

The Confidence Trap Part 2

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 Susie Ashworth. I am a single mom 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 Susie Ashworth here and you are listening to the Infinite Receiving I Am podcast and I am coming straight in with part two of the Confidence Trap.

I really appreciate the feedback that you gave from the last episode and I am excited to dive into the trust part of this conversation because I think that it is huge. So many times a person stops themselves from taking the action that they want to take, I. E. Joining the program, committing to going out on a date, changing their eating habits so that they're healthy, starting a new exercise program. So many times a person stops themselves from doing what they know that they need to do because of all of the previous times they have made a commitment to something and then they haven't followed through. And so it's not that they don't trust you or they don't trust the program or the possibility of getting the results. They have decided that they are not trustworthy.

And the question then is, how do I know that I can trust myself this time? How do I know things are going to be different this time? I'm not sure that things are going to be different this time. I don't think that I've changed. I can tell you 500 other things I've committed to and I'm not following through. Even though I know what I need to be doing, I can't trust myself. I will come back to you when I have worked out what I need to do in order to become trustworthy. Guess what? It doesn't work like that. And when you're asking yourself the question, how do I become trustworthy? Or how do I know that I can trust myself, you're actually asking the wrong question. Because the reason that you are following through isn't because you're not disciplined enough.

It isn't because you lack the motivation over a period of time. It isn't that you just don't follow through. And when you get your head around this, it will be absolutely life changing. In fact, I would go as far to say that Understanding this concept and seeing how you can rewire yourself to be the person who gets the results because you're in the room. You can't get the results if you're not even in the room. So when you rewire and implement this awareness into your everyday life, it is going to change everything. You are not doing the thing. Not because you are inadequate or the program's wrong or the mentor's wrong, or that something's broken. You're not doing the thing because quite simply, your brain is wired to protect your current identity and not your future one.

I'm going to say that again because it is really important. Your brain is wired to protect your current identity and not your future one. So what this means is that the real issue is that your nervous system and identity are still calibrated to the version of you that got you to this

place, but not the version of you that you are becoming. And your body will always vote for familiar over your expansive, over how it feels to be sat in the growth zone because growth is inherently uncomfortable. So what is going on is that your current identity doesn't match the commitments that you're making. Every commitment carries an identity upgrade.

And so what was happening before with you is that you were saying, I am going to eat healthily or I'm going to stop arguing with my partner, or I'm going to put you on my vision board. Because if the identity upgrade feels too far away from where you're standing, then your system rejects the behavior that you're trying to lean into. This is why intellectually, you know that you can do it and you know exactly what to do. But, but you're still not doing it. Which is why I have said for years, identity trumps strategy every single time, without exception. You have to nail this if you want to get the results that you know are possible for you. What's going on with your nervous system is that it perceives the change that you want to make as a threat.

Even if the change is positive, even if the change is exciting, even if the change could make your life so much better. Because if it senses uncertainty or potential exposure, maybe you're going to get this wrong, maybe you'll fall flat on your face. It means that there is an emotional risk there. And that emotional risk, coupled with a sense of loss of control means that you hit the brakes, that is what is going on when people talk about self sabotage. And it's not because you're weak. It's because your body is keeping you safe. The other thing that's going on is that you're relying, or up until now, have relied on your emotions to kickstart your action. So people are waiting for that feeling of clarity. They're waiting for that feeling of confidence.

And as we talked about in the last episode, you can wait for that feeling of confidence your entire life. Because confidence is never going to come and hit you in the face like a wet fish. Your confidence comes from the evidence of taking action, or people are waiting for themselves to feel motivated before they go. But as with action creating confidence, it's the action that gives you the clarity. It's action that creates momentum. So you are going to have to move in order to experience the feelings that you're waiting for. The other thing that's happening is there are micro leaks in your environment, and those microleaks drag you back into your old patterns. So whatever is normal in your environment becomes inevitable in your behavior. So if your environment supports the old version of you will keep on winning.

So it's like when people say, if you want to start eating healthily, remove the crisps, remove the chocolate, remove the cookies. Because otherwise, every single time you go into the fridge, you are being reminded your old identity is being pinged. When you go into the fridge, you get the milk out for the tea and you get the cookies as well. So you have to, at the very least, move the cookies into a different position and at best, just take them out of your environment. What is going on in your environment right now that is super supportive to the version of you that you were, but not the version of you that you are becoming. And finally, people think that the goal is to never fall off. And I 75 hard. I am restarting again at time of recording.

