



## *Success Starts now*

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*"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to do your best to become the best that you are capable of becoming."*

Have you really defined your definition of success? More importantly are you working towards that? Many of us struggle in different aspects of our lives because we do not have a foundation or a destination. We wander around taking jobs instead of establishing a career. We move through life with a lack of understanding of who we are and where we want to go. We repeat mistakes and keep asking ourselves why life is so hard. Why can't I win? Some struggle financially while others, emotionally or spiritually.

Goal setting starts with looking in the future of who you want to be, where you want to go, what you want to accomplish. I'm going to help you decide what you want, then claim it! Act like it's already yours.

**Success comes from productivity > Productivity comes from motivation.** Motivation comes from turning Dreams and Goals into magnets. The stronger the goal the higher the purpose, the more powerful the objective is, the stronger the magnet pulls you in that direction.

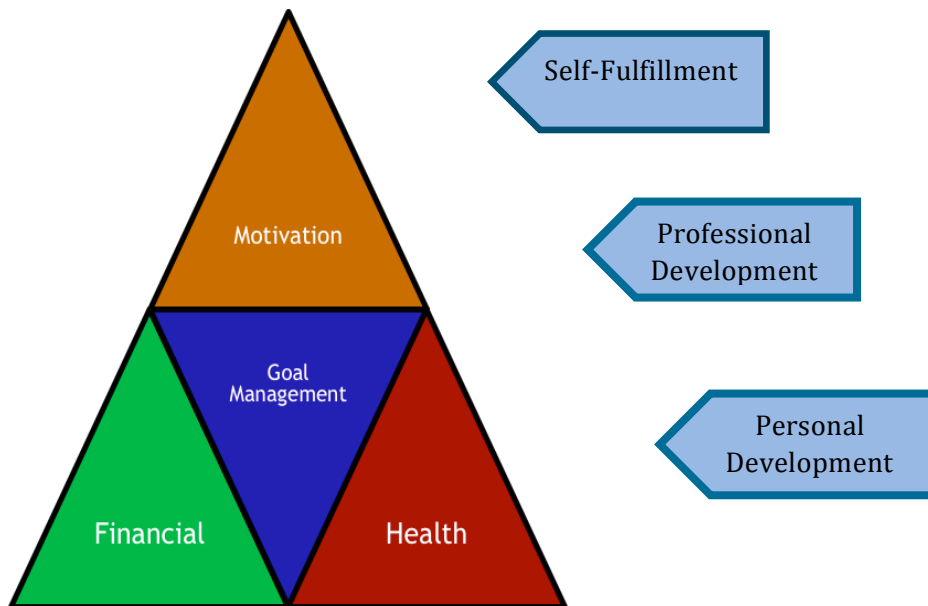
By defining success you set a destination. Your destination gives you direction. 5 years from now you will either end up in a well designed or UN designed destination. What has your last 5 years been like?

With the 527 Framework in mind think we going to define success and create action plans to work towards it.

## 7 Fundamental Elements of Well-Being

*“Happiness is not something you postpone for the future; it is something you design for the present.”*

Success comes from finding meaning in life and taking action. Working towards goals help to stimulate you and stay focused on completing. Use the list 7 elements of wellbeing to get started on define the goals that matter to you. Some of these can be goals that can be turned into projects such as Health plans!



*Life is the performance of function and action. The longer we are stagnating in certain areas of our lives the less life feels meaningful. We lose happiness by not being active. Happiness comes from doing not acquiring. The less time we give attention to things that matter most in our lives, negative forms of doubt sit in leading to unhappiness.*

1. **Motivation** – Set Meaningful goals and invest in self-interests
2. **Finance-** Budgets, Money Management and Investments
3. **Goal Management-** Goal and Time management
4. **Health-** Mental and Physical Wellbeing
5. **Personal Development-** Investing in Personal Growth
6. **Professional Development-** Investing in Career goals and Skill development
7. **Self-Fulfillment-** Build with Legacies and tradition in mind. Reach full Potential, Peak Experiences

## Self-Analysis

***“If you keep the same disciplines at the present pace where will you end up?”***

Use the template to assist you in deciding what you want and establish goals from the elements of wellbeing. It starts with a Self-Analysis, Reflection and Accountability. These will help you define success in each area of wellbeing by answering the questions “What does success look like? Deciding which areas of success you want work creates your success map.

