

A Conversation with Jazze Jervis

Episode 39

This is the Infinite Receiving Podcast helping conscious leaders tap into a wealth of abundance across all areas of your life and business. I'm Suzy Ashworth. And I'll be sharing with you how you can upgrade your reality through Quantum transformation, because you are ready for Infinite Receiving.

Hello, beautiful, you are really going to enjoy this episode, I am talking to an incredible business coach and mentor jazz Jervis. She's based all the way over in Australia. And this conversation goes into all of the places and actually somewhere quite unexpected. She has built a seven figure business where she is supporting hugely successful entrepreneurs who are looking to work less and receive more so obviously completely on theme with the infinite receiving podcast. And she tells a story of how she has really made this work with the support of her partner who was a professional athlete. And actually, it's the conversation around the relationship dynamics and really finding their way within this kind of new setup, I think, at least for me was the most juicy, although do not get it twisted. There is gold after gold after Golden Nugget in this episode. So without any further ado, I'm gonna let you get into it. I hope you enjoy it. Hello, hello, hello, you gorgeous human being in Suzy Ashworth here and you are listening to the infinite receiving pod cost. And I have got a special episode for you today, I am introducing you to a brand new friend Her name is jazz Jervis. She has a really unique and nourishing I think take on how to do life and business at the highest level. So jazz. Welcome all the way from Australia.

Thank you for having me. So excited to be here. You are very, very welcome. So we're starting something new with our guests. And we're asking everybody before we get into it the same question, which is, what does infinite receiving mean to you? Hmm, such a juicy question. Infinite receiving to me is receiving in a way that feels really nourishing and supportive. That's That's what feels juicy.

Really, really good. So tell me a little bit about your story into business. How did you first get into get creating your own business? Yeah, so I used to be a lawyer. So I was very much in the corporate world. And my husband was a professional athlete. So we both lead really busy lives. And we we moved interstate right at the time I was, I think I was 36 weeks pregnant, had my daughter. We've had a lot of you know, family support and familiarity in, you know, where we were located. And I went back to work quite quickly, because there was just this random opportunity. That was actually a really great opportunity at the time. And my daughter was only about five and a half, six months old. But it was a short term contract. And we thought, let's just give it a go. It was the offseason for him. Let's give it a crack. And I did that. And I reckon within 23 minutes of being in this in this space. I was like, I don't know how I'm going to do this long term. I don't know how I'm going to, you know, get to where I want to in my career. I mean, incredibly ambitious, but in a way that is not self sacrificing, or, you know, takes me away from my family. So I basically just started looking for other income streams. And at first I was gonna open up a fashion store because I love fashion. And then I was like, Oh, but I can't really build that up on the side. I think I need to do something online. And then I found network marketing. And then I realised that I actually love the coaching side. So that's what I explored. And then, you know, six years later, here we are. Okay, I am curious. I feel like becoming a lawyer, often for people is either it was just the path that they were always on. It was a thing that they were always going to do, or it was a vocation. And

I'm curious, obviously you're not doing it now. So one would argue that it wasn't your vocation.

And But was it a big deal? Kind of feels like a big juicy job? Was it a big deal to be like, actually, I'm gonna go down a different path? Yeah, I mean, that's that's a really good question. I think it was never you're right. It was never really a vocation for me. So I grew up playing sport at quite a high level myself. So my husband and I actually met playing basketball. And, yeah, so I am naturally very competitive. And to be honest, I decided to I ended up quitting basketball for a number of years. And I retired, right at the time that I was finishing up school and deciding what I wanted to do with my life and actually had a couple of it's an interesting story, I had a couple of basketball coaches that said to me, don't worry about school, and don't worry about that just focus on basketball. And I was like, I feel like that's really stupid advice to give to a kid. And so I almost did it out of spite, because I was like, I'll show you, I'll show you that I can just quit basketball and just become this high flying lawyer. So to be honest, I kind of just did it out of spite, because I was frustrated that people thought that was okay to do. So I literally decided, like, within, I think it was like, you know, a week of needing to decide that I was going to commit to doing my year 11 and 12 exams. And that's just what I decided to do. So random on it on a whim on a whim. So you Yeah, literally. Yeah. I actually think that from an entrepreneurial perspective that that spark, and that attitude is often exactly what we need to get past the humps and the twists and the turns because there are so many of them. And I also think that it's super interesting that you are a professional basketball player. Yeah. That's very cool. So I can only see you from the shoulders up. Does this mean that you are very tall? That's a good question. I'm 174 centimetres, so it's like five foot nine and a half. Okay, so not? Well, my husband, on the other hand, is seven foot.

