

THE BRENDON SHOW

I'M DISCOURAGED,
WHAT SHOULD I DO?



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SUMMARY



This episode is about learning to pick yourself back up after being discouraged. The road to success isn't always easy. It's often filled with setbacks and disappointments along the way. When those trials come, learn how to switch to a positive mindset, reconnect with your true passions, regain your confidence, and capture the importance of community with these four major teaching points.

Follow along in the training with the notes below, then finish the sentence completion exercise to determine what skills you need to master, identify areas in your life where you can serve, and learn how you can take command of your day.

1. Don't Compare Yourself to Others

Comparison often results in disappointment. So many people look side to side, so focused on how wonderful and seemingly easy someone else's journey has been, instead of focusing on their own craft and their own plan. It's time to ask yourself, "Am I following my truth? Am I working diligently towards what is important to me? Am I on my own path?" Do what makes you feel alive, not what makes you compare with other people, and not what makes you feel like you're measuring up to anybody else. You have to walk your own path.

2. Adopt a Learning Mindset

Setbacks are inevitable. They will happen, and what will your response be? Discouraged people beat themselves up. They internalize the failure instead of acknowledging what they've learned and moving forward with those lessons. Failure happens, but also recognize that you are actively learning from those experiences. Take the time to acknowledge what went wrong and how you can prevent that situation in the future. When you change your mindset from ruin to learning, everything changes.

3. Take Advice from Your Future Self

Do you have a vision for the future? Do you imagine yourself in five years, or even ten? What would a future you, a more confident, capable you, tell yourself in those moments of adversity? Exercise your imagination and envision a wiser, more experienced you giving advice to yourself. What are the three things they would tell you to do next, as the right action of integrity? Let your future highest self coach you to the next level, instead of the current you who feels down. Don't try to make decisions based on your current funk. When you let your highest self coach you, you envision a compelling future and rise to your highest potential.

4. Share Your Truth with Others

Share your truth when you are feeling discouraged. This is the hardest practice for most people, but it will relieve you of a tremendous amount of emotional suffering. Instead of wallowing in those negative thoughts, reach out to someone and share your honest truth. Whether it's at school, at work, your caregivers, your family, a nonprofit organization, or somewhere online, there will be someone who has experienced what you are going through and can offer support and advice. You do not have to be alone on this journey. Sometimes all you need is encouragement and reassurance that you are not alone in your suffering, and that won't happen unless you reach 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

When I compare myself to others, I feel...

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2

Instead of comparing myself to others, I will focus on these 3 things I like about myself and my life...

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3

I know I'm feeling discouraged when I start thinking these things...

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4

The most powerful lesson I have learned when I have been discouraged from a setback is...

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5

My extraordinary future self has these qualities...

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6

The steps my future self/admirable figure would tell me to take to reach my full potential are...

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7

I can relieve my emotional suffering by...

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8

When I am feeling discouraged, I can be vulnerable and reach out to...

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NOTES

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