

Good With Money's “Success Formula” Guide



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Introduction

There's a living, breathing **galaxy of contradictions** within all of us. We all have personalities, attributes and traits that combine into a unique chemistry that makes us **consistently inconsistent**.

We think if she's a powerhouse at work, she must be good with money.

Only, she knows there's a black fly in her Chardonnay.

That's why you're here.

And, why this worksheet was designed to get you to look at the **methods to your madness** which is your "success formula".

Most people believe that how you do one thing is how you do everything. In other words, we assume behavior is consistent across realms.

I call bullshit.

I've observed that context affects our behavior far more than we may realize.

High performance "defiance" is something I've observed in that we **all** bring "different selves" to the roles that we play in life.

We selectively apply our traits and attributes because of a phenomenon called "contextual self-control". How we chose to use our skills in one area versus another depends on our motivations.

We are going to identify your "success formula" so you'll be able to project all that's made **you the success that you already are** onto your money habits and decisions.



Grab a pen and a fresh journal...
lets get started!

“*The past has no power over the present moment.
The past perpetuates itself through lack of presence.
The quality of your consciousness at
this moment is what shapes the future.*”

ECKHART TOLLE

Identifying your high-performance achievements

Run of the mill accomplishments won't do here.

Think of your **juiciest success stories; the ones you delight in and relish just thinking about.**

These aren't the overnight successes. Dig into the ones that made you grow, stretched your skills and expanded your knowledge. They are the times you mustered all of your courage, will, and personal style. You know the ones that were touch and go nail biters and had moments of coincidence and serendipity? **Those.**

Choose from any area of your life (spiritual, family/friends, business/career, health, finances, romance, personal development) and list them in your journal **and** the values each accomplishment honored.

You can see a thought-starter list of values on the next page.

What are the 3 greatest achievements of your life so far?

