

FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.

02:09.43

BRIAN

Hello and welcome to Brian Breaks Character I am so glad that you're here listen I need you to just check in for a second because this is not a typical podcast episode I'm trying something totally new with you and that is that I'm offering a training today. Now that means yes, can you totally listen to this while you're driving in your car 1 hundred percent. Will it pack a ton of value for you as you do that? Yes, can you do while you walk the dog. Yes, however, if you're willing to believe into this class having tremendous value for you. Then I do believe you're going to want to go grab the downloads that I've created at brianbreakscharacter.com/2021 again, that's brianbreakscharacter.com/2021 because today's class is all about taking stock for what you have accomplished in. Past year now listen before you be like brian I never accomplished an offer I don't want to look at that more often than not what I see people do is they sell themselves short. So this class is all about building on the success that you've had in the past and acknowledging yourself for what you've accomplished because you can't build on the success. You don't measure. And I strongly believe that that's something that my coach says and we're going to get really clear on who you've been in the past year and any kind of messy stories that might have been picked up along the way so that you can move into 2022 with tons of clarity now look this is not a resolution setting class. Believe resolutions can often set us up to fail. This is not I'm going to now do this and I'm going to lose twenty pounds by 2022 or whatever bull crap somebody else is trying to tell you to do with your resolutions. This is about owning who you have been and how you have shown up for your craft and your creativity in the past year I know the past couple of years have been a little wild shall. We just say with all the social distancing going on and so we know that that does mean the years have been a little wonky and so we may feel a little out of sorts as we move into the words you've heard too many times this new normal but without getting our feet. Planted firmly on the ground acknowledging who you are and who you've been I think it just lets you lean into a more messy state of being in a place of being a little more blown by the wind instead of knowing exactly how you want your life to look so head on over to brianbreakscharacter.com/2021 grab the downloads.

04:51.60

BRIAN

Pause the podcast for a second as you go grab them print them out or just call them up on your screen. Come back to me and let's go through this training all right I'm assuming you grab the downloads. First thing I want to make sure you know is that Natalie is here with me Natalie is the podcast producer for Brian Breaks Character. So she's heard every single episode's ins and outs every time I've flubbed on this thing and she is here to be your voice. She's here specifically to help me if I move to. Quickly through 1 of their teaching points today or if she's like Brian I didn't understand that she's the voice for you so that you can really move through this training



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in a way that you feel really confident on the actions you're taking because it's not about getting it right? but it is about you leaving this training feeling like you have a better sense. Who you've been in the past year and who you're stepping into in 2022 so Natalie please say hello to the people.

05:42.38

Natalie

So hi people thanks for having me here. Brian.

05:46.00

BRIAN

Ah, oh I'm so glad it's so nice to finally have your voice on the podcast because all we do is talk about the podcast. That's all I do with Natalie so this is like a really great thing. Um, so Natalie are you ready to go on a ride of who you've been in 2021 okay great so I might be calling on you to give us an example from time to time. So.

06:00.27

Natalie

Let's do it.

06:06.00

BRIAN

Let's join in guys. So first things first take a deep breath. Let yourself arrive to this training. There's I've arrived to this podcast episode. Let yourself believe that it is worth your time to take stock of who you have been. I think that at this as we move into this new year it is the perfect time of course to take a look back see how far you've come what you've accomplished what you've learned and how it all feels inside your body especially after these wild years that we've had now. This worksheet and this lesson is a thoughtful way for you to do that now. I want to make sure that you hear when I say this it might be tempting to just listen to this podcast today and that is a total invitation. You are you are able to do that if you want to take this to distance I do encourage you to use these worksheets. So. Let's move into step 1 so step 1 the first thing what you think about is in the past year what obstacles did you overcome and what did you accomplish. So as you think about this I want you to think about this as the the full. What I like to call the circle of life. So don't make this only about your career There's also relationships and romance to think about fun in recreation your health and your wellness. What did you overcome and accomplish in these areas your spirituality. Your finances. What did you overcome or what did you accomplish in that area. Personal growth is a tremendous 1 for me and family and friends. So I want to make sure that I cover those 8 slices 1 more time. So as you're there thinking about what did I accomplish what obstacles did I overcome. What did you overcome within your career What did you overcome

within relationship and romance within fun and recreation within health and wellness spirituality your finances personal growth and maybe with your family and friends. But obstacles were there and what did you accomplish and just jot these things down and as you think about them. What did you do? What actions did you actually take what did you actually overcome. Can you name the specific of that. And what are the real results that you achieved is it a sense of confidence is it a new way of managing your money you created a full budget for yourself. Is it my mom and I finally can have phone on the conversation without getting an argument in the first five minutes we talked through whatever that misha gas was that we were holding onto.

