

**00:00**

Foreign.

**00:07**

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.

**00:50**

Hello, hello you gorgeous, gorgeous human beings. It is me, Susie Ashworth and you are listening to the Infinite Receiving podcast and the next two episodes. I am really holding the vision, setting the intention that you are going to find super helpful. I'm going to be sharing with you a big part of my planning process for 2026. This episode is all about the review side of things. And the next episode will be all about the planning and the questions that I will be asking myself personally and then us as a team to help us create a year that was even better than the year before. Because that is what we are all looking for, right? To see consistent and continual improvement. And what I realize is that many people don't experience that.

**01:57**

Many people experience a sense of Groundhog Day stagnation, feeling like, you know, yeah, same shit, different day, babes. And that for me comes down to not creating the space and time to actually ask yourself like, what do I want? What's going well in my life? What do I want more of? What do I want to get rid of all of those questions? And what's interesting is that I think that when people come into my world, really every time somebody comes into a new program, where we start is what do you want? And you get to take advantage of being in a new place, in a new environment. And the momentum of usually starting with at least one other person and sometimes 50 other people, sometimes a hundred other people, and you get to jump into the momentum of that.

**02:59**

But there is something really powerful about reflecting on the entire year and taking advantage of the momentum and the collective energy of the start of a new year. And I know that many people will and often do say, like, fuck January the first, it is the same as any other day. And my stance on that is there is something about the collective energy that's super helpful. And as much as I am

will do a review on my birthday that's very unique and personal to me, it is the energy of one. And I get that's where everything starts with you. But for me, there's something great about being able to bring my team along for the ride. And, yeah, starting at the beginning of the year feels. Feels really good.

#### **04:10**

So at the time of recording this, I'm in the liminal space between Christmas and New Year, that sort of no man's land where we're confused about what day it is. And I've really taken advantage of this time this year and done nothing. This is the first time I've sat at my desk since 23rd of December, maybe even the 22nd of December. And that feels really delicious. So I am grateful for the downtime. I've really needed it. My Christmas has been okay. That is how I would describe it. We were obviously missing my niece. Being here in the physical, that directly and indirectly meant that there were some moments that felt hard. And if I'm really honest, dealing with my teenager was challenging at times. And so, yeah, it was an okay Christmas. And the way that I feel about 2026 is there's a shift.

#### **05:29**

There's a shift in the way that I. And look at control. I think one of the things that I've always said, and I certainly documented infinite Receiving, is that we are not in control of the world. There are so many things that are outside of our control. I can't think my way out of the next earthquake. Like, that is not possible. However, what I am in control of is how I respond in each and every moment to what I am presented with. And I think in the past, even though I have been acutely aware of this on an intellectual level, there's still been a sense of, like, I'm gonna make sure that this year is the best year that I ever have. I am going to make it happen by hook or by crook.

#### **06:28**

And I love that version of me, and I love the energy of that and I love the sentiment and intention of that. And honestly, I would say up until the first year of being a mother, hitting my birthday for the first time after turning, after becoming a mother, that was a tough time for me. And I think it was 2023. Hitting my birthday that year was the first time I had felt since the first time of that first year after becoming a mother, feeling like, oh, I've just had a year, and I don't feel like it's been my best year yet. You know, even in my toughest years, you know, I think about the separation with my ex that was in 2021. Even that year, I don't remember.

#### **07:30**

And I acknowledge it's a It's what it's a not remembering rather than a not being my reality. But I don't remember hitting my birth and thinking that this was the

worst year of my life. I think that as hard as it was, as heartbreaking as it was, I think that the bigger part of me felt grateful to the version of me that had the courage to stand in my truth, you know, your best year yet doesn't always mean that it is not challenging. It doesn't mean that there's not been any negativity. There's not been hard stuff. You know, life is about contrast. You know, this world is about duality. And it's only through going through the hard stuff that you can truly appreciate what's good. It's only by experiencing chaos can you know what peace feels like.

