



THE CHARGED LIFE

Brendon Burchard, the founder of Certified High Performance Coaching, likes to distinguish between three dominant kinds of experience we have in any given area of our life—we can feel caged, comfortable or charged. Living a better quality of life means getting ourselves into the charged life more often—and that can only happen by mastering the 10 human drives we spoke about and assessed in this session. To get a feel for the differences between these kinds of emotional realities, and to help you see the benefit of our future sessions focused on the 10 human drives, read the descriptions below and answer the questions in your journal.

Caged

Sometimes a situation or area of our life can leave us feeling trapped. We feel caged—unable to break free from a recurring thought, behavior, routine, negative person, or difficult situation. Often, we feel like no one can understand how difficult it is for us in this situation, and we can easily get mad or blame others for not understanding.

- Are there any situations in life right now where you feel trapped, frustrated, or hopeless?
- What about the situation or yourself is making you feel so stuck?
- Imagine your highest self visited you from the future – a confident and strong you. What would they advise you to do in this situation?
- What would the person who was your greatest influence in life advise you to do in this situation?
- What new belief or behaviors could help you get some progress?
- Who could help you in this situation?
- What new skill could you learn that would help you in this situation?
- If you never wanted to experience this situation again, what new rule would you have to make for yourself?

Comfortable

Being comfortable can be a wonderful thing, especially after years of hardship. But, like all good things, comfort can become too much. When it does, we sense a deep restlessness inside. Even though we have everything to be happy, we're not. We sense there is more for us, another level of joy, engagement, success, fulfillment. The deep skills or successes of a comfortable life can lead us to feeling bored, frustrated, wanting for more.

- What helped you succeed in life but might now be limiting you?
- What routines have made you feel almost "too comfortable" in life?
- What does being "too comfortable" mean to you?
- Are there any areas of your life where you feel bored, restless or desperately ready for more? Which ones? Why?
- If you were going to shake up your life a little bit, what would be the first thing you'd do?
- What do you *not* want to change in your life right now? What do you love?
- What can you appreciate about your comforts even more – what can stay just as it is, but deserves more attention and gratitude?

Charged!

The charged life feels more energized, engaged, and exciting than being comfortable. It feels like being in a flow state, where you are 'in the zone' more often, more engaged and joyful even as you take on challenges. There's no boredom here – you sense more passion and presence in your days than usual. Feeling charged feels like you're firing on all cylinders, doing your best work, having your best relationships, living your best life.

- When was the last time you felt like you were truly in the zone? What made you feel that way?
- What would you need to do to feel even more energized mentally and physically in life?
- What relationships in your life need you to bring more presence and vitality into?
- What new things could you pursue that would make you feel more excited about life?
- How can you remind yourself to be engaged and excited about your day more often?
- If next year you felt 3x more alive and happy about life, what new habits would you need to start or stop right now?
- Who needs you to be your most authentic and alive self?