08:44.15

BRIAN

The reason I ask you to ask these questions kind of together like what did you do? What did you overcome? What results did you achieve is we often downplay the significance of these accomplishments. You know we're all you know productivity addicted I would say um and it's not just about what you got done. It's equally important to consider your life and how you felt getting there. So if you've accomplished something or created something you owe it to yourself to recognize it and give yourself credit for it. So as you think about like what came up for you just now I want you to also consider. Is there 1 of these areas. That's most important to you or 1 of these things that you accomplish that feels the most important to you maybe you could name the top 3 and if you were to do so what? really sums up your year if you were able to say. 2020 Year Twenty Twenty One was my year of fill in the blank. This is how I showed up fill in the blank and it might be a phrase might be a few words I'll give you a second to do this or if you're just thinking about this if you're following along by listening give you a sense moment to think about that. Natalie how we doing over there. Great any questions how you feeling about yourself right now. Yeah.

09:58.79

Natalie

It was great. Great I was I was feeling a little nervous about it. But I really feel that having all the different slices of this um makes me feel less nervous.

10:13.40

BRIAN

Yeah.

10:18.25

Natalie

But it's not all focused on career that it's focused on all these different aspects of your life which makes you a whole person.

10:18.47

BRIAN

Yeah, great. Yeah, and Natalie I will just say like as you're looking at it like just so you guys here when you have the download in case, you didn't grab it yet. The slices are all painted out for you in a slide where you can really look at them and I will say there's something even by I think what I'm acknowledging. You're saying Natalie you can correct me here is even by seeing it separated. Into these slices you suddenly go I don't need to look at the entirety of my life in this moment I can look at each of these kind of separately did that resonate for you even looking at it. Great! great.

10:51.16

Natalie

And yes, exactly that's exactly how I felt I was like oh I can think about my family it doesn't just have to be this thing and yeah, your health and wellness and what you did this year it's good to think of it as a whole.

11:02.19

BRIAN

Great right? And I'll just say just while we're here since we're here people what then the number 1 slice I see people ignore and not realize they're not giving attention to is fun and recreation we all because of the productivity creative ambitious people we are as just a productive. Ah. Productivity addicted creative ambitious people. We are often think of fun and recreation as getting to do our creative thing but we don't always invest like let me go to the botanical garden and look at some roses or let's do a puzzle or maybe you're 1 of the people who's really good at giving their hobby the attention it deserves but I really want to just? ah. Advocate for fun and recreation being a value in your life. So just kind of notice that as you move through this. Okay so I'm to move on into step 2 step 2 I'm going to ask you to ask yourself? What did you learn so I want you to go back to the first. Month of the year go back to January and just think about january twenty twenty one that's like almost a year ago what happened in that month and you can even move month to month as you go through this just to Remember. What did I learn and how did I change. So this question kind of surprises me every year because while it feels like time has gone by really fast or really slow I think for me that this whole pandemic time feels like time goes kind of slow. You might think to yourself hey I didn't change at all and I'm just I'm the same person when you take a moment to reflect. You start to realize you learned things and you grew in ways that last January you never could have imagined and whether that's in an intimate relationship or it's with your own acting career or creative career or it's the way you're relating to your finances. We seem to always be

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aware of the big changes in the sudden lessons. We learn from like major life experiences or crisis like being sick or your dog getting sick or anything like that those things make a bigger impact on us. They're stickier. They stick more and then there are the small things. The small interactions you had the small changes and tweaks that you made in your life. Based on the little lessons you're learning over time and all those little experiences are what make you who you are your day-to-day person and they give you this I would say I like to call this your personal wisdom that help you inform your choices right? so. As you look over thinking about what did you learn in the past year take a second here to think about this actually I'm gonna pause here for a second. What are some life lessons. You feel like you learned like bigger or small I'll tell you 1 of mine. That's really small Natalie maybe I'm gonna put you on the spot here see if you have 1 you can share I learned that it is ridiculous.