Oh, oh, my god. He's huge. He's huge. I feel like I need to ask you. So I don't know if you know, but I am in the dating realms. And so I'm always interested in the love story. So can you tell us about that? Yes, of course. So I don't know. Maybe it was because I grew up playing basketball. I don't know if I had a natural inclination to tall people because of basketball, or I was always going to marry someone tall. But I just, I don't know, I just have something. I have something in there with tall people. And like, yeah, yeah, I yeah, I can wear any heels. I like I could wear whatever doesn't make a difference. So I remember just seeing him across like the basketball court and being like, that guy is huge, but like, in proportion, huge. Like, he's like, he looks like everything makes sense. And with a lot of tall people, that's not really the case. So I just added, I had this really good feeling from him. And actually, yeah, we just added each other on Facebook, back when, you know, Facebook was like the way to communicate, and then went on a few dates. And the rest is kind of history. He's been a really huge support in in my business, he actually retired so that he could support me more and play the whole role. Yeah. And we, you know, we talk about this a lot together, you know, and he's, he's been on my podcast. And, you know, it's a story that I share a lot. Because, you know, I think there's a lot of people that sort of looked at that decision and said, Well, that doesn't make sense. Why, why would you do that? And he's like, Why doesn't it make sense? You wouldn't be asking her the same question. If she was sacrificing things for me, you would never ask that because it's just a given. But because the roles are reversed, and I'm making a decision to step back in my career to support her all of a sudden, everyone has a problem with it. So it's always been something we've spoken about quite openly, because, you know, we do have, you know, different roles to what is, I guess, traditional and, quote, unquote, normal. And so yeah, he's been a huge advocate for me just going for in business and we complement each other

really beautifully. I want to I definitely want to dive into that. Because I think that actually, it can be really challenging for a number of different reasons. So I really would love to hear how you're making it work. But I feel that before we get there, I'd love to know, the journey like why did you make that decision together for him to come in? Can you tell us about the transition course. So you know, for us, we made the decision to have our daughter reasonably young. I was 2425 when she when I had my daughter

