

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 Susie 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 you gorgeous human being. It is Susie Ashworth here and you are listening to the Infinite Receiving podcast. God, that felt good to sing at you this morning. I am super excited for this episode. It is going to be. It's my intention that it's going to be a quick and dirty one for you today. But you are going to be able to take what I am sharing and implement this in your life and in your business immediately. Don't thank me now go and do the thing. And then once you have tried this, I want you to be back in my DMS and I want you to let me know how you have got on. You only need to do this once in order to know that it works.

And then you get to choose whether you want to incorporate this into your daily practice for getting more shit done. The other thing that I would love for you to do is if you take me up on this challenge of actually choosing to implement what it is that I am sharing, do me a favor and share this episode with another friend of yours who you think will benefit from this. And if you haven't subscribed to the podcast already, please do that. Subscribe. Let's get the word out there. You know that in just a couple of months time, at least at time of recording this, I am going to be sharing my book, Infinite Receiving. Crack the code to conscious wealth creation and finally manifest the life of your dreams in just a couple of months time.

And the more people that know about this podcast, the more people are going to know about the book. So I would deeply, deeply appreciate you sharing this with a friend. So without any further ado, let's get into this. So one of the things that I am wildly aware of when it comes to managing my life, having three kids, running a seven figure business, having a team and just dating and all of the other things that there is a lot of things that I desire to do. And sometimes, and if you've been in my world for longer than a hot minute, you will have definitely heard me say over the years that overwhelm is a choice. And at times I still feel like I'm overwhelmed.

At times there are periods when I just feel like I have got too much on my plate, there's too much to do and not enough time. And when I am really honest with myself, I know that this story around there not being enough time to do all of the things that I desire to do is bullshit. It is not actually true. And one of the things that I have identified within myself and I know that if it's in me, there are going to be more than. There's going to be more than one person out there in the world that identifies with this too.

When I am feeling like there is not enough time to do everything that I want to do, usually I can also identify with the fact that I have spent a disproportionate amount of time thinking about all of the things that I do not have time to do. I'm being quiet deliberately because I want that to sink in. It's not that there isn't enough time to do all of the things that I desire. It's the fact that I spend a lot of time thinking about just how many things I have to do. And in the thinking about all of the things I have to do, I get into analysis paralysis mode. So what this looks like in my life can be as simple as just procrastination. I'll do it in a minute. I'm going to do it in a minute.

I'm going to do it tomorrow. I'm going to do it next week. Can somebody tell me when I need to do it? Because I'm not doing just procrastinating or unstructured contemplation time. I really understand the importance of thinking time, giving myself time to contemplate and plan. But if that time isn't structured, then that thinking time can end up being actually just one big distraction where I'm not even thinking or contemplating on the things I have said that I want to think about. And I'm just in the maze again, the maze of my mind, which I have to say I notice even more acutely right now because of my perimenopausal symptoms. And so this is just very present in my life. How else it shows up is just distracting myself with doing other things.

And so when I say doing other things that might be scrolling on Instagram, having a look at Facebook, shuffling around the papers on my desk, or doing other things that actually don't have as high a priority as the thing that I've said that I want to do, I e. It might be recording for podcast episodes because we're down to our last one and I want to batch record so I can then focus on all of the other things that I will do. But instead of batch recording, I'll end up writing an email or doing a post or writing a message and leaving things right up until the last moment. So distraction and not prioritizing. If were together, I'd be saying, hands up if you know that this is you.

So the impact of allowing myself to run my life in this way is that it Erodes trust. I say I'm going to do things within a certain time period and then I don't do it. I then start to doubt myself. It impacts my confidence, like, yes, I will always get things done in the end. Yes, I will always get the things that need to get done in the end. But because I'm spending this disproportionate amount of time thinking about all of the things that I need to do, I'm also then thinking about the fact that I haven't done the things in the time frame that I originally thought that I was going to do them. And it's that then impacts my confidence. Second thing, the second impact of this is that you're perpetually living in this space of time scarcity.

There's not enough time. There's not enough time. I don't have time to do this. I don't have time to do that. And as you say that, our words are spells, so as you continue to reinforce that there is not enough time in your life, you are the person that's always running just a couple of minutes late, not getting this done, not getting that done, and you are literally creating it every time you speak it. It creates this sense of feeling like you're always on the back foot. That saying, I'm just always chasing my tail. There's always another thing to be doing or get done, and I always feel like I'm behind the curve. That's the time scarcity, reinforcing that message for you. And ultimately, what it means is that you're not able to give anything your absolute best.

It usually means that you can't be 100% present because there's a part of your mind thinking about the other three things that you thought that you were going to get done in this time, but didn't because you're now prioritizing something else. So this overthinking and not actually executing is really costing you quite significantly. So what are we going to do about this? And when it comes to the way that I coach and the infinite receiving coaching method, we always look at the three different ways that we can help somebody create change. So neurologically, physiologically, and then energetically and

today, I want to share with you a neurological tool. We're going to approach this in a very practical, very logical way. And if you find that this process isn't the thing that moves the needle for you, then you get to look deeper.