13:46.36

BRIAN

For me to get mad that the kitchen counter gets dirty every day because it's a damn kitchen counter and it's meant to get dirty every day and you're going to clean it up every day. So let's start to relate to the kitchen counter. Let's a kitchen cloer instead of it's a museum so I would get frustrated every single time I'd go in the kitchen be like I can tell that my partner made lunch today because the counter is messy and. That was a very small lesson but you can imagine the reverberations that that has suddenly were like I'm no longer like resentful of him making lunch I'm no longer resentful of the kitchen getting dirty I'm no longer resentful of the effort that I put into cleaning it up or him cleaning it up. Whatever natalie did you have any small lessons that you can kind of. Notice they had some reverberations for you.

14:25.60

Natalie

The first thing that came into mind and I'm going to use that kitchen counter thing by the way. But the first thing came to mind was just realizing that you can have a connection when we live in this world that we're living in right now. And you can have a connection on zoom with family and I've fought that for so long and thinking about how well it's just not the same It's not the same and I just learned that I need to be grateful that we can do that and have that feeling like we celebrated my son's. Ah, third birthday and 1 set of grandparents was able to be here and the other 1 wasn't but it still felt like we were having a party together with my parents on zoom and just yeah, realizing that to not be thinking about how I wish it could have been. And just really appreciate the way it can be so.

15:19.00

BRIAN

That wow is so that's really profound Natalie because I can see that feel like the frustration that might come up around like this party doesn't mean anything who they all should be here. They can always feel like a less than and to just allow yourself the permission to like okay I'm going to believe into the fact that we can connect. In a

deep profound real feeling way over zoom is is is ah is actually a perspective that we can grab onto. You know 1 of the things that I always say and this is from a course of miracles is I believe that a miracle is a change of perspective. Um, and so your willingness to see things A new way is such a gift so this might be. Ah, that might be a doorway into many of the people listening right now of how how to listen to the learnings. You've had this year where did you change your mind about someone or something and as you write these things down which I'm concurring you encouraging you to do you can just jot them down just be long sentences here. What's the

most important on them light them on the list. What's the biggest lesson you learned or maybe you can narrow into the top 3 big lessons that you really want to solidify from 2021 so you don't have to learn them again in 2022 so you can become the new age you're becoming right? and again here this is another place where you might say. What really sums up your year so 2021 was my year of learning to because I was a student of fill in the blank. So for me I think as it's a lot of time in the house I would say that I was a student of oh this is so painful to say out loud I was a student of realizing. That my partner and I are 2 different people the like we are not going to relate to the house the same way in terms of cleanliness or cleaning things up. But um, that's not to say anyone in this house is a slob but just to notice that we are different and so I was a student of realizing everyone is not the same as you um and I think that was really helpful for me. So. Um, just gonna track back just a little bit for those of you again to keep you on track so question number 1 step 1 was noticing. What did you do? What did you accomplish in the year what did you overcome and then number step number 2 was what did that teach you? What did you learn from that so taking stock of that all right. Natalie we ready to move to step 3 you think great natalie's Natlie's nodding her head great. So after you've freeritten a little bit on those 2 big questions I want you to go.

17:30.64

Natalie

I Think so.

17:42.15

BRIAN

Like go for 3 to five sentences or bullet points just like you know there's not to be big Parry. You're not writing your life story here right? So at the top of this page where you're writing these things down you might write my year in review so after you've reviewed this list of things you've learned this list of things you've done. This are the obstacles. You've overcome. I want you to consider how satisfied you are and I want to get really clear here I want you to look at that circle that wheel of life. Those 8 slices. So if you're listening and not looking at the document that means you're looking at the word career relationship and romance considering fun and recreation health and wellness spirituality. Financial personal growth and family and friends. Those are the 8 slices. You're kind of thinking about and looking at rate your satisfaction in each of those 8 areas now satisfaction is not achievement level satisfaction might be. You know what. I'm kind of at a 3 with my family

