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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 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 being. It is Susie Ashworth here and you are listening to the Infinite Receiving of podcast. I feel pumped about this episode.

01:03

It is going to be a good one and it's come to bear because one I had a little disappointment earlier on and I was noticing how I was feeling in my body around that disappointment and I was feeling that way in my body because of the story that I was making up about it in my mind. And it got me to thinking about a client and also appear in the industry who are having really challenging times at the moment and how they have responded. And it really got me really just looking at one how was I responding? And two what do I know to be true about the people who do and the people who don't in this industry?

01:57

And what I mean by the people who do and the people who don't are the people who ultimately succeed and the people who fade away into oblivion. Like what is the difference? And the word unfuck with a ball is the word that came up for me. The ones who do, the ones who realize the success are the ones who claim being unfuck with the ball. No matter what hits them, they are able to stay connected to the vision, the mission and who the fudge they are. I know there's been a lot of f bombs. I mean not even five minutes in this is the vibe that I am cultivating for myself. It's the like just hit it, just do it, just give it straight. So here we are. Sorry, not sorry.

02:55

So I want to talk to you about the things that you have to stop doing. First of all, if you want to be able to develop this trait and then the five things that you absolutely need to focus on if you are going to become unfuck withable. And if I think about this in terms of business, where I'm talking to you from right now is for those people who are in the multiple six figure range and want to hit seven figures or it's for people who are really clear that even if they're just starting out, they are going to be a seven figure entrepreneur and they don't want it to have to take 10 years. They want to be able to do it quickly. This is what you have to think about. When I think about people who are at earlier stages of business.

03:46

If your vision at this point in time is to only hit 6 figures, to only get to 150k a year, then this stuff is absolutely helpful. But I don't think that it's necessary. I think that there is a level of maturity that happens once you hit multiple six figures where you can no longer play with this

stuff because you're going to be tested in ways that you haven't been tested before. And you will have lost the naivety of just starting out and feeling like everything is possible because you've had some success. And with the success that you have had also comes the option of failure and people seeing it. So therefore it makes it more challenging almost the longer you've been in the game and the more success you have seen.

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So when you are going from multiple six to seven figures, this stuff isn't optional, it's a prerequisite. So what is it that you need to stop doing when it comes to being unfuck withable? And the first thing is that you have to stop aiming for perfection. It's so interesting to me that because of Instagram, not so much Facebook, but specifically Instagram, there's this idea that everyone else knows what's going on. There's this idea that everyone else has got it sorted, everyone else is at absolutely killing it in whatever their chosen field is. And it is just little old you, little o you that hasn't got a clue about how to move into the next level, that hasn't got a clue about the latest launch strategies or you've spent way too much time on AI and now you're confused.

05:50

I want you to understand that your desire for perfection, your desire to be seen amongst the great as their equal, and therefore your willingness to slow yourself down when it comes to idea, to execution, when it comes to putting out your messaging there, when it comes to really taking a stand for the next iteration of yourself and what it is that you believe, how your thoughts have evolved over the last 12, 24, 48, however many months you don't share because the thoughts aren't fully formed or you're afraid of people looking down at you think that people are going to judge you because the people that you look to are doing it so much better, so much more Successfully so much. It's all bullshit. There's so much going on behind the scenes you have no idea about.

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And so if that's the case, if all of these other people are seeing great success actually, and still have a shit show behind the curtain, are still worried about X, Y, Z, still having clients default, still not completely nailing their launch, if they're having great success and still all of these imperfections exist in their life, what the heck are you doing? You're wasting your most precious asset, which is your time delaying the inevitable by trying to be perceived in a certain way. Just stop doing that. Stop trying to be perfect. Be willing to show up imperfectly more than you have ever done before, and understand that actually how that resonates.

07:40

When you're able to show up imperfectly while sharing a valuable lesson about how a client, your potential dreamboat client, can move forward or why they are stuck where they are stuck, that is gold. It's gold for connection and it's gold for demonstrating your ability to be able to support good dream boat clients. Move from point A to point B. So stop aiming for perfection. Number two, you've got to stop looking for outside validation. And let's be real, if you're in the coaching industry with thinking about becoming a coach, there is a part of you

that feeds off of the idea of people needing you. And I hate saying that. It's only been in the last few months when working with my therapist, I realized I've built my whole entire life around people needing me. That's been a very unconscious thing.

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And that goes hand in hand with the desire for outside validation. What I have seen through working now with hundreds of people in close proximity and thousands of people across all of our programs, is that when you seek outside validation for internal decisions, it never sticks. You find yourself going around and around in circles because your desire that you're speaking to hasn't originated from you. So it doesn't land when you share it with people. It's a bit like, meh, okay, what does she say? Is she even talking? What does she want? I don't understand. It's too expensive, Whatever. You have to stop looking for other people to affirm that you are right, that you are valid, that they should want to invest with you.

09:39

It's like, let all of that stuff go and decide on you being the badass that you were born to be. It's like, as I'm recording this podcast, I get to decide that this is going to be deliciously valuable. For every single person who listens to it, I get to decide that. And when I decide that, the energy of which I approach recording is completely different. Because I'm not waiting for you to say, yay, thumbs up, keep going. Which is great because we're not live. I'm on my own here. You've got to stop needing other people to give you a pat on the back in order to stand up and get going. In order to stay up and get going. You've got to stop looking for other people to do that. 3.

