

THE BRENDON SHOW

YOUR FOUR WORST FEARS



Brendon Burchard
#1 New York Times Best-Selling Author
(c) 2019 HPX. All rights reserved.

TABLE OF CONTENTS

3-5 Summary

6-8 Sentence Completion

9-11 Notes



SUMMARY



This episode is about the four primary fears that keep you from reaching your next level of success. The episode emphasizes the importance of managing your mind and whether or not you choose to be fearful. Identifying these four fears will allow you to assess the areas of your life that are in need of growth, and will inspire you to choose to live a life of freedom, positivity, and success.

Follow along in the training with the notes below, then finish the sentence completion exercise to identify the fears that have been holding you back AND the mindsets to adopt to combat those fears so you can be a force of positivity and energy.

1. Fear of Ruin

As you evaluate your future opportunities, do you think of the worst possible outcome? It's important to weigh the outcomes and be prepared, but this becomes an unhealthy practice when you focus solely on the negative. Instead of obsessing over the "what ifs" and the possibility of ruin, look at your circumstances as an opportunity to build—no matter what comes of it. If you switch your mindset from ruin to build, then you move into a productive, learning mindset with momentum.

2. Fear of Rejection

There will always be those who put you down, those who don't believe in you, and even those who could hate on you. It's part of putting yourself out there. The truth is, they don't have to support you. Once you accept that others don't owe you appreciation, honor, and respect, rejection isn't so scary. Don't be surprised when you encounter the haters. Stop allowing the haters to dictate your decisions, and start making decisions based on what you want to do, who you want to become, and how you want to serve.

3. Fear of Regret

So many people are fearful to take that leap, or make that decision because they fear they'll regret it for the rest of their lives. This is important to remember: there is not always going to be anything negative in your life unless you choose it to be. Even if it is a poor decision, you learn, you grow, and you ultimately move on. Once you adopt a learning mindset, regret tends to go away.

2. Fear of Responsibility

The more game changing decisions you make and the more people you influence, the more responsibility will rest on your shoulders. It's going to require you to take on more, and many people fear that. They believe they don't have the capacity to tackle the new, unknown challenges. But at the end of the day you have to ask yourself, "Do I want to serve more people?" If the answer is yes, then you must step into this new role and once again adopt that learning mindset. You will be able to handle it, because you are capable, you matter, and you have the ability to figure things out.

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 biggest fears that I have are...

.....

.....

.....

.....

2

The biggest challenges I am currently facing are... and the positive outcomes I foresee are...

.....

.....

.....

.....

3

The most supportive and loyal people in my community are...

.....

.....

.....

.....

4

The takeaways I have learned from my big mistakes are...

.....

.....

.....

.....

5

My mission in life is...and those I want to serve are...

.....

.....

.....

.....

6

In a moment of stress, one thing I can do shift my mindset from ruin to build is...

.....

.....

.....

.....

7

The skills and responsibilities that I need to master in order to serve my mission are...

.....

.....

.....

.....

8

One responsibility I have been scared to take on but will start now is...

.....

.....

.....

.....

NOTES

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

