

“Live, Love, Matter” - Brendon Burchard
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www.iheartmylife.com/2018/07/live-love-matter

Do you find yourself wanting more from your life? Are you searching for more meaning, experiences and love but feel stuck in an “okay,” mundane existence? Do you wish you were able to rewire your brain to focus on what truly matters? If you have a passion for inspiring transformation, personal development and living a life of the utmost quality, you’ll love today’s guest!

Brendon Burchard transformed from a 19 year old who was fighting severe depression to surviving a car accident which ultimately led to his purpose in life. He teaches people to live, love and matter as one of the most sought-after high-performance coaches today. Oprah.com named Brendan “one of the most successful online trainers in history” and *Success Magazine* recognized him as one of the top 25 most influential leaders in personal growth and achievement. Additionally, Brendon is also a New York Times best-selling author and more than 2,000,000 students have completed his online courses and video series.

During this episode, we’re going to cover...

- How surviving a major car accident forever changed the way he perceived his life and prompted him to begin asking ask himself every day; did I live today, did I love today, and did I matter?
- Why everyone needs to experience consistent reflection in their lives to experience a greater intention for wanting to live, transform and change for the better.
- The importance of seeing diversity and witnessing other people’s experiences to broaden your perspective and create a better quality of life for yourself.
- Why putting intentions behind your day is imperative to creating the life and business you love.
- How his Sunday review helps him focus on what’s important, what needs improvement and how to become happier.

Reflection Questions:

1. Have you ever had a really low point in your life and what helped you get through it?
2. Brendon asks, “Did I live?” What is your description or the characteristics of “being fully alive”? Did you live today? If yes, how? If not, what would help you to feel alive today?
3. What helps you to live with reverence?
4. How does your life matter this day and what is your legacy?
5. Who inspired you to want more out of life?
6. The High Performance habit most recommended by Brendon Burchard is “Seeking Clarity” about who you are, how you want to treat other people, what you want to master and ultimately how you want to contribute and provide service.
 - a.) What three key words best define who you want to be?
 - b.) What do you want to develop mastery in?
 - c.) How do you want to contribute and serve others?
7. What 1-3 questions would you want to ask yourself first thing in the morning and last thing at night, to help you be your best self?
8. What new habit would you like to develop and maintain that is in line with your greater purpose (from your answers to question 7)?

For example, Brendon read a personal development book for an hour every day for twenty years. This choice enabled him to reflect on where he was at and to set bigger goals for his primary relationships and spirituality.

9. Describe a great day that would allow you to feel good about yourself?
10. What do you want for your spiritual life and what helps nurture your spiritual well-being?