



**#TransformationWeek**

## Transformation Week Day One: Get Clarity!

Welcome to Transformation Week!

Denise and I are wishing you and your loved ones a Happy New Year and a joyous, loving and abundant 2019!

We begin Transformation Week with the most important thing you can ever do to improve your life: GET CLARITY.

In today's training with Brendon, you learn three different frameworks for increasing your awareness and setting your goals in the major areas of your life. Here's two actions you can take right now:

1. Please fill out the attached journal sheets and share your lessons and goals with us on social media using #TransformationWeek and #HPXLIFE. We'll be choosing posts and people to share and reward with shoutouts and surprise random gifts like our High Performance planners, books and swag.
2. Also, please subscribe and download all the episodes of The Brendon Show podcast. Why? Because Brendon is posting the full audio of each day's training on his podcast for you free! And... Denise will soon be a guest on The Brendon Show, sharing her insights on mentoring women, building brands, and living the high performance experience on her own terms.

Thanks again for joining us in Transformation Week and congratulations for your continued commitment to personal and professional development. Enjoy today's training!

Brendon and Denise  
#transformationweek #hpxlife

# Clarity Framework #1: Whole Life Assessment - Awareness

The goal of this short assessment is to help you identify areas for improvement in the major areas of life. As with any self-assessment, the goal isn't a complete or perfect snapshot and rating of every nuance of your life, but rather a good opportunity for overall self-reflection. So, don't stress about the exact wording of these descriptions. Instead, just give your overall impression of how you rate in each category based on the last 30 days of your life. After you finish, take time to journal about your ratings and each area of your life. If you don't like the answers, it's okay and just an indication to focus on that area a little more this week. Improvement takes time. Set some goals, start some new habits, and be patient and persistent in your journey to the next level of potential and performance.

Categories	Score (1=Low Agreement, 10=I'm Awesome)
<b>Health</b> I regularly take care of myself so that I can feel my best. I want my overall physical and emotional health (my well-being) to be primed and optimized to make me feel energetic and strong each day. I strive to eat well, sleep well, and work out so that I have the physical vibrancy and stamina to enjoy life and deal with its challenges and opportunities.	1 2 3 4 5 6 7 8 9 10
<b>Mental/Emotional</b> I keep a positive outlook and attitude. I'm cultivating a sense of joy and peace in my life so that I can experience positive emotions and relationships. I take care of myself by being mindful to the energy, focus, and emotions I really want to experience and generate in life.	1 2 3 4 5 6 7 8 9 10
<b>Partner/Significant Other (If not applicable, skip this)</b> If in a relationship: I feel a consistently deep, trusting, appreciative, soulful, loving connection with my significant other. I am patient, respectful, and attentive to my partner's needs. If single: I live each day through my heart and demonstrate compassion and love for others.	1 2 3 4 5 6 7 8 9 10
<b>Family</b> I am present with my family. I am creating deep connection, and fun and positive energy with the family members that I keep in contact with. It's evident that I love my family and I'm doing my best for them. I try to forgive their mistakes and be compassionate with them.	1 2 3 4 5 6 7 8 9 10
<b>Friends</b> My immediate social circle of friends brings connection, fun, and positive energy into my life. I seek out positive people and I do my very best to bring positive energy and real authenticity into all my relationships. I spend enough time with friends.	1 2 3 4 5 6 7 8 9 10
<b>Mission</b> I feel clear, energized, and fulfilled by my work and contributions to the world. I believe my work or day's effort adds real value and is a true reflection of my best efforts and contributions. I am truly engaged and excited by what I'm doing—it feels like a mission, calling, or purpose.	1 2 3 4 5 6 7 8 9 10
<b>Experiences</b> I plan special experiences—trips, adventures, nights out, time to connect or disconnect—so that I enjoy life. I give enough time to the things I love in life, including to my hobbies, interests, and non-work goals and adventures.	1 2 3 4 5 6 7 8 9 10
<b>Spirit</b> I feel connected to the present moment and vitally alive in my spirit. I am congruent with my beliefs and behaviors and I keep my faith and values at the forefront of my decisions and daily actions.	1 2 3 4 5 6 7 8 9 10
<b>Finances</b> I am being responsible in how I spend my money. I'm saving money for my future. I'm learning the skills necessary to develop my ability to earn even more. I am happy with my lifestyle and allow myself to enjoy what I've built and earned.	1 2 3 4 5 6 7 8 9 10
<b>Learning</b> I am curious and pay attention to the world around me so that I can learn new things. I ask questions. I seek to discover new things about myself and others. I have created a personalized curriculum for myself so that I can develop the skills needed to succeed.	1 2 3 4 5 6 7 8 9 10