This is when the somatics or the physiological shifts, you approach, and then the energetic shifts. But today, we're going to focus on the mind. So, very practically, what is it that you want? And I'm not talking big picture here. I'm inviting you to look at all of the things that you have on your to do list. Again, if you've been with me for a hot minute, you will know that I don't even love to do lists. I am a priority list person. But for the sake of this exercise, what do you want to do today or even this week? And I want you to get clear on why are these things or this specific thing important to you? Why is it important to you?

And I want you to really ground in, so get clear on what's the impact of this to your business, to your life. If you don't get this shit sorted, what is the outcome if you do this and you do it well, get very clear on this now. Third step, I want you to give yourself some allotted thinking time, if necessary, to plan out what it is that you need to do. Now, obviously, if the thing on your list is I need to go to boots to pick up Jimmy's eyewear prescription, you don't need any thinking time. But if you are using this for work and you have a project or a podcast or anything that requires you to, that is going to make things easier.

If you have a little bit of an outline, I want you to allot some thinking time for this. This is really important. And the reason that this is important is that, one, by creating an outline, not the whole thing, but an outline, or thinking about what it is that you want to achieve, you will save time in the execution, because you can just execute rather than think about what is going to happen next, which means that you will actually reduce your energetic output, which is amazing. Be very specific about the amount of time that you are going to allot. So if you, for example, are recording a podcast episode, and you want to give yourself half an hour to record the episode, and you're going to allot some thinking time within that period.

So you might say, I'm going to dedicate ten minutes of thinking time within that half an hour. Or you might say, I'm going to give myself ten minutes of thinking time and then give myself a full half an hour to record the episode. It doesn't matter what you do, but I want you to be specific about how much time you are giving yourself to plan, and then you are going to stick to it. Second step, or the fourth step is you're going to make a decision. I've kind of already mentioned this in the previous step. So you're going to decide how much time you want to outline and then you're going to decide how much time you're actually going to allow yourself to complete the thing. And the first time I heard this is from a woman called Brooke Castillo.

And what she said is that people have a real difficulty taking radical responsibility for committing to timelines. Often they will say things like, I don't know, I've never done it before. Or for example, I've given myself 15 minutes to record this episode and I'm now on 14 minutes and 22 seconds and I have not, and I'm not near the end yet or not as close to the end as what I would like to be. So it's okay

because you can get better and better at one, learning how much time it takes you to do things, but more importantly than that, choosing to become the person that works effectively to deadlines. Now, the reality is that even though I'm a little bit over the time right now, we've got some bits that need to be edited.

So we're going to see how far over we go. But give or take five minutes, we are winning. So decide how much time you want to allow for your task. Next step, put it on your calendar. Okay, so in your calendar, you're going to include the thinking time and then the actual time. And this will be game changing for you because as you start to fill your calendar, you are going to have to be more discerning about the things that you commit to. Because if you are committed to a life of joy and freedom, as many of my clients are, then you are not going to want to have your diary, your calendar filled back to back with things in your priority list. You're going to want to have spaciousness, and so you're going to have to start to say no to things.

And in addition, this is going to be extra motivation for you to keep to your timelines so that you're not eating into your joy time. So the calendar piece is really important because as you start to be more discerning and say no to things, no gets to mean no rather than I'll fit it in somewhere or I'll slot it in. You no longer have to operate in this space of I don't have enough time because you're choosing how to spend your time. And there's such a big difference when it comes to choosing to say no and feeling this sense of I'm running out of time because I am not productive organized with the time that I am using. So you put it into your calendar, and then you commit to making it happen as a non negotiable. So there are 123456 steps.

So there are six steps in this process of getting it done. And now I want to offer you, just briefly, a couple of ideas to help you support yourself in making this happen. So tip number one, you want to just eliminate your usual distractions so you identify what they are. If you are somebody that is spending hours a day or a week on Netflix, maybe you want to just delete Netflix or give yourself an allotted time period to watch your one show a day, one film a week in order to claw back some of your valuable time. If you are somebody that is looking to lose weight and you know that a distraction is the cookie tin, maybe you want to not buy any cookies or remove the cookie tin from your kitchen.

If you are somebody that, if you go out with a friend for a couple of drinks, it ends up whether you've had a couple of drinks or a couple of bottles, you have a stinking headache. And that hangover stops you from showing up and being fully present. Maybe you want to keep your alcohol consumption to one day a week or one specific time. Just have a look at what is it that distracts you from being able to show up in your fullest. For me, what is super helpful is just removing the apps from my phone and giving myself a specific amount of time per day for me to be able to do my consuming in that period, because otherwise it's too easy to distract myself. Who can you ask to support you?

And so this might mean that you are asking family members not to disturb you during a specific time. It might be that you're asking other people to take on tasks. It might be that you need to speak with your mentor about certain things, like ask yourself, is there anybody that can support me in this task,

in making sure that it happens, make the requests, and then finally make sure that you are celebrating the completion of your task with a little reward. So that might be five minutes on your app. It might be a nice coffee, it might be going out for a walk. But once you've completed it, make sure you celebrate. So this is my process for getting more shit done, stopping, overthinking, and actually doing. I hope that you found this helpful.

Like I said, if you have loved it, if you found anything useful, make sure that you commit to implementing this and then come back and let me know. Thank you so much for listening and please remember that faith plus action equals miracles.

Thank you for listening to infinite receiving with me Susie Ashworth I'd love to share with you my infinite receiving activation audio Go to suzyashworth.com Activateinfinitereceiving.