

Success Math

Success Math

A MILLENNIAL'S
QUALITATIVE APPROACH



Awilda Rivera

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*Dedicated to those who are ready to take charge of their present and
intentionally shape their future.*

You are powerful. You are worthy.
You are magnificently capable.

—AWILDA RIVERA

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Preface



IN THE BEGINNING...

I NEVER THOUGHT I WOULD have a cardiac event at the tender age of twenty-six. Yet there I was—sitting in the lobby of a courthouse, struggling to breathe, and my chest and arms seized by the most excruciating pain I had ever felt. While I have been in an ambulance a few more times than I will care to admit, that moment felt different. Later that evening, as I lay in the cardiac wing of Jersey City Medical Center, I realized something was terribly wrong.

I spent the entire night contemplating. I had no other choice but to come to terms with my truth as I lay there with sensors on my chest and a wireless transmitter hanging around my neck. After spending my entire academic career attending to my grades and pedigree, I came to a devastating and liberating realization: I didn't want to be a lawyer anymore.

There were very few professional role models for me during my childhood days. The ones that had the most effect on me were Cliff and Clair Huxtable. At the age of twenty-six,

I realized I had predicated my entire life on aspiring to be like Clair Huxtable. In retrospect, how laughable, innocent, and typical of a child to find such a sound, yet fictitious, role model to base an entire life on.

Over the next few weeks, my life was turned upside down. I could not deny the truth anymore: *I would no longer be a lawyer*. Once I began to accept and integrate this truth into my thinking, I became aware I had taken the first step toward realizing my true potential and achieving true success.

Since that time I have worked very hard to reach as many people as possible. While I had been able to connect with many through my one-on-one coaching sessions, international trips, and podcast—*Win Life with Awilda Rivera*—I wanted to have an even greater impact. I wanted to give you something you could implement in your own life.

The success math theorem was born from my desire to give you more. This formula changed my life! It is not only a product of years of working with career professionals and entrepreneurs but also a lifetime of experiences and candid exchanges with extremely successful individuals.

I am not a math person, and you don't have to be a math person either to use this framework. There are no quantitative values to insert in place of the variables, so please don't get all stressed out. The goal of the framework's formula is to provide you with an easy-to-understand, visual representation of a plug and play method to achieve the success *you* desire.

The formula looks complex, and it is. The complexity, however, has to do with your understanding of what each variable represents in your life, not some number you have

to input. In fact, it would be impossible to have one general value to input for any one of the variables because everyone is solving for a different “S.” Success Math is a theorem that offers insight into a qualitative approach anyone can use to live a more passion-driven and purposeful life, making solving for your “S” easier.

A theorem is a general proposition not self-evident but proved by a chain of reasoning; a truth established by means of accepted truths.¹ Success math uses the visual representation of an algebraic equation to give form to intangible concepts. The image of the seemingly complicated and unfamiliar equation is likely to make you uncomfortable at first, and that’s expected.

Choosing to intentionally pursue the success you truly desire will also make you feel uncomfortable at times. The work of personal and professional growth requires each of us to learn how to become comfortable when we are uncomfortable. It is when you are doing the work of moving beyond your comfort zone that real progress is achieved.

The success math theorem lays out a logical framework of interconnected parts that all work together to help you achieve the success you truly desire. The theorem takes a qualitative approach to examining each part of this framework in an effort to demystify each concept. The goal is to provide you with practical and applicable information you can use immediately.

¹ *Oxford Dictionaries*, s. v. “theorem,” accessed January 2019, <https://en.oxforddictionaries.com/definition/theorem>.

The success math framework is unique because it hinges on your ability to confidently identify and define the success you truly desire, that is your “S.” All the other parts of the framework are balanced against this definition, as represented by the equation. Using the principles of PEMDAS you learned in fourth or fifth grade, we will move through the rest of the equation, highlighting the other components of the framework.

Once you have defined the success you truly want, you will have to assess the alignment of your beliefs, values, and behavior (i.e., A³). Success math sheds light on the nuances and differences among these three critical concepts. This is the part of the equation where you assess the strength of your *fundamental belief*: Are you willing to do whatever it takes in the face of adversity to accomplish the success you truly desire?

