

# Success Formulas Program

- Is life as simple as a success potion? No.
- Can you get a great life just by using a formula?  
No.
- Does every formula work every time? No.

With that said, welcome to the Success Formulas program. We've come up with 100 formulas, that is, mini-recipes for success that Professional Coaches use from time to time with your clients.

Take a look at what we've put together here and try a couple of them out to see if they'll work for you.

**Our goal is to simplify the success process.**

We'd really enjoy hearing from you and including your suggestions and formulas in a future edition, so please write. Our address is on the last page.

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## PROGRESS CHART

Date	Points (+/-)	Score

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## SUCCESS FORMULAS PROGRAM 100-POINT CHECKLIST

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#	Sections									
	A	B	C	D	E	F	G	H	I	J
10										
9										
8										
7										
6										
5										
4										
3										
2										
1										

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

## A. COMMUNICATION

Non-addiction	+ Needs met	= <b>Be present</b>
Whole	+ Restored	= <b>Forgiveness</b>
Gratitude	+ Grace	= <b>Compassion</b>
Restored	+ Reserve	= <b>Charge Neutral</b>
Subtle Difference	+ Words	= <b>Articulation</b>
New Truth	+ Motivating	= <b>Message</b>
Awareness	+ Shift	= <b>Clarity</b>
Experience	+ Awareness	= <b>Understanding</b>
Holding Vision	+ Possibility	= <b>Focus</b>
Gentleness	+ Self-Trust	= <b>Touch</b>

\_\_\_\_\_ Number fully gotten and being lived (10 max)

## B. SUCCESS

For	+ Community	= <b>Performance</b>
Efficiency	+ Effectiveness	= <b>Productivity</b>
Desire	+ Evidence	= <b>Dedication</b>
Discipline	+ Structure	= <b>Sustainability</b>
Incentive	+ Possibility	= <b>Willing</b>
Network	+ Information	= <b>Resource</b>
Result	+ Growth	= <b>Accomplishment</b>
Cash in Bank	+ Family/Love	= <b>Success</b>
Belief In	+ Endorsement	= <b>Management</b>
Consistent Action	+ Results	= <b>Momentum</b>

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## C. MONEY

Revenue	+ Low Expenses	= <b>Profit</b>
Added Value	+ Service	= <b>Referrals</b>
Capital	+ Opportunities	= <b>Wealth</b>
High-touch	+ Meet needs	= <b>Sale</b>
Service	+ Mastery	= <b>Full Practice</b>
Insurance	+ Alarms	= <b>Security</b>
Controls	+ Reporting	= <b>Budget</b>
Investment	+ Wisdom	= <b>High Return</b>
CPA	+ Tax planning	= <b>Tax Savings</b>
Consistent Savings	+ Time	= <b>Retirement Fund</b>

\_\_\_\_\_ Number fully gotten and being lived (10 max)

## D. QUALITY OF LIFE

Desire	+ Acceptance	= <b>Present Perfect</b>
Good Food	+ Exercise	= <b>Physically fit</b>
Peaceful	+ Selfish	= <b>Be</b>
Extreme Self-Care	+ Freedom	= <b>Poise</b>
Integration	+ Prioritize	= <b>Balance</b>
Boundaries	+ Steps over Nothing	= <b>Problem-Free</b>
Whole	+ Boredom	= <b>Peace</b>
Floss	+ Brush	= <b>Good Teeth</b>
Boundaries	+ Protection	= <b>Safe</b>
Abstinence	+ Self-care	= <b>Sobriety</b>

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## E. HIGH-END LIVING

Gratification	+ Love	= <b>Happiness</b>
Tru Values	+ Accomplishments	= <b>Fulfillment</b>
Inspiration	+ Experimentation	= <b>Creativity</b>
Underpromise	+ Excellence	= <b>Freedom</b>
Synthesis	+ Pleasure	= <b>Creation</b>
Options	+ Patience	= <b>Choice</b>
Touch	+ Grounded	= <b>Joy</b>
Reserve	+ Possibility	= <b>Abundance</b>
Present perfect	+ Anticipation	= <b>Future</b>
High Standards	+ Self-worth	= <b>Self-esteem</b>