And we did that because the plan, you know, just set this plan when you're young, you think that's what you need to do. We our plan was that because he had a limited career in that he could only play for a certain number of years. I, you know, at the time, I was obviously a lawyer and would work in that career and incredibly lucrative career for an extended period. So it made sense that we would have children young, and then we would basically switch. So when he retired, he would take over that role. And then I would go back to work. But then what happened is, you know, she was one when I started my business, so I plan on kind of change, and my business grew really, really quickly. Within a few years, we had a really big business, and we didn't plan for that, you know, that was sort of like, what do we do here? Because on the one hand, you know, he's probably only got a couple of years good, really good years left. So do we just sort of do that, but also, I was at this point where things were totally taking off. And so it was a little bit like a the ride this wave and ride this momentum, or I'm actually going to have to slow down with things. And both of us were like, it doesn't feel like a good decision. So yeah, so he decided to retire. And the main reason for that was, this feels like something that we both really believe in. And, you know, I guess, to bring it back to the movement that I lead, you know, in terms of entrepreneurship around, you know, letting your natural ways of being and your strengths really inform your, you know, strategies in life and business, he is a beautiful caretaker, and he is really beautiful in that role in the home. It's just, it's natural for him, he gets a lot of like nourishment from that, and I don't, you know, it's, you know, I love, I love that I'm able to work from home and love that I am present for all the school events, and all the things that are really important. We have a beautiful family dynamic, we have dinner together every night, like all of that makes me so excited. But I never wanted to be in a predominantly caretaking role in my family, it just didn't really feel that good. For me, that was always something that I knew about myself. And so when we looked at that together, you know, we didn't look at it from the perspective of ball, your man. So you do this, and you're you know, it was just, it makes sense for our family unit for my business, for my strengths for your strengths, what you're really good at. And we just made it from that perspective. I know from part of your story that you experienced burnout. And I'm curious at what point did the burnout happened was that when you were still in corporate? Or was this after you'd started your own business? It was, I had been out of corporate for a year. So I was doing both for about two and a half years. Okay. And I made that decision really intentionally to because one of the things I really loved about the first couple of years in my business, is that I, there wasn't any expectation that it would pay my bills. Yeah. And I think there's a lot of messaging around, well, if you're not all in and you don't sort of quit everything in order to do the thing, then you're not sort of serious about the business. And I've always been quite open about the fact that I very intentionally made the decision to have both until it was no longer feasible to do both, because I really loved that I was able to hire support from the get go. So I had a VA from day one, I had a business coach from day one. And I really loved being able to make those decisions from like a regulated like place as well. And that just is something that I like to share as part of that too. But once I went all in, and I quit my job, and things just happen really fast, to be quite honest, we were just the business grew so quickly. And our first million dollar a year was with

me and a VA. So it was purely just, I didn't stop mice and stop myself. But I didn't take a minute to think about the sustainability and longevity of how, you know, continuing to work in this way. And then it got to this point where I was like, I just I physically can't do it anymore. And I started learning then a few things about myself, I potentially what was contributing, like I'm the manifesting generator in human design, and the way that I've structured my business model was like the same thing, rinse and repeat, you know, pay me like was incredibly lucrative. I had one mastermind and, and I was doing that and it was it was lucrative, but I was also stifling, like my creativity and my natural, like tendency to want to do different things and be multi passionate and there was lots of things that were contributing. But I think the biggest thing was I was just doing it in a way that was, you know, reflective of the mentor that I was working with, you know, I was like cool, this strategy looks great working for you. And then I realised I'm the kind of person that will get a result from any strategy. You know, like, I'm just the kind of person that gets like I just do it. You know, I'm naturally very ambitious. I work really

Hard, that's not sustainable. And so even though I had all these external results, you know, I, we created a million dollars in that year, I was so unfulfilled and I believe that one of the biggest reasons for that burnout was because like my soul was like, this is not why we quit our job. Like, this is not why we said goodbye to a lucrative career and all that work that you put in to get there to then put yourself in another box. This is not doesn't make any sense. I really, obviously, I'm not a doctor.

And but I'm really interested around the conversation pertaining to burnout. What I noticed, at least with the people that come into my world who have experienced some kind of burnout, it comes from this place of doing what they think that they should be doing. There's a lot of shifting, as Tony Robbins says shitting on yourself. And it's all of the shirts. It's not necessarily the amount of energy that somebody is expending. It's on it's what they're doing. Because they think that they they have to that creates the disconnect between soul and purpose and energetics. Does that feel true for you? Totally, totally. And that's, I guess, where I was going with, you know, just saying that it was, I'm the kind of person that I like to work, you know, I like space. But, you know, for me, it was this deep knowing that my soul, and my body was like, this is just not how your design to work. This is, this is not what wish we didn't give all that away to do this. So I completely agree, I think it's so much shooting, I told myself, I should do this, I should plan, you know, a year in advance, you know, I should be an Asana everyday, I should do all these things. And now in my business, you know, I've not been in Asana for two and a half years now pay for it every month, but my team uses it, because that's the, you know, that's what feels good for me. And I think, you know, I was having a conversation with a client today. And, you know, literally, with a click of our fingers, there was 1000s of dollars that we're able to eliminate in a lot of sort of overheads and team costs, and also get sort of four or five hours back in her week simply by having this conversation, you know, around, do you need to be doing a blog every week, like, why do you do that? Oh, because I thought that I should do that. Like it's like, but is that part of your like, visibility strategy, you know, when we think about your tone of voice, and where you can really leverage your strengths. Does that feel true for you? No. Okay, cool. So let's, let's not do that, let's start, like, you know, so it's like, I really do think that it all comes back to just yeah, like working with what you've already got, as opposed to against it. How much of that do you think is purely design and like, this is your these are your strengths versus self worth, like, I need to do it in this way, in order to make a million because then I will be a successful business owner. And that's where I do, that's where I derive my sense of self, my sense of success and identity from

