



JIM HARSHAW.net

You Can't Get Pinned When You're on Top

Wrestling with Greatness Podcast

Action Plan

from the interview with Charlie "The Spaniard" Brenneman

Charlie is unique. He's unique in that he seems like a pretty normal dude that's anything but. He makes decisions on a daily basis that most are not willing to. Those decisions have led him to multiple contracts with the UFC and they are leading him on a burgeoning career as a motivational speaker.

Learn more about how you can take action and lead an extraordinary life by making ordinary decisions on a daily basis that make a big impact.

Achieving big dreams:

During the interview, Charlie said "I have big dreams. My dreams are *giant*." When he had the dream of getting to the UFC, an unreasonable dream by all accounts, he stated it out loud and did so to a friend. He said, "I'm *going* to" and not, "I *want* to." Then he fully committed his life to it. Are you willing to state your big dream out loud... right now?

How to erase the fear, doubt and hesitation that we all have:

When Charlie was in high school he and his friends would go to the boardwalk together. In order to erase the fear of talking to girls, they created a system where, if someone said you had to go talk to a girl, you had to do it within three seconds. No thinking. No second guessing. No rationalizing your way out of it. Charlie uses this same skill to tackle big goals.

Whether you have to make a sales call, talk to your boss or do an otherwise uncomfortable task, erase what he calls the "buffer" that we allow ourselves and take action immediately before you have a chance to talk yourself out of it.

What is one thing that you do on a daily basis that most are not willing to do to help you achieve more:

1. Water: "I drink at least a gallon of water a day." It makes you feel better, physiologically, as well as control your calories and provides an overall better feeling.

2. Morning routine: He switched his morning routine from surfing MMA websites to reading a book that helps him grow (motivational or educational). He recommends reading at least 10 pages a day.

Book Recommendations:

- *The Power of Habits* by Charles Duhigg
- *Think and Grow Rich* by Napoleon Hill

What Advice Would You Give 20-Year-Old Self?

Never stop learning. Never stop growing.

Connect with Charlie

- charlie-brenneman.com
- twitter.com/spaniardmma