

THE BRENDON SHOW

HOW TO GET OVER
A BREAKUP



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SUMMARY



This episode is about regaining strength after a breakup and moving forward with more wisdom, joy and passion. A breakup is a painful experience, but it's important to remember that it is only a chapter in your life and the future holds good things for you! These four teaching points outline tactical ways to move forward with your life and cultivate a positive, affirming mindset that is crucial to have when getting over a breakup.

Follow along in the training below, then finish the sentence completion section to identify how to navigate the next steps in this phase of your life so you can move forward with more wisdom, clarity, and positivity.

1. Phase Two Philosophy

The first thing you need to do after a breakup is to recognize that you are no longer in a relationship. It sounds simple, but you must accept that you are in a different place in your life now. Whatever happened to you in the past was phase one, and now you're in phase two. Phase one was all about experimenting, learning, and developing, but now phase two is about reflection. You are in a new chapter in phase two. It's time to ask yourself some important questions. What did you learn from this relationship? What will your better self do the next time around? What did you learn about love? It is impossible for you to let go unless you accept that you are now in phase two. This reflection process should not be negative. You should not look back and seek to blame, complain, or berate yourself. Instead, cultivate a learning mindset and consider what you've learned along the way.

The second part of phase two is to be grateful for phase one. It is critical for moving on. When you're in the aftermath of a breakup, often all you want to do is wallow in your pain and regret. This step requires a fair amount of reflection. Look back on the moments you had and cherish them. Be grateful for them without feeling the need to cling to them and get them back. You can be free from something, yet still appreciate it. You can look back on your past without being devastated because you know that you are starting a new phase in your life, and that is something to be excited about.

2. Pour Yourself into Your Friendships and Passions

Instead of isolating yourself in your time of need, seek out your friends and invest in them. Build those relationships, because you still need social connections. You still need and deserve to be in a vibrant, loving relationship with others in your life. Look at your schedule and schedule a lunch date, or plan a walk with friends. Pick up the phone and initiate contact. Don't wait for them to come to you.

Along with investing in your friendships, dive deep into your passions! Now is the time to master a skill or obsess over a hobby. Challenge yourself with a new course or skill and just have fun. It's okay to have that week where you lay on the couch and wallow, but don't make it a habit to stay there. You need to pick yourself up and get going! Re-engage your passions and you will begin to generate more positive feelings. Remember: the power plant doesn't have energy, it generates it. And that is true with our emotions! After a breakup you will not naturally be driven, optimistic and bold. The more steps you take toward growth, the happier you will be.

3. Dive Deep into Personal Development

This is the perfect time to focus on personal development. Read all the books, listen to the podcasts, watch YouTube videos—all of it. Self-help is necessary right now. Your personal and professional development is critical. Take the

steps toward growth *today* to architect the best you. Use this breakup as a breaking point from your old ways of assumption or your old ways of life. Remember that you are in a new chapter now. If you want to become more joyous and mindful, you must learn how to cultivate positive emotions in the midst of adversity. You'll need to ultimately use your mind better to become happier now, and this all starts with personal development.

4. Get Momentum

When you're in a relationship, you often don't prioritize your projects or passions as much as you would outside a relationship. Relationships don't slow you down, but there may be things you've been waiting to do, but haven't dedicated your time towards yet. Now that you are in a new chapter, this can be the time you start taking action toward your goals and passions. Set three main goals everyday and establish a timeline to stick to them. The more actions you take and the more progress you make toward your dreams, the more confident you will be. The more confident you are, the more you'll be willing to connect with others and take risks. Make sure you're doing things everyday that are contributing to your overall goals, and that you're doing something that makes you feel good about yourself again.

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

One major thing that I have learned from my past breakup or hurt is...

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2

My main struggle in this post-breakup process is...and my best self would tell me this to help me stay positive...

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3

When it comes to the relationships in my life, I am grateful for (list 3 people and why you are grateful they are in your life)...

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4

Three friends I have in my life that I can better connect with are...and what I admire about them is...

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5

I will make a greater effort to connect with my friends by (e.g. scheduling a lunch date, making a phone call, etc.)...

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6

A skill or hobby that I want to learn in this new phase of my life is...

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7

The three personal development books that I will read are... and the reason I've chosen them is...

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8

My three major goals that I can focus on right now are...

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NOTES

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