



Don't Trust Your Feelings of Quitting

Hi, I'm Sharon Jurd and welcome to my Biz Blitz Video. Today, I want to talk to you about trusting your gut feel because we always get told to trust our feelings but, in this instance, when you feel like you want to quit, **don't trust those feelings** because it's the one and only time I say to you, don't listen to your intuition. I'm telling you that when you're in business, there will and I say WILL, in capital letters, come a time when **you will want to quit**. You will go, "I've had enough, it's not working, I can't give any more, I'm tired, I'm buggered, I've given it my all." You will think these thoughts and you may think them more times than you care to think that you're thinking them.

You might be thinking them every day. Some people might say, "Oh, every couple of months," some people might say, "every moment of the day," because you're delving into the depths of despair. I'm telling you, you will get there. But the question I ask you is, **why are you having these thoughts?** If everything was amazing in your business and you had plenty of income, plenty of clients, plenty of time to do the things you need to do like travel, play golf, whatever it is for you, then you wouldn't want to quit, right?

The only time we want to quit is when things are bad. Why are you having these thoughts? Is it not having enough money? Your business hasn't grown to the way you thought it would in the timeframe you thought it would? You've been at it for 12 months, 2 years, 3 years, 10 years, and you still haven't built the momentum that you thought? Where are these thoughts coming from? Identify them for you and then really go and **solve the problem**. Solve the challenges that are stopping you from moving forward. Is it limiting beliefs? Do you really, truly believe in yourself that you can actually do it? If you don't, a hundred and ten percent, then you won't.

It might be limiting beliefs. It might be that you need some coaching, you might need a one-on-one coach, you might need to get some advice, get someone in to have a look at your business, have a look at your business model. If you're growing your coaching business, you can come along to my **Grow Your Coaching Biz Workshop**. You might find that going to a live event helps you, it's three days here on the Gold Coast. This is where I share every part of a coaching business.



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I break it down into parts, I share every little strategy, process, tool, secret that I use, and I have used to build my business.

I'm using it daily, in my business right now. This is not something that I did 20 years ago, that worked back then, I'm doing it in real life, right now. Get along to my **Grow Your Coaching Biz**, grow your coaching business to where it should be, where you want it to be. Get more money, get more clients, have more time to do all those things you want to do. Come along, I can assure you that over these three days, you will have every strategy you need to immediately have clients. You will have clients before you leave the three-day event, I can assure you of that, and I'm telling you, it will change your life when it comes to growing your coaching business.

It's here on the Gold Coast. The link will be around the video somewhere.

coaching.sharonjurdevents.com.au

Make sure you find it, go check it out, book in, make the commitment and go, "You know what, I feel like quitting, but I'm not going to quit, I'm not going to listen to my gut this time. What my gut is going to tell me is go and take action, solve this problem, get over my challenges, and then have the business that you always thought possible."

I'm Sharon Jurd. Thank you for watching and listening to this video. If it has been of value, please share it with your family, friends, and colleagues, because I want to help as many people as I can and I need your help to do that and I hope to see you at my event very soon.

Talk soon.