

# The Brendon Show

with

———— BRENDON BURCHARD ————

**3 "I AM" Success Beliefs**

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## **3 “I AM” Success Beliefs Training Guide**

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# SUMMARY

This episode is about the three “I AM” beliefs High Performers have that lead to success, well-being and abundance. These beliefs are necessary for achieving high performance and going to that NEXT level.

*Follow along in the training with the notes below. Then finish the sentence completion exercise to practice these beliefs until they naturally become your own!*

## 1) I AM Congruent With The Best of Who I Can Be.

The first belief High Performers have is that they are congruent with the best of who they can be. They are living into their values and attempting consistently and conscientiously to be the best of who they are (with their actions). Why does this matter? When you are not making an effort to be aligned with your best self and ACT from that place, you can start to feel like you’re in a rut. You may experience self-hatred, negative self-talk or that general feeling of a funk. Live in alignment to feel that full vibrant charge in life.

## 2) I AM Capable of Achieving The Future I Want.

Believing you are capable is everything. You don't have to believe you have all the competencies that are necessary to succeed. You just have to believe that you are capable of getting them. Under performers get stuck stewing on what they are not capable of, so they stop that forward momentum. High Performers have a growth mindset; they believe they can learn whatever they have to in order to succeed. Under performers have a fixed mindset and think there is a limit to their potential. Cultivate and practice that belief that you are capable!

## 3) I AM Worthy and Deserving of Having Extraordinary Success.

Sometimes people's beliefs match up with their worth in such a way that they don't get to experience the brighter colors of life. If you are only ever expecting good things—not great, not extraordinary things—you will only get good things. High Performers don't have a problem saying what they want, or identifying big goals for themselves. They don't feel guilty because they know they are worthy of it. Remember, the work will make you deserving, the belief will make you feel worthy.

*Adopt these 3 beliefs and watch how your life transforms. When you believe that you are being the best of who you can be, that you're capable of achieving what you want, and that you're deserving and worthy of your success, you can reach your next level of high performance. We're cheering you on as you develop and live into these 3 beliefs!!*

## 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. I would describe my best self in these three sentences...

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### 2. I am being congruent with my best self by taking these actions ...

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### **3. I can achieve the future I want if I change these beliefs about my capabilities...**

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### **4. The skills and capabilities I don't have right now but know I can achieve are...**

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## **Sentence Completion Activities**

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**5. I think I am unworthy of the extraordinary life I want because...**

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**6. The things I can say to myself everyday to practice worthiness are...**

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