

**Review of "Growth Day January 1, 2021"**  
**with Brendon Burchard:**  
**January 4, 2021**

- Weekly Product and Business Meeting – 1<sup>st</sup> Saturday is live at 10 AM CT.  
<https://zoom.us/j/215452258> or [www.allaboutmannatech.com](http://www.allaboutmannatech.com): the others are prerecorded links that are text to you by 10 AM CT on Saturdays.
- Next TNL, January 12th at 7:30 Pm CT [www.allaboutmannatech.com](http://www.allaboutmannatech.com)
- Order Merri-jo's Book: "The Impossible Place" <https://www.mannatrain.net/order-materials.html>
- Wednesday Product Focus – TruShape
- All 2021 Planner Orders Shipped on December 31<sup>st</sup>
- Today is the last day to backdate orders for BP

Self-Mastery Commitment:

Does 2021 get better? No...only if You get better!

A Year changes nothing!

How to release stress...renewed enthusiasm not just for 1 month, even 1 year...why not for life?

1. Growth:

- a. Start with Mindset
- b. Daily Habits
- c. Coaching
- d. Community

2. Journal: about YOU, your awesome 2021

a. YOU will have a renewed spirit because you CHOOSE IT!

You say "I need a change in the economy, a change in the company, a change in your bank account..."

YOU NEED NONE OF THOSE: Just need to CHOOSE IT!

3. Chart: Framework

Draw a Triangle:

a. **Pinnacle: A**

A=Aliveness...Vibrancy Awe Inspiration Excitement

Awakening of the spirit, aliveness of the spirit, Sense of adventure

NEW things....

Neuroscience: finds newness is top in excitement, brings us back to life

YOU also must summon aliveness!

Turn your brain on thoughts of future that's exciting to you

b. **Lower Left: C**

C=Connection - greater depth of connection

In relationships, spiritually connected

Lots of members of our community were lost this past year

We need to "Actively Create Relationships"  
When connection is low, purpose is low...  
Be more Present/Caring/ Involved and Committed.

c. **Lower Right: MP**

MP=Meaningful Pursuits

Purpose can change through our lives

When we find what we do each day is a Meaningful Pursuit, we have a shot at energy/meaning.

You can dislike a job and still have MP (which is the base of your joy)

4. You can have the entire Triangle...and still need the Center

a. **Center of Triangle: G**

**Growth:** Move the cheese, move the mark

Stretching outer boundaries of your comfort zone

This is Mastery of You!

b. You can have Great Vision and Deep Humility.

c. A lot of people don't believe

1. How do you summon a Higher Level of Belief

Break through all of the self-doubt

Everyone has an internal knowing = your own gut.

5. No matter your GOAL

a. Learn how to shut down the noise

Get still

Hear your own self

This allows you to become the person you were meant to be

b. Don't live for others opinions

OWN Knowing/OWN truth

Get rid of distractions.

c. Believe in Self/Trust self

d. Are you accepting too many other obligations that are not good for you?

Dread is really heavy...this is when "knowing" cannot get through

Release expectations

\*\*Judge Less! Feel Better!

Free expectations

e. If you keep pushing and pushing and pushing on others, not effective

Everyone is on a different path

f. In challenging times...

***"This Moment is not about the challenge or opportunity; It is about giving ME an experience or lesson that is coming that I just can't see yet."***

**Make a Promise to yourself... and KEEP IT!**

**Simple discipline = Build it**

Routine - you need to customize 'cause you are unique

***Be Proud of your daily Routine!***

Don't stay in bed when the alarm goes off

No sleeping with phone

