

## Did I Spoil My Kids?

### Transcript

**00:00**

Foreign 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. I am a single mum of three 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. Hello, hello you gorgeous human beings. It is Suzy Ashworth here and you are listening to the Infinite Receiving podcast and I am recording this episode about five days before I am about to head off to South Africa with my children. And I am, I'm feeling all of the.

**01:15**

Feels like I'm super excited. It's been about eight years since I was last in South Africa. Aluna actually is going to be nine at the weekend. And I remember that the last time that went we didn't have to pay for her, so she must have been just under two. So seven or eight years since I was last there. And so much has changed, I suppose our whole life cycle is a whole life cycle every seven years. Right. And so whilst we're not like it's not naught to seven or seven to 14, it feels like so much life has happened. You know, the last time I was there, I was married. Aluna was two. We stayed with my friends. My best friend who I met when I was 19 years old, she was married, she is no longer married.

**02:12**

And yeah, going to South Africa, it was the start of it kind of sowed the seeds for what it might be like to be traveling a lot. It sowed the seeds, I think for Mexico and you know, since then, divorce, Sunday Times bestseller, multiple millions of pounds. The kids, like Luna was a baby, she's now about to be nine years old. Caesar is a teenager, a proper real life biological bonafide teenager. And Coco is a tween. She's 12. The kids are in, you know, secondary school, high school. There's

so much life that has happened and so it feels really exciting to be going back. It feels like, wow, like I feel proud of myself for making this happen.

### **03:08**

I feel great about being able to go and see my best friend in her country because normally it's her coming here to visit her family and her other friends. So that feels really amazing. And I'm also very nervous. It's the first time the kids and I will have been alone or away completely on our own, with no additional childcare support, because in the past, I have traveled with my assistant, Tilda, and whilst, of course, I've been away with the kids on their own, not for 18 days. So there is a part of me that feels very nervous, because where we are in this chapter of the book, as a family, I've got to say, like, the teenage years have been really real. And this need to stretch and push the boundaries and go beyond what I feel is safe and acceptable.

### **04:15**

And all of the things, as a mother who wants to protect her children, all of those things are being constantly challenged. I say the sky is orange, they will say the sky is blue. And they will tell you that the sky is blue with such conviction that you will, at some point start wondering if the sky is really orange. Like, you will start wondering that.

### **04:41**

And what I have found is that this part of life for me, not really as a mother, but as a woman who is on a spiritual path, who is wanting to live life on purpose, who is wanting to squeeze the juice out of each and every moment, who is wanting to be the model for what is possible, the mirror for all of my fears, all of the places where I do not trust, all of the places where I want to buy into the illusion that I am in control in some way, shape or form. I'm seeing those mirrors multiple times a day. And it probably is the most challenging period of motherhood that I have had.

### **05:31**

And I say that with a wry smile on my face because I'm sure I've said this before, but when you don't know that the baby years and lack of sleep and all of that is going to feel like child's play in comparison to this, the idea that I could have said to the younger version of me, guess what? And even as I say that's the whole

point. That's where we are right now. I am living and working with and trying to protect and guide the younger versions of these human beings. And everything that you, every way that you view the world, you know, whatever their father and I have done, we have brought up kids who at this stage, feel confident in exploring their own sense of self. They are more interested in exploring their own sense of self than listening to reason.

#### **06:28**

And there is a part of me that finds that so infuriatingly frustrating. And then when I'm able to kind of reflect in a place like this on the podcast, I know that is so important. I know that there is nothing wrong with that. I know that in actual fact, it is a gift that I can either try and squash and control and manipulate or allow. It's just that in the allowing of it brings up all of my stuff. So there's a part of me that feels super excited that we're going to be going on this adventure. And it really is an adventure. We're going to be volunteering, we're going to be in Cape Town for a little while and then we are going somewhere else, which is about four hours away from Cape Town.

#### **07:14**

And we're going to be doing a mix of community projects and wildlife projects, which are going to be amazing. And a big part of the reason that we are doing this is that this is my sneaky way of trying to control the situation. Like yes and no. I have the idea of spending the summer on tenderhooks and in constant negotiation with my kids did not feel appealing at all. Did not feel appealing at all. And the other really big part of this is that when I think about some of the things that make me. I was brought up with a foster family where my mum and dad worked so freaking hard. I saw my mum and dad working and I really understood work ethic.

