

# The Brendon Show

with

———— BRENDON BURCHARD ————

**Nurturing Great Relationships**

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## **Nurturing Great Relationships Training Guide**

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# SUMMARY

This episode is about how to improve and nurture great relationships (with your family, friends, significant other, or even your colleagues). Remember: relationships bring life to LIFE, so do a better job at them.

*Follow along in the training with the notes below. Then finish the sentence completion exercise to continue building on your skills.*

## 1) Know people's goals.

You never know a person if you don't know their goals. You have to really get into people's goals to understand their heart. Be specific. For example, if your friend shares that their goal is to become a writer, find out what kind of writing they're interested in. Find out when they plan to do their writing. Find out how you can support them with that endeavor. Find out what they want to publish, and what the time frame is for that specific goal. Remember: having a deep relationship with people requires that you support their dreams (and know what those dreams ARE).

## 2) Know people's fears and and share your fears.

You have to know people's fears, because if you don't know their fears, then you don't really know them. When you know what people are scared of, you subsequently know their outer limits. If you don't know what people are scared of, or fear, you don't know what their real comfort zone is. This means that, A. you can't make sure that they have that comfort, that certainty, that stability with you. And B, you can't help them grow. And if you're in a relationship with somebody who can't help you grow or you can't help them grow, they get bored with you and they move on.

## 3) Create unique, varied experiences.

Whether it's with your significant other, your family members, your friends or even your colleagues, make sure to create new experiences with them. The zest and pop in a relationship stems from the uniqueness and varied nature of these experiences. The most important thing in great relationships is that they DO things together. Sustain that magic with newness.

## 4) Share your personal growth journey with others.

Weekly, share something you've learned about yourself that week. Share the things you're working on. Share about your weaknesses that you're trying to strengthen or overcome. Share the books you're reading, the courses you're going through, the podcasts or training materials you're taking in. If the conversation of personal development is always present in your relationship, your relationship is always getting better.

## Sentence Completion Activities

On this page, Brendon begins sentences that you are to complete.

*There are no right answers. Take this as an opportunity to think and write. Sentence completion activities can be powerful, if you actually write about the answers. Simply reading the phrases has little effect. Profound insights and ideas arise when you put pen to paper!*

**1. This week I am going to ask \_\_\_\_\_ about their goals, and I'm going to ask them the following specific questions related to their goals...**

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**2. I can support my (friend, family member, significant other)'s dreams by taking the following actions...**

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### 3. My fears can be described as ...

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### 4. The places in my life where I am ready to grow and go to the next level can be described as.... and I will share this with \_\_\_\_\_.

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**7. Three new experiences I'm going to share with my friends, family, or significant other in the next (3) months include ...**

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**8. This week, I learned the following things about myself...and I'm going to share this with my (friend, family member, significant other) \_\_\_\_\_**

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