<b>Family</b>	What have I been neglecting?
	What do I want for my family? 1-5 year family goals? What Traditions do I want to create or continue?
<b>Career</b>	Move up in my current position or transition?
	What skills do I need to develop or nurture? How can I add value to the market place? My co-workers and friends always say I'm great at... How do I want to help others?
<b>Financial</b>	Do I need to decrease my debt?
	Do I need to adopt better financial habits? Am I saving for my retirement effectively? Do I need to fix my credit? What other financial goals do I have?
<b>Health</b>	How is my overall health and where can I improve?
	What do I need to focus more on physical or Diet, both? What are my ideal weight or size I would like to get to? What other health goals I need to work on?
<b>Relationships</b>	What relationships do I need to foster better?
	How can networking help me in my other goals? What relationships have I neglected that I need mend? Are there any committee, churches or organizations that could benefit me?
<b>Travel</b>	Do I travel as much as I want to?
	What places do I want to visit? Who will I travel with and to where? What places will rejuvenate may spirit?
<b>Others</b>	New or unfinished projects? What skills do you want to acquire. What do you want?

Now use your answers to define and set goals with Empower (Goals assessment) at Empower527.com (*Self-Evaluation*) below. This is where the definition of success kicks in followed by objectives, goals and tasks- from the large to small-scale efforts. If you're serious about becoming great at what you do and reaching your maximum potential, you will find the time to define what success means for you.

*But first lets learn about Goal setting...*

## Goal Setting (S.M.A.R.T)

**S-Specific** When setting a goal, be specific about what you want to accomplish. Think about this as the mission statement for your goal. This isn't a detailed list of how you're going to meet a goal, but it should include an answer to the popular 'w' questions:

- Who – Consider who needs to be involved to achieve the goal (this is especially important when you're working on a group project).
- What – Think about exactly what you are trying to accomplish and don't be afraid to get very detailed.
- When – You'll get more specific about this question under the "time-bound" section of defining S.M.A.R.T. goals, but you should at least set a time frame.
- Where – This question may not always apply, especially if you're setting personal goals, but if there's a location or relevant event, identify it here.
- Which – Determine any related obstacles or requirements. This question can be beneficial in deciding if your goal is realistic. For example, if the goal is to open a baking business, but you've never baked anything before, that might be an issue. As a result, you may refine the specifics of the goal to be "Learn how to bake in order to open a baking business."
- Why – What is the reason for the goal? When it comes to using this method for employees, the answer will likely be along the lines of company advancement or career development.

## **M – Measurable**

What metrics are you going to use to determine if you meet the goal? This makes a goal more tangible because it provides a way to measure progress. If it's a project that's going to take a few months to complete, then set some milestones by considering specific tasks to accomplish.

## **A – Achievable**

This focuses on how important a goal is to you and what you can do to make it attainable and may require developing new skills and changing attitudes. The goal is meant to inspire motivation, not discouragement. Think about how to accomplish the goal and if you have the tools/skills needed. If you don't currently possess those tools/skills, consider what it would take to attain them.

## **R – Relevant**

Relevance refers focusing on something that makes sense with the broader business goals. For example, if the goal is to launch a new product, it should be something that's in alignment with the overall business objectives. Your team may be able to launch a new consumer product, but if your company is a B2B that is not expanding into the consumer market, then the goal wouldn't be relevant.

## **T – Time-Bound**

Anyone can set goals, but if it lacks realistic timing, chances are you're not going to succeed. Providing a target date for deliverables is imperative. Ask specific questions about the goal deadline and what can be accomplished within that time period. If the goal will take three months to complete, it's useful to define what should be achieved half-way through the process. Providing time constraints also creates a sense of urgency.

## Define Your Success

I want to share with you my personal definition of success and my “Why” for what I do. Use my example to help you define yours. Your definition of success will become clear after spending some time thinking and self-analysis. Speak with people close to you about family, career goals and other interests.