right now but that's okay I'm okay with being a 3 at my family right now I don't need to be at a 10 all the time with them right? So really, it's almost like what are you feeling Okay, with so you might be like well my career I'm feeling kind of like a five I really want that to be at an 8 so just. Taking a moment to go through the whole wheel and I hate to use the word rate but rate your satisfaction in each of these areas so nowie I'll give you some time to go through this to just look at each of the slices and give it a number 1 to 10 and as you're. Doing this in this and as it's parsed into these 8 areas. It should be a little easier to consider these things remember you are not giving yourself a grade. This is not I'm an a plus and a relationship in romance my sex life and my relationship is going awesome. That's a a plus right? that is not what it is I am satisfied to the. The nth degree that might give yourself a 10 right? You might also be like my relation. My romance is totally fine and I feel okay about and it's like a 7 so just noticing where you are this gives you a chance to ask more profound questions like how has my really really how is my year really gone. How do I feel about my year when I pull it apart in this way. How do I rate myself in my year in this way again. This is not a grade so I want to be mindful of that and. Your level of satisfaction is going to help us as we move into the next question but before we move on there.

20:43.60

BRIAN

I this can be kind of this topic can be harder to hold on to this kind of this question I'm asking here and the assignment and looking at these slices in your life and giving the rating so I would just want to check in with Natalie to see if that all made sense to her and if you were able to kind of answer this question to kind of share with us a little bit about you put down.

20:58.30

Natalie

And yeah, definitely made sense I'm glad that you gave us a rating I was first I was like is it 1 to 5 am I rating which 1 is the best from 1 to 10 So.

21:05.64

BRIAN

Yeah, yes, and also oh 1 question that always comes up around this is yes you can put 5 on all 8 slices. You can use the same number twice. It's not about ranking that would be a very different word right? So it's giving yourself a satisfaction level in each of these areas does that make sense. Great.

21:22.10

Natalie

Yes, absolutely sure I was.

21:25.62

BRIAN

Great. So would you want to share with us a little bit so before it wait before before you tell us a single number I Want to ask you a question I want everyone to ask themselves this question. What was it like to do this.

21:40.10

Natalie

So I don't like doing this ah because I start to question I'm like well well no I am happy with this. But how am I really feeling right now you know and if you asked me, um.

21:41.80

BRIAN

Ah, tell me what you tell tell it tell test tell me more.

21:53.54

BRIAN

It.

21:59.56

Natalie

Last week fun and recreation it might have been a lot lower but we had Thanksgiving and we were with people I actually had ah my best friend is in town So I spent a lot of time with her and I'm like oh my fun and recreation's like really up right now.

22:12.16

BRIAN

Um, ah.

22:14.84

Natalie

You know I could give that a 10 whereas I might have given it a five a week ago you know um

22:17.33

BRIAN

Yeah, so it's so what I'm here you say is this is confronting and so you're it's actually forcing you to be. You might lie to yourself Sometimes is's what I'm hearing you say.

22:29.25

Natalie

I Guess I have to say yes because otherwise I'd be lying.

22:33.22

BRIAN

Ah, you're like I'm mad at you for making me say this but okay, so just so that I'm clear here now they want to get really clear. So what you're saying is you might talk yourself into a positive attitude around some things. Yeah, so what is so important about this is 2 things when I don't want to take anyway, anyone's optimism.

22:44.48

Natalie

And right? yes.

22:53.12

BRIAN

That's not what this is about I want to make sure that we hear this this is about getting honest. So let's pretend Natalie we'll use this an example but this could be anybody so I want to make sure is it. Okay, we use your an example great great. So Natalie could lie to herself year after year about how she's feeling about.

23:01.45

Natalie

So sure I'm here I.

23:11.44

BRIAN

Let's use find a recreation because that's 1 you're brought up for now right? that she says I'm okay with this being at a 3 I am totally okay with this being at a 3 and slowly year after year we see this sudden like oh I have ah my knee hurts all the time. Or I'm just not feeling good in my job right now or I am not getting along with my

husband or and it gets it leaks out ambition I think can leak out or wants or needs like this can leak out into other areas. So while it may be uncomfortable for the moment. And I don't know if this is even the number you gave yourself so I want to be really mindful here Natalie um, but what does that kind of how does that resonate with you is it piss you off? What does it make you feel when I share that with you.

23:56.83

Natalie

Um, ah it it doesn't piss me off it. Just yeah, it's just being like we said honest and truthful and not lying so which can be hard because like you said I'm glad you said about the optimism because.

