

The Brendon Show

with

———— BRENDON BURCHARD ————

Lessons Learned in 2018

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Lessons Learned in 2018 Training Guide

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SUMMARY

This episode is about the biggest lessons I've learned in 2018 - about including my loved ones in my goals and projects, about connecting more with my community, about hiring FASTER, about skilling up for this new year, and MORE. I'm here to share my insights and learnings with you, so that you can enter 2019 STRONG.

Follow along in the training with the notes below, then finish the sentence completion exercise to start developing a winning skill set so that you can crush it in 2019.

1) Advance Your Health in 2019

Your health is what allows you to accomplish all the things that you do. Evaluate the best way for YOU to maintain your level of mental, emotional and spiritual well-being. Identify the practices that will sustain your health for the long-term, and apply those practices consistently in order to generate the energy you need.

2) Hire Faster

In order to serve more people, you need to create a greater balance in your life. That balance requires you to enlist the help you need in order to scale and serve your highest mission. Do not wait to get support—hire soon.

3) Involve Your Partner and Loved Ones in Your Career and Goals.

Brainstorm with people who aren't directly on your team. Someone who knows you intimately can help you make important life decisions, and this type of connection can be mutually beneficial. High performers are courageous and willing to share their hopes, dreams, desires, and feelings with others, more often than under-performers. Share your goals and dreams with the people you love!

4) Determine the Major Skills You're Going to Need to Win in 2019 and Start Developing Them Now.

Evaluate what your current skill set is, look at what your goals are, and evaluate what skills those goals necessitate in order to be successful. Evaluate where you are this year and what products, programs or services you want to launch next year. Determine what campaigns need to be launched in the first quarter of 2019. Whatever you have learned in 2018, apply it and hit the ground running fast.

Apply these tips in 2019 for a stronger, better year. Set up your successes earlier rather than later. This can be one of your best years yet when you enter it with the right mindset.

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. To dramatically increase my health in 2019, I can start doing the following...

2. I will maintain my emotional, mental, physical and spiritual well-being by...

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3. The areas of my business and life that need more people-support include...

4. My dream team can be described as...

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5. I can involve my partner more in my career by doing the following...

6. I plan to share my hopes, dreams, desires and feelings with these people...

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7. The #1 skill set I need to develop in 2019 to level up is...

8. I can develop this skill set by taking these steps...
