

The Foundation Of Success Principles

The **3 steps**

eWorkbook
To Define Your Success
And
Begin Achieving it Today

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Welcome aboard this journey!!!

I am glad you are here. I know your time is valuable so let's get to it. This is an interactive and involved process, and here's the first question: When was the last time you were ecstatic talking about success in general?

What about *YOUR* own success? How similar is your definition of success to your friends' and family's definition? How well do you connect with it? *How would you like to make your own, brand new, definition of success?* A definition that ignites your desire to achieve more and fuels your passion to conquer the world. Here's where we start ...

Success is what you define it to be. No one will truly be able to tell *YOU* how to define success. No one can, or should, convince you what success looks like, feels like and tastes like. While we tend to adopt common definitions of success, deep inside we have our own. We will not be able to achieve true success until we define it in our own terms; in *who we are* and how we see the world. You may be asking "How come?" Well, the definition we give to success is based on a combination of two major factors that impact how we feel about it. Here they are:

- ✓ The first factor is internal. It is our individual understanding of our own values. In other words, what we cherish and respect the most in life.
- ✓ The second factor is external. It is everyone else's definition to what success looks like. In other words how family members, friends and society defines it.

In this eWorkbook you have a chance to:

1. Create *YOUR* definition of success, methodically, in a way you have not done before.
2. Evaluate how close you are to what you consider success in your life.
3. Implement a simple 3 steps method that will put your feet **today** on your success path.
4. Learn the 7 corner stones that will help you achieve a lifelong success.

This eWorkbook extracts its main ideas from many sources I developed over time. I did so to build a practical and robust guide to achieve success for myself, my family and friends, and my clients. To develop this eWorkbook I used:

- My published book “*Lessons from the vault: 7Practices to Create Reality and Live YOUR Destiny*”
- Proven coaching techniques I use with my clients to achieve success every day, and
- From many years of life experience that I have been blessed to have.

So, how ready are you to get your feet on the success road? If you are like my successful clients, I bet you can't wait to get there. Get your pen ready, get in position to launch your powers and let's rock the world.

1. *Your Own definition of success:*

You are a phenomenal being whether you chose to believe or not. If you believe it then we are on a good start. If you don't, then we need to talk. Over the years that you spent on this earth you leaned to cherish and respect many aspects of life such as integrity, luxury, honesty, social status, friendship, and many more. We call them *values*. As a result, you have become a thriving and beautiful representation of the values you believe. Some of your values come from your childhood as every adult tried to help you understand life the way they did; of course they did so out of good and candid intentions. Let's call this set of values “*the borrowed values*”. The other set of values are what you learned on your own through life experiences, ups and downs, and what matters to your natural being. Let's call this set of values “*the earned values*”. When your values are met, respected or achieved, you feel content, empowered and unstoppable. When they are not met or respected you experience displeasure and frustration to say the least. In this section we will talk about what matters to *YOU* in the most common eight areas of life. This activity will help you determine what matters to *YOU* the most in relationship with success.

How to do this activity:

- 1.1 In every area of life, below, think of what matters to you *the most*. Think of what success means to *YOU* in that specific area.
- 1.2 Imagine yourself living the ideal life.
- 1.3 Write, or type, one sentence that describes what you see. Write it in a way that when you read it you know that is definitely success in that area.

- 1.4 Remember: what matters is your own opinion, thoughts and ideas. Let your gut feeling lead you. You will be amazed and humbled.

Here's an example:

In the area of family and parenting my success sentence is:

My wife and I raise healthy, respectful and exceptionally creative three children who are the pride of themselves, our families and everyone they meet.

----- Now it is your turn. Listen to your heart and go for it -----

1.1. Family and parenting:

1.2. Personal development:

1.3. Spirituality:

1.4. Fun and Recreation:

1.5. Relationships:

1.5.1.Intimate relationships:

1.5.2.Social relationships:

1.6. Health:

1.7. Financial Freedom:

1.8. Career/Profession :

----- **Awesome** This part is done. Let's move on -----

Now that you have a good idea of what success looks like, to you, in these different areas of your life, let's zoom in on what is *relevant to you today*. In the box next to each area above, rank your statements. Give your sentences a priority number from 1 to 10 (1 is the lowest priority and 10 is the highest priority). This rating is based on what is mostly important to you *today*. You will have a chance to go back to modify and refocus as needed. When done, write the 3 highest ranking sentences in the box below. If you have a tie between 2 areas or more, try to read them again and rethink their priority to you as of today then pick the one that will give you *the greatest satisfaction*.

My definition of success as of .

1.
2.
3.

It is very important to know that your definition to success may vary over time, as it might have done so over the recent years. This is a natural process. You continuously learn new matters that have an effect on your thinking in particular and on your life in general. The next section will give you a better understanding of where you are today and where you want to be in the future.