#### **08:07**

And because of the way that I have designed my life, especially now, I don't think that the kids realize that in order for us to live in the home that we live in, to drive the car that we drive, like I actually work, like they have some kind of idea. And it's not even that I desire to start to create the paradigm that you have to work hard for your money. But there is something about work ethic that does feel important to me that I question whether I've taken that a little bit away from their

perspective. And there's a part of me that questions whether that's a good thing or not. Science would say it's not a great thing. And it's why wealth always skips a generation.

### **08:53**

Because the generation who've had direct access to it from their parents don't understand the value of it because they've always been able to just get it. And some people would say that's just positive money mindset. They'll continue to do that only if they know that there has to be some energy and intention put into a single direction in order for you to get an outcome, in order for you to be able to get a result. There's a part of me that feels like they don't realize how privileged they are. And again, because of the success that has been co created, I sometimes feel like there is A sense of entitlement that I do not like. You know, we're flying economy, which is a really, I mean aside from the fact that I booked the tickets yesterday and we're leaving on Sunday.

### **09:43**

So actually flying economy for us as a family, for flying business for us as a family did not feel good anyway. However, because they are used to flying long haul in business, I knew that there would be a little bit of a we're not flying business. And it's like got the idea of even like I was going on holiday to Carmarthen Bay, Barry island, do you know what I mean? Like, that was my upbringing which meant that when I did finally start going away, first holiday abroad. Lorette de Mar, 18 to 30s, loved it. I was so excited to get on a plane and to have the experience.

### **10:22**

And it's like we've given all of these incredible experiences at a young age which has set an expectation which in some ways shapes and forms I love and what I not just feel into like experience at times a sense of entitlement without the gratitude and appreciation or understanding of how it has been created. So we're all flying economy and I'm like, this is going to be an experience and it is a. I think it's gonna be a good one. We are going to be volunteering in these projects. And again, as I said to my son, even if were going to stay in five star luxury, it would give you a different perspective. He was like, is this a punishment? And I'm like, it's not a punishment. I think that it's something that will be amazing for that whole family.

**11:16**

And if you hadn't been acting the way that you've been acting over the last few weeks, would I have picked something different? Probably. But what a gift. And it was funny because his reaction to hearing what were going to be doing and where were going to be going was so affirming to me that it was the right decision. It was the right decision to be going away and this be our summer break rather than going to a beautiful villa somewhere where he would spend all of his time on his phone and or complaining that about something, anything, something. And so, yeah, whilst I am unsure about how much joy in the moment we are going to experience, I know that this is going to be one of the best things, one of the best decisions I made for us as a family.

**12:11**

And at the same time, because expectation matters, I am also holding the vision and the intention that within a few days of being there, they can't help but feel and enjoy in real time the magic of making a positive difference. I hope that when they see the privilege that we get to live in that they understand it's just luck of the draw that they weren't born in South Africa. And, and when I say born in South Africa, I know that there are many people and many places where there is just such huge affluence. I. It's one of my favorite places that I've ever been to, mainly actually from a nature perspective. Like I have felt like, wow, I feel like I'm in the middle of a film.

**13:04**

And so, you know, my daughter made a comment and I was really like, you do realize that Africa is a continent, not a country. And as with everywhere, there is a mix of everything. And like, let's not get it twisted, I do want them to see that through luck of the draw of who your parents are, you are not being brought up in a township. And I want them to meet people who have had completely different experiences, life experiences than them and I want them to appreciate the richness of that. And so this really feels like infinite receiving in action.

**13:48**

This for me is living the richest of lives, being able to make a decision and then make it happen within a week to be taking my kids and creating an experience of

a lifetime which they will either love in the moment or not. And it doesn't really matter because it will all be important when it comes to building that character whilst at the same time being very character building for me. So this is a vibe, it's a little bit of an update today. I know I got straight into it. I hope that this has just given you some food for thought and I look forward to updating you on all of the lessons and everything that I learned and we learned as a family. When I get back, please feel free to follow along on insta. That's where I will be sharing our experiences.

#### **14:42**

And in the meantime, please remember that Faith + Action = 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/Activate Infinite Receiving](https://suzyashworth.com/Activate-Infinite-Receiving).