And what's so frustrating is that I had done 27 days. I felt so confident in myself. And I remember saying to my sister, I'm just going to do it this time. This time feels so different. And then that was on Saturday. And then on the Sunday, I missed my 10 pages. And why did I miss my 10 pages? Because I didn't get up and read as soon as I woke up. And because that is the sequence my environment. Then from when I actually got up to when I went to bed, I missed my cue. Waking up is the cue to read. I missed the cue and then I forgot about it. And what would normally happen is that I would pick my phone up and there would be some kind of notification, but for whatever reason, I didn't. I missed it.

So any other cues I missed? And so then I started again. There's something very challenging about starting again. I never quite hit it. And I started again and I fucked it up again. And so this is now the third time I am starting again. And the reason that I share this with you is because most people think that the goal is to never fall off. And I know how hard it is to get back on when you have fallen off. But that is the mastery. The mastery is the speed at which you can come back to the commitment. And so in the example that I just shared, what would be Jedi Master operations would be to skip the 10 pages and then get straight back on it. That would be Jedi Master. I'm not quite there yet.

And it's okay, because your bounce back rate determines your results ultimately, not how perfect you are. So in order for you to move forward, you have to bring your identity, nervous system and environment into partnerships with your commitment. So what this looks like when I say this, explain this to people, often they're like, oh, right, great, I'm going to go and sort this out and then I'll be back. And what I want to say to you is across the board, actually, because I understand that in order for people to get practical results, we have to get the energetics aligned. And so the containers that we create, particularly when it comes to the certification. And my mastermind, my sales mastermind, is set up so that you are having micro wins.

We're breaking down exactly what you need to do and giving you one task to focus your energy and attention on. And because you're only getting one task instead of 500, you're able to take action and create bite sized wins, which when coupled with celebration, which we talk a lot about across all of my programs, you're able to consistently and repeatedly say, God, I just did that. I just did that. Because you are getting micro win after micro win. That's the evidence that you need to start rewiring your identity, which is way more powerful than any pep talk. Because every time you take a small action, what you're doing is reinforcing. You can trust yourself in real time. You are becoming the person who does what they say they're going to do. And we structured the programs to really support you in that.

As I've already said, we don't create anything without thinking about the nervous system and the energetics. So you're always going to have the grounding tools, the emotional containment, the accountability. We teach you the tools of CO regulation. So you have an incredible safe space to stretch without snapping. So your body feels so much safer as you take the consistent action which ultimately propels you into your quantum leap. Because you are consistently repeating small wins and then reflecting on your wins and then receiving coaching. What it is enables you to do as you're taking action, apply new meanings to the

action that you are taking which supports you in growth. So you're consistently having your progress reflected back to you. And in that community space, your peers are going to normalize taking action, normalize acting courageously, and normalize acting consistently.

So much easier to do that in community when you allow yourself to be in community than when you do it on your own. How do we know? Because of all of the places where you don't trust yourself and you have frameworks that are going to help you name and step into your next level of identity. So you combine all of that good stuff with a container that doesn't rely on your motivation. You get to learn to trust the process through the structure and through the community. So you are in a stable structure as your identity up levels and this is your new environment. This is the environment that your future self has picked for you. So you're in your future self's new environment. You're creating new habits for your future self.

You're having the conversations that your future self has and you have the expectations that your future self has for themselves because you are in a new space. So what I'm saying is when you're thinking about joining one of our programs or any programs you want to be asking yourself or telling yourself that it's not about learning how to trust yourself before you're able to move. You want to join programs and containers that enable you to become the person who trusts themselves because of the structure that you are placed in. This is where in the right program, your identity is shaped, reinforced and stabilized. So I hope that this has been really enlightening for you today.

I hope that you have a much clearer understanding of why and where things have fallen down in the past and exactly what it is that you need to do to thrive in the future. And if this has been helpful for you and you think it would be helpful for somebody else, please could you do me a favor and share this on Instagram tag me or share it directly with a friend. I would deeply appreciate it. And in the meantime, 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 forward/activate info Definite receiving.