

Are You Too Comfortable Transcript

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Foreign.

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This is the Infinite Receiving Podcast. Helping conscious leaders like you tap into a wealth of abundance across all areas of your life and business. My name is Suzy Ashworth.

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I am a single mum of three.

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And author of the Sunday Times best selling book Infinite Receiving. Crack the code to conscious wealth creation and finally manifest your dream life. On this show, I'll be sharing with you how you can upgrade your identity and your reality to create the life that you have been dreaming of because you are ready to be an infinite receiver.

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Hello, hello you gorgeous human being.

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It is Suzy Ashworth here and you are listening to the Infinite Receiving podcast and I have got a juicy one for you.

01:01

Today I want to talk about the comfort zone. And not just your comfort zone, but the invisible grip that your comfort zone has on you and the different ways in which we get stuck and frequently stay stuck. And I suppose what I want this podcast to be for you is just a little call out. It's a

little shout out. Because I think what is interesting about that sense of stuckness that comes up.

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Frequently in our lives and our businesses.

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Is it can creep up on you.

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You don't even realize that you feel stuck until six months down the line.

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Or a year down the line. And then it's like, why does my life feel exactly the same as what it did a year ago?

02:00

Nobody should feel like that.

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I don't feel that we should be feeling like this quarter was the same as last quarter. Everything should feel different and in an ideal world, expanded. We should be growing each quarter so that by the time we get to the end of a year, we're like, wow, who'd have thought that was possible?

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Most people can't have that conversation because.

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They're not operating in their lives like that. And the first reason is because familiarity feels safer than fulfillment. I'm going to say that again because it's a really important one.

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Familiarity feels safer than fulfillment. In order for you as an individual to feel fulfilled, there has to be some friction, there has to be some type of challenge. Otherwise it just feels too easy.

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Now don't get me twisted when I say this because I'm not saying that unless you are working really hard or it feels really challenging, then you are not going to get any satisfaction. I am not saying that. But when we operate from within our comfort zone all day, every day is safe. There's no risk involved. It's not a challenge. You just know what it is that.

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You are supposed to be doing. You know it so well.

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You can do it on autopilot and instead of having to redirect your brain into a space where you have to think, you just let the body run with it. You know, it's that same energy of driving your car to work every day and every once in a while being like, how the heck did I get there?

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You didn't need to think about it.

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You are completely running on autopilot. And I think it's a sad thing.

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That there are many, many.

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Individuals who are living their life just like that. And it isn't your fault.

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It's just the way that we as human beings are wired. Our nervous system likes to know what is happening next. So we operate in the field of repeating patterns.

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The problem with the field of repeating patterns is that repeating patterns lead to repeated results. And that's boring.

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There's a part of us that wants.

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To anticipate, if I put five in, I'm going to get 10 out, and that's good, don't get me wrong. But when you can guarantee that every single time there's no excitement and there is a ever increasingly reduced amount of satisfaction. And this is because our bodies are.

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Wired for survival versus success. And what I mean by that is.

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That the body feels most comfortable when it knows what is happening next. It feels most at ease. It is the most easy space for anybody to be in that space of familiarity, that space of autopilot. Even when it's painful, even when it's not serving you. I get up, I go and drink a leash of vodka, because that is what I am familiar with, that is.

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What we do here.

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And even though I might be living in squalor, even though I know that this is absolutely terrible for my health, this is what I know. So if you're in that space of it feels scary to think about what life might look like if I wasn't doing this job, if I was willing to step out of the nine to five, even if that feels scary.

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If you have that sense of stuckness.

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You've got to go there, you've got to have that inquiry. The second reason that people get stuck and stay stuck is because they are.

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Not willing to let go of the.

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Parts of their identity that are no longer in alignment with where it is that they are going. You are attached to the identity of the dependable one or the fixer, or.

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The person who always achieves.

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The idea that you have to let.

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Any of those elements go in order.

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For you to up level just feels.

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Completely alien to you.

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And I get it. There have been times in My life, where I've just dived right on in. I'm like, yep, that's the old mate. I'm good, let's go.

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Let's discover who the new me is.

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I've definitely had that. And I've also had the complete opposite end of the spectrum, where the idea of letting go is petrifying. And so I stayed in relationships, in jobs, in friendships, way, way longer than what I ever should have done, because my identity was completely entwined with the business. And you are not your business and your business isn't you.

07:26

And your willingness to separate those things.

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The willingness to not only or solely be a mother, your willingness to not solely be a sister and really honour yourself and your evolution, this is gold. If you haven't got what it is that you desire, ask yourself, what is it that I have been saying to myself?

