



How to Get More of What You Want

Hi, I'm **Sharon Jurd** and welcome to my **Biz Blitz video**.

Today, I want to talk to you about **how to get more of what you want**.

It doesn't matter what you want, it's different for all of us.
Some want success, fame, money, clients, recognition, significance.
It doesn't matter what it is for you, because it's perfect for you.

But how do you get more of it?

I'm going to discuss with you a few simple steps to make sure that you are heading on the right track.

First, stop blaming others. It's easy to finger point and blame - our parents, our friends, our ex husbands or wives, the economy, the environment we're in. It's easy to blame others.

Stop that straight away.

Because I always say, "When shit's going down in your business and life, look within."

Control what you can control, and you can control your own thought patterns, your beliefs, and your behaviours.

That's more important than trying to control somebody else's behaviour or somebody else's beliefs because that's really hard work and, more than likely, you won't be successful at that. **WORK ON YOURSELF.**

What's going on for you internally?

What are you telling yourself?

What conversations are you having with yourself?

Because I talk to a lot of people and I've previously done it myself and occasionally it still rears its head.



How to Get More of What You Want

We talk to ourselves really badly and we tell ourselves that we're not good enough, that we can't do something, that it's hard work, that you'll never make it, that success is for other people, not you, you didn't have the right upbringing.

What are you saying to yourself?

Because if you stop and listen for a bit, then you'll hear a lot of terrible stuff going on, and it's really important that you take action on that, once you've acknowledged that this is going on, **take action to change it up.**

A lot of times **we have to get help** around that because it is at an unconscious level.

You've been telling yourself these stories that you've been making up in your head for many, many years, and it's easy to go "Just think differently!"
It's not that easy sometimes.

A lot of people come to me to get help, to change up their beliefs, to change up their thought patterns, to change up what they're saying to themselves, and that catapults them in areas of their business, their life, their relationships, whatever it is that you're looking to get more of, more love, more excitement, more significance, more success, **what it is for you by changing up your beliefs and what you're saying to yourself with some help at an unconscious level, it can immediately CHANGE.**

IMMEDIATELY CHANGE. YOU DON'T HAVE TO STRUGGLE.

You don't have to chant. "I'm happy. I'm happy. I'm happy" when you're not happy, because that's at an unconscious level, and you're not really working within at a deeper level using your unconscious to make it easily change.



How to Get More of What You Want

If you're sitting there thinking “I want more of this,” whatever “this is” for you, but it doesn't seem to be coming your way, **REACH OUT TO ME** and we can have a discussion about how I can easily **CHANGE** that up for you.

What is it that you want and how easy it is for you to get it because you do deserve it, you can have it, and it's easy to get it.

You've just got to believe in even yourself and **TAKE THE ACTION** of going “I'm going to reach out to Sharon, I'm going to spend some time with her and really change this up for good.”

<https://smjcoachinginstitute.com/discovery-session/>

If this video has been of value to you, please share it out with your friends, family, and colleagues because I want to help as many people as I can, like I would love to help you.

I'm **Sharon Jurd** and we'll talk soon.