

Special edition by Daria Tsvenger for havingtime.com

One Mindset Shift That Will Help You Get Anything You Want

2019



What's the difference between those who get anything they want and those who don't?



We can spend our entire life worrying about the pathway to the future, but all there will ever be is what is happening here and the decisions we make in this moment, which are based on either love or fear. So many of us choose our path out of fear disguised as practicality. What we really want seems impossibly out of reach and ridiculous to expect, so we never dare to go for it.

— JIM CARREY

Researchers, reputable scientists, and medical doctors all over the world now agree that what and how we think shapes and creates our future.

Those who are successful have formed thought patterns and beliefs that allow them to succeed and enjoy life.

The not so successful people adopted far too many negative thought patterns. Their way of thinking is not in line with what they want, so they continue to struggle, fail often, and can't enjoy the success they want and deserve.

There is ONE mental habit that stops people from getting what they want.

Have you ever found yourself following a new diet and an exercising routine for two weeks, feeling healthier and happier? Then one weekend rolls in, and you found yourself devouring the entire bucket of ice-cream?



Or that moment when you knew how much you contributed to the success of your company but couldn't ask your boss for a promotion, you knew you deserve?



Or you have a business idea, but you end up delaying, staying in Tomorrowland, doing anything but what you want to do and start your own company?



Or when you're in a new relationship, but after several beautiful months spent together, you find yourself fighting with your partner all the time and subsequently derailing that relationship?



Or the book you wanted to write but can't bring yourself to sit down and write the first page of the first draft?



Or that moment when you start a new project enthusiastically but then dig your heels into the ground at the face of the first obstacle?



Does it sound familiar?

Have you found yourself or anyone you know in similar situations?

Now you see how conflicting beliefs or desires cause people to self-sabotage, right?

Many times we don't even know there is inner conflict or understand what it is about because it's on the subconscious level where all our beliefs are stored. But it keeps a person tied in knots, and they cannot go forward. It's like having one foot on the gas pedal and the other one on the brake.

Self-sabotage is a behavior pattern that holds you back from getting what you consciously want. It's the conflict between conscious desires, and the unconscious desire to protect the status quo.

The thing about self-sabotage is that your mind is hell-bound to protect the way things are when you are attempting to take a risk and step outside of your comfort zone. It tries to shield you from the uncertainty that any change may bring about.

Psychologists view self-sabotage as the subtle art of taking action against yourself, telling yourself compelling stories that you don't want the things you do want, and pushing away opportunities your life sprinkles you with every day.

The truth is, when we change our thoughts and beliefs —

so that they match with what we really want, our lives change and we all experience greater levels of joy, happiness and success in all areas of our lives.

This is why we partnered with world-leading mindset expert Daria Tsvenger who created **The Dream Sprint™**

— a simple step-by-step system that shows you how to change your thought patterns, change your beliefs, direct your subconscious mind, so you can get anything you want!

The Dream Sprint is the program helped already thousands of people to define what they want and go after their boldest dreams.

The Dream Sprint is a self-discovery program that holds you accountable and committed to the inner work.



<https://www.thedreamsprint.com/havingtime>

We're happy to gift you 10 FREE days of The Dream Sprint



After the Dream Sprint, you'll become crystal clear on what you want and see yourself confidently taking steps in the right direction.



I've always treated the world as my classroom, soaking up lessons and stories to fuel my path forward. I hope you do the same. The worst thing you can do is think that you know enough. I never stop learning. Ever. That's why you are here. You know that wherever you are in life, there will be moments when you need outside motivation and insight. There will be times when you don't have the answer or the drive, and you're forced to look beyond yourself. You CAN admit that you can't do it alone. I certainly can't. No one can. Now, turn the page and learn something

— ARNOLD SCHWARZENEGGER

Click this link to claim your 10 free days now