01. _____

02. _____

03. _____

Values

Authenticity

Challenge

Fame

Justice

Peace

Security

Achievement

Citizenship

Friendships

Kindness

Pleasure

Self-Respect

Adventure

Community

Fun

Knowledge

Poise

Service

Authority

Competency

Growth

Leadership

Popularity

Spirituality

Autonomy

Contribution

Happiness

Learning

Recognition

Stability

Balance

Creativity

Honesty

Love

Religion

Success

Beauty

Curiosity

Humor

Loyalty

Reputation

Status

Boldness

Determination

Influence

Meaningful Work

Respect

Trustworthiness

Compassion

Fairness

Inner Harmony

Openness

Responsibility

Wealth

Faith

Optimism

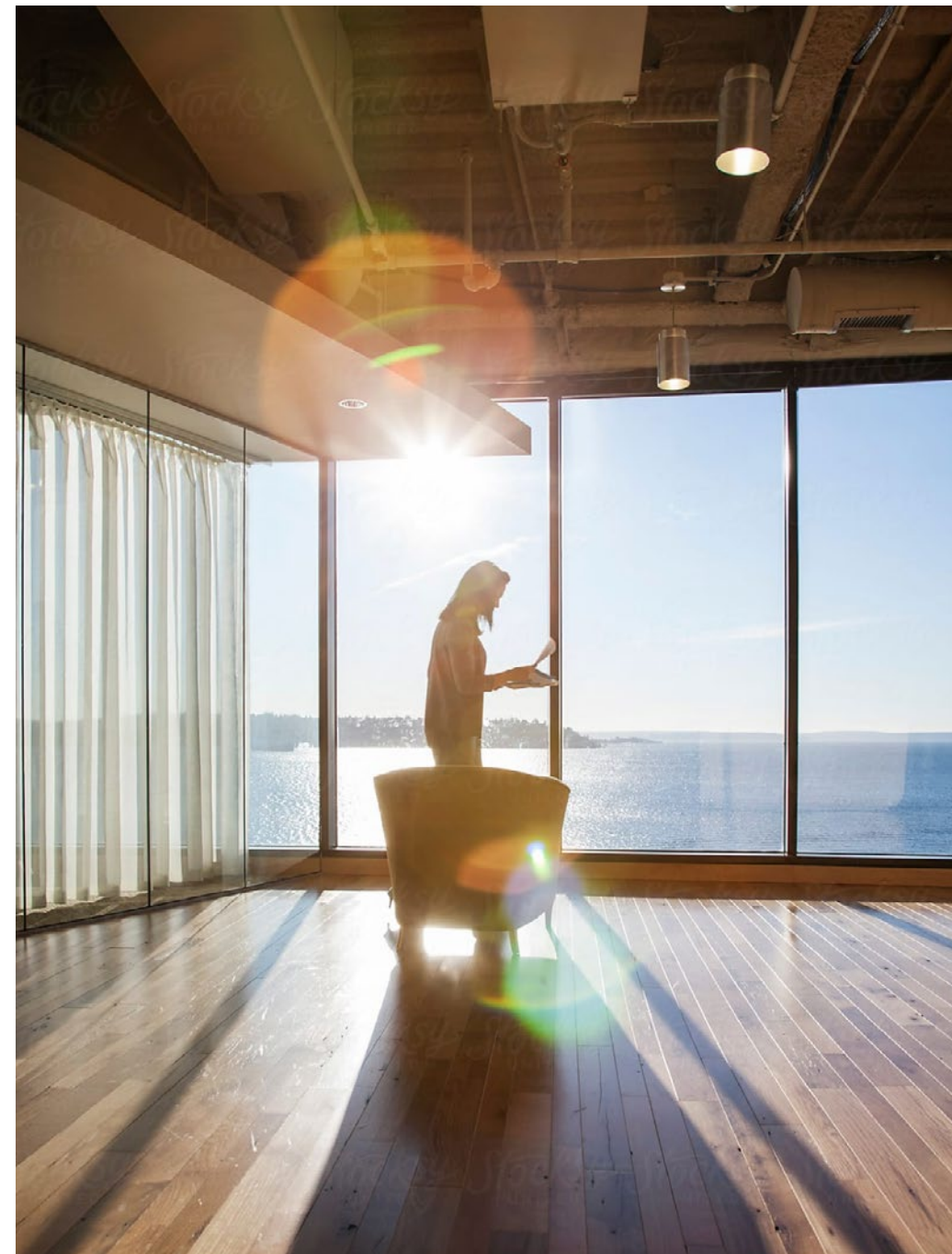
Wisdom

Identifying the start of your success

Tell me more...

This section is designed to remind you of the context of your 3 greatest achievements and **why** they were important to you.

Take yourself back to those juicy success stories; when your ideas were first percolated and your plans were hatched. Tap into the excitement and motivation you felt as you dreamed about what was possible.



Here are questions to get you journaling some more about *your why*:

- What was life like when you started pursuing your dream?

- What were you trying to change and/or create in your life? And why?

- Who or what influenced you?

- What inspired and motivated you?

Identifying the successes that are uniquely yours

Tell me everything...

When it comes to overall well-being, positive psychology tells us that personality and self-efficacy beliefs (55%!) account for more than our genetics or circumstances combined.

Interesting, right? Nice to know there's research behind how you've been doing things.

You may be noticing that you're beginning to add depth to your success stories that you've never considered before. Your "success formula" in all of its nuanced glory, belongs only to you. It's worth taking the time to really explore these layers because

these are the ingredients you will apply to improve your moneyself.

Creating success from scratch, as you assuredly have, involves embracing internal resources like **hope, efficacy, resilience and optimism** (HERO for short) and a concept called **positive psychological capital** which we're not always tuned into. PosPsychCap blends who we know, what we know, what we have and who we are.

Add to your journal by answering these questions...

HERO: How were hope, efficacy, resilience or optimism a part of your success?

- **Who You Know**
Who mentored and supported you?
What role did your network of connections play?

- **What You Have**
Which financial, emotional and/or cognitive resources helped?

- **What You Know**
Which skills, knowledge or experiences did you build or use?

- **Who You Are**
How did you see yourself?

Identifying the stories that are stopping you

Tell me more than everything...

Every success journey has moments that make us want to throw in the towel and give up on our hopes and dreams. It's like there's an unwritten rule that the Universe must test our will and push our resolve in every journey.

(Am I alone here?)

There are probably elements of having pushed through resistance you can identify in each of the stories you've been writing about so far.



Take another look under the hood and journal your answers to these questions...

- What were the make or break moments and how did you persevere?

- How did you handle moments of doubt?

- How did you stay energized, focused and accountable?

- Did you make any course corrections?

- What were the micro-successes and exhilarating moments?

- How would you describe yourself during the tough moments?

Identifying who you are and who you are becoming

One more thing...

Success, as we've talked about, is all about calling up our inner sHERO, deploying resources, having the courage of our convictions, developing our talents and acquiring skills in such a way that brings about the thing we seek. This is the essence of your "Success Formula".

You know what's best for you better than anyone.

There's one last thing to consider **and it's big.**

Who you were being is the final flourish to how you manifested your dreams.

Your will was the way and so was being someone you weren't **until you were.**

This is about who you were being deep inside when you quieted your inner critic and made peace with your little imposter. It's the avatar you adopted by acting "as if" that is now a part of your persona.

Ask yourself who you were being and who have you become.

Below are some word prompts on states of being - highlight the states of being that resonate with you to get you into the flow of journaling:

Intentional

Responsive

Recognizable

Effective

Attractive

Informed

Committed

Accessible

Relevant

Connected

Compelling

Present

Revealing the invisible ink of your “Success Formula”

You’ve been on an archaeological dig to this point. Now you’re going to sift through your discoveries and fit the pieces of your “success formula” together by looking for the patterns, words, variables, elements or processes that repeat.

Review your journal entries and take in what you see from 30,000 feet.

In the next grid:

1. Circle, highlight, underline (you do you) the common themes, words, and threads you see in your journal.

2. Fill in the rows corresponding to each section under the My Success Formula column.



From your 3 Greatest Achievements	My Success Formula
Values	
Your Why (inspiration, motivation)	
HERO (hope, efficacy, resilience, optimism)	
PosPsychCap Who You Know What You Have What You Know Who You Are	
Handling resistance	
Staying accountable	
Who you’re being	

And there it is; the invisible ink of your “Success Formula”, revealed!

Do you see your unique X Factor?

It's in the way you hold yourself accountable for your success, how your values motivate you to achieve and how you handle resistance when the going gets tough. It's in your sense of timing; knowing just who to call or which resources are best to draw on for the moment.

In other words your “Success Formula” is the way you go about things in life and is what makes you so successful in so many ways.

It belongs only to you. You created it and, over time, it evolved to become part of who you are.

What you now have is a framework that can be integrated with your money in order to **nurture a healthy relationship with it into existence.**

Put a dream in your heart and imagine a life of financial freedom and abundance.

Give yourself permission to think big.

Well done, you!



Thank you



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