Part 2:
Inside the Parenthesis

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What's really good?

Now that you know your "S" it's time for you to get acquainted with the variables on the other side of the equation. We will be begin with A^3 .

A^3 is a fundamental variable in this framework . It highlights the connection between your BELIEFS, VALUES & BEHAVIORS. In order to accomplish the success you truly desire your BELIEFS, VALUES & BEHAVIORS need to be in alignment.

This next section is designed to help you explore this idea of A^3 – *triple alignment*. You will explore you're the relationship between what you believe and value. As a result you will be able to objectively evaluate your behavior to assess whether it is propelling your towards your "S" or creating obstacles that hold you back.

Time to Align!

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To Believe or Not Believe? That is the question.

The first part of our alignment trinity is *Belief*. What you believe is critical to your success journey. Your Beliefs are a representation of what you have trust, faith or confidence in. In this world of where we are constantly presented with what others believe, and societal pressures about our beliefs, keeping track of what ***You*** believe can be tricky.

Give yourself permission to get really honest with about what you believe, why you believe and the origins of each belief.

II(a). Put 3 minutes on the timer and *without judgment* Brainstorm, all your *beliefs*. They can be about your "S", or not. They do not need to be in full sentences. For example:

- *I can accomplish anything I want*
- *You have to have a family to be happy*
- *My purpose is to share Success Math with the world*

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II(b). Examine your answers for IIa and list them below under one of the two categories provided.

Note: If you are not sure what *limiting beliefs* are please refer back to pages 26-29 of SUCCESS MATH.

EMPOWERING BELIEFS	*LIMITING BELIEFS*

Now take a deep breath… I know that last part required some heavy lifting. You are doing awesome! Keep being honest with yourself through this process. The data you are collecting is invaluable.

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II(c). Where do your beliefs come from? Take a moment, reflect on and list the origin of each belief you wrote in IIa. You do not need to rewrite the belief. You can simply number them and list the observed origin. This is an untimed exercise as the reflection portion may take some time. However, when writing your asnwers be succinct. For example:

- *You need a family to be happy. - Parents, society, television*
- *I can accomplish anything I want. - myself, evidence from overcoming*

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II(d). Once you have created your two lists, set the timer for 5 minutes. Free write about this experience. Here are some prompt questions:

Were there any limiting beliefs that surprised you?

Choose one empowering belief that can be especially helpful as you work towards you "S"?

What was one limiting belief that could sabotage your ability to achieve your "S"?

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Worth More than Gold

Our values reflect what we care about, which directly effect what we are willing to do.
We have seen people go to great lengths to protect what they value, some have even risked their lives. While I hope your "S" doesn't require you to risk your life, I do want to help you get crystal clear on what you value so that your confidence, faith and trust in it is rock solid.

Now that you have an idea of what you believe, it will be easier for you to parse out what you truly value. The next set of exercises should help you identify what you value, and why you value it.

II(e). Put one minute, thirty seconds on the clock. With out judgment fill in as many blanks below as you can. the blanks below. Write down whatever comes to your mind, make no effort to control the thoughts.

I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.
I value _____.	I value _____.

++Take a moment and note if any values listed will be particularly useful on your success journey, and place an (*) next to them.

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II(f). Limiting Values can be a real bummer. Similar to limiting beliefs, limiting values are like concrete blocks weighing you down as you try to climb a mountain. They are categorized by *narrow, externally constructed, self-imposed, comparative thinking.*

Reflect on your answers in IIe. Ask yourself if any of the answers you listed fit the definition of limiting values provided above. Pick **one** and complete the following analysis:

(1) Where did this value come from?

(2) What is the nature of the comparison that's is being made?

(3) How has this value impacted your success journey thus far?

(4) Is this value still serving you?

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II(g). *Supporting values* are the ones you put an (*) next to in exercise II(e). These are the values that are empowering and support you taking the action necessary to achieve the success you truly desire. Pick **one supporting value** and complete the following analysis:

(1) where did this value come from?
(2) How can this value help me move towards my "S"?
(3) How does this Value align with my fundamental belief?

