Success Math

A Millennial's Qualitative Approach

Success Math WorkBook
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Hello Boss!!

Welcome to the beginning of your Success Math adventure! The journey that you are about to take will be one that is challenging, revealing, unpredictable and extremely rewarding. There is no doubt that you are capable of doing what is necessary to accomplish the success you truly desire, because you will be have a clear idea of what you want & how to get it.

This workbook is designed to help you understand, integrate and implement the concepts offered in SUCCESS MATH: A Millennial's Qualitative Approach. Consider this book a companion guide; one that will help you to apply the methods immediately in your real life and will encourage you to reflect on the results.

You will need a to designate a SUCCESS MATH notebook to keep important information you discover about your self, and the process. It will be a centralized place where you will be able to review and assess your progress. As a result you will be able to make necessary changes along the way.

Before you dive into the nitty gritty, take a second to review the preface & how to use this book section of SUCCESS MATH. There are some critical pieces of foundational information there that you need to know before you get started. Most importantly, the following:

"If you are not self-aware, this formula will not work for you. Its efficacy is predicated on your ability to 100 percent real with yourself. If you aren't there yet, that's OK, but then this is *not* the formula for you." p. xvii

LET'S GET STARTED!!

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Part 1:
Solve for “S”

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Out with the Old in with New

With out judgment let us explore our ideas about Success. Take your time with the next few exercise, remember to be gentle but honest with yourself. The more honest you are the better.

I (a). Put 1 minute on the timer and allow yourself to Fill in as many the blanks as you can, with out judgment.

Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.
Success is _____.	Success is _____.

I (b). Review your answer above one by one. As you read each one, ask yourself the following 3 questions and make notes about responses on the next few pages:

"Where did this idea come from?"

"Is this something I was taught?"

"Does this idea resonate with me positively?"

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I(c). Put 5 minutes on the timer and using stream consciousness writing style, list all of the activities you enjoy. Its is okay if the activities correspond to various parts of you life. *For example:*

I enjoy yoga, hiking, helping others, strategic planning and live music. I love those activities because they bring me joy and fulfillment. When I help others I feel particularly good.

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I (d). **Purpose Please!** To have purpose is to *have an intent or an objective*. For some, their objective is so all encompassing that it becomes a driving force in their lives. However that is not a pre-requisite. One can live a life full of purpose that is composed of more than one well-defined and well aligned objectives.

Take 10 mins and brainstorm your objectives below. If the question seems to broad give yourself a narrower focus. Start by asking yourself:

"What are my objectives <u>and</u> intentions for the next 2 months?"

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I (e). Welcome to the Dance. Before we can really solve for "S" we have to make sure we begin to understand the relationship between beliefs and mental toughness.

Below List 3 different instances in your life when you were able to accomplish something that required you to believe in yourself deeply. For example:

I deeply believed I was going to be admitted into law school, even though I got a 125 on my LSAT. Some would have held off on applying. However, I continued to with my application process. I made sure to secure the necessary recommendations and paper work. Some thought I was fighting a losing battle, until I received my acceptance letter and successfully graduated from law school in 2009.

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I (f). Review the exercise above and notice if there are any themes. Do the examples have a common belief that inspired you to achieve the impossible? Are their any connections between the 3 examples you provide in I(e) and the activities you listed in I(c)? Jot what you noticed below.

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I(g). Review your answers to I(b) & I (c) notice how they differ from what you wrote down for I(a). Write down your findings below. *Did any of your findings surprise you?*

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I(h). Review you answers from I(d). Think about the observations you gathered in I(g) and finish the following statement below:

Over the next 2 months, the success I truly desire to accomplish is…

Quick tip – The success you chose to pursue should be in line with your objectives and intentions. Also it can be as small or as big as you want it to be, just make sure its reasonable. For example if you say "*In the next two months the success I truly desire to accomplish is attaining my neuroscience degree."* But, you are not in school for neuroscience then that wouldn't be a reasonable goal. However you could alternatively say, "*In the next two months the success I truly desire to accomplish is identifying and applying to neuroscience programs."* The later "s" is reasonable based on the persons current status and circumstances.

Congratulations!
You have just defined your "S" for the first time!!!

Now we can really get down to business. Now that you have a defined your "S" its time to dive into Success Math head first. First we will got inside the parenthesis to examine what role Alignment, Mental/Emotional, and Execution play as we endeavor to achieve our self-defined "S".

Remember to keep it 100 percent real with yourself. Its recommended that you take you time with these exercises and space them out over a couple days so that you have enough time and space to reflect on your findings.

"A man cannot be comfortable with out his own approval."
– Mark Twain.

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