#### **08:27**

If you've always had contentment, it just is. There's nothing to compare it to. When I go into this year, maybe this year for the first time, I am acutely aware that I have no idea what is going to happen, no idea at all. And I can have the biggest and the best and the most audacious plans of my life. And all of that could be turned on its head in a dime in the next 48 hours. And I'm not gonna have a clue. And for some of you listening to this, you might feel like God has a little bit of a bleak way of looking at the world. And I don't think it's bleak. I think that it's accurate.

#### **09:21**

And even though it's accurate, it doesn't mean that I am not going to do, I can do in order to stack the odds in my favour, I. E. Control the things that I can control. So control where my energy, attention and intention are focused in 2026 as much as I can, based on the information that I have in this moment in time. Understanding that something may happen which demands that I completely switched my energy, attention and intention, something might demand that. Now, what feels exciting to me is that at the grand young age of 47, what I am understanding more acutely than when I wrote it in my book, more acutely than five years ago, 10 years ago, 20 years ago, is that I could be completely derailed.

#### **10:25**

But who I show up as in those moments, that is going to determine the quality of my year. And for the first time, as I review my year that has just gone, I'm going to be asking myself questions about who I was this year. Not just what I did, not just how productive I was, but who was I when the Shit hit fan. Was I the version of myself that I can be proud of or what would need to happen this year in order for me to be prouder of who I am being?

#### **11:16**

Because if I can create a world where I'm moving in the direction that I want to, doing the things I want to be doing, in order for me to feel successful on the inside and what you guys deem successful, but feel successful on the inside, to me, if I can be that human being for as much as possible and then also be the human

being who is able to deal with a curveball with grace, with intention, with power, with potency, and remain in alignment to the things that I care about, to the things I have said are important to me. If I can do that, I will finish 2026 and it will be a better year than 2025 and hopefully I will have earned more money. Hopefully I will have had more rest.

#### **12:14**

Hopefully I would have spent more time with my family because of the way that I'm setting things out now, again, because of the things that are outside of my control, any one, two, all three of those things may not be as I desire them to be. And I will need to look at what was the circumstance or the circumstances that arose that took me on a different path and how do I feel that I dealt with that? Was I being conscious? Was I being intentional about every step away from what I said that I wanted? If I can do that, I know that I will look back at 2026 and say what an incredible year because of who you were. Not what you did for what you achieved, but who you were. I don't think I've ever said that in my life.

#### **13:06**

It's not that it's not been important. It's never been a success metric. It's been something that I've said. It's been something that I've been aware of. Like who am I being? Who do you get to be in order to. But the in order to has always been about my specific direction and goal versus who am I being based on the circumstances and am I proud of that person. So with all that being said, I want to share with you some questions. It was going to be 10, but I actually think that it is 12. Let's just see. Last year I went through a process called the Best Year yet or My Best Year Yet. It was recommended to me. It's a book, so feel free to go and search that book up.

#### **14:01**

I don't have the author's name to hand, but I went through a process and I created a one page document where I had my guidelines for living based on what I'd learned in 2024, the new paradigm I was creating, and then my top 10 goals. And what they say in the book is that it's unlikely that you're going to hit all of your top 10 goals, but write them all out and then review at the end of the year. So this is exactly what I've done. And where I am starting with this review is what did I fulfill based on my desires at the beginning of 2025? What are the things that I did? What did I achieve based on what I wrote down on this one pager at the beginning of 2025?

#### **14:55**

And whilst I'm not going to share everything with you, the thing that really stands out to me is the new paradigm. The new paradigm I set for myself. And I think

what's interesting about this is that I don't think that I put a huge amount of energy and intention behind this. But as we get to the end of the year, I am flabbergasted by the words that I've used because even though that this was stuck in front of one of my journals, I switched it over to my second journal of the year. But I didn't look at it every day. I think I did at the beginning of the year and then I stopped. And again, they give you permission to do that in the book. They're like, you might just write it once and never look at it again.

