

SUCCESS MATH: Companion Course

An Introduction

Welcome! The next 8 weeks will be eye opening. This is a very exciting time for you as you have chosen to work with the Success Math Framework to redefine & pursue success on your own terms.

Read the *What you Need* and review the *Reading Guide*. This next week is dedicated to making sure you are oriented. The goal this week is for you to read the material, begin to get acquainted with the concepts and begin the work of preparing yourself to embark on a new self directed success journey.

WHAT YOU NEED:

1. Your copy of Success Math
2. Journal – a spiral notebook would be just fine. You may also want to opt for a binder could also house your printed workbook pages, if you intend to print them out as they are assigned.
3. The desire and ability to create time weekly to do the work. Most of the workbook exercises tell you how long to spend on each one; however a lot of the “aha” moments will come after you have complete the worksheets. This program is equal parts external action, self-study and introspection.

Each persons experience will vary as they move through the framework. Give yourself enough time to process the material before you move on to integration and implementation.

4. A willingness to ask questions at any point in the process.
5. A commitment to the process. Success Math is does not promise overnight results. You will only be able to make tangible progress towards your “S” if you are willing to consistently show up ready to do the work.
6. *Suggested* get yourself a Success Math buddy. Someone who is interested in going through the course as well. A person who you trust and who

Reading Guide

Here is what to focus on as you read:

Here are a list of phrases & concepts you should pay close attention to as you read through the book.

- Success
- Common External influences
- Alignment
- Mental Toughness
- Emotional Support System
- Belief
- Value
- Behavior
- Fundamental Belief
- Limiting Belief
- Limiting Values
- Mentor
- Scout
- Champion
- Tribe
- Personal Prose
- Personal Narrative
- Self Talk
- Components of Execution
- Types of Action

Keep notes while reading. Highlight, underline and process the material. Spend a little extra time on the *structured examples* provided in each section of the book to make sure you understand how the concepts are applied in real life.

Keep a running list of questions that arise as you read. All questions are good questions. These questions may address you specifically in reference to the framework or may address the concepts in the framework generally.

After you have read:

Introductory Journal Exercise: *Setting the Table.*

Before we get eat a meal we have to set the table. We would not want to sit down to eat at a table with out any silverware or plates. Likewise we do not want to begin our exploration of success math with out having an idea of what we want.

Using a non-judgmental stream of consciousness writing style finish the following statement:

I am looking forward to learning how to use the Success Math framework so that I can