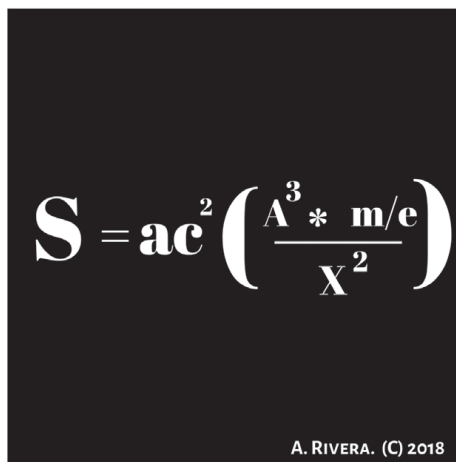
Success math next tackles the importance of a strong mental and emotional foundation (i.e., M/E). The theory promotes taking time to develop self-awareness, connect with your tribe, and identify mentors, champions, and scouts who want to help you on your success journey. Success math highlights the importance of community and self-study while on your success journey.

Execution (i.e., X²) is another cornerstone of the success math theory. In the absence of skillful and consistent execution, it’s difficult to say if anything can truly be accomplished. The strategy carefully breaks down the qualities of execution for the student in an easily digestible way. After all, my goal for sharing success math is to provide the person who otherwise might not have access to this information

with the framework necessary to intentionally and strategically change his or her life.

The final part of the success math theory is action (i.e., AC^2). The strategy divides action into two sections. After taking a very close look at these two categories, the differences between them become clear. The strategy uses those differences to help underscore the appropriate application of each type of action.

Ultimately, we all want to be happy. We want to feel like what we do matters, like our work is meaningful. We want to feel motivated and driven to what we love. Success math aims to help you create an individualized strategy to achieve that end. This comprehensive strategy can be used by anyone to achieve the success she truly desires. Remember, you have to start by defining your “S,” and the rest will fall into place; as you utilize the strategy, the equation will begin solving itself. I promise that is as academic as the math conversation will get for the rest of this book. So take a deep breath, and let’s get down to business.


$$S = ac^2 \left(\frac{A^3 * m/e}{X^2} \right)$$

A. RIVERA. (C) 2018

The success math theorem is a visual representation of a cheat code for success on your terms. The gamers reading this know exactly what I'm talking about. For all of you who are scratching your heads, a cheat code is a secret password one puts into a video game that unlocks special features, infinite lives, etc. Now using the phrase *cheat code* is a little misleading because it suggests you get to reap rewards without doing any work.

On the contrary, the success math theorem requires you do work. The formula not only shows you what you should be focused on presently but also gives you a snapshot of the current state of affairs. As humans our challenge can often be remaining connected to what we are working toward; however, we get so easily bogged down in the minutiae that we lose sight of the end goal: success on our own terms.

The formula is designed to work for anyone and everyone. It is based on a plug and play ideology, which means you can substitute any value for any variable and still solve for your answer. In this instance we are each solving for our own unique definition of success or "S." We will address this foundation variable at length in part one. However, for now, suffice to assume it will look wildly different for each person.

BEFORE YOU GET STARTED...

The success math theorem is powerful, and it can change your life. For it to be effective, you will need a few things:

- ☞ An open mind
- ☞ Integrity
- ☞ Honesty
- ☞ A willingness to do the work
- ☞ *Patience*

This book is not a magic wand. Reading it alone will not make you successful. You have to take what you have read and implement it. Moreover, you must be ready to do what is necessary.

Being open-minded will help to mitigate challenges and discomforts as you explore how the various variables in the success math theorem apply to you. Remaining open-minded also promotes the flexibility you need to define each variable. The process of understanding can be challenging. It may take you a little more time to comprehend the alignment variable, while someone else may get caught up in the mental and emotional support variable. Be patient with yourself.

Honesty and integrity are your two best friends when using the success math theorem. If you are not self-aware, this formula will not work for you. Its efficacy is predicated on your ability to be 100 percent real with yourself. If you aren't there yet, that's OK, but then this is *not* the formula for you.

It is critically important to be able to act honestly and act with integrity when faced with challenges on the road to success. If you lack these characteristics, you will be unable to define the variables in the formula with certainty. The actions you take will be predicated on false information that will prevent you from arriving at the success you desire.

If you are willing to do what is necessary, then you will, by default, also be willing to be open-minded, be honest, and have integrity on your journey. Willingness is not only wanting to do something but also committing to the follow-through required for execution. You have to take action if you are to achieve anything; do nothing and achieve nothing.

