

THE BRENDON SHOW

FOUR DECISIONS THAT
CHANGED MY LIFE



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SUMMARY



This episode is about the four major decisions you can make in your life for positive and powerful transformations. If you commit to these four decisions, they will positively shape the quality of your life. These mindset changes will bring you greater mastery of your mind, greater joy, and greater reverence for life.

Follow along in the training with the notes below, then finish the sentence completion exercise to recognize blessings in your life, identify ways you can be more joyful, and face your future with more confidence and optimism.

1. Have Reverence for Your Life Every Single Day

Each day is a gift. The motivation to live life fully can transform your life. Having a greater appreciation for life can motivate you to use your time wisely. Real reverence for life shows up in your time management. How you spend your day has to be a thoughtful decision. Part of having reverence for life is respecting the time you were given and using it to forge your path and purpose. Make sure you are on your path and living YOUR purpose, not someone else's. That is true reverence for life.

2. Bring the Joy

Don't wait to be joyful. So many people believe they'll have joy once they receive that promotion, or when they have kids, or when they live that lifestyle they've always dreamed of. You must BRING the joy into each circumstance and stage of your life. In a world of negativity, instead of being reactionary, focus on intentionally generating a positive mindset. All you're ever going to be doing is mastering your mind, so ask yourself, "How can I see this situation in a different perspective that serves me?" Remember that YOU are responsible for the energy you are projecting into the world.

3. Honor the Struggle

Instead of bemoaning the struggles that will inevitably come, reposition your thinking and acknowledge them as an opportunity to forge within you a better skill set and a greater level of ability to serve others. Trials are necessary for growth. You have to be a person who—when you've got to do something you don't want to do but it is necessary—brings the joy to it or honors it.

4. Adopt a Role Model Mindset

One of the greatest motivators to live well, is to look around you and acknowledge who's looking up to you. Are you setting a good example for those who depend on you? Those who are inspired by you? The ultimate killer of the high performance experience is simply going through the motions. If you want to inspire people, you must first accept this role model mindset. When you do, you're more thoughtful, you have a servant's heart, and you ultimately have your breakthrough. Be ready to step into that leadership role, and be ready to SHOW UP.

SENTENCE

COMPLETION

As you complete the prompts below, there are no right or wrong answers. Responding authentically and fully is essential in generating and accessing more clarity and momentum in your life.

1

The three things I am grateful for today are...

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2

One step I can take to manage my time better is...

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3

The challenges that I am facing are... and the ways I can bring the joy into those situations are...

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4

One thing I can do to be more intentional and less reactive is...

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5

The skills, mindset, and takeaways that I have acquired through my most recent challenges are...

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6

The ways that my past challenges can contribute to achieving my long term goals are...

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7

The biggest role models in my life are... and I aspire to be like them because...

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8

The people who I want to look up to me are...

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NOTES

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