24:05.13

BRIAN

Um, yeah, totally yeah.

24:14.57

Natalie

Appreciate that. But right yeah if you're saying you're okay with something year after year and then you might not actually be so where are you at no 1 ne's grading you on this right now. No 1 even has to know what it is.

24:22.66

BRIAN

Right? No no 1 has to notice this but you and me and nat me Natalie and I won't even know if you did this so let's just be really clear. This is just for you and and part of what I think is important Natalie is let's pretend you found shit. Damn it I am like it a 3 for fun and recreation and I really would like that to be at. Fill in the blank I'd like that to be a 5 don't just be like I want everything to be a 10 that's actually unfair to yourself I think it's impossible for everything to be a 10 at all time because there's 24 hours in the day and like at some point something's gonna be a little bit lower than another like you said thanksgiving just happened so fun and recreation was up right now. So that might mean like. I don't know I'm gonna throw like health and wellnesses down because I ate a lot of stuffing or I'm just making shit up right now but that that could be the way you feel about that like I was a little more sedentary than I normally am right? So these things can change through the year and even through day to day. Let's be honest, they could change day to day they can change all over when 1 conversation they can go over the place probably but in this present moment as you're. You're giving yourself this rating as you're looking at this like through the lens of rating this the satisfaction level here. This is a chance to get really honest so that you can decide how you want things to be next year and it isn't a chance to this is not an opportunity to beat yourself up. I mean it is an opportunity. Please don't take that opportunity. It's an opportunity to say wow. Look what I'm learning about myself look what I'm noticing oh my gosh I never even think about like let me I'm just gonna use it I never think about spirituality being a part of the way I live in

my life and never even look at that 1 and actually I'm really feeling every time I go to yoga class. It gives me this great feeling and. I actually would like to be a person who goes a little bit more because that is a place where I feel connected to the earth and with other people right? So like this is an opportunity for you to just see that this isn't an opportunity. Please do not bring out a whip to flagellate yourself right? So I just want to kind of use that as the framework here the satisfaction all right I think we carver that nowie. Do you feel good about where we're at with that. Even if you're matt.

26:08.90

Natalie

I do but but get out of my head with this spirituality 1 I could totally get that.

26:11.18

BRIAN

Go ah get out of your head. Oh yeah, there you were I got it great okay, great hey I can take care of you there so we can work on that. Okay, so let's move into step number four 7 or four you're going to love step number four because step number four is what do I need to let go of. Now. You don't even need to think to answer this just close your eyes for a second whatever or whomever you wish was different in this past year and I'm a bet there are some things or some ones who have come to mind. That's the very situation or person you have to forgive. It has already come up. It might be the pandemic. It might be. Your sister. It might be the actor in your acting class. It might be that person who you can't stop comparing yourself to whatever is sticking in your craw is part of what's holding your back. Whatever you are complaining about is part of what's holding you back. It could be any person you know. Right? It could be anything that has happened. It could be surprise you it could be dang it the neighbor in their garbage can like um make stuff up here but it really could be anything so you and I both know that forgiveness isn't simple like I can't just say now write it down on a piece of paper and it's done. But when you write it down you set the stage for the healing. Start now I am sure this is confronting. You might even getting mad right now or pissed off at me. You might want to turn off this podcast. You don't want to do this experience anymore. Listen you have just made it through 1 hell of a year do not bail on yourself now and we're gonna start this really easily. And want you to write down yes pen and paper if you're listening to this as you drive the car think about going back to this later the situations and the persons that are getting in your way and you don't have to do anything besides write it down. You can just you know cliffs notes that for a second ah write their full name and at this moment all I'm going to ask you to do is give yourself permission to believe that the universe is here to support you and will nudge you to take the next steps. That's it permission to believe I don't have to know what to do next. The universe is on the case because I've just acknowledged it. And that universe is on the case because I've just said I acknowledge this thing is something I'm holding onto another thing we might say inside of ah a course of miracles is ah I'm willing to see things a different way in that 1 of our functions on this planet is to forgive. So. I'm not going to tell you what your next steps are after you write it down and after you let the universe begin to take care of it. But the next steps could be like meditation. It could be journaling. It could be praying. It could be holding a crystal and chanting it could be

calling someone. It could be writing a letter no matter what forgiveness does not begin until you surrender to the truth the truth.