Clarity Framework #1:  
Whole Life Assessment



## Clarity Framework #1: Whole Life Assessment - GOALS!

Now let's revisit the assessment and set a new vision and clear goals for ourself in each category. Take the time to really think this through. It's your life after all! You want to write inspired. Don't let yesterday's circumstances color your vision for what's possible these next 12 months and years ahead. You are stronger than you think, and the future holds good things for you! Brendon's PRO TIP: Print this section out TWICE. Go through it once with 12 months in mind. Then go through it the second time with a 3 year goal in mind. So, do it once for 12 months, then again for 3 years. It's eye opening!

### Health

In 12 months from now, my vision for healthy living looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start doing the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

### Mental Emotional

In 12 months from now, my vision for how my mind and emotions make me feel on an everyday basis would look like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start doing the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

### Significant Other / Love

In 12 months from now, my vision for my most important relationship in life looks like this... (If in a relationship, focus there. If not, focus on a primary loved one).

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start doing the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

## Clarity Framework #1: Whole Life Assessment - GOALS! continued

### Family

In 12 months from now, my vision for my immediate family having extraordinary relationships looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

### Friends

In 12 months from now, my vision for having extraordinary friendships look like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

### Mission

In 12 months from now, my vision for my purpose, giving or major career contributions looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

## Clarity Framework #1: Whole Life Assessment - GOALS! continued

### Experiences

In 12 months from now, my vision for the adventures or amazing experiences I want to have in life looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

### Spirit

In 12 months from now, my vision for feeling more spiritually connected looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

### Finances

In 12 months from now, my vision for my wealth and things I own looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start doing the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...

## Clarity Framework #1: Whole Life Assessment - GOALS! continued

### Learning

In 12 months from now, my vision for the topics I will learn and the skills I will master looks like this...

To achieve this vision, I would have to stop doing these things...

To achieve this vision, I would have to start doing the following things...

To achieve this vision, I am setting the following goals and deadlines for myself...



Clarity Framework #2:  
Primary Aspiration Theory





## Clarity Framework #2: Primary Aspiration Theory

Brendon created Primary Aspiration Theory to explain that we have four primary goals in life: being goals, relating goals, creation goals, and growth goals. His research has revealed that most people seek these primary goals, once sustenance and safety are accounted for:

1. I want to be proud of who I am as a person and feel fully alive. (These are the Primary Being goals of congruence and charge).
2. I want to have deep, vibrant relationships with others and feel that others care for me too. (Primary Relating goals of connection and care).
3. I want to create things that I'm passionate about and make a difference in this world. (Primary Creativity goals of creativity and contribution).
4. I want to develop mastery in many parts of my life and sense that my life is rich and full of meaning. (Primary Growth goals of excellence and enrichment).

(These topics are the focus of Brendon's next book, coming 2020). Brendon believes that the odds of each of us successfully fulfilling these desires over the course of our life is determined by our ambition and how much command we take of our life and circumstances.

To help make this theory practical in your life, complete the following journal prompts.

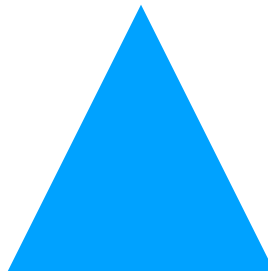
### Being Goals

#### Congruence

If I was going to become even more proud of who I am, and I was going to live more congruent with that vision of myself, I would have to start...

#### Charge

If I was going to become even more energized and healthy, so that I had the mental, emotional, and physical energy and stamina I needed to achieve my purpose over the long term, I would have to start...



### Relating Goals

#### Connection

If I was going to have more authentic, intentional and meaningful relationships with all the people around me, I would have to start...

### Creation Goals

#### Creativity

If I was going to create more ideas and things that made energized my mind and passions, I would have to start...

