

## 4 Steps to Beating Self Sabotage

00:05

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 d for infinite receiving. Hello. Hello, you gorgeous human being. It is Susie Ashworth here, and you are listening to the Infinite receiving podcast, and I hope that you are having an incredible day. Evening, afternoon, whatever time you are listening to this episode, it feels amazing to be in your earbuds. And today is a really special day for me because it is day one of the devotion experience.

01:02

And if you have listened to previous episodes, you will have heard me talk about this 75 day challenge that I set for myself at the beginning of the year, which involves meditating twice a day for 15 minutes. It involves me exercising twice a day for 30 minutes. And one of those exercises needs to be outside. I read ten pages of a book. I am not drinking alcohol. I am eating clean. I'm taking a progress picture every single day. I think that they are all of the things I've committed to. Oh, and two and a half liters of water. So this is quite significant, and it probably puts about 90 minutes onto my day, just the actual actions. And this is my now third attempt.

01:56

Day one is my third attempt at nailing 75 consecutive days of doing all of these tasks, which I see as it is a mental resilience challenge. It is an extreme self care invitation, and it's a real opportunity for me to stretch myself beyond really anything that I have ever done for this length of time on consecutive days, mentally and physically. And I have loved it, and I have hated it. And just before the weekend, I fell off the wagon in quite a spectacular style. I'd got to about 1130 at night. I hadn't drunk my water. I hadn't done one of my meditations. I hadn't exercised, and I hadn't read my ten pages of a book.

02:53

And in order to get to that late at night and not have done those four things, I had been deliberately choosing consciously and subconsciously, to not follow through on this challenge. And that, my friend, is called self sabotage. So what is self sabotage? It can present itself in a number of different ways. I think probably the most common ways are procrastination. I'll put it off. I'll do it later. I'll do it tomorrow. Creating drama internally or with our friends, families, clients, confusion. So a lack of clarity, analysis, paralysis. I can't move forward because I just am not clear on this one thing, and if I can just get this one thing right, then I will be able to do it. That's self sabotage. And then I think, finally, just not setting yourself up to win.

03:52

And when I think about my day last Thursday when I dropped out of the game. I really hadn't set myself up to win. So why do we do this? And I heard Ed Milette on the Jay Shetty podcast say something. I'm paraphrasing here, but he said something like, if winning takes us beyond the core belief that we have about who we are as an individual, what we believe

we are worthy of, what we believe we are deserving of, we will adjust our behavior so that it is in alignment with the core belief that ultimately has less or does less. And when I heard him say this, and he said it in a way more refined and catchy way, but it really did make me stop and go, that's it. And this isn't the first time I've heard this.

04:58

I have read the big leap with gay Hendrix and he talks about the fact that we will do exactly will when things are going great, we will do something to mess it up because it is out of alignment with what we believe we are worthy and deserving of. And so when I think about my behavior, it obviously feeds into something around my identity. Now, I could spend hours and hours doing the introspection and doing the analysis, but I think that there are easier ways, or just different ways for us to move beyond the piece of us or the bit of us that doesn't believe that we can. And the really simple answer to this is just to up level your identity. Like choose something different. And I have done this. You have done this many times in your life before.

06:02

I went from high school dropout to a student who never stops learning. And the first iteration of that was when I studied for my hypnotherapy and psychotherapy diploma. I had to choose to let go of the old story of I can't, I'm not good enough, I'm not smart enough into I can absolutely be book smart and I can absolutely finish this course and I'm going to do it no matter what. And I did it. And I finished top of the class. So I just shifted. I decided that I was going to believe something different about my identity. I also did it when I was told for many years in my advertising sales career that I wasn't a creative person. I wasn't actually even allowed to think creatively. If I had an idea. My bosses would say, no, you're not allowed.