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## F. SPIRITUALLY

Honest	+ Awareness	= <b>Truth</b>
Selfishness	+ Community	= <b>Oneness</b>
Now	+ Wholeness	= <b>Eternity</b>
Perspective	+ Awareness	= <b>Consciousness</b>
Fullness	+ Connection	= <b>Bliss</b>
Judgment	+ Connectedness	= <b>Wisdom</b>
At Cause	+ Timing	= <b>Miracle</b>
Trust God	+ Surrender	= <b>Acceptance</b>
Style	+ Love	= <b>Grace</b>
Understate	+ Overdeliver	= <b>Self-esteem</b>

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## G. DEVELOPMENT

Innovation	+ Practice	= <b>Mastery</b>
Possibility	+ Shift, performance	= <b>Evolution</b>
Tru Values	+ Gifts	= <b>Who</b>
Today	+ Present	= <b>Eternity</b>
Contribution	+ Selfishness	= <b>Legacy</b>
Recovery	+ Perfection	= <b>Restoration</b>
Self	+ Expert	= <b>Source</b>
Idea	+ System	= <b>Invention</b>
Development	+ Honesty	= <b>Ready</b>
Internally-driven	+ Maintaining	= <b>Self-Managing</b>

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## H. RELATING

Relationships	+ Creativity	= <b>Culture</b>
Gratitude	+ Bond	= <b>Granting</b>
Inclusive	+ Love	= <b>Connectedness</b>
Is right	+ Doesn't care about it	= <b>Ease</b>
Endorsement	+ Challenge	= <b>Empowerment</b>
Action	+ Vision	= <b>Support</b>
Faith	+ Insurance	= <b>Trust</b>
Champion	+ Challenge	= <b>Loyalty</b>
Prepare	+ Challenge	= <b>Change</b>
Partnership	+ Needs met	= <b>Interdevelopmental</b>

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## I. POTPOURRI

Intuition	+ Experience	= Good Judgment
Accomplished	+ Leadership	= Model
Experience	+ Simplicity	= SuccessFormula
Love	+ Support	= Community
Self-Respect	+ Self-Care	= Self-esteem
Wanting for	+ Caring for	= Coaching
_____	+ _____	= _____
_____	+ _____	= _____
_____	+ _____	= _____
_____	+ _____	= _____

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## J. TYPES OF COACHING

RESTORATIVE COACHING		
Awareness	+ Honesty	= Truth
LINEAR COACHING		
Focus	+ Action	= Result
ADULT COACHING		
Responsibility	+ Foundation	= Ease
SELF-ESTEEM COACHING		
Integrity	+ Gratitude	= Pride
PROGRESSIVE COACHING		
Integrity	+ Needs Met	= Wants
ATTRACTION COACHING		
Investment	+ Reserve	= Attraction
PERFECTION COACHING		
Reserve	+ Desires	= Perfection
VISION COACHING		
Tru Values	+ Life Purpose	= Contribution
TRAINING COACHING		
Observation	+ Demonstration	= Training
4th DIMENSION COACHING		
Attraction	+ Buff	= Effortlessness

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## INSTRUCTIONS

There are 4 steps to completing the **Success Formulas** Program.

**Step 1: Answer each question.** If the statement is true, check the square. If not leave it blank until you've done what it takes for it to be checked. Be rigorous; be a hard grader.

**Step 2: Summarize each section.** Add up the number of squares for each of the 10 sections and write those amounts where indicated. Then add up all 10 sections and write the current total in the box on the front of this form.

**Step 3: Color in the Progress Chart on the front page.** If you have 5 checks in the Accounting section, color in the bottom 5 boxes, and so on. Always start from the bottom up. The goal is to have the entire chart filled in. This will indicate that you are managing your company well. In the meantime, you have a current picture of how you are doing in each of the 10 areas.

**Step 4: Keep playing until all boxes are filled in.** This process may take 30 or 360 days, but you can do it!! Use your coach or advisor to assist you. And check back quarterly for maintenance.

**YOUR SUCCESS FORMULAS:**