I can be very connected. And I think part of the reason why, you know, the approach that we take in our business, and I guess the direction we've gone in terms of the way we deliver our work is we do have a really big emphasis on the nervous system. We have, you know, practitioners that come in, and, you know, like, I always use the example of confidence and visibility, because I think, you know, on the one hand, we can say we can say to someone that that it's about your worth, or confidence, like confidence, sharper line as an example. But when nervous system is dysregulated, it's making its decisions out of like fear and protection. So you could be the most confident person naturally just your natural expression to get out and do the things. But if you're dysregulated, you're probably unlikely to make the decision to stay consistent on social media, because that would mean putting yourself out there, which would be against what your body is trying to create, when you're when you're dysregulated. If that if that makes sense. So, you know, I think sometimes we we, we engage in this kind of,

we want to get more confident or we want to work on our worth, we want to you know, really embody that more or whatever the kind of scenario might be. But the more that we are doing things in a way, like you were saying before, around, shooting all over ourselves, Tony Robbins talks about the the more I think over time, those 1% Like things happen to, I guess create this state of like overall dysregulation and it's hard to make anything stick when you're dysregulated. And so I think I think it's I do think it's really connected and I think everything really starts with the body because, you know, like, yeah, I don't know if this is making sense, but I feel like when it comes to like coffee

It's, for example, like I see this so often with clients and just things that I've seen in the industry that, you know, when we're making our decisions from that place of regulation. Like, it might be stretchy. And it might be all this feels like my edge. But it's we're so much more likely to make that strategy actually stick when we are making the decision from a place of like, I'm regulated.

Yeah, I feel safe to do this, you know? Yeah.

So you had your burnout? And was it at that point that you said to your husband, we need to do things differently? And Shall we change the dynamic? or had he already been? Had he already given up his suite gave up that year? Okay, like six months earlier, and I basically took it and ran with it. I was like, awesome, you're at home, take, like, hold down the fort. Let's go. And all strategy went out the window. And all longevity and sustainability conversations went out the window, and I just went for it. And like I said it was it was a very, you know, on the outside, quote unquote, successful.

But I think, you know, all of a sudden, I didn't need to be strategic around my time. Hmm. And that really impacted me and in a really negative way. Yeah. Is it Pearson's law that says that whatever time you have, you will feel it? Yes. Yeah. It's very, it's very, very interesting. So what were the decisions that you had to make? When you decided that you're going to do things differently? Did you burn it all to the ground? Did you, you know, let clients go like, what was that scenario? So the first thing that I did, because we had clients, we had programmes, we had things already going on, the first decision I made was to hire an Online Business Manager, which to this day, was one of the best decisions that I've that I've made, I am not someone that naturally gravitates to detail. I'm more that like, high level, visionary, like that kind of energy. And so the detail is something that I actively avoid a lot of the time, and I knew that about myself, and I was really comfortable with, like admitting that, that that's a skill set that I need to build. And I needed support with that. So that was the first decision that I made. And it was really just, you know, I had this conversation with my husband all the time that I think there's such a beautiful correlation between feeling emotionally held and

