

THE BRENDON SHOW

THREE TRANSFORMATIONAL
EVENTS IN MY LIFE



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SUMMARY



In this episode, I share the three transformational events in my life that led to real change. At times, there are opportunities that come into our lives that prompt a positive change. Other times, unfortunate situations happen that force us to change. Understanding when and how to transform your life is necessary if you want to get to your next level of well-being and success.

Follow along in the training with the notes below, then finish the sentence completion exercise to reflect on what prompted change in your life, identify the areas in your life that need change, and what steps you are going to take to achieve your next transformation.

1. Breakup with My First Love

The first transformational event of my life was my breakup with the first woman I ever loved. My whole identity was tied to her at the time, so when our relationship ended, my life fell apart. I became a broken man and fell into depression and suicidal thoughts. What followed was leaving the country and surviving a life-threatening car accident. That critical incident—what psychologists call significant moments in your life that forced you to change—made me realize I needed to change my identity and transform my life because who I was, was not who I fully wanted to be. When you make these shifts in your life, they are pivotal moments you remember. These moments bring greater clarity and awareness around who you are now versus who you want to be. They make you more intentional about how you are showing up and about the kind of life you want to live.

2. Quit My Job for a Meaningful Career

I attended a seminar where the speaker was talking about making money writing books. I knew in my heart I wanted to write a book, but I didn't know you could make money as an author. I had a good job, amazing peers and coworkers, and I was making good money. I decided to quit and become an author—I had never even taken a writing class! But I knew I wanted to share my message with the world, and the idea of becoming an author made me activate something within. I had to be courageous to quit my job so I could

do my life's work. Once my book came out, I had to learn how to share my message, communicate on video, how to write blog posts, and how to use social media. It taught me to believe in my ability to share a message and to have a career doing it. There are times you must leave comfort in order to pursue your life's work, which leads you to learn new skills and develop dormant talents. You must be the one to determine when it is time to move on to something greater for you.

3. Suffering a Traumatic Brain Injury

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

A critical incident that has occurred in my life is...

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2

These are the three ways I changed in response to my critical incident...

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3

One way I can be more intentional with navigating this transforming shift is...

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4

The dream that I feel is my life's calling is...

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5

One thing I can do to transform myself to achieve this dream is...

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6

I can make these three significant shifts in my life to transform my overall happiness...

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