#### **15:43**

There is power in being consistently reminded of your goals. And I would say that is one of the things that I will be setting the intention to do is keep a close eye on my one pager for 2026. Anyway, I digress. We're not actually talking about our plans for what we are going to do in this episode. We're going to save that for the next episode. But I am going to share with you my new paradigm for 2025. And that was my inner world. Guides are going to support me just as much as my external guides, mentors and coaches as I create a whole new reality for myself, my business and my family. 2025 is the year of expansion on every level, emotionally, financially, spiritually and mentally.

#### **16:32**

And I think that part of the motivation for writing this is that I was starting a priestess training. So I knew that I was going to be doing a lot of inner work. Now, I didn't love the priestess training I didn't complete wasn't for me. It's not that I don't think that I would do anything like that in the future. I just. That specific training was not for me. My mind was having none of it. And so I think that when that got taken off the plate, which was pretty early on in the year, probably February, this became less at the forefront of my mind. However, as we approach the end of the year, I can honestly say to you that I have never been more switched on and tuned in terrier the spirit world than I have ever been.

#### **17:40**

And my connection with my intuition and my guides, my inner guidance system has never been louder. And so when I read that was an intention, a very clear intention for me in 2025 and I'm able to look at, I've got there, but from a completely different pathway than what my brain thought. That's very exciting to me. I wrote this not having any doubt that would be my reality. And this is a really great example of the power of manifestation. When we're not attached to because there's no resistance, we just know that's going to be our reality. There's no resistance to it. And so we will vibrate at that level and it will find us, the outcome will find us without any real effort. I was quite astounded when I read that today. Like, whoa, for you.

**18:50**

You might not have a one pager, but you might have had your goals from last year written down somewhere. Go and have a look at them. What did you achieve based on what you set out to in 2025? Question number one. Number two, what needed to happen in order for you to follow through? What's funny about the example that I've just given you is that I didn't need to do anything. Actually. That's not true. That is not true. One of the things that I did very consistently, probably up until the summer, was meditating. And I was meditating about one to two hours a day. Oh my God, it was so hilarious. I'm like, I didn't need to do anything. It was just effortless. No, I did a lot. I was meditating one to two hours a day at the beginning of the year.

**19:45**

I can't remember if I was meditating every day in South Africa. I think that I was, but it went down from say two hours a day. I was pretty consistent. I was doing like maybe two 50 minute sessions a day to one hour a day. And then I had maybe a very short period where it kind of dropped off. And now I am meditating between half an hour and 50 minutes a day. Oh my God, it's so wild. That just occurred to me. The whole point of those meditations, Joe Dispenser ones, is to develop not necessarily my psychic abilities, but to develop that inner dialogue, to strengthen my manifestation skills, to notice more synchronicities happening in my life, and, oh, my God, it's there in Technicolor right in front of my eyes.

**20:35**

So I needed to create time to meditate, and after I dropped off, I needed to get back on it. If I hadn't got back on it, then I certainly wouldn't be saying to you, this is. This was my experience of 2025. So what needed to happen in order for you to follow through on. One of my guidelines, actually, for 2025 was to automate, plan, and prioritize. I prioritize meditation very highly, and I'm still doing it. And my spiritual practice has now expanded. And there are other things that I'm including in that prioritization, too. Third question. What didn't you follow through on? So, again, looking at your goals for 2025, what. What just didn't happen? And then the fourth question is, why? What stopped you? What were the things that got in the way of you fulfilling those goals? And what's interesting is really bloody.

**21:40**

Obviously for me is when I look at the things that I didn't achieve, there was a lack of planning and prioritization. And that was one of my guidelines. Another one of my guidelines is to always go through the finish line. And if I look at the things I didn't achieve, do I think that I fully went all in and through the finish line? Nope, Nope, nope, nope. So that's why those are the things that stopped me. Question

number five is, what were your biggest achievements in 2025? So you've got your goals, and maybe you count them as your biggest achievements, but the likelihood is, if you're anything like me, you will have got distracted by other things, and there will be other things that were not on your goals list that you did and you're really proud of.