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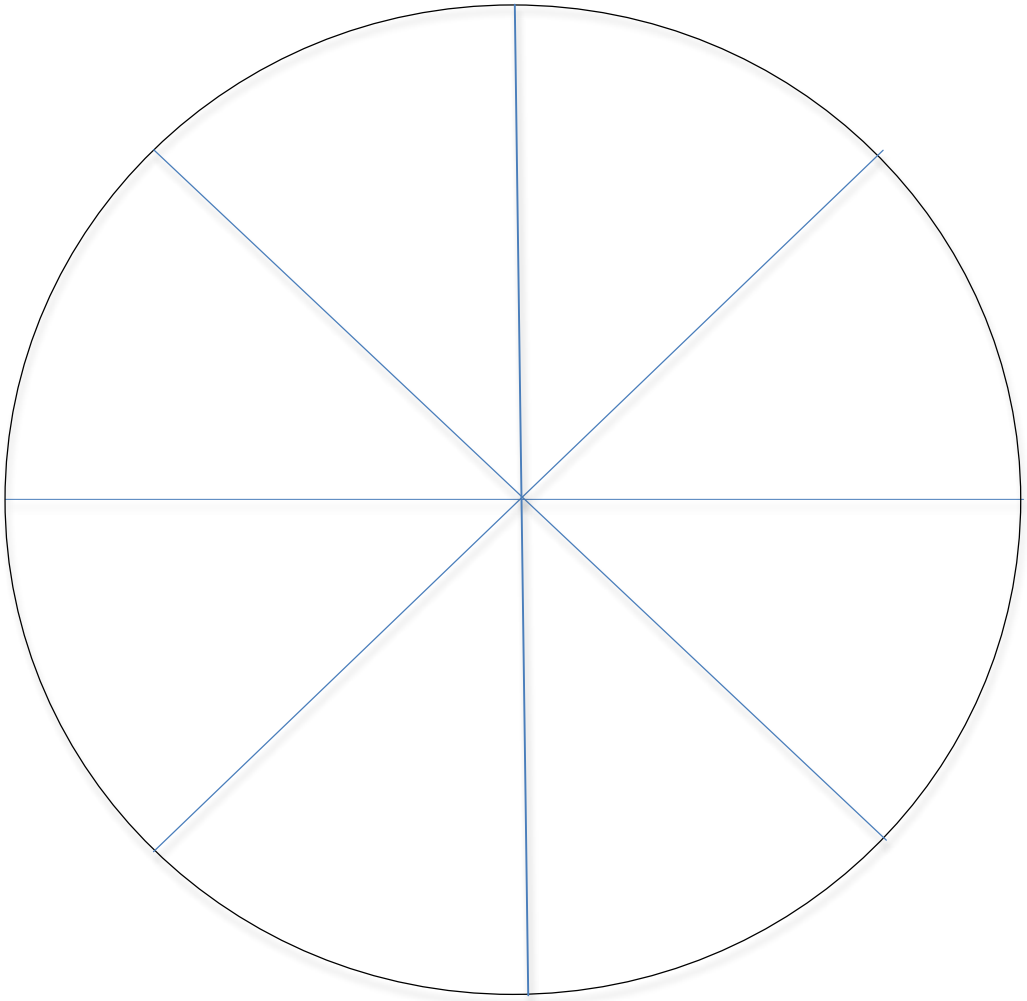
Behavior Determines Results

Behavior is the final arm of your A^3 . How you behave is a reflection of what you believe and value. The powerful thing about examining your behavior is that the information you collect will immediately reveal the areas in which there is disagreement between you BELIEFS, VALUES AND BEHAVIORS.

II(h). How do you spend your time? Each slice below represents 3 hours of your day. Take a moment to review the activities listed below. Grab some colored pencils, and assign each activity its own color. Giver yourself an honest estimation of how much time you spend participating in each activity, and then color in the slices accordingly.

- **Sleep**
- **Entertainment** (TV, Movies, Games, Sports)
- **Exercise**
- **Eating**
- **Social Media** (not for work; IG, twitter, FB, Snap)
- **Work** (commute, focused tasks, work travel, students - school)
- **Personal refection** (meditation, journaling, yoga, being in nature)
- **Professional development** (reading, skill building, networking, etc.)

LIFE PIE



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II(i) The Life Pie exercise can generate a lot of data. Take some time and answer the following questions:

(1) What am I spending most of my time doing? Do I enjoy it?
(2) Which slice of my pie will help me move towards the success I truly desire?
(3) Does my Life Pie suggest that my current *behavior* is in alignment with my *values* & *beliefs*?

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II(j) Numbers don't lie. Below you will find a blank The Alignment Analyzer ™. This table asks you to consolidate all the information you have already gathered in exercises II (a-h) so that you can rate your alignment in each area from 1-5.

Read the grid from left to right, and top to bottom. First asking yourself if your Beliefs are in alignment with Values & Behaviors. Next focusing on your Values, asking if they are in line with your Beliefs & Behaviors. Finally asking if you Behaviors are in alignment with your Beliefs & Values. This line of questioning may seem redundant, but it is not. In each instance you are looking at the question of alignment from a different lens.

Using the key rate your alignment honestly. Once you are done place the total in the box provided under each category.

Rating Key:
1 – completely out of alignment, there is no connection between these two areas.
2 - There may be some occasional alignment but its random and unintentional.
3 - There is some intentional attention to alignment but its inconsistent.
4 – Intentional attention to alignment, it is consistent & is creating some synergies.
5 – Alignment is intentional, consistent, a consideration prior to taking action and a factor in what type of action to take. It is also creating a lot of synergies.

Alignment Analyzer ™	Beliefs	Values	Behaviors
Beliefs			
Values			
Behaviors			
Total			

REMEMBER to check judgment and expectation at the door when you do this work. You are taking a big step in the right direction by choosing to take time to redefine success on your own terms and assess what you need to do to get there. This is HARD work! Give yourself the credit you deserve for doing this much already! When your ready turn the page to get a sense of what areas of your alignment may need some work.

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Alignment Analyzer ™ *Total Translator*

2-4: There is work to be done. Believe it or not this is good news. At least now you know that there is not very much alignment in this area. You have collected enough data to conclude that this area is one that could use more of your attention. ***Journal Exercise***: Name 3 factors that are contributing to the lack of alignment in this area.

5-6: There is some alignment happening but it is not consistent enough to create measurable results. While the intention to be in alignment maybe present, it has not yet become rooted. **Journal Exercise**: Highlight one example of unintential alignment & one example of intentional alignment in this area from the last 6 months.

7-9: Alignment is definitely a central theme in your success journey. You have a firm understanding of what is required and you are actively working towards establishing more alignment across the board. **Journal Exercise:** What is the most challenging part about striving for consistent & intentional alignment?

10 – Congrats!! You are *Aligned AF* ! Keep up the good work. I know its hard. However, the pay off is totally worth it! **Journal Exercise:** Name two tools you use to keep you in alignment when adversity strikes.

You have tackled Alignment (A^3). Well done!
Now time to get your Mind Right (M/E).