2. Evaluate how close you are to what you consider success in your life

In this section you determine the gap between now and the future. You will specify where you want to be (*Your Destiny*), and where you are today, (*the current reality*). Here's how we do it:

2.1. In the “Success Pie”, below, write the titles of the 3 life areas you rated the highest in the previous section. Each piece of the “Success Pie” represents one life area. Color and order do not matter at this point.

2.2. In each area answer these 2 questions:

2.2.1. Question #1: When you see yourself completely successful, what level represents that? (10 being the highest, circle or mark the number in the scale of that piece of pie)

2.2.2. Question #2: from 1 to 10, where do *YOU* see yourself today in this area? (circle or mark, with a different color, the number in the scale of that piece of pie)

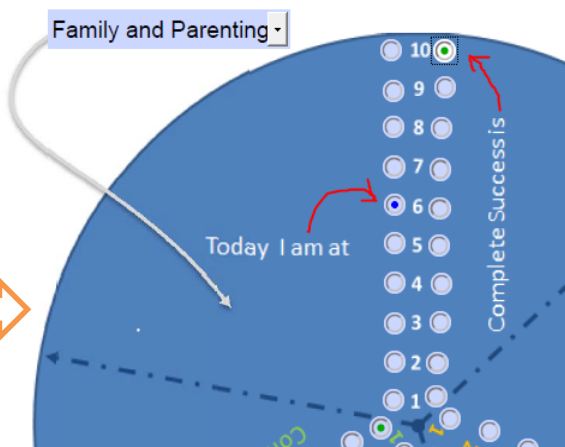
Here’s an example:

In section #1 of this eWorkBook I said that I consider success, in the family and parenting area, as: “My wife and I raise healthy, respectful and exceptionally creative three children who are the pride of themselves, our families and everyone they meet”. To answer the 2 questions I say:

Q1: I consider 10 as a success

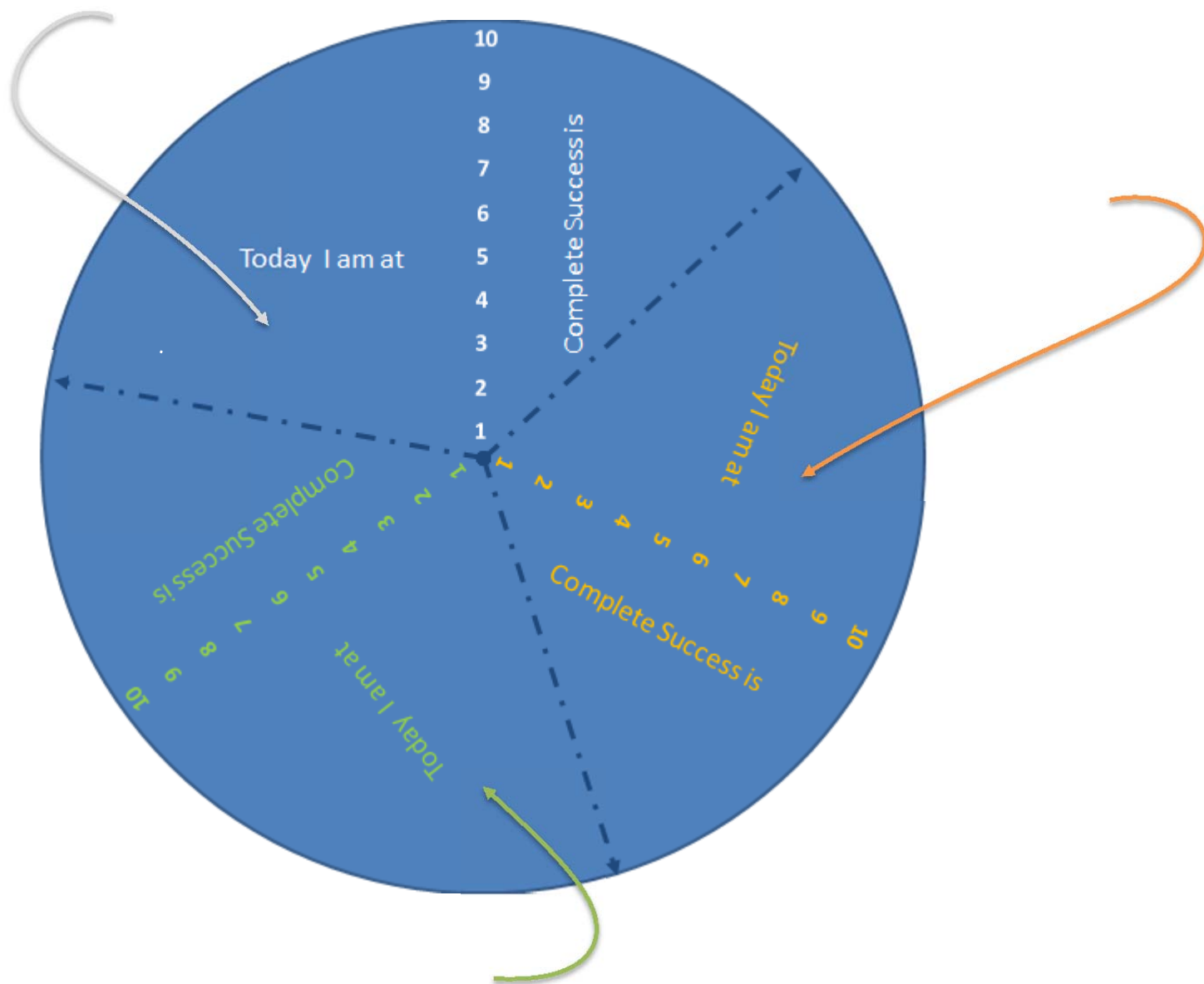
Q2: I am at “6” today.