### **22:37**

One way for you to identify what those things might have been is just to go through your calendar and just have a look at significant things that you were doing. I'm really proud of both of the live events that I delivered in 2025. I think the feedback that we got from them was just incredible. I just really enjoyed myself up on stage. I really felt the development of who I was holding a space in that way. And both of those events collectively generated over half a million pounds for us as a business, which is also just amazing. So, yeah, really proud of that professionally. I'm also really bloody proud of the work that I have done personally in my parenting journey.

### **23:31**

I'm really proud that I've taken the time and space and invested time and energy and money into understanding what needs to be tweaked and played around with and worked on and healed in order to support me being the best mom that I can be. I'm really proud of that. That wasn't on my bingo card at the beginning of the year, but again, life happened. Stuff that felt outside of my control happened. And then the question was, is who was I going to be to deal with those things? And the truth is that it took me being not who I wanted to be several times for me to go, hang on a minute. This is not the vibe. This is not the vibe. This is not who I am. This is not who I want to be. Something that got to change.

### **24:23**

And from a place of taking radical responsibility rather than being like, it's my kid or it's this, it's like, no, it's me. And so being on that journey has been humbling and liberating and enlightening, and I'm just really proud of it. The next question six is, why are you so proud of those things? What were your achievements? Number five, why are you so proud of those things? If I take the parenting example, I'm so proud of that because when I take radical responsibility for who I am being, I know that I can change things. It would be so easy to be in blame, in shame, in guilt, in fear. It would be so easy to want to point the finger. And that is not who I am, and that is not what I was willing to do.

### **25:20**

And the result of that is, in my eyes, being a better mom and ultimately human being. I'm proud that I was able to take a step back and look at the bigger picture.

I was proud of the fact that in the past, I think my ego would have stopped me asking for support because I should already know this stuff. Or maybe the person that would be supporting me knows me and that might be embarrassing to show up in a less than perfect professional way, not have everything together way. I'm proud of the fact that I was able to get over my ego and ask for what I needed. Question number seven, which is a doozy from Chris Williamson. Knowing what you know now, what advice would you give you about the previous 12 months? Could go in a rocket ship back in time.

#### **26:21**

And I just think that's a really bloody brilliant question. I think that in 2025 I did a lot of things right and I saw some really great improvements in many areas of my life. And knowing what I know now, I think the biggest thing that I would say is that you have to make prioritizing elevating your self worth a priority. You've got to know that you're good enough. You need to notice where you are operating from a place of not feeling enough because it's costing you an energy, it's costing you in the way that you show up. It's stopping you from taking ownership in a way that would absolutely revolutionize your business and your life. You think that you're done with the self worth conversation. You're not. You have to prioritize that will elevate your 2025.

#### **27:40**

That's what I would say to me if I could go back in time. What would you say to you? Question number eight. What one habit gave your biggest ROI in 2025? For me, hands down, without. I don't even, I don't even need to think about this, but walking at least 45 minutes every day has given me my biggest ROI. Now, that is not something that I implemented until October, but it has been revolutionary for me. There have been so many days where, not that I've not wanted to do it because it's pretty low effort. Do you know what I mean? Like, I don't have to put any special clothes on. I don't have to break a square unless I put on my weighted vest. That's a choice. It's like it's easy for me to do it.

#### **28:32**

And the biggest thing is like just making sure that you've got time to do it. I'm sure that I could walk for 20 minutes and get the same effect. However, 45 minutes every single day. The biggest change that I see is being able to go out not feeling particularly great. And by the time I've come back, I have managed to see whatever problem or challenge I'm having differently. I have managed to get an idea, an insight, an aha. And. And the endorphins that are released through just walking mean that because I've shifted my perspective, I've got an insight, a different awareness and aha and a combination of the endorphins. There's a sense of there is no problem that is too big for a walk.