06:58

That's for the creative team. It'd be like, oh, I'm not a creative. And then one day, whilst writing a post on Facebook, it really did hit me that course I'm a creative, and I get to express my creativity through my words, through my lives, through my advertising design. Like, I'm absolutely a creative. I had to choose it. But the moment that I chose to adopt that identity as my own, the level of creativity that goes through everything I do, just ten, X. And then of course, the really obvious one is when I chose to move from being an employee to an entrepreneur and ultimately an employer. And by choosing that identity, I also became the creator of a multiple seven figure brand. So just deciding that you are going to shift your identity is the first step into moving beyond self sabotage.

08:07

The second thing that I needed to do in all of those circumstances that I haven't done as well with this 75 day challenge, is to connect with the version of me that has already completed the thing, to connect with the version of you that is already doing the thing. And in my members club for Infinite receiving, there is an exercise that I take people through called the anchor, which is all about connecting with your future self and asking yourself, like, what is it that I need to do in order to create X, y, Z result? And then I invite people to make a recording of their insights and then listen to that recording on a daily basis.

09:04

This becomes really powerful because when you listen to the recording on a daily basis, what's happening is you're getting reminded of, one, the vision that you have for yourself, but two, the building blocks that are actually going to get you to where you want to go in terms of your behaviors because you have recorded them. And this is step three, you get to behave in alignment with the direction that you want to go into. So if you want to become an entrepreneur, you have to create a business and then you have to sell every day. And if you're not selling, then you're not acting in alignment with being an entrepreneur. It's a crude example, but I know that you get what I mean. So step three is behaving in alignment.

09:58

Step four is reviewing what it is that you are doing and then optimizing. And this is probably the most important part of moving beyond self sabotage, because what is going to happen is if you set yourself a stretchy intention every time you get to the edge of your zone of comfort, you're going to be faced with an invitation that is either very obvious or very subtle. But that invitation is going to invite you to think differently, do differently and be differently in order for you to get a different result than what you are used to. And what's going to happen there is that you're either going to do it and do really well, get immediate, instant positive feedback so it makes it easier for you to do it again, or you're going to do it and it's going to feel like it's not working.

11:00

And at that point, when it feels like it's not working, you're going to be presented with another choice. Am I going to duck out or am I going to lean in, learn the lesson and revise what it is that I am doing? So you got to be reviewing what it is that you're doing on a daily basis and then optimizing. How do we optimize? Well, obviously it's going to be different for every person and it's going to be different depending on the skill sets that you need to employ or the attitude that you need to employ in order to move to the next level. And what you're going to find is that some of the things that you need to optimize feel so freaking easy. It's like, of course I need to do that differently and that I've got it.

11:50

You don't need to tell me twice like it is already done. And then other things that you need to optimize, like maybe selling every day, like maybe getting better at your copy, like showing up and being consistent with your podcast, whatever it is, like going and saying to the person that really triggers you, that you want to have a conversation with them, that you want to start afresh and you're going to find some of these things really difficult to follow through on. So what do you do? You ask for support. Again, this is in the infinite receiving playbook. This is one of the most important pillars. When you find yourself looping, when you find yourself stuck, there is something going on that you don't understand. You now no longer have a clear line of sight.

12:47

And the easiest thing for you to do is ask somebody who has done what it is that you have done before and ask them what their experience is when they get to the stage where you are currently at. And so this is both the inner work and the outer work. And the people that you should be seeking support from are coaches, perhaps they're therapists or consultants. These are people that you can ask the question of and know because they have walked the path that their insight is going to be useful even if you can't extract everything from it.

13:31

Maybe not everything applies to you, but it's still going to be useful because they have walked the path or worked with people who have walked the path and you want to repeat like repetition is one of the ways that we build up neural pathways and neural pathways are the things that our brain follows in order for us to do things on autopilot. And so if you know, one of the things that you need to be doing is showing up and asking for the sale on a daily basis, but you're finding the showing up really challenging. This is when you speak to the coach and say, I really want to show up, but I'm finding that I am finding every excuse under the sun to not show up and not show up fully in my power. How can you support me?