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What are the types of things I have been saying, thinking or feeling about myself?

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And make a list, because I can.

08:01

Assure you all of those things that you have been consistently saying to yourself.

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Are the reasons that you haven't created.

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The impact you desire to create.

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All of those reasons are the reasons that you are not taking action in alignment with your desires right now.

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Your identity is something that you get.

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To choose and evolve over time. And whenever you are going or willing to look at going and doing something.

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That you have never done before, you.

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Immediately have to upgrade your identity.

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And I use the word upgrade very.

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Very deliberately because what I'm talking about is increasing your scope

of consciousness, increasing your awareness, and that's an upgrade. If you are unable to do that is absolutely a fundamental reason as to why you would be stagnating right now. Another reason that people get locked into their current level of success is guilt. You know, fear of outshining the people that they love, the people that they care about, the people that they've come up with. And what I would say here is that this is all about the pillar of greatness. This is the first pillar that I talk about in my book.

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Being willing and able to see yourself in your greatness and then being willing.

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To see others in their greatness and speak to them from that place. Because it is true that no matter.

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How successful you are or are not.

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There will be people there who feel so uncomfortable with your growth, they will do anything that they can to shut you up. And if you are able to meet somebody eyeball to eyeball as they are.

10:00

Clutching at straws, trying to embarrass you.

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Or make you feel uncomfortable, if you are able to take all of that with a pinch of salt and speak to that person, the person who's trying.

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To shame you, the person who's jealous.

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Of you, the person who's thinking, how on earth is she doing that? If you're able to take everything they've.

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Said with a pinch of salt because.

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You know that it isn't about you know categorically that their objections and their disdain, their dislike, has nothing to do with you and everything to do with them, that's freedom. And then the final thing that keeps people spinning their wheels is the desire for certainty. They want a guarantee, if I do this, then I will get that. And it just doesn't work like that. Your certainty and clarity comes from taking action. And the quicker you are willing to take action and move beyond procrastination, the quicker you will gain clarity about what is the next step. And that is a super powerful position to be in. So we've talked about familiarity, feeling safer than fulfillment, talked about being attached to your existing identity in a way that doesn't serve you.

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We talked about success, guilt, and the fear of outshining people in your willingness to view them and yourself from a place of power, from a place of greatness. And finally, we've talked about certainty and how clarity comes from taking action and how you can be certain about that. So what do we do with all of this information? How do we get unstuck? I'm going to share with you three of my favorite steps. The first is get radically honest about what is no longer aligned.

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Sounds easy to say.

12:01

It's much harder to implement because of fomo, not because my content is the best in the whole entire world. Although I. I will happily claim that if you want to give me the crown. But that isn't what we're talking about here. We're talking about the fact that sometimes when you go to a place, you just get a feeling that it is not the place. You get a feeling they're not going.

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To treat you like a queen.

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And you get to honor that. Because why on earth would you tolerate somebody in your company that is full of fear and does things the way that they've always done them and that way isn't aligned. So you got to look at what.

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Is it that you have been tolerating.

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Up until now and what are you willing to let go of. Step number two is to decide that you are becoming her before you've ever met her. And this is because, as the seller, your identity magnetizes action takers. It magnetizes people wanting to do things, feel things, say things, have things. You are that woman.

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This is such a powerful journaling question.

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And that question is, if I fully trusted myself, what would I do next? This happens at the end of your containers, sometimes in the middle, but

hopefully not. So her is somebody who directs and leads action. It's somebody who is happy and willing to run with the micro actions so that you don't have to go full throttle two feet in. And then the third piece of the puzzle is to create certain safety around the unknown.

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How do you do that? I hear you asking me, how do.

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I create certainty if I don't even know what's happening tomorrow? And this is the point. The saboteur is the archetype that wants to know 50 steps in advance. But all you need are tools to support your nervous system and you can get that within my peer mastermind group for free. There's also breath work, somatic grounding and mentorship that is taking place this weekend.

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And of course you get to connect with Deirush's community.

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And then finally, safety. And I suppose what I want to say is that safety isn't in absence of risk, like risk often comes up. But what is also true is that.

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Whilst you can have one person who's.

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In tears, you can have the person sat next to her having an orgasm. And it is the presence of support that really is the game changer. So without any further ado, I want.

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To say thank you so much for listening to me. I deeply appreciate it. And in the meantime, faith plus action equals miracles.

15:07

Thank you for listening to Infinite Receiving with me, Suzy Ashworth.

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I'd love to share with you my.

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