How to Use This Book—a Note from the Author



AS YOU EMBARK ON THIS phase of self-discovery and development, remember to be compassionate and detached. Success is a concept that is pregnant with emotions and expectations for many of us. This book is not a quick fix. Instead, this book offers you an organic, practical, and sustainable qualitative approach.

You should proceed with care; take time to let the information sit with you. As you begin to do the work of redefining success for yourself and pursuing it, it is possible you will experience some internal resistance. It takes courage to live in your truth; resistance is our natural response to moving outside of our comfort zone. The internal resistance will be the first test of your commitment to yourself and your success journey. Almost everyone experiences this internal resistance when they commit themselves to pursue a new path.

As you start to take action, you may experience external challenges. People close to you may not understand why you have chosen to embark on this new journey. They may want you to remain in the same place, with them. Be unafraid of

distinguishing yourself from the rest. Your success journey is dedicated to your desire to live a passion-driven and purposeful life. Your success journey is unique and individual; it does not need to be cosigned by others to be validated. Remember, you are doing this for yourself.

To get the best results from your application of the qualitative approach the success math theorem offers, you must commit to maintaining a student's mind. You must remain a student of yourself and of each concept contained within the framework. When you are able to maintain this mind-set, it is easier for you to engage in productive reflection on and modification of your behavior.

The journey will ask you to remain compassionate toward yourself. As you dedicate yourself to the work of taking action, you will experience instances of disappointment. There may even be moments when you feel like you have failed; it is in these moments you have to use the balm of compassion to soothe your mind. As a result, it's imperative you pause after tackling each concept.

You will gain many insights during this process. You should give yourself an opportunity to integrate them into your thinking before moving onto the next phase. I recommend keeping a success math journal. In it you will keep track of your progress, important insights learned, and actions taken. You can also refer to it at any point along your journey to get a sense of your overall growth and development.

A healthy sense of detachment will serve you well. It will help you remember you can only control your output: *actions & reactions*. A willingness to strengthen your ability to

remain unshaken when circumstances out of your control disrupt your plans is vital to your success journey.

As you read each chapter and become acquainted with each new concept, try to see the ways they can be applied to your life and the pursuit of your “S.” Be brave; ask yourself the hard questions, and answer them honestly. If you are unsure whether you’re being honest, talk to a trusted confidant about it. Sometimes, having conversations with others can facilitate clarity of ideas and intentions.

Progress takes time. Patience is an asset on your success journey. When you give yourself permission to be patient, you manage your expectations. While I believe you are capable of great things, that belief should not be to your detriment. In other words, knowing that you’re capable of great things doesn’t mean you should rush to accomplish them. Rushing is akin to forcing; when we rush, we miss the important insights and information we glean from taking intentional action. Therefore, you must be patient, compassionate, and detached as you trust in your commitment to the process.

You have to chill and be *calm*. The success math theorem and approach are designed to help simplify the historically stressful process of defining and working toward success. If you are open-minded and honest and you’re acting with integrity and willing to do the work, then there is no need to worry. Be calm, and trust in your efforts and the clarity of vision you have created using the formula.

Growing up, I had a hard time staying calm, since I suffered from a lot of anxiety. When it came time for tests and papers, I would get so stressed out about what was going to

be on it and what I should write that I would freeze. Until I realized if I asked a ton of questions, I could get the teacher to basically tell me what was on the test or give me some direction on what I should write. All I needed was an idea, a little guidance, to point me in the right direction; suddenly, my confidence would skyrocket, and my dread would instantly turn to excitement.

I felt like I somehow got the teacher to give me a cheat code to win. Once I had that little bit of direction, all the fear would disappear, and I would feel like I could literally plug and play my way to an “A.” It is precisely that feeling I want to gift you—a sense of confidence and relief that you have a formula you can easily use. Think of the success math theorem as a hint—that little bit of guidance you need to point you in the right direction so you can take measurable steps toward your success. When you embrace that knowing, the calm is automatic.

There is nothing more soothing than feeling like you have the upper hand in a contest most people think is rigged against you. Unfortunately, that’s not an uncommon feeling when people think about what it takes to become successful.

For this reason, I want to share the success math theorem with you. I know you are ready to embrace the methodology, do the work, keep it 100 percent real with yourself, and trust the process.

