

# THE BRENDON SHOW

---

## How to Deal with Haters

*Brendon Burchard*  
*#1 New York Times Bestselling Author*  
*(c) 2019 HPX. All rights reserved.*

# Table of Contents

**3-5** ..... Summary

**6-9** ..... Sentence Completion

**10-12** ..... Notes

■

# SUMMARY

■

---

In this episode, learn how to keep yourself centered in the face of conflict. Hate comments, negativity, and drama are often a part of life, but it does not have to control your life. It is critical to ready yourself for the opposition ahead and maintain your sense of self-worth. When the haters do show up, learn the following tips on how to deal with them in a healthy, productive way.

*Follow along in the training below, then fill out the sentence completion section to identify ways you can better anticipate the haters and acknowledge how you can be of better service to your tribe.*

## TEACHING POINTS

### 1. Anticipate the Haters

You need to start anticipating that there will always be people who throw hate and judgment in your direction, no matter how successful you become. You must anticipate that no matter what you are going to do, people are going to judge it. Once you anticipate that, you now have power. If you don't learn to anticipate it, you're always going to fear it. Once you know and accept it is going to happen, you can anticipate how you're going to deal with it. Continue making your art and contributions to the world. Don't let someone who doesn't know you control your feelings and how you feel about your work.

### 2. Don't Ever Engage Haters

Don't ever feel the need to explain yourself or your journey to anyone that doubts you along the way. With the use of social media to promote your brand and message, you will most likely receive negative comments. As gratifying as it may feel to explain yourself, don't engage. If you need to, delete the hateful comments from your posts or inbox. Always remember that the hurtful messages you receive are not a reflection of you, but a reflection of the individual who sends them to you. Never allow the negativity to steer you off the path towards success and your mission to spread good in the world.

### **3. Role Model Positivity and Good Values**

Make it your mission to role model positivity and good values. Practice spreading joy to the world instead of hate. You will not only start to grow a community of loyal followers who will stand up for you and your mission, you will also start to feel empowered enough to stand up for yourself and your beliefs. Know that as long as you are giving back to the world and contributing to the greater good of humanity, no hateful words or individuals can take away from that.

# 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**

---

*The criticism that I can anticipate regarding my work is...and my response would be...*

.....

.....

.....

.....

---

**2**

---

*I can best anticipate the haters by...*

.....

.....

.....

.....

---

**3**

---

*In the face of adversity I will remind myself of my mission and dreams, which are...*

.....

.....

.....

.....

---

**4**

---

*The healthy habits I will establish to center myself in the midst of negativity is...*

.....

.....

.....

.....

---

**5**

---

*Instead of trying to explain or justify myself to a hater, I will...*

.....

.....

.....

.....

---

**6**

---

*I can best role model my values and art to my tribe by...*

.....

.....

.....

.....



---

**7**

---

*Three people who truly support me and my mission are...*

.....

.....

.....

.....

---

**8**

---

*I will be of greater service to my community by focusing on...*

.....

.....

.....

.....

# Notes

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