14:25

How do I think about this differently? What can I do differently? So you want to be willing to ask those questions again and again and again. And depending on the type of coach, depending on the type of therapist, sometimes you're going to talk it through, sometimes you're going to move it through your body. Other times it's going to be worked on energetically. But being willing to keep coming back and looking at the things that you aren't doing and then optimizing so you are able to set yourself up for a win is really important for me in the devotion experience. Setting myself up for a win means by 08:00 p.m. Make sure that you have drunk all of your water. Setting myself up for a win means going to bed by 1030 so that I can wake up early.

15:20

And when I wake up early, I can read ten pages of my book. So we're asking ourselves these questions again and again, and we're creating different strategies in order to make it easier for us to follow through. And then you want to make sure that there is some level of accountability, because if you're reviewing what it is that you're doing and then you're optimizing, you're not telling anybody what it is that you are doing outside of the coach, outside of the mentor, sometimes that can be enough for sure. What you want to do is create an environment where you have to keep yourself accountable. So what that looks like for me is that there is a daily training that happens over in telegram and on our private podcast, which usually I take the inspiration from my morning devotional walk.

16:19

And so I know that every single day people will be expecting a training from me a mini training that is going to shift their perspective, help them with some strategy, provide suggestions for mindset work. It doesn't really matter. The thing that matters is that one, the trainings are amazing. We're on day 56 now, which kind of blows my mind. That's 56 separate trainings go me. But if I don't show up, then people are going to ask questions, why hasn't she shown up? Are we getting a training today? And what does this mean? And so that plays a really important part in my accountability, public accountability. And then the second way that I keep myself on track is to have the devotion, experience tasks in a checklist so I can cross things off day by day.

17:19

So I want you to grab a pen and write down these questions which are going to be super helpful for you when it comes to optimizing your behavior. So, did I do it? Why did I do it? Why was this important to me today? How can I make it easier? Then why didn't you do it?

What was the story that stopped me? And so once you have the story that stopped you get to put a big fat cross in it and ask yourself, is that story really true? Is that story really the reason that I did not follow through? No. Okay, so what's the new story? What is it that I want to create? I talk about this, and I share some of these questions in the pillar of greatness chapter in my book, infinite receiving.

18:12

These are so powerful when it comes to looking at what needs to happen in order to change our behavior. And again, we can intellectually understand it, we can intellectually commit to this. But if you don't follow through, it's because it's not coming from a place of embodiment. There will be something in your thinking, in your being or energetically that says it is not safe for you to create what it is that you want to create. And once you are aware of that, and how do you become aware of it? You see it in your incongruent behavior, incongruent with the end result that you desire. And at that point, that is the time for you to get help. You shouldn't be muddling through it on your own. You shouldn't be trying to work out the puzzle.

19:06

And you know that I don't love using the word should. But ultimately, when you're running up to a roadblock, that is when you need to get support. And then with the use of that support and the accountability that gets to come with it, you can start to make consistent shifts and changes in our behavior. So this is my session on procrastination. I want you to know that you can shift this. So this is my session on self sabotage. And I want you to know that you can shift this. And everything starts with you making a decision about who it is you desire to be and what it is that you desire to create. Whether it's big or small, whether it's service or product, it doesn't really matter because you are the person that has the dream.

20:05

You are the person that has the vision, you are the person who's going to execute, and you are the person who is going to get the results that they desire. But it all starts with you making a decision. So if you have loved this episode, if you have taken any value from this at all, do me a favor and please share this with one other human that you think would benefit from this session, and I would be deeply appreciative. And for those of you who don't know at the moment, we have a seven day complimentary trial for our infinite receiving members club. And all you need to do in order to claim that trial is send your proof of purchase for the book and you send that to [hey@suzyashworth.com](mailto:hey@suzyashworth.com).

21:00

And once you do that, our lovely team will give you access to the gateway our lovely team will give you access to the infinite receiving Members club, which is super exciting. You can try everything out, and if you want to play for longer, it will be incredible to have you. So without any further ado, I want you to 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](http://suzyashworth.com).  
Activateinfinitereceiving.