

The Brendon Show

with

———— BRENDON BURCHARD ————

The Self-Perception Problem

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The Self-Perception Problem Training Guide

Summary.....	3
Sentence Completion.....	4 -7
Notes.....	8 - 11

SUMMARY

This episode is all about overcoming the self-perception problem. Here's the best path for understanding yourself (and your FULL growth potential)!

Follow along in the training with the notes below, then finish the sentence completion exercise to continue building on your skills to overcome the self-perception problem.

1) Set intentions

Define yourself everyday. Do your homework: pursue professional development, read books to help you gain insight, and geek out on figuring out your values. Set an intention for what kind of person you want to show up to the world as. As you do this consistently, the people around you will associate you with integrity and understand how they *should* perceive you.

2) Learn through discussion

Ask for feedback consistently and constantly. Those giving you feedback may say negative things. Remember to learn, instead of judge yourself or take things personally, so you can take that feedback constructively. Ask for feedback from people who know how to deliver it.

3) Set progress checks

Be real with yourself. Acknowledge if you're not progressing, and that can spark something in you to push for success. Avoid the temptation to let any internal angst get the best of you. Approach your life as an opportunity to grow and progress faster! What can you do better? What's your next progress check point? What's the next milestone? Define those.

4) Amplify your leadership

Are you being a role model and a leader for other people? You need to check your identity, to check who you *feel* you are against who you are in reality. Check the influence you have with other people. Think about what you may need to learn about communication, leadership, and persuasion in order to increase your influence. When you know every single day that you're showing up to serve, lead, and care for others, your confidence and self-perception improves.

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. When I wake up everyday, some words that describe who I want to be include...

2. I will take the following steps to "do my homework" to determine what my values really are...

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3. When I start to get down on myself when reviewing my most recent work, to make sure I'm learning instead of judging, I will tell myself...

4. The next time I solicit feedback from other, I will ask the following questions...

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5. I will honestly acknowledge my progress on my projects and goals by taking these steps...

6. The dates and criteria for my next three progress checks are...

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7. I will act as a role model by doing the following...

8. The steps I will take to improve my leadership and communication skills are...
