



CHALLENGE: HONOR THE STRUGGLE

High performers have high hopes, big ambitions and dreams they want to actualize. But the journey is difficult. We can get discouraged. Brendon Burchard, the founder of this coaching program, is always saying the most important thing is to "honor the struggle," to anticipate that there will be difficulty and to meet it as an opportunity to develop character. Use this worksheet to identify new ways to persist in the face of adversity.

Rekindle the Vision

What major goals are you striving for right now, and why are they important to you and your future?

What excites you the most about these things?

Identify Complaints

Have you been complaining about the difficulties and adversity you're facing on the journey to actualize those goals? If so, what are your common complaints?

How do these complaints or negative feelings effect your performance? Be specific.

Honor and Celebrate the Journey

What positive lessons have you learned in seeking your goals?

How could you enjoy the journey of achievement a little more?

When is the last time you celebrated your progress? What milestone or achievement will you celebrate next, and how will you celebrate it?

What can you say to yourself the next time it gets hard or you feel discouraged – what reminder to yourself will keep you positive and moving forward?