

THE BRENDON SHOW

HOW TO REIGNITE
YOUR LIFE

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SUMMARY

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This episode outlines the steps you can take to reignite your life with more vibrancy, zest, and ambition. We can all experience burn out, exhaustion, and impatience in life. Often times, we think we'll feel happy and energized once we achieve our dreams. Don't wait to feel better once you get what you want. You can reignite your fire for life today with these four practices.

Follow along in the training with the notes below, then finish the sentence completion exercise to identify the areas where you can improve your presence, relationships, and progress!

1. Presence

One of the most crucial and life-altering practices that you can start implementing into your daily routine is the act of being completely *present* in the moment. The reason a lot of people are unhappy and feel like they need to reignite their life is because they become disconnected with themselves, their relationships, and their careers. The ultimate way to reignite your life is to first have *reverence* for life. If you have reverence for life, you connect with the moment everyday. We live in a world that tends to obsessively focus on either what has happened in the past or what might happen in the future. By engaging in the present moment, you stop going through the motions and reconnect with the minute. When you choose to be present, take notice of your breath and what you're paying attention to. Appreciate the small things around you and in your life. If you can't learn to be present when life isn't going so great, you won't notice how it feels when life *is* going great. Train yourself in the practice of presence.

2. People Engagement

If you are struggling to reignite your life, you must begin to actively reflect on your relationships with others. *Are you fully engaged and present with your loved ones? Are you an effective and empathetic leader at work? Do you take the time to truly learn about those you interact with everyday?* If you struggle with answering some of these questions, it could be because you are taking those relationships for granted. It's easy to feel like you know your spouse, best friend, family members, and coworkers, but every person is infinitely complex. There is always more to know and explore about another person. Once you accept that notion, getting to know the people in your life becomes curious and exciting. Embrace the curiosity and vibrancy that those relationships offer you. They are there with you and for you in your life to make life have *pop!*

3. Planning

One of the reasons why most people feel discouraged is because they aren't setting aside the time to work on their big dreams. They're not taking the time out of each day to diligently work on their long-term goals. If you were to open up your calendar or planner right now, is there evidence that you are carving out parts of your day and week to work on your passion projects? In order to reignite your life, you must start gaining momentum and that comes from careful planning. It doesn't have to be a big, elaborate plan. Simply ask yourself what your ideal day looks like and plan to get closer to that each day. Start generating that momentum by taking command of your calendar. Momentum is what makes life come back to full color!

4. Peaceful Progress

Achieving your goal is one thing, but doing so in a peaceful, mindful way is another. If you're constantly in a state of worry and anxiety as you strive toward your dreams, it's time to rethink your strategy. Hustling and striving are good things, but if you allow the exhaustion, fear, and pressure to take a toll on you, you will be unable to enjoy the rewards of your hard earned work! You cannot reignite your life without managing your self-care. Focus on self-care and peaceful practices. Taking care of yourself as you are striving isn't a luxury. It is a necessity for long-term performance. Take 20 minutes out of your day to meditate, allow time in your busy schedule to workout, prioritize your sleep, and eat well. These self-care rituals are necessary and vital to your overall health.

SENTENCE COMPLETION

Complete the sentences below. As you complete the prompts below, there are no right or wrong answers. Responding authentically and fully is essential to generating and accessing more clarity and momentum in your life.

1

I struggle to be present in the moment because (list out the thoughts that keep you from being present)...

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2

The three thoughts I can adopt to be more appreciative and present in the moment are (e.g. I have everything I need, I am right where I am supposed to be, etc.)...

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3

The most important relationships in my life are with...

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4

Two ways that I can get to know these people even deeper are...

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5

My ideal day looks like (describe in detail)...

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6

I will start planning these three things everyday to create my ideal day...

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7

I know I am giving into my worry and anxiety and neglecting my self-care when I...

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8

The necessary self-care practices that I will start to include in my daily routine are...

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NOTES

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