28:58.20

BRIAN

And the truth is you're wishing for things to be different and that is the birthplace of discontent I'm going to say that again, you must surrender to the truth and the truth is you are wishing for things to be different and you and I both know that that is the birthplace. Discontent. So by writing it down you allow this to alchemize you allow this to change you allow the universe to reveal the next steps to you Natalie I'm afraid to ask you to unmute your mic here and just connect with me but can you tell me. What's going on over there for you.

29:37.79

Natalie

There's a lot of feelings. There's a lot of feelings. There's some I I want to do what you're saying you know, but there's no, but it's just and that it's hard. It's hard to really.

29:45.69

BRIAN

Aha.

29:50.38

BRIAN

Um, yeah.

29:55.32

Natalie

Um, yeah, it face face What you're saying.

29:58.21

BRIAN

Yeah I think and what came up for me when you said it's hard to face it or it's hard to do. It's like I don't want to admit that I'm a dick like I don't want to write down that person's name that I'm a jerk to in my mind even if I don't really know even if I don't ever talk to them like I don't really want to admit like shit this is an area where

I'm not a great person. How dare I just got my own number just now I just I'm pissed off that I even I'm sorry I taught this to myself just now because I'm thinking of like the situations that I need to forgive or the people right? So start. Can you write? did you at least write the names or the situations on the paper Natalie great beautiful. So.

30:30.28

Natalie

So I did he did.

30:35.43

BRIAN

Started just know the universe is on the case, you don't have to do anything yet allow it to change right? You will be more at peace once it changes and you have to be that you have to be in charge of how it's gonna change it. This is the first step. Okay, all right? So take a deep breath we got through that. Got through the idea of forgiveness we got through of the things we we need to let go of that have happened in the past year we got through the idea of it. You may not have let go of it yet I get that or at least we're acknowledging it step five is asking yourself what's missing and what's next now this should start to. And like bring up all the positive Joyous confetti feelings inside I want you to write a couple paragraphs or a list of bullet points or you can even go further if you feel inspired in this review, you've already taken an inventory of what you've overcome what you accomplished and what you learned how you've changed what you're still. Willing to let go of didn't say you let go of it but you're willing to and with that you now can plan a path to go forward. So ask yourself these questions. What's missing on the list of things that I've accomplished what were you unable to spend enough time on this year when you look back and you go dang I just wish you know what comes up for me when I asked that question is I wish I read the new york times more often I have the damn paper delivered on my driveway every sunday. And every Sunday I usually get through like 1 and a half sections and I love reading the paper and I just need to give myself that so that might be a real small but to me that's actually something where I feel like my life is well lived if I get to do that all right? So here's another question. What big goals or

dreams would you like to achieve next year now I don't want to add realistic to this because sometimes this can become like realistic. It becomes like a little troll who's like that's too big. Don't dream too big but I like to think of realistic being more like a look There's 3 hundred and 65 days in the year you're probably not going to produce 16 feature films like let's just be real about it. So like. Let realistic, be a little bit more like the the time factor might way to imagine that so that you don't be too hard on yourself. So again, the questions to ask yourself about what's next for you are what's missing out of what you've accomplished. What were you able? What were you unable to spend enough time on this year just unable to do. And what big goals or dreams would you like to achieve next year and a little kind of p s caveat to this moment is consider the obstacles that you've overcome as an indication of just how much you're capable of now.

33:06.62

BRIAN

Let's not hold you back to who you were in 2020. We just finished 2021 you overcame some new things you have some new skills some new strengths that you've identified in yourself. So as you're writing these things down that you want to do next. Lean into those strengths being a place that can help get you there all right? Nallie? How'd that feel.

33:31.59

Natalie

It It feels good. It feels good. Yeah, you're making me feel taken care of in these moments so it's like that's good. Um, and yeah, it's a.

33:34.17

BRIAN

Yeah.

33:40.82

BRIAN

Ah, good and.

33:51.40

Natalie

It's exciting to think about what's to come and especially what I've overcome to leave me to be able to do this in the new year

33:51.58

BRIAN

What you want to do.