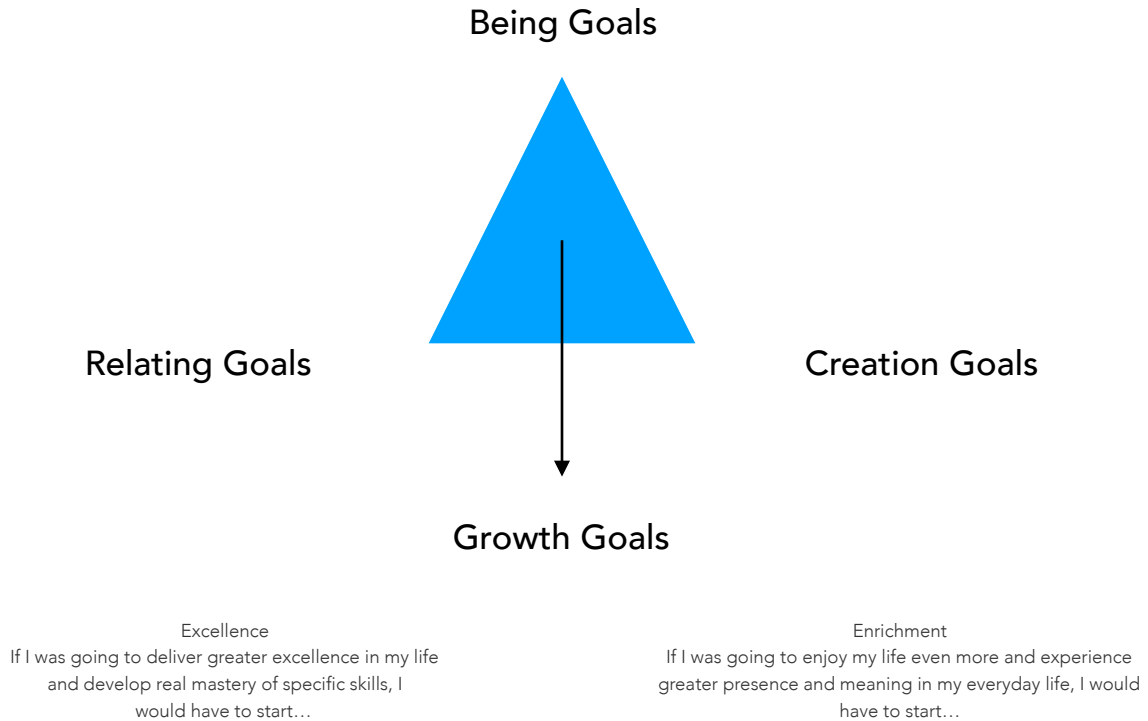
#### Care

If I was going to start feeling more cared for and appreciated by those around me, I would have to ask people to... (think of specific people and write what you need to communicate to them to feel better cared for)

#### Contribution

If I was going to feel like I was making a real difference and living more purposefully each day, some ways I could start contributing, or areas I could contribute in, include...

## Clarity Framework #2: Primary Aspiration Theory, continued



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### The Secret Ingredients: Ambition and Command

Will you achieve the vision you have for your life? That's in large part up to you. Of course, sometimes life throws us curveballs. Bad things happen. We get sick. Loved ones leave. Opportunities don't work out. But what do you really want, and how much command will you take of your thoughts, feelings, behaviors, and environment in order to set yourself up to win? Will you keep dreaming and seeing a great future for yourself even when it's hard? Will you set boundaries and push back when other people want you live their agenda versus yours? Will you take command and do the work even when part of your mind is telling you to be lazy and watch Netflix today? These two powers: sustained ambition and personal command—will direct so much of your life and future. So complete the following prompts below.

If I was even more ambitious in life, then big bold crazy things I would attempt to do, achieve and give include...

If I was in more command of my life, the things I would immediately stop allowing ... and the things I would immediately start practicing include....