supported, and your capacity to create infinite receiving, you know, and more abundance. And for me, I didn't realise how much like, I could have it feel emotionally supported in the home, but I didn't feel emotionally supported in the business. And I often find that one area is usually quite good. And then another area, maybe not so good. But I really say for me, there was a huge and I see this with clients all the time, such a huge correlation between feeling held in whatever capacity that was, and being able to make more grounded, precise decisions, you know, because of not making them out of, you know, fear and like, how are we going to be able to do all of these things, you know, I have someone else that they're sort of holding me. So the first decision that I made was to hire an online business manager. And then slowly, what I started to look at is how can I structure things in a way that I can support my sacral being a manager in in human design and that extra sort of space that I feel like I really need to make those sort of precise decisions, and wait for my cycle to sort of respond to anybody that is unsure of what the sacral is, that's a chakra that's just below the belly button, the kind of womb space or space for creativity, birthing new things. And I think and correct me if I'm wrong, because I am totally not a human design nut, even though everybody around me is completely innocent. But you have people who make it sacred decisions and emotional decisions. And when you're looking for that feeling, like the yes feeling in the sacral chakra.

Is that Is that right? Nailed it. Yeah, nailed it. So you've got people that are like sacral definition, and then you've got your non sacral, which is like more of that, riding that emotional wave until you're at neutral to sort of make that decision. I'm a very gut, you know, it's either Yeah, I know, sort of immediately. But that led to a lot of rushed decisions to in the business. So I really needed to learn how to hold space for I can be that big, creative sacral sort of energy, and I can also be strategic and like one of the marketers in my business it is it is safe to build my business with structure. And inside my business was strategy because that actually wasn't something that came naturally to me. I've really had to learn that and work on that. But yeah, it was it was a real sort of, you know, I had alarms that went off on my phone, three to four times a day.

When I had to pause for like, three to five minutes, and actually sit with, what about on today, what felt good, what felt not good, like just just to check in, because I was so in autopilot, I had so many things on my plate and I was just so automated with things that I was doing that I wasn't paying any attention to what was moving the needle, what felt good, what didn't feel good. And after about four to six weeks, I had a real kind of real bank of knowledge that I hadn't really paid attention to for the previous few years. And that started to inform all of my decisions. And that's when I started to learn more around, you know, and I guess shift all of my work to around how can I work smarter, not harder? How can I leverage my natural communication style that was when I started going all in on my podcast, even as an example, because I was like, this is, this is where I this is what feels easy. This thing over here doesn't feel easy. So how can I simplify this, and I really just simplified the way that I was doing everything to be honest. And started to make decisions from that place of this feels good. So let's do more of this. I think it's really interesting how many I think this is more of a female thing than a male thing. I think, how many of us feel guilty or worried or like we're doing it wrong, if we go for the easy path?

And it was interesting, you said earlier on about the fact that you're not a detail orientated person. And you know that that's, that's something that you get to work on. And actually my question, the question that was in my head when you said that was, but do though, is is that not about you just making sure that you're supported by people who are so that you can do what you're good at? Totally? And that I think that's a? That's a beautiful question, because

even now, like I have coaches in our business that are incredibly detailed, one of my co-coaches has so much Virgo in her chart that we're like, literally the polar opposite. I'm like, How do you cope with all this Virgo energy?

