

THE BRENDON SHOW

OVERCOMING
“WHO AM I?”

BRENDON
BURCHARD

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SUMMARY

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It's common to experience self-doubt when you're trying to reach a big goal. You may ask, "Who am I to achieve this?" Instead of allowing those thoughts to keep you from moving forward, learn practical tips on how to handle self-doubt and even use it as a tool to learn and grow. In order to reach that next level of excellence and achieve your dream, you must be willing to push through those doubtful thoughts and take action. Recognize what is true for you and be honest with yourself about the areas where you need to grow.

Follow along in the training below, then finish the sentence completion section to identify the skills you must learn in order to achieve your goal and to recognize how capable you are.

1. Self-Doubt is a Signal

Self-doubt is not necessarily a terrible thing, nor is it something to avoid altogether. It's a signal for you to either learn or take action. Your mind is recognizing that there is learning and growing for you to do in order to be successful. What are the necessary skills you need to learn to accomplish your goals? Is it time for you to take action? Try to listen to what your self-doubt is telling you. Self-doubt becomes a negative thing when it stops you from taking action. You're never going to mentally get over self-doubt. You must take action and that action is going to give you momentum. You gain greater confidence with more momentum. The next time you experience self-doubt, follow its signal and it will lead you to step into your next level of high performance.

2. Develop Greater Competency

Self-doubt is the cue to develop competency. As soon as you think, "Who am I to have this dream?" follow up by asking yourself, "What are the five skills I need to learn to be able to accomplish my dream?" Creating a learning map is the key. Consider what podcasts, courses, seminars, and live events you need to attend in order to gain the skills necessary to achieve your dream. Develop a builder mindset that focuses on what competencies need to be built upon in order for you to go farther than you already have. Taking those steps will allow you to move forward with confidence instead of fear.

3. Show Up With Congruence

If you want to reach that next level of success, you need to show up with congruence. That means all areas of your life need to be in alignment with your overarching goal. Congruence requires two things. First, it requires you to have an identity vision. You need to ask yourself, "Who am I? Who do I want to become?" Really focus on that future version of you. The second thing is that you need to practice what you preach every single day. Don't just tell people about your goals or who you'd like to become. Truly seek to act in a way that aligns with your goal. This is all about showing up as who you say you are.

4. Do Not Compare Yourself to Other People

On your journey to success, it is crucial to stay in your own lane instead of comparing yourself to others. When faced with self-doubt, it can be so easy to look to the person next to you and be discouraged by their progress or your lack thereof. Focus on what you can control and on what's in front of you right now. Are you doing the work? Are you practicing what you preach? Are you being consistent and adding value right now? That's what it's about. Live each moment as your authentic self, and you will win your days.

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

My big dream is (describe in detail)...

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2

The five skills I need to learn in order to accomplish my dream are...

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3

The three words I use to describe my best, future self are...

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4

I can act in congruence with my dreams by taking these actions everyday...

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5

When I start to experience self-doubt, my next action will be to (e.g. listen to its message, take action, etc.)...

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6

When I realize I am comparing myself to others, I will tell myself...

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7

One thing I will do to make sure I don't compare myself to others is...

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8

My message to myself after going through this worksheet is...

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NOTES

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