10:29

You have to decide that the outcome that you desire is yours no matter what. And what is really amazing about this process is that it really is as simple as making a decision. And it's the hardest thing to get people to do when they are stuck, when they are in freeze state, when they are in doubt about whether they can actually do it or not. And the frustrating thing is that the doubt about whether you can do it or not is the thing that will stop you from doing it. Because you can never get into a place of receiving from the energetic standpoint of I'm not worthy, I'm not deserving, it's too much. There will always be something wrong with it. There will always be a justifiable reason for you to not go ahead with it.

11:19

So you have to decide that irrespective of the time frame, the thing that you want is the thing that you want. And the thing that you want is a thing that you're going to get. And so it is and it is done. Amen. That's the vibe. And that becomes so important because it changes your energetic signature. You go from, I'm a little bit afraid, I'm in the corner, I'm not sure what it is that I am doing, to I'm a badass and I am ready. And let me talk to you. Gosh. And you're fine. And let me, let me. Lesson number four. You have to stop falling down when you get punched in the face by life. You've got to learn to roll with those punches. And I'm not saying that it's easy, but it is a requirement. Because life isn't fair.

12:15

Always you will get curveballs, and when you get a curveball, you have to be able to pick yourself up and dust yourself off. It is not optional. And with those punches, the invitation is for you to really learn your lessons. And what I mean by that is to take the lessons that you are being presented with seriously, but not personally, because it really in Essence, it has nothing to do with you. What someone else thinks of you is nothing else to do with you. It's everything to do with them. If somebody sees negativity about themselves, it doesn't make it true unless they already feel that there is some validity in there. And even in cases like that, I would still say, take the lesson seriously, but don't take it personally.

13:11

You are going to have experiences in your business and in your life where people that you have invested time and energy and care into turn around and say the most obnoxious things. They will question your integrity, your authority, your ability to coach them, all of the things. And your job is to love your job anyway. Your job is to accept that sometimes, no matter how hard we try, we are unable to navigate around the obstacles, the traps that are laid out to test our willingness toe the line. So the goal is to take your lessons seriously, but not personally. And now I'm gonna move on very specifically to the five things you are absolutely going to need to develop. You are to become unfuck withable. And the first is your emotional intelligence.

14:22

And this relates back to what I was just saying about being willing to take things seriously, but not personally. Because we did not take Caesar's missing bag with his stationery in to school, I had to stop off and get some more stationery. And I could have got quite perturbed about that because it's completely unnecessary. We were already late. There was just a lot going on. And instead of losing my rag, what I actually said was, yes, okay, that is about emotional intelligence. Yes. Understanding boundaries. Yes. Being super willing to acknowledge when you are annoyed, but unwilling to engage in conversation because you are annoyed. All of this is about being willing. The next step in this unfuck withable formula is to raise your standards. What is the bare minimum that is acceptable for you right now?

15:36

When it comes to love, when it comes to business, when it comes to work, I want you to really tune in. What is the bare minimum? And then I want you to look at how far above, on or below are you operating at your bare minimum. I think that it will be surprising because I think that it will be really low. So if it is really low, the question that you have to ask yourself is, what's the new standard that I am willing to set for myself? And that will enable me to elevate and expand my impact when it comes to my work, when it comes to my job, when it comes to my relationships, this is the new standard. So a new standard might be, I only Consume social media when I'm standing up.

16:26

A new standard might be I only put dinner on for my son when he messages me before 7 o'. Clock. A new standard might be never over drinks on a second date. And what is interesting about all of those things is that for some people they'll feel like absolutely outlandish. Who are you? Who are you? And for others of you, it's like, that's already my bare minimum. And for those of you who are, that's already my bare minimum. What takes you up five points? What does your world look like when you go for singing lessons, when you have tap dancing? Your job is to make sure that you are operating in alignment with your goals. End of alongside standards, you have to create new boundaries. So important when you are going up into that next financial bracket, how available are you?

17:38

And there's been so many interesting debates about this over the years. You know, it's a very common bro marketer approach to be like, you need to get yourself out of your business and therefore I'm going to take your shoes and this person will take your tie and you stop being given a new mask to wear. When it comes to this next level, you're going to have to say no more. You're going to have to let people know what it is that you are available for and what you are not available for. And before you let people know what that is, you have to answer that question, what are you available for? And once you know the answer, you then get to choose, move in the direction of the answer that you have given.

18:31

Irrespective of the lack of perfection I know that you are experiencing number four, which is probably number one, is you have to have a North Star, like, where are you going? Why are you doing this? Why is it important to you? The more you can drill down into this, both from a personal level and a global level, that will give you the fire that you need, that will fuel you in creating something quite extraordinary with us. And the final piece, when it comes to being unfuck withable, is stretching your capacity. Now what I mean by that is the refusal to stop when you feel uncomfortable. You are a mother trucking boss. You have gone through hard things in your life. You have developed a huge amount of resilience.

19:34

So next time it feels uncomfortable and you are looking to retreat, that is when you lean in. That is when you ask yourself, if I wasn't afraid, what would I choose for me? If I wasn't afraid, what would I hold? This is where your power lies in the increase in your capacity. And as you do that more and more, you can't help but be unfuck withable irrespective of what is going on around you. So with that being said, I hope that you have enjoyed this episode. Please do me a favor. Share this with somebody that you love. Tag a friend, hit me up on Instagram. 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 [susie ashworth.com forward/activate](https://susieashworth.com/forward/activate).

20:33

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