First complete the **Self-Analysis** then use complete the **LifeGoals** Worksheet to help you establish Core goals. This will give you more insight on things that are important and helped you clarify potential gifts and talents. Think about the thing that gives you meaning, enjoyment and future projects you would like to accomplish. Your definition of success will become clear after spending some time thinking and self-analysis. Take some time and write in your journal and be specific. After you have completed the **LifeGoals** worksheet your motivation will increase and you will have acute focus on working towards these goals. Later you will be able to evaluate your direction and enjoying the journey in the process

### ***Example-My Definition of Success-***

*--To live and enjoy life with optimism while striving to reach my full potential, sharing memories with those close to me while pursuing my dreams and self-interests. I would like to be financially independent so I can spend time with my Family and friends. I want to develop programs that help people become successful in life. I want to maintain good body health as well as maintain healthy relationships with people I care about.—*

### **Goals that support my definition of success:**

- *Stimulate my mind with both educational and inspiring content.*
- *Spending quality time with my family.*
- *To create content, programs and tools to help other become successful.*
- *Build mutually beneficial supportive relationships.*
- *To support my livelihood through my personal business endeavors and ventures*

## Your Move

I encourage you to put in writing what success is for you and, to share it with others. Doing this will give it life! Your success should always derive from the values and principles that you hold dear: Tried and true qualities that have stood the test of time, Qualities that you have observed and admired in the lives of others- either in the present or through figures in history, Qualities that you have already put in practice in your own life that have helped you to increase in favor and abundance of faith, happiness and peace of mind.

### ***My Definition of Success-***

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### **Goals that support my definition of success:**

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*These goals help describe the why and adds value to your purpose statement*

## Embrace Purpose and Commit

*Now that you have defined your success, develop a purpose statement to increase motivation to complete your goals.*

- ***My Why: To help others and make a tangible difference in their lives through my writing, speaking and coaching. To stimulate my mind with both educational and inspiring content. Spending quality time with my family. To create content, programs and tools to help other become successful. Build mutually beneficial supportive relationships. To support my livelihood through my personal business endeavors and ventures***

Purpose builds legacies. Legacies are fueled by life goals that motivates intrinsically which are powerful stimulators. Following purpose driven activities increases drive to commit to plans. This commitment we gain more experience while also developing skills, talents and self-interest we find our road to success.

### ***Why=> Motivation=Discipline***

Designing a well-designed plan for your life marked with self-fulfilling and enjoyable pits stops on the way is the ultimate road trip. The longer you stay on your success journey the more motivation and happiness you get out of life. You take control of the legacy you want to leave and it's easier to deal with inevitable roadblocks. The detours and deviations we need to make will be easier to navigate, if we're confident in where we're going.

My Why:



## Prioritize and Arrange

There is magic in putting your plan into writing. You can visualize your plan. Visualization is imperative! Visualization gets your juices flowing and makes you hunger for achieving your goal. Visualization and imagination go hand in hand- as they kindle the fire inside of you that fuels your motivation and determination.

Develop your ideas into big dreams of what your success or self-fulfillment will look like. Imagination Success Boards leads to organize planning.

## Turn your Goals into Projects

Life is about action and growth. The longer we are stagnant in areas of your lives the less life feels meaningful. Happiness comes from doing and the less active we are the easier it is to lose ourselves. Action opens up various opportunities for success.

- Meal Prepping
- Exercise program
- Financial planning/ Budgeting
- Projects
- ***Legacy Plan***

## Investing in Self improvement

Improving your knowledge, skills and attention on your goals maintains your journey to success. Establishing habits and routines increases chances of reaching your goals.

- Reading educational and stimulating books.
- Keeping a Journal helps you stay accountable.
- Attending classes or seminars to improve skills
- What you wear can improve self-esteem and confidence daily.

## Community support

Join community groups of self-interest or important causes to you feel deeply about. Being active improves the community and also helps establish purposes. Join a master mind group at Empower527.com to help support your goals and dreams.

## Manage goals

Use effective time management and productivity tools such as Things 3 and iThoughts. These types of tools help you stay accountable and manage your ideas that can be converted into projects that lead to over all success.

*Purchase the complete Legacy Plan with step-by-step assistance with creating 3 to 10 years well designed plan for your future. Complete assessment of each element of well being, self interests, self Improvement and career planning. The Legacy Plan will help you find purpose and motivation to build the legacy you want!*

### *Join a Mastermind Group*

Get support, accountability, coaching and more in a mastermind group to help you reach your goals with empower527's Masterminds

