

## Infinite Receiving Podcast

### Title: How to Make Your Working Day Better

Ep 50

### Transcript

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, Hello, Hello you gorgeous human being it is Suzy Ashworth here and you are listening to the infinite receiving pod cast. Ah, the voice is back. I am back and it feels amazing to be in your earbuds. I have a quick and dirty one for you today all about how to feel better in your working day. I don't know about you. But if you are not being intentional it is at least this has been my experience in the past quite easy to have those moments where you finish a call with somebody or you close down your inbox. And rather than feeling like yay, yes, I got this. I did this That was amazing. You're like, ah Bloody hell. And that just isn't the vibe. And if you are noticing this creeping into your world and want to offer three very short, simple but potent tips for you to take advantage of. So if you know that there is a nother level of joy, happiness, expansiveness, ecstatic behaviour feelings available to you, when it comes to your work that you are not quite accessing right now, I'm going to first I've already actually given you a little bit of a hint of this, the first step is to be mega intentional, how is it that you want to feel during your working day. And actually, for me, the feeling is alive. And that is not just in my working day, it's just in my life, genuinely, I want to feel alive. And as soon as I say that out loud, I am so clear on the things are required for me to do during the day. In order for that to be a thing, I have to start my day with some movement. And ideally, that movement will be outside. But if it's not outside, actually just putting some music on and dancing, loud music and really moving my booty shaking it like nobody's watching. That brings a different level of energy to anything that I'm doing. And so starting the day, moving my body, and then making sure that I am creating space during my day, three minutes, four minutes, six minutes, if we're going crazy with like, Dark Side of the Moon or something. Maybe not the best dance track, you get my vibe, taking time during the day to move creates spaciousness, and anything that you're getting quite locked into that isn't in your highest and best when it comes to a vibrational perspective, you get to shift that through the dance. So get intentional, how is it that you desire to feel and then what are the activities outside of your work that enable you to feel those feelings that you can incorporate in to your day? Number

two, audit what it is that you're doing. And actually, I haven't done this for a little while because I had a very clear plan in my business only two or three years ago. And that was to stop doing anything in my business that wasn't content creation, strategy, or coaching. Those were the three things I was wearing all of the hat. And when I realised that these were the three things that I wanted to do one by one, not something that you can necessarily do all in one go, particularly if you are still a solopreneur versus having a team but if you can get clear on what it is that you do want to do. And then look at the things that you really, really hate doing that you are finding that you are doing still on a daily, weekly or monthly basis. You can start to make a plan of what is required in order for you to outsource and what I found for me worked most effectively and still what I recommend to clients today is to just step by step little by little. So it might be yes, you need a VA. And yes, you need them for 20 hours a week. But right now all you can afford is two hours a day, pay for the two hours a day, don't wait until you are fully ready because the two hours a day that you spend 10 pounds, 15 pounds, 25 pounds outsourcing the work that you would do that like 15 or 50 pounds a day, you can use to be creating content that will make you 1000s. And so it's absolutely worth starting before you are fully ready because you're going to be able to buy back your time, which is your most precious asset. Always, whether you've been doing this for 10 years, or whether it's your first year time is your most precious assets are the moment that you can start buying time back is the moment that you create more freedom because you're able to create more leverage in your business with the things that you are actually doing. And then my third recommendation gained super simple but who does it it's just a focus, I find that one of my biggest frustrations actually. And this probably feels more true. Now I have a team and when I worked on my own is responding to other people's requests, the moment that they request them means that it stops me from doing the thing that I'm supposed to be doing. And the more interruptions that you get, the longer it takes for you to do the thing that you're that you actually want or you you're actually supposed to be doing. And that creates frustration. So when you have a task, commit to the task, shut everything down. If you need to let people know that you're not going to be available for the next hour, let them know if you need to say please don't speak to me for the next two hours, just say it so that you can focus on what actually gets to be done. And that creates spaciousness and a sense of accomplishment when you can tick off the thing that is begging for your attention. And you can say Done it feels really really good. So they are my three tips get super intentional, how do you want to feel decide at the start of the day and then make sure that you've got little things and they want you to access that feeling outside of your business. Number two is do an audit of what you are doing on a daily basis so that you can start to eliminate the tasks that you should no longer be

doing. And number three is focus. So shut down all distractions allow yourself to not be contactable just for 60 minutes just for 90 minutes and then on your break. You can play you can interact you can catch up you can do whatever it is else that other people want you to be focusing your attention on but not before why if you have found this episode helpful do me a favour and please share it with a friend I would really really appreciate that. Drop me a DM tell me which one of those points do you know that you are willing to commit to and let's see how you get on. Okay You are amazing. Thank you for listening and please remember that faith plus action equals miracles

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