**29:32**

There is no problem that I have encountered so far that a walk cannot Change things for me in a significantly positive way. That is revolutionary. I don't need drugs, I don't need alcohol, I don't need any of that shit. I just need to be able to get out and walk 3/4 of an hour, 45 minutes. Changes my life every single day. So that has been the biggest diy. I will not be removing that from my daily protocol. Number nine. What is the one habit you commit to letting go of or evolving from or into in 2025? For me, this is a habit that's about evolving. You know, what I desire to create? Create is multiple seven figures in cash next year. It's been a little while since we've done that.

**30:38**

And so there has to be an even deeper, better relationship with my money tracking and allocation. I mean, yeah, I think that's true, that habit. The reason that I'm hesitating is because I have now gotten two. A really good system, probably the best system that I have had when it comes to money tracking through the business and working with Sophie to make sure that I am super clear every week. Incomings, outgoing, profit, all of that good stuff. And the system that we have for it now is the best it's ever been. And I just think that if we are creating more than that, still has to be a little bit of tweaking. And I think that's probably less to do with our system and more to do with me. What that looks like at the time of recording, I am not exactly sure.

**31:36**

But that is a thing that feels present and alive. If I'm going to create what it is I want to create, then that bit there needs to evolve. It gets to better. Question number nine. What is the one habit that you commit to letting go of or evolving from in 2025? And then this is another doozy question from Chris Williams. It's so great. If your life is a TV show, what's the one thing your audience would be screaming at the TV for you to do, to understand, to be aware of? And his point is, it's obvious, you know, not with your mates. And you can see the fact that they have dated the same guy in six different guises. And like, just stop picking the dweeb. You're not attracted to the. Stop picking the bad boy. You're not. That is not for you. That's.

**32:35**

It's not the right thing. What would the people be screaming at for you? And when I listened to his example, he said it'd be to take a day off, stop working. So Hard. And as soon as he said that, I was like, people on the TV screen would be shouting, know that you're enough. Because I, first of all, when he said it, I was thinking, God, I don't know, like, what is wildly obvious that I'm doing wrong? That's where my mind

went to. Like, what am I doing wrong? Like, I don't know what they would say. But as soon as he gave his example, I was like, it would be to know that you're enough. You're good enough. Own it, rock it, claim it, shout it from the rooftops. Not your little rooftop. Like, get a bigger rooftop and shout from it.

### **33:25**

That is what they would be saying. You're enough. You're enough. You're enough. You're enough. You're enough. You're not owning it. Come on, Suez, get it together. Be the boss that we see you as. Know that you are that boss on the inside out. That's what they would be saying. And Then question number 11 really is just cycling back to where we started at the beginning of the conversation, which is to ask yourself, when you look at who you have been over the year, how you've responded, are you proud of that version of yourself? If so, why? And if you feel that there is an opportunity for you to be more proud, what would need to shift? How do you need to view the world differently in order for you to get to the end of 2026?

### **34:18**

Having really taken on board that big lesson from 2025 around who it is you're being and be like, I'm proud of myself. I love myself. I'm fucking amazing. I did it. What would that need to look like? These are my review questions for you. I hope that you find them super helpful. I'm really excited to put everything that I am thinking about down on paper so that I can keep it for next year. And ultimately, I will be. After I've done the planning process, I'll be condensing everything down so it sits on one sheet of paper. And that will be my protocol for the year. I'm very excited about that. Thank you for being here. Thank you for being a loyal listener. If this is your first time here, I hope that you'll be back again.

### **35:14**

2025 has been a very challenging year in some respects. It's been a very beautiful year in others, and I am ready to grow and do things even better in 2026. So if this episode has been a vibe for you, please do me a favor. Share it on your Instagram, send it to a friend who you think that would benefit from this? And in the meantime, please remember that faith plus action equals miracles.

### **35:51**

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 [susyashworth.com](https://www.susyashworth.com).

### **36:01**

Com.

**36:02**

Activate Infinite Receiving.