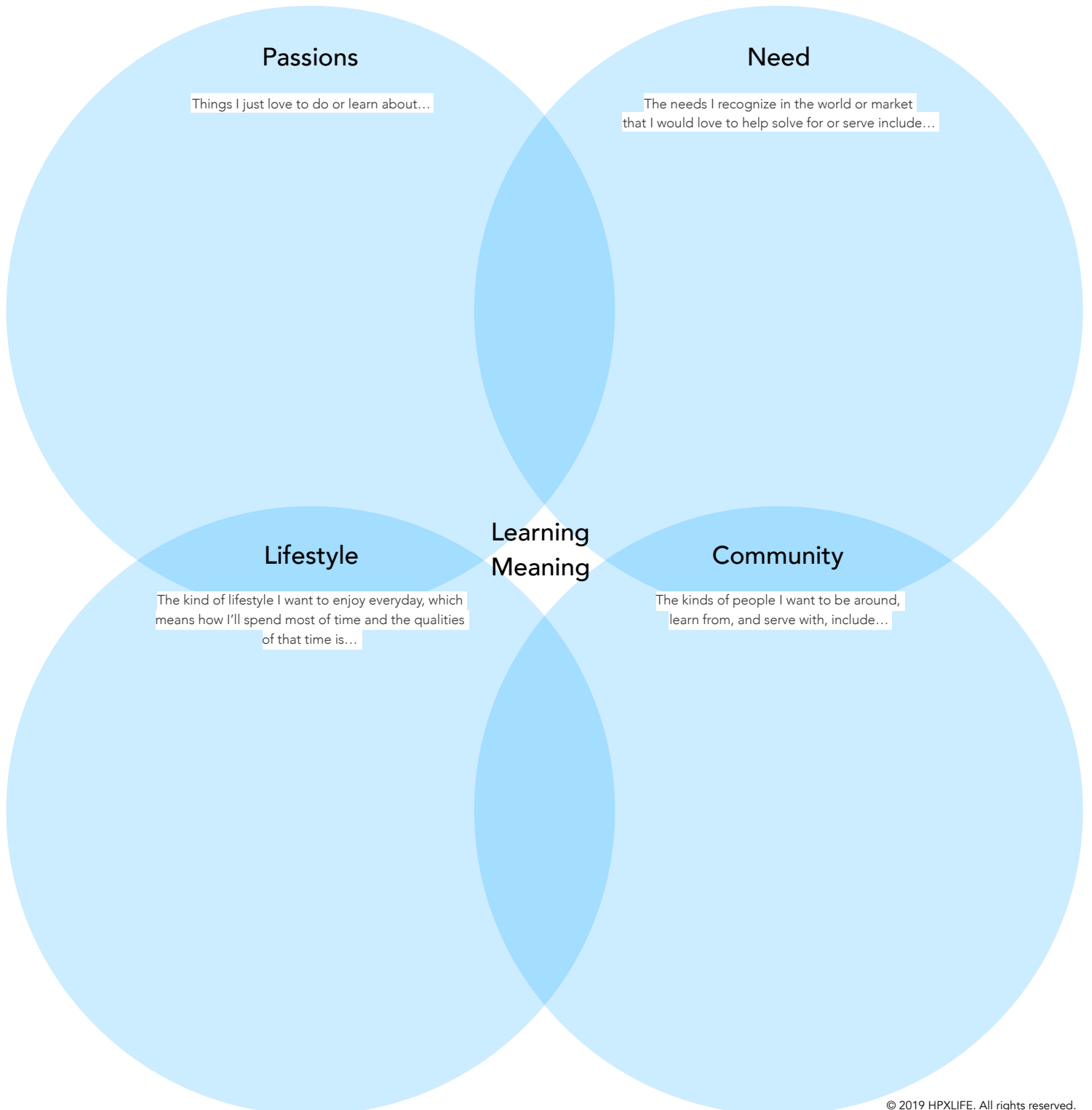


Clarity Framework #3:  
Vision Circles



## Clarity Framework #3: Vision Circles

Sometimes people struggle with what they want to do in life—where they should focus their time or mission. The truth is, that just takes time and exposure to the world. But sometimes having a framework can help us think through things. That's why Brendon created this simple framework. He believes that the greatest sense of purpose often comes from an overlap of our passion, the needs of those around us, and the lifestyle and community we want to create and experience in life. When those things intersect around a topic, career, mission, or purpose that we also love learning about and find meaning in... then that's the magical sweet spot. Not everyone will find that. And often, we have a fleeting or brief encounter with that throughout our lives. But the more we can recognize those times and the more we can craft our life for that intersection the more purpose and fulfillment we tend to experience. So complete the prompts below.





**#TransformationWeek**

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