Because of that, because I'm like, I don't, I don't love doing that, you know, in my business. And so to give the most like multi-dimensional impactful support for clients, that was the strategy and a strategic decision that I made to support them in the most effective way, but where I'm not just spending a whole pile of time, not in my zone of genius. So yeah, I think it's something that I've had to learn, I have had to learn in terms of, you know, doing things that are sustainable and strategic in my business, and being the one that's sort of like leading the ship, you know, and guiding the ship in the business. But I think you're totally right. I think for me, it was about this is naturally not something I'm great at. So what needs to shift in the business to ensure that this is just not part of my tasks, or, you know, someone else does this or it just doesn't get done at all. Does it need to be done? Is it another should? I think, you know, at the end of the day, that's the whole premise of my movement is, you know, strengths led business that do we actually have to get better at the things we're good at? Or can we just leave them behind and do something different? Yeah. Radical. Yeah. So you work three days a week now? Is that accurate? Yeah. So I have to have one big day of calls. I do my calls on a Wednesday, and then a bit of overflow on Tuesday, slash Thursday, sometimes full workday on Tuesdays, working on the business, as opposed to in the business. And then I sort of have one of the other things that I really learned about myself is I'm quite receptive. So I, you know, my Mondays, Thursdays Fridays, you know, there's weeks where I work, because it feels good to do so. And there's something you know, a project that I'm working on, and then there might be weeks where I don't do anything on those days. Weekends. I usually don't do a whole lot, but I might do a little bit of work on a Saturday afternoon because I love quiet. I love that my no one's in my slack channel. No one's online. You know, and it's just I don't know, I like being in my office on a weekend. Listen to the weekend sounds outside my window. But for the most part, yeah, it's Tuesdays, Wednesdays and Thursdays are sort of more office days.

But yeah, that's

did you have to take a hit in your revenue, when you first started implementing this new way of being or actually did it sustain itself and grow, but you just felt better in it?

That's a really excellent question. So we had a pretty solid, monthly recurring revenue of sort of around that sort of, we didn't sustain 100k months, but our monthly recurring revenue was pretty solid at that sort of 60 ish. So we were able to like since making that decision, almost two and a half years ago now.

That's always been like our baseline and as things have been implemented, then we've sort of got got back up to where we used to be.

But as you said, it's, you know, I was literally working like 12 hours a day, most days when that was being created. So

we did take, yeah, there were definitely was, you know, a pullback in terms of overall revenue. But also there was a pullback in effort. So I am curious to bring it back around to the dynamic between you and your husband, were there any challenging times when it came to the shift in dynamic at home? Yeah, so this is actually something that I feel we've navigated more in the past six months than we have, in the past couple of years of him being at home around responsibility, you know, and and how that feels I am again, I'm naturally someone that,

you know, will, will achieve and will be, you know, I'm very ambitious, like, I'm naturally very curious about things. And I like to get to the bottom of things, and I'm just that sustained. So I

have a natural tendency to take responsibility of everything in my business, and also my life. And so we've probably worked harder than we ever have, in the past six months to find that balance of, you know, yes, I'm the primary income earner and the sole income earner in our family. But I also love to cook every now and then. And I love to do some different different things. And what we've found is that, because I was the sole income earner, it almost it almost became this thing where I was pushed into that role. And he was pushed into his role. And there was no room to sort of move. And before we knew it, we were like, wow, like, we've really, yeah, we've really put ourselves into these positions, where it's like, nothing outside of your role can be done, like there's no crossover. And I realised that we needed to find a more of a balance and something we've had to work really hard on over the past six months to reconnect and, and find what that balance means to us. And that independence, you know, like, it's like, I am the sole income earner, but also, we really wanted to, you know, our sort of collective decision and, and our co creation is we also want to be independent, you know, and independently working on the things that feel really good for us. And so something that's been really great is the last sort of six weeks, he's been exploring that himself, you know, and he had, like, intuitive guidance reading with my astrologer. And it's just done some, like fun little things to be like, like, I'm going to, I'm going to explore this. And what feels really exciting about that is my business is at a point where I have more space, and he has more space, and there's less pressure collectively, you know, but there was, you know, there really was that sort of come to Jesus moment where it was like, wow, like, I'm kind of doing everything in the in the income earner bucket, and you're doing everything in the, in the at home bucket, and we want to meet in the middle, I thank you for being so candid and open. And I have a real desire actually, just to hear more couples talk about their experience, my ex partner, left his role as an assistant head teacher. And the dynamic and I like you very ambitious, took, took the reins, ran with it business, you know, did really, really well. But what I found challenging was and him, one, him leaving his purpose like, and then finding his way his purpose wasn't to be a stay at home dad, you know, and being able to explore that that was challenging. And then I also think that as, at least in my circumstance, as a woman being in, and I'm challenging this idea of masculine and feminine roles, actually. But for ease of where we are now, being running a business running a multiple seven figure business, running a team, very action orientated very much in the masculine, I didn't realise how challenging it wants to step out of that role in when I when I finished work, and then also just how challenging it was for us to see each other in our in those opposite in the opposite roles. And so over time, that was a problem. And I don't think that people talk about, you know, we have this day, one of the online dreams is to retire your husband so that they can do everything that they want to do. But there's real work and intention that is required not only to deal with your own stories, but then societal stories, then your individual purpose, identity and all of those things when you make such a radical change. So I think, I think that it's really important to normalise, but it's an amazing thing to be able to do. And there's work in making it actually work for the good of everybody.

