# Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_

Health Science 20 **Podcast Reflection**

[**Podcast: Create the Person You Want To Be**](https://blog.bulletproof.com/brendon-burchard-555/)

(48:14 Total…start at 4:57, skip 50:20 - 53:09 section, stop at 2:10)

**Confidence & Competence (13:28 Pause)**

1. One area of life that I feel highly confident is…
2. One area of life that I feel highly competent is…
3. One area of life that I feel not very confident yet and highly competent is…
4. One area of life I feel highly confident and not very competence yet is…
5. One time in or area of my life where I felt I was in transition was…

**Striving Satisfied & Relationships (19:40 Pause)**

1. Time in my life where I sacrificed relationships for my definition of success at that time was…
2. My “order of operations” that I align my top 3 priorities in life now by is…
3. Mortality motivation often happens when we lose a loved one and/or have a personal encounter with pending death. One time I have experienced this is…
4. High Performers are 46% more likely to take care of their personal health (working out 5 days a week & eating properly), have stronger relationships and are statistically happier. Of these 3, my area of strength is…
5. One area of life that I am intentionally building or strengthening relationships is…

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**Discovering vs Deciding Who You Are (43:48 Pause)**

1. Three words I would love to describe me are…
2. Setting intentions in life = deciding who you are. No intentions = under performers. An area of life that I have set intentions in the past is…
3. Failure to anticipate rejection in life results in reactive living = discovering who you are. Truth being that rejection doesn’t happen that often. One area of life I anticipate rejection is…
4. We have experiences with both village idiots (1% of population) and village leaders (99% of population) over a life time. One experience with a village leader in my life has been…
5. Courage cannot be defined unless one speaks up for other people. One time in my life that I spoke up for another person was…

**Average is the Enemy…Strengths vs Weaknesses (50:20 Pause)**

1. High performers don’t only focus on their strengths – they also intentionally focus on what is necessary to understand and master to achieve a purpose. One area of life that I need to intentionally focus on to become extraordinary is…

**Restart Podcast at 53:09**

**“Getting Outside Of Yourself” Perspectives (2:10 End)**

1. One book that I have read that brought awareness and/or changed my perspective was…
2. One area of life that I live clean where I can achieve a clean awareness is…
3. Lower levels of consciousness often come from focusing on self and survival. One area of life where I am currently living lower levels of consciousness is…
4. Higher levels of consciousness often come from focusing on the meaning of life and service to other people. One area of life where I am currently living lower levels of consciousness is…