



## What's Holding You Back? Here's The Answer

Hi! I'm Sharon Jurd and welcome to my Biz Blitz video. I want to talk to you today about **what's holding you back?** And I've got the answer! You might say, "Well, how does Sharon know what's holding me back?" I can tell you this, that there are only just a few reasons why you're being held back from taking yourself to the next level, earning the income that you want, having the lifestyle that you've dreamed about or achieving some successes in your business or in your life, having a great relationship in your personal life and in your business life. Whatever it is for you, there are only a few things that can hold you back. Let me explain.

One, you can have some **negative emotions** like fear, anger, sadness, hurt, guilt, frustration and annoyance. You can have all of those and you probably hear people talking about negative emotions that you may hold on to. And then you may have heard about some limiting decisions – "I'm not good enough" "I don't deserve this". Those voices in your head that you're telling yourself why you shouldn't be successful or achieve those goals and outcomes. They are there. I can help you with that through Time Line Therapy<sup>®</sup>, hypnotherapy and NLP, I can help you with all that. I want to talk to you about **your past**. Some people hang on to their past about what their parents were like, their childhood was like or their early adulthood was like. You can tend to hang on to that as well.

The other thing is **outside influences**. It might be the community or religion or the government. All those outside influences that you tend to look at and go, "Well, that's what's held me back" or it's the economy or the client base or the Australian dollar, whatever country you're in, the dollar exchange rate. Think about what outside influences that you're saying to yourself that are affecting you and holding you back. We can talk about all of those things. And all of those things are true. Those things can hold you back but what is under the umbrella of that? What is underlying of all of those things is **you**. You hold yourself back and you're the only one that can. You're going, "Sharon, why are you pinning this on me?" I always say, if something's not going right in your life and in business, look within because you are the only thing that you can change. You can't change your past, you can't change the outside influences most of the time but you can change your negative emotions and you can change your limiting beliefs but you primarily have to take that action. You have to be the one that



## What's Holding You Back? Here's The Answer

wants to change. You have to be the one that says, "I'm not being held back anymore. I'm going to go where I set my goals to, where I want my outcomes to be, and I'm actually going to move forward and make sure that I achieve everything that I've ever wanted to achieve." And the only person that is holding you back is you. Absolutely you. But if you want to change that up then you need to find someone who can help you through those negative emotions, help you through those limiting beliefs, clear those things, set realistic goals in your Time Line and make sure that your future is planned out for you. You can go, "I've set goals and they tell me to write them down and I put them on my wall." That's not enough if you've got some incongruency in your unconscious and conscious mind.

We can go around and chant all day that we're happy but that doesn't mean we're happy. You've got to work at a much deeper level. Find someone out there that can help you at a much deeper level and make sure that you clear those things that are holding you back. So my question for you today is, what's holding you back? And sometimes we don't even know what that is. Find someone who can discover that with you and help you through that to take you to the next level and make sure that you're not being held back.

That's my tip today. Make sure that you're working at a deeper level to stop those things holding you back, whether its limiting beliefs, negative emotions, your past, your outside influences, all of that stuff. If you need help getting rid of these blockages, reach out to me. Send me private messages, contact me through social media or wherever you're seeing this video and we can have a chat and organise for me to help you out. It's really, really easy to get rid of those things that are holding you back and I know that I can help you with that. It's not not doable. We can do it together. Like all of us, like I do and other people around us, we need help to do that and to identify what's really holding us back. If you need help with that, you want to move forward in your life, you want to move forward in your business, just reach out to me and we can have a chat. There's no cost, no obligation, just make sure that we catch up and we can talk about how we can get you moving forward.



## What's Holding You Back? Here's The Answer

That's my video for today. If you think this would be of value to your family, friends or colleagues, please share my video out. I want to help as many people as I can and I need your help to do that. I will talk to you very, very soon.