Totally, and actually said to him the other day, you know, we've been having lots of conversations over the past six months of coming back into more balance with, you know, with with how things are, you know, you know, in our family, and especially, you know, as it relates to income. And one of the things that I said to him is, do you think that there are many men that are having this conversation with their wives that might have been, you know, at home, in that caregiving role around wanting to, like, come into more balance or like, a co creation when it comes to income?

You know, I said to him, I don't know, it's just something I'm curious about, because I had no problem being able to sort of come to him and say, I feel like, I feel like I'm really in this masculine role, I'm noticing that I'm taking responsibility for things in the home, because it's just the income or paying bills department. I don't know how I feel about that, you know, we sort of have been having this conversation over the past six months. And I sort of said to him, like, do you think that I feel comfortable doing that? Because it's backwards, you know, in terms of how society views how this should look?

Yeah, yeah. Like that. I feel comfortable to say this, like, I wonder, like, how does society feel about it being the other way around? And like, you know, I was just a really what, like, I had this moment where I was like, Oh, this is this really is a big thing. It's so layered and nuanced because you, women who are earning more and more educated than ever before, and we fought so hard for equal rights, you have men who are feminists, respecting women want to support their partners, understand the role of the man in the if you if you want to, you know, a few when I didn't want to say traditional relationship, but just for the context of what we're talking about men female relationship, man taking responsibility for being present, Father, caretaking, nurturing, and then you have society, part of society that's like, Yes, this is amazing. And then you have another part of society that's like, oh, but it's never been like this before. And you have your own internal dialogue, like, Yeah, I'm doing this. And then it's like, oh, but I want to feel held. And I want to feel looked after. And how does that work, if traditionally, for a whole lifetime, being provided for has been that traditional male role? And I'm doing the providing? And then how does this it's so layered? And then am I allowed to actually say that? And what does it mean, if I do think that and it's there's so many questions, which I don't think are being spoke about, openly. And I think that more conversations like this are happening behind closed doors, because there were more women who are primary or sole income earners. Now.

I agree. And I think I really love that we're having this conversation openly, because I know that this is, you know, I have this same conversation with a lot of clients, you know, in one of our masterminds, we've got women in there that are all at multiple, seven figures, and we're having the same conversations around, this was good for a while, but I don't know how I feel about this anymore. You know, like this sort of like, oh, you know, I fought, like you said, fought so hard to create this, and actually, you know, even even said, to have a conversation with one of the clients. And she said to me, I actually get turned on by being supported by my husband financially. And that hasn't happened. Like, because I were taught like he retired, you know, to support me, and I was, like, I hear you like it is it is a real, it's a blessing. We have to, we have to change the way that we look at what providing means.

