

# THE BRENDON SHOW

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## Doubt Wins No More Mondays

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# SUMMARY

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When we start a new effort, join a new team, or chase a dream, self-doubt can come up. This training is about how to deal with that doubt so you can WIN. It's time to recognize your strength and fully step into it.

*Follow along in the training below, then finish the sentence completion section to identify your doubts and the steps you can take to start stepping into your higher calling.*

## TEACHING POINTS

### 1. Commit to Something Big

We have the ability to pivot quickly due to technology, tools, teams, and outsourcing. With these resources available, you're safe to commit to something big and really go for it. Most people will dabble in one thing without full commitment. Delay doesn't win, action wins. Doubt does not win, fire wins. Be bold about what you are pursuing. Know that you are not separate or divided from others; in fact, we are all called to lead and serve. Committing to something big allows you to step into your purpose.

### 2. Recognize Your Calling to Higher Leadership

The hardest challenge in our entire lives will be recognizing a calling to a higher level of leadership. Many people feel that something inside is urging them to choose something beyond their reach because they are meant to grow into that. There is a calling of leadership in your heart that can be easy to forget. Understand that you have the experience you need right now to step into that greater version of yourself.

### **3. Today is the Day to Commit to Action**

Know that you are good enough as you are. If you feel that fire inside to start something new, don't let your insecurity win. Your belonging insecurities must shut off at some point in your life. You cannot spend more time questioning if you belong or feeling insecure about who you are. Those around you have all had similar life experiences; going through challenging times, failing, and having their own insecurities. Everyone deserves a chance to be here and that includes you.

### **4. Recognize Humanity in Every Person You Meet**

You haven't hit maturity until you can recognize humanity in every person you meet. And once you can recognize humanity in every person you meet, then you're able to meet every person and go, "I wish nothing but joy, and love, and abundance for you." There's no, "Do I fit in?" You're human with a beating heart who's scared about things just like anybody else. As soon as we understand that, we realize we're all one, operating as one in some way or another. We're all on this journey. Stop feeling separate from all because your separateness is why you're not succeeding more.

# 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.*

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**1**

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*A reoccurring doubt I have is...*

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**2**

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*One thing I can start doing today to overcome this doubt is...*

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**3**

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*My big thing I'd like to commit to is...*

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**4**

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*My higher calling is...*

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**5**

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*The kind of leadership that I provide can be described in these three words...*

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**6**

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*An insecurity I've had for a long time that I would like to overcome is...*

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**7**

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*One way I can recognize the humanity in others is...*

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**8**

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*I will start doing this one activity to start feeling more connected to others vs. feeling separate (describe in detail)...*

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# Notes

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