

Success without the Stress™



A SHORT GUIDE TO LIVING SUCCESSFULLY



QUANTUM TRAINING
ENABLING BRIGHT FUTURES

www.leadershipsuccess.co.za

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1. Clarifying What You Want



"True happiness involves being happy in the now while still having big dreams for the future."

–Vishen Lakhiani, CEO of Multimillion Dollar Company.

1. Determining Your Priorities

Simply fill out the 12 questions below: **NB.** List at least 3 answers per question:

1. How do you fill your space?

2. How do you spend your time?

3. How do you spend your energy?

4. How do you spend your money?

5. Where are you most organized?

6. Where are you most disciplined?

7. What do you think about most?

8. What do you envision or visualize most?

9. What do you talk to yourself about most?

10. What do you talk to others about most?

11. What do you set goals toward most?

12. What are you inspired by most?

**** Now count up your most mentioned answers and rank them.****

3 most mentioned answers go here



Top 3 Priorities:

1. _____

2. _____

3. _____

1. Choosing Goals

Once you know what's really important to you (based on your priority list), it's time to start choosing some goals you'd like to experience.

A good tip is to start with a small goal as achieving it boosts your confidence for your next goal.

Start from the heart, what is something you'd really like to experience?

Vision + Action = Results

Goal Tips:

1. BE SPECIFIC.
2. BE DETAILED.
3. BE TRUTHFUL.
4. ENSURE FOR THE HIGHEST GOOD OF ALL INVOLVED.
5. One Action Towards Your Goal Every Day.

DON'T LIMIT YOURSELF! MAKE A LIST AND GO FOR IT!

1. Small Goal:

I am going to:

By (Date): _____



Big Goals:

Again, Start from the Heart, What do you really want to experience while you're on this planet? The bigger and more inspiring the better.

TIP: To Supersize your Big Goal, ask what you really want to help others experience?

Add a date when each item will be accomplished by.

Big Goal List:

I am going to:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Signed: _____ **Date:** _____

{This contract is for you to keep. Honoring and fulfilling it is up to you.}

2. Removing Blocks



"We Can't Move Forward Until We Let Go Of Where We Are."

– Gerald Jampolsky, Author of *Love is Letting Go of Fear*.

1. What is a Block?

A mental block is a thought pattern which holds us back from moving towards what we want. Sometimes the only thing standing between us and experiencing what we want is a mental block.

In our NLP sessions we show people how to remove these blocks and change these thought patterns, however as we are not in a session, here are some questions to help you get started.



1. What does living freely mean to you?

2. In what areas of your life do you feel you are not living freely, i.e. where do you feel you are not growing and contributing? Where do you feel most stuck? (is it Spiritually; Educationally; Career; Family; Socially; Physically; Financially)?



3. What part of your personality do you need to stop listening to do this?

(E.g. The part that says you're not good enough; the part that says there's not enough or the part that says you have to do something else).

2. Effect of Removing a Block?

Clearing a block is sometimes the single most effective step we can take to improving our chances of success. When we clear a block we replace it with an empowering thought pattern that supports the accomplishment of the goal.

Blocks are only cleared on the Subconscious level of mind. This is why many people can spend years trying to break unwanted habits or addictions with little or no success. Only when we change the subconscious mind, do we see effective action, impactful results and real success.

For more on how to clear limiting blocks, [Contact us here](#) for a free NLP session.





3. Making Goals a Reality



"The trick is to have goals without attaching your happiness or self-worth to their achievement."

– Tim Goodenough, Author of *Raising Talent*.



Vision + Action = Results

1. Vision

Start with picture for your small goal. Include as many details as you can, add how you would feel accomplishing this goal and the last thing that needs to happen for you to know you have achieved this goal?

I am going to:

By (Date): _____

Some Bonus Vision Tips:

- ✓ **Clear Vision:** Picture it clearly (e.g. before you go to bed each night).
- ✓ **Constant Vision:** Put something that reminds you of your goal where you can see it every day.
- ✓ **Public Vision:** Share your vision with someone you trust.

"Where our attention goes, we go."
- **Dr Eric Pearl**



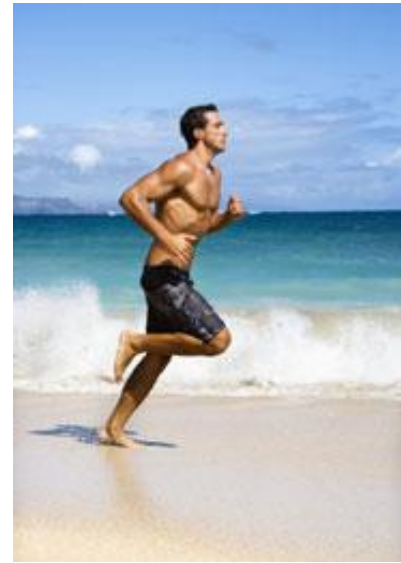
2. Action

Acting on your goals is simple when you break it down into steps:

- ✓ Every day take at least one action towards your goal.
- ✓ Use the Action Checklist (below).
- ✓ Track your progress to improve.

Some Bonus Tips:

- ✓ **Google a Mentor:** Find a mentor who has already achieved your goals to learn from. If not in person, read their books and watch their videos.
- ✓ **Strength in Numbers:** Find a group of people who are also looking to achieve the same goal or have achieved the goal. Goals shared are easier and greater fun!
- ✓ **Be The Source:** Help someone else achieve their goal, this is often the quickest way to achieve your own goals.





Action Checklist

Goal:

	<u>1.</u>	<u>2.</u>	<u>3.</u>	<u>4.</u>	<u>Observations</u>
Action:					

Date:

1st	✓				
2nd					
3rd					
4th					
5th					
6th					
7th					
8th					
9th					
10th					
11th					
12th					
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29th					
30th					
31st					



3. Results

Results are not the goal, they are the feedback.

They indicate how well our vision and action are working.

When we attach our wellbeing or state of mind to results, it's a slippery slope, if results don't go our way, we can become stressed or even depressed. Focus instead on the vision and the action, what can you give to those?

Results are great in that they can provide validation what we are putting in is working, they indicate progress and progress is what gives us that feeling of success.



To End With....

Success is unique for everyone, however the mechanics tend to be the same:

Vision + Action = Results.

What can play a major factor in our success is the motivation, also known as the sponsoring thought, behind our goal.

Some people do things out of lack or selfish desire, which tends to lead to stress and unfulfillment - as a feedback mechanism to tell us we're off track.

Other people do things out of love, growth and contribution, which leads to peace and ease as a feedback mechanism, and although results are not this group's focus, results and success often flood in.

As with all things, it comes down to a personal choice, we can either do things out of love or fear – and this choice drastically affects the quality of our life and our success within it.

Here's to your Massive Success!

Christopher

Like Help Making Your Goals a Reality? Contact Us!

Hours Mon-Fri (8am to 5.30pm)
Email: christopherdrummond26@gmail.com



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Success Tools:

1. Brain Training – www.lumosity.com
2. Concentration - www.omharmonics.com
3. Ace Studies with Videos – www.khanacademy.org
4. Daily Inspiration – www.finer minds.com
5. Self-Understanding- www.dr demartini.com
6. Fresh Ideas - www.ted.com
7. General Awesomeness – www.mindvalley.com

Like Some Help Making Your Goals a Reality? Contact Us!



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