you to do something like that's the starting piece. And you can tell how frequently you do that, by how it feels when you do or you don't get the response. Like how disheartened do you get when not everybody gets it? When not everybody sees it, cuz you can very quickly shift that feeling of being disheartened when you remember that you, first of all, write for you. For your history, for the body of work, for the memories, for the choice points for the points in the map that you get to look back at. When I do it for me, I can't feel disappointed if you don't see it. And then I continue because I know that right timing, right place, the person's gonna see it and it's gonna make a difference. Right? I love you. You're amazing. Thank you so much for joining me. Take it easy.

Faith + Action = Miracles

Shownotes

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I talk about finding a bigger context for the work that we do. And I wanna talk about the flip side of that bigger context.

I suppose a great place to start with this is really understanding that nothing is ever black and white. There is no one truth.

It's like you can't have light without the shade.

Everything has contrast, and the contrast that comes when we live into the bigger context.

Highlights

- **02:39** It's not about me. It's about you
- **03:52** Is nobody hearing me?
- **04:43** Living on purpose
- **05:53** I write this for me because...

Quotes

- "You're not going to get the affirmation that you need and want from the outside world"
- "I can see the depth. I can see the growth. I can see the expansion. It has to start with me. And I have to know it in my bones that I am worthy. And my thoughts are real and valid."

Links

- Find Suzy on Instagram
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- Find Suzy online

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Third post (optional)

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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.](#)