

THE BRENDON SHOW

HOW TO HAVE PATIENCE
PURSUING YOUR DREAM



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TABLE OF CONTENTS

3-5 Summary

6-8 Sentence Completion

9-11 Notes



SUMMARY



You've committed to your dream. You've made the decision to move forward. Now what? It's one thing to commit to your goals, but it's another to maintain that level of motivation and positivity to see it to the end. Struggles and hardships will inevitably come, and when they do, how will you respond? To preserve your patience while pursuing your dreams, you'll need these four big ideas to maintain your motivation, reorient your mindset when the going gets tough, and nurture that fire inside of you!

Follow along in the training with the notes below, then finish the sentence completion exercise to identify the areas where you are losing patience, how you can take intentional action towards reaching your goals, and how to cultivate greater patience along your journey.

1. Focus on Passion-Drawing Activities

Don't focus on the success, outcome, or final destination. Instead, focus on living a part of your dream every day. So many people think the dream is far off and can only be achieved by making a specific thing happen. They fail to implement the activities that connect them with their dream into their daily routines. To maintain patience, you need to do an activity that brings you joy and fulfillment everyday that brings you closer to your dream. By doing this daily, you'll be more patient along the journey because you are experiencing a taste of it now, and are actively taking steps towards your dream.

2. Consistently Master Necessary Skills

What skills do you need to master to make your dream come true? What can you learn now that will propel you in the right direction? Strive to acquire a comprehensive understanding of those skills and use that as encouragement when you feel impatient or discouraged. Learning the necessary skills needed for your dream gives you progress and is readying you for that moment you get a big break. Learning makes patience easier because your mind feels more competent. It gives you momentum, prepares you for what is to come, and brings your mind a sense of growth.

3. Don't Do It Alone

If you're losing patience for your dream, you're probably chasing the dream by yourself. It's so important to develop and maintain those friendships with those who are on the same path as you. Not only do they keep you accountable to your goals, but they're cheering you on as you strive! If you're finding it difficult to find a community, go volunteer! You'll find yourself in the company of other high performing, giving people. Really invest in those friendships and soon enough, when those dark days inevitably come, you'll have a support system so you don't have to strive by yourself.

4. Honor the Struggle

Struggle is part of the journey. As you strive and hustle toward those big dreams of yours, you will face hardship. When you encounter these trials, how will you deal with them? The key is to master your mind, and instead of bemoaning the process, learn to honor it. Literally tell your mind how to deal with the struggle. View this current struggle as a necessary step for growth and success. Learn to keep a good attitude in the face of hardship. Honor the steps it takes to reach your dream. If you can't teach yourself to live a great life now, when you do finally reach your dream and accomplish what you wanted, you're still stuck with you. That's why it's so critical to teach yourself to be joyous, congruent, and fulfilled NOW as you strive.

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

My dream I want to achieve in one sentence is...

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2

One daily activity I can practice that aligns with my dream is...

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3

Three mastery skills I need to learn that will help me achieve my dream are...

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4

I will track my progress and growth each day by doing...

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5

The one thing I can start doing to build a community that will support my goals are...

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6

Three accountability questions I can rely on my friends to answer are...

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7

One struggle I may face while pursuing my dream is... and I will respond to it by...

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8

Two positive reminders I can repeat to myself when I start to doubt my journey are...

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