33:57.42

BRIAN

Yes, and Natalie I want to just make sure everyone who's listening like you may be pausing this episode many times to go and do the homework and then come back and back and forth because right now I'm putting you on the spot like and what's your answer Natalie so like this question, what's next for you is probably when you

want to take a moment to answer here. You'll notice in the action guide the download. Ah there's actually 2 package. There's 2 packets there. There's 1 that's a worksheet that is just kind of walking you through the steps that I just described and the other 1 is really an action guide and that action guide is where you're really taking stock of who you have been with the numbers so really getting clear on the numbers. Um. Because a lot of times what I do is we think about doing so things so much that we fool ourselves into imagining. We completed them or that we did a lot of work on them and thinking is not doing There is always more value in doing than there is in thinking I honestly believe no offense to philosophers I love philosophers. And the risk is that you view the work you did as not enough by not tracking it so I don't want you to weaponize any of the data you collect today as you fill out kind of this worksheet and you notice how I spent four hours a week acting or whatever you're using it. Um, not to say I did enough. Didn't do enough but getting real is how you begin to accept an invitation to yourself to commit at a different level and 2022 so again I'm going to say that 1 more time by using the data to say this is how many hours I put into acting and remember that's step number 1 where we were doing that work of what did I accomplish. That action guide really is walking you through that. The assignment here is not I did enough or I didn't do enough or that it's really just to get real getting real is a way to accept an invitation to commit at a different level in 2022 all right? Um I think that's. All that I wanted to say about that anything else that I didn't cover Natalie that you wanted to check in with me about I know that I feel like I tacked on that information about that action guide. So I want to just take a minute another breath here to say this when you go through this worksheet if you stop and start the recording if that's how you choose to do it just know that those worksheets work in tandem with each other. Um. And if you're listening this like Brian I haven't download all the worksheets that Brian's talk about the worksheets is making me anxious. That's the opposite of what this is meant to encourage when you get a chance take a seat look at the worksheet and listen again or just think back on what I said to you I believe that this is worth your time. Because it will set you up for such a beautiful runway for 2022. We have an episode coming up that is going to be a beautiful like icing on the cake to kind of the lesson that we cover today. Um Natalie any questions from you or things that I didn't cover that you think I need to talk into today.

36:38.33

Natalie

No I think it's good that you brought up the worksheet again because I followed along with the first one and now that I'm looking at the worksheet I'm like oh and look at that look at that wheel of life and like how we fill it out and got a little like nerdy about um.

36:52.73

BRIAN

Yes.

36:58.33

Natalie

You know, seeing it that way I was like oh everything is right here for me to do Okay I can tackle this this will be good.

37:01.60

BRIAN

Great, great! great. Ah great It's good to hear you say that. So everyone. Bottom line here is you accomplished some shit in 2021 that I would love you to be really proud of you learned some stuff in 2021. You're a different person. Because 2020 you lived through 2021 that is not to say 2021 was bad for you to say you made it through another year congratulations you are a different person things have happened in your life that have changed who you are and who you're continuing to become and this assignment is for you to just own all that and to make 2023 where you step into more bigness and more greatness. So I am very excited to hear how this goes for you so on my Instagram you will see that there is a post devoted to this episode underneath that I would love for you to write a comment that just says I did the work or I did my 2021 review I'm gonna give you exactly what to say if you're someone who's gonna get there and get too thoughtful just wrote. Just right? did it exclamation point and then I'll shoot you dm to see how it went all right? So again, go to brian says that on Instagram look for the year and review episode post and in the comments wrote hey I did it and I will dm you or a response to check in and see how it went for you. Right? I'm so grateful you spent this time with me and with Natalie so grateful you here. Natalie it's so fun to have a podcast episode with you? No I so glad? um and y'all I love you You're incredible. You're amazing. Please please keep changing the world and I will see you in our next episode take very good cares if you care of yourself. Oh.

38:18.11

Natalie

Thank you! This was a gift. Thank you so much.

38:33.62

BRIAN

I cannot wait 2 episodes from now we're gonna be sharing a very very special vision. 2022 episode and you will not want to miss it. We're gonna have like I think it's five actors are gonna be in the episode all at once and we're gonna take them through this this process. Ah so be sure to tune into that. But right now go go do your homework. All right? Let's take care. Let's let's own who you were in 2021 all right, take care of yourselves. Love you.