And if we are going to have these incredible careers where we're changing the lives of people around the world, and we want to have families and we want our children to be looked after by a family member as opposed to outsourcing that. We have to be able to really, really change the way that we look at providing alongside creating space for our partners and if they're men, to be men and also feel manly, and even saying that I'm like, why are you allowed to say that

It's so controversial. I know. Yeah, like, and that's exactly what we were having this conversation behind closed doors. And we were like, oh, like, should we, we felt the same way. Like this is a, it's very, like you said, it's a very nuanced conversation. And on the one hand, and I've had this conversation with my husband, many times, I, he is a huge provider, he provided so many ways. But what I realised was that I actually really craved the financial providing for a loop, like, not the whole thing, you know, not just, I'm, I'm done, you know, I've heard anything like that. But I was like, I actually think I missed that a little bit. I think I

missed that sort of extra security, or just something else that's happening there. And there was a part of me and my brain that was like, I need to say this out loud. You know, and, you know, I just, there was no time.

Literally, like it was, you know, and gratefully, I, you know, I have a very, very open with one another, and he, ya know, and we said that to each other, and, and he said, and I think it's an interesting thing, like, it's, it's, it's challenging, it's challenging. To be continued. We do not have the answer to, you know, it's a very new, it's a new problem, you know, yes. So, but I think that having the discussion and redefining of roles and understanding, the question is, is, why is that a turn on? You know,

how much of that is just because that's the way that it's always be, you know, totally so there's deprogramming, I do think that is important. And also, can we just want to we want, because this is not, isn't this, what we are telling everybody the time that it's safe for you to want more you want? Exactly. And that's what we ended up. Like, that was our conclusion for our conversation was just, you know, he ended up saying to me, he's like, You can want whatever, whatever you want. Like, just because this one is different to what you wanted, two years ago, like, things have changed. And if that's what feels really good for you, let's have a conversation on it. Let's troubleshoot. Let's put in a plan, like, awesome. This is why you married your man. Yes, I know. He's very amazing. He's amazing. But you know, like, I think it can be as simple as that sometimes that it's like, this is what I want for right now. And maybe that's not going to be the same thing in 12 months, or however long, but it feels good to want to amazing. If you could share one piece of advice that is going to help my listeners I think do less and receive more from life and business, what would that one piece of advice be? It would be to set some alarms on your phone to go off multiple times a day, you only need to do it for you know, I did it? I think I did it for a couple of weeks, and just get in the habit of noticing. And getting curious. You know, that was that really was the portal for me to really understanding just what do I want? You know, what does feel good? Like? What parts of my business? Am I really resenting? You know, I think that's part of the reason why we get so caught up in the shoulds is because we're on autopilot. So for me, I set those alarms, and it was the best thing, I had a notepad that was just dedicated to those alarms. And I just reviewed it at the end of, you know, a few weeks of doing that. And I could not believe the things I was reading, you know, and how much clarity was just in those little moments. So if you're wanting to do less, but move the needle forward, you know,

like I one of my favourite books is profit first. And he talks about like, How can I do? Like, how can I spend half the amount of time to get double the results. This is literally what I did was like, I need to get crystal clear on the things that are feeling really good and in flow. And I need to do more of that. Like one of the things is actually creating results. And one of the things I'm telling myself I should do and for me was sending those alarms, writing some notes and then getting crystal clear. And they see it can you let everybody know where they can find out more about your work and what you do. Of course, I would love to so you can come and catch me on Instagram. I'm at jazz Jervis underscore. I also have a podcast the All That Jazz podcast, you can listen on Spotify or iTunes, check check out my website as well. But I've just had a really great time being here. And I didn't expect the conversation to go that direction and I'm really glad it did. Amazing. Thank you so so much. It has been a joy and if you have enjoyed listening to this episode, please please please do us a favour. Tag jazz tag me on Instagram, share it with a friend because I know that there has been some golden nuggets dropped in here that everybody needs to hear. And in the meantime, please remember that faith plus action equals miracles.

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