

THE BRENDON SHOW

How to Visualize and Manifest Bigger Dreams

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SUMMARY

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So many people have big dreams for their future, but they don't know how to achieve them. They lack the understanding that to achieve big, long-term goals, you must begin making strategic moves to reach them right away. This episode outlines four ways to efficiently and intentionally manifest your goals to achieve the life you've always wanted.

Follow along in the training below, then finish the sentence completion section to identify how you can effectively manifest your dreams into your reality.

TEACHING POINTS

1. Visualize Yourself in the Future

It's easy to fall into the idea that your past should dictate your future and how far you can go. We often convince ourselves that where we are from and what we have experienced limits how much success we can achieve. It's important that you reject this notion and allow your mind to start envisioning yourself as worthy and capable of reaching your biggest dreams. Visualize specific scenes that you would love to manifest for your life in the future and document those down in a journal every day, engaging in the practice of future envisioning. Constantly remind yourself that you are capable of so much more than you can imagine.

2. Prioritize Skill-Building Over Stability

Make a list of all the skills you need to develop to reach your biggest dreams. From that list, ask yourself if you are willing to compromise your lifestyle to develop those skills. This often means working for less pay or getting a mentor and working with a company that is just starting from the ground up to develop advanced skills. In the short term, this will feel difficult and limiting. But in regards to the long term, developing those needed skills will be key to having the life you have always envisioned for yourself.

3. Build Your Network

Make it a habit to constantly tell everyone in your life about your dreams. Be concise and passionate about what you want. Also think about who you need to ally with along your journey to achieve these goals of yours. Who would you need to have as friends? What type of people would you have to know in your industry in order to achieve the knowledge and skills to make your dreams come true? Those who have built a stable network that encourages, assists, and holds them accountable for achieving their goals are the ones who reach their dreams faster.

4. Make Bold Moves Sooner Than Later

Stop convincing yourself that certain conditions need to be in place before you can really go for your dream. Don't delay your goals out of fear or uncertainty. Be proactive and take all the necessary steps to live out your dream now. Do needle-moving activities every day that directly propel you towards your goals. Sometimes the real trick is to put yourself in play in the dream sooner rather than later.

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

Two obstacles that have been standing in my way of achieving my dreams are...

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2

The steps I will take to overcome these obstacles are...

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3

Three vivid scenes that I can envision my future self in are...

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4

Three skills that I need to master to reach my goals are...

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5

The short-term sacrifices I can make to help me reach my long-term goals are (e.g. a job you don't like to learn the skills you need)...

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6

I need to network with these people in my industry to achieve my vision for my future...

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7

To support me with my next move, I can ask these questions to my mentor...

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8

One needle-moving action I can incorporate into my daily routine that will help me move faster towards my goals are...

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