

## The Limitless Experience Podcast

### **Why being self-aware isn't enough**

#### Transcript

Suzy:

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I know I'm doing this. I know I'm in my victim mode right now. I know I'm in my saboteur mode right now, but I'm not quite sure what to do, and I wanna break it down. What I do when I notice myself in a, um, habitual pattern that is stopping me from moving forward in the way that I desire.

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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! It is Suzy Ashworth here and I wanna welcome you to the Limitless Life Experience podcast! <laugh> oh dear. I make myself laugh. Someone was taking the piss out of me the other day for laughing at my own jokes. But look, if you can't laugh at yourself, who the heck can you laugh at? So what I wanna talk to you today about is self-awareness and why I actually think that self-awareness is probably more of a problem than what most people wanna acknowledge, because we all wanna be self-aware right. That's the goal to be the self-aware, enlightened individual. And what I've noticed is that I work with like the women that I work with and the men, but particularly the women that I work with are wildly self-aware, they've done the work. They've done the breath work. They've done the NLP, they've done the tapping.

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They've done the EDMR. They have counselors, they have therapists, everything! They're in coaching. These people are self aware. They have mastered the art of looking at the shadow in the face. And when you are speaking to them or when they're coaching their clients, like really what it

appears is is that they have it nailed. And what's really interesting when coaching people who are wildly self-aware, you know who you are, I'm not talking about you, but I might be. When you coach people that are wildly self-aware, sometimes that can be quite challenging because when you offer the coaching advice or mentoring advice frequently, what you'll hear is, oh, I've tried that. Yeah, I'm doing that. I've done that. And I'm always like, Hmm, really? Interessante! Because when I look at the evidence, <laugh> when I look at the evidence around me, when I get my Inspector Colombo on, I'm not seeing it.

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<laugh> however the I've done that. And I'm doing that is not really what I wanna talk about. What I really wanna talk about is the, I know I'm doing this. I know I'm in my victim mode right now. I know I'm in my saboteur mode right now, but I'm not quite sure what to do. And I wanna break it down. What I do when I notice myself in a, um, habitual pattern that is stopping me from moving forward in the way that I desire. Now, I do not want you to discount this because it sounds simple, basically everything that you're gonna hear me talk about on the podcast from here on in, I think I'm going to have a rule that it has to be simple. It has to be simple for people to actually be able to give it a go. Now, the mind wants it to be complicated because one, it doesn't want you to feel silly.

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Like, well, if it was that easy, then everybody would be doing it. It doesn't want you to feel silly. And two, if it was that easy, then maybe you would need to do something about it. The brain wants it to be wildly complicated so that you have a get out clause of moving beyond your comfort zone and into your growth zone. Because believe me, no matter how frustrated you feel on the surface level, like, why do I keep doing this? Why am I not showing up? Why am I not writing the post? Why am I not asking for the sale? Like, I really want to, I'm ready for 20K months. I'm ready for 50K months, but I'm just not doing the thing. As much as you say that, that is frustrating to you. You are acting in accordance with exactly what you desire.

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Don't shoot the messenger. I am speaking truth right now. On a subconscious level, it makes you feel way more comfortable to be in this space than to do the thing that you know is going to create a pattern interrupt for you. And so the solution that I use for myself, when I notice myself repeating the same old patterns that are keeping me looping, going

round and round and round and round is to stop and ask myself the question. If I wasn't afraid, what would I choose? And then I do that thing. I do the thing. I do the thing. What happens after is I. Do. The. Thing. Now, what I notice with the people who are going round and round and round in circles is that they don't do the thing. They make doing the thing seem really, really, really challenging, or they spend hours and hours and hours thinking about the thing, trying to do the thing, but not actually doing the thing.

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You know what I'm talking about, don't you? You might even have a talk to your partner about it. Why aren't I doing this thing now? I'm just gonna do some ironing. Kids, I want you to tidy up your rooms! Oh God, no one's gonna do it. I'll do it. <laugh> Anything to stop you doing the thing. If I knew I wasn't afraid, what would I choose? Listen for the answer, do the thing. Now frequently, what comes up is people say things like, you know what? I'm just, I'm afraid. That's why I'm not doing the thing. I I'm just, I am a hands-up. I am afraid that I am going to mess everything up if I do this thing. And so then the next question is if I was whole, complete and enough, whether I get this right or wrong, what would I choose? If I knew I was whole complete and enough, whether I get this next step right or wrong, what would I choose?

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Now, if anybody wants to argue with me and say, that's the same as saying, if I wasn't afraid, what would I choose again? I'm gonna say, yeah, it is. And then you just have to do it. Like that's the only difference - choosing to do it even though you feel vulnerable. Choosing to do it, even if it's exposing. Choosing to do it, even if you might be misunderstood choosing to do it anyway. Now the truth is, is that this really is only applicable to people who have a big dream and a big vision. Because if the dream isn't big enough, then why the heck are you gonna risk being misunderstood? If the dream isn't big enough, why the heck would you risk people not liking you? This is why I work with people who have a big vision, not just for themselves, but for humanity, for the world, unapologetically.

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But this is why I say that self awareness is not the thing. If you are not willing to take action, faith plus action equals miracles. You can't just have the knowing or the trusting or the hoping all the wishing or the self-belief if you are not willing to take aligned and inspired action. And again, keeping it super simple. The thing that you've been resisting is the thing that you

need to lean into. That's it, you don't need a new strategy or a new program or a new course. If you want a new mentor, then you can reach out <laugh> and we can play. But if that's not the vibe right now, then just listen to this podcast over and over and over again. Hear me when I say you gotta move if you wanna make a difference, right? I love you. You're amazing. I'd really appreciate this. If you shared on the interweb, tag me on a little bit of the 'gram action, you know, the drill and I will see you, or you will hear me in the next episode. And in the meantime, please remember that it's faith plus action that equals miracles.

Faith + Action = Miracles