



The Limitless Women Podcast Put Your Own Spin on the Wheel

[Stop the Spinning: Moving From Surviving to Thriving](#)

Chapter 7 & 8

Each of us brings our own unique gifts to the planet; so welcome that gift with zest. I encourage you to embrace a path that allows you to express those unique gifts with others while experiencing all the joys that a full, connected life can provide you with. Remind yourself that living the life you want takes time and practice. So put your own spin on the wheel and enjoy the ride!

Want to skip head? Episode Highlights

- [01:08] Learn what you need to give yourself permission to do every day of your life.
- [02:46] Discover where to begin for true abundance in your life.

Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] Today's episode is chapter from my book 'Stop the Spinning: Move From Surviving to Thriving'. If you'd like more strategies on how to manage your time, grow your revenue, and improve you mindset, you may download a complimentary copy of the entire book at www.LauraFreeBook.com. Enjoy the show!

I would like to leave you with the request that you find time for play in your life. I spent most of my youth, twenties, and early thirties, working so hard to gain approval and acceptance that I never gave myself permission to play. To be fair with myself, I am not sure I knew how to play. It is a sad memory for me that I do not recall hearing my mother laugh when I was a child. That is not a legacy I wanted for my own children.



When I married Scott, he had such a zest for life. I thought he was a party animal and there was no way we could ever have anything in common. Slowly, over the years, in between working and building and studying, he would pull me away and want to play. It might be going out with friends or playing cards. He supported me in my quest to travel the world, and even when it didn't seem like we could afford to go on a vacation, we would still make time to travel.

Many of my clients do not believe that they can own and operate successful businesses and still find time to play. I encourage them to discover their core values through a process I teach called "The Circle of Life." Once we discover their core values and I support them in designing a structure to support those values, while still maintaining effective business systems to ensure their financial success, they are always amazed to find that there is time for both personal and professional success.

Each of us brings our own unique gifts to the planet. I encourage you to embrace a path that allows you to express those unique gifts with others while experiencing all the joys that a full, connected life can provide you with.

True abundance in your life begins with gratitude. If you think that it's tough and that you're struggling, the best advice that I can offer you is to get out of your own way and start looking outside of yourself. Many people all over the United States are homeless, and seeing people in these situations makes it a little easier to realize all the blessings you have. In order to thrive and receive the fullest blessings in our own lives, we need to recognize the people that love us.

I believe that we are all children of God. I believe we are all here with a purpose, but we hold ourselves back because we're afraid. We're afraid that we're not enough. We're afraid that nobody cares. We're afraid it's not going to be right. What changes the world, however, is action: getting out there, taking the initiative, making mistakes, learning, and growing. We all have that ability to get out there and do it, but we're afraid.

Revisiting the stories I have shared with you makes me realize that living a life that you love takes practice. It is all too easy to slip into the mind-set and patterns of my childhood, if I don't stay clear and present to the blessings and the good things in my everyday experiences. One of the daily practices that helps keep me on track is starting each day with a gratitude prayer. I am not much of a morning person, and I like to wake up slowly. Once my husband gets out of bed, I lay there for a while and give thanks for all of the things I am grateful for that day. The first things usually come fairly easily—for my health, my children, my husband, my beautiful home, my community, my friends, the opportunity to do my work in the world and feel purposeful.



Then I give myself a few minutes to go a little deeper and give thanks for the blessings I may not realize on the surface, such as being born in America where I have such freedom of choices, being born a woman, and having the life experiences that have taught me so much—especially the painful ones. This practice starts my day in a way that has me getting out of bed in the mindset that I am the luckiest woman in the world. If you don't enjoy mornings, try this and see how it feels. It is a simple practice that goes a long way for me.

In closing I would like to share with you the words that hang above my desk so that I see them every day.

Watch your thoughts— They become your words.

Watch your words— They become your actions.

Watch your actions— They become your habits.

Watch your habits—

They become your character.

Watch your character— It becomes your destiny. ~ Frank Outlaw

My parting wish for you...

Salud, Dinero y Amor y tiempo para disfrutarlo.

Roughly translated, I wish for you Health, Wealth and Love and the Time to enjoy them.

Thank you for listening to the Limitless Women Podcast. We release new episodes every week including business tips, interviews, topics from the Limitless Women Business School, and stories of Limitless Women just like you. Visit us at LimitlessWomen.com to learn more.

[MC] You've been listening to The Limitless Women Podcast, with your host Laura Gisborne. Our mission is to help women business owners like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Are you a Limitless Woman? This is your personal invitation to learn how you can join our online community, grow through our business school and play with us at our live events. Go to LimitlessWomen.com for all the details. That's LimitlessWomen.com. Thanks for joining us!