

THE BRENDON SHOW

Beating Boredom

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SUMMARY

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You have big goals, you know you want to improve your life, you want to make the magic happen, but you consistently find yourself bored. If this sounds familiar, this episode is just for you! Learn the tactics to thoughtfully engage with your surroundings, manage your time well, reconnect with your mission, and beat boredom like a pro!

Follow the teaching points below, then fill out the sentence completion section to identify areas in your life where you can be more intentional with your time.

TEACHING POINTS

1. Be More Present and Engaged

To fight boredom, you must challenge yourself to be more present and engaged with everything you do. Stop simply going through the motions of your life and start living each day with purpose and intention. Give yourself little challenges as you're going through your routine that focuses on the way you are completing tasks. When you start to practice the act of being present and engaged with your life, you will feel more emotional and mental connection to your mission as well.

2. Go Outside of Yourself

Make an effort to engage with your friends and family. Ask them about what their goals are and where they want to go in the world. Ask them about what they want to achieve and turn your attention to helping them. Explore new restaurants, travel to new places, and try new things to maintain vibrancy with both yourself and those closest to you. When you expand your awareness of others and with the world, it reignites curiosity and service in your heart that conquers boredom.

3. Re-Engage in Your Learning Journey

Avoid filling your free time with mindless activities that do not serve your purpose and mission. Set both long-term and short-term goals for yourself and find creative ways to reach them. Keep a curious mind in all that you do. Read books, travel to far away places, and strategically plan into your schedule specific tasks to do that will prepare you for the next level. When you fill your time with needle-moving activities, you will never find yourself bored or without purpose.

4. Be a Leader for Your Life

It's time to step up and be a leader in your community. Push those around you to be their best selves and reach new levels of success. Share your mission with others. Find new ways to spread your purpose and service to your community. When you own the responsibility of leadership, that is when you find greater purpose and meaning for your life and stop feeling bored.

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 mission and main goal in life is...

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2

The biggest distractions I can pinpoint in my schedule are...

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3

I can reclaim my day by scheduling my mornings in this way...

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4

I will remind myself of my mission throughout the day by...

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5

When I find myself bored, instead of reaching for my phone, I will...

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6

One skill I want to dedicate myself to learn is...

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7

My most inspirational, encouraging relationships are...

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8

One way I can step into greater leadership in my life is...

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Notes

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