My piece of pie looks like this



----- How does yours look? Put your mark -----

The Success Pie



3. Implement the 3 steps that will put your feet on your success path Today:

3.1. Preparation:

- ✓ Read the three highest ranking statements you wrote in the green box above (end of section #1)

My definition of success as of



1.
2.
3.

3.2. The 3 steps:

- ✓ Step1: Ask yourself “which one, of the 3 statements I made, will give me the most satisfaction if it was accomplished today?” Write that one here:

My Break Through Goal as of

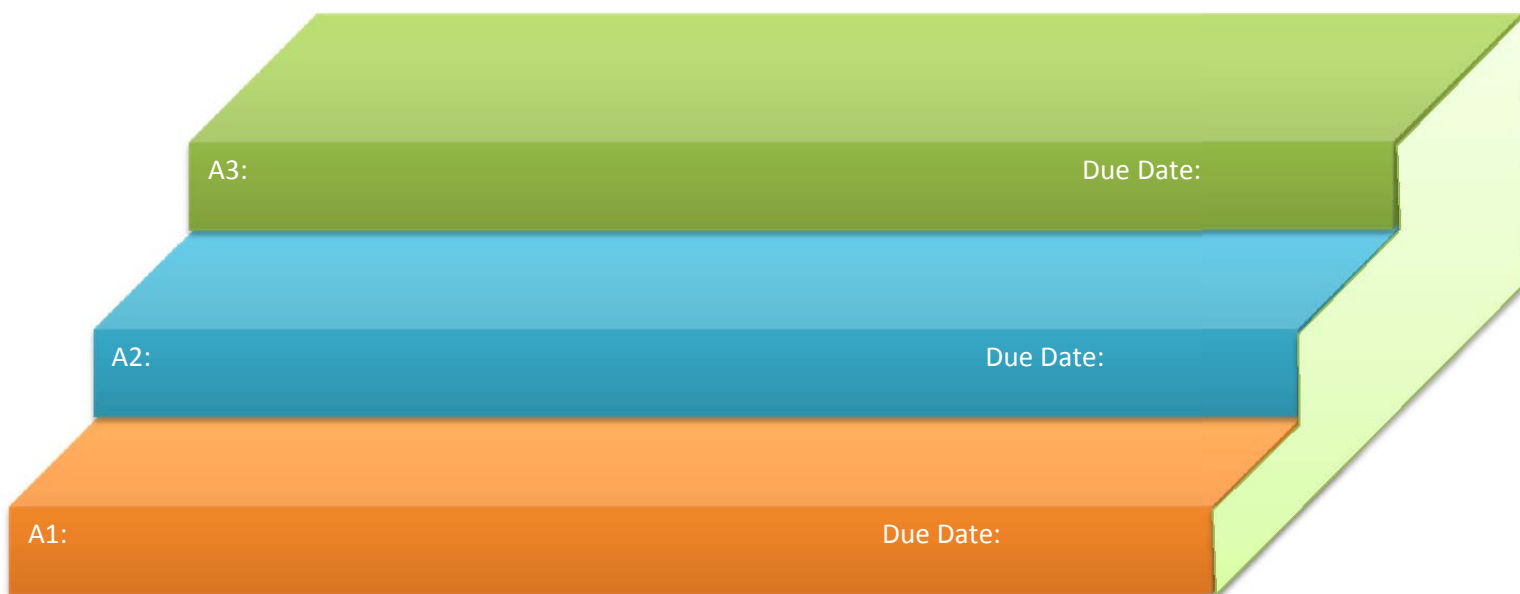
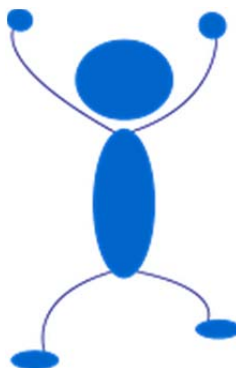
- ✓ Step2: From the “Success Pie”, in section #2, bring the numbers from the piece of pie that corresponds to your new breakthrough goal, the one you just wrote. Please place the numbers where they belong here:

- The level I consider success in this area is 
- I am at level 

- ✓ Step3: Look at the gap between the two numbers (levels) and answer these 3 questions:
- When do I want to achieve this new level by?
 - What is the next level I am comfortable achieving to get closer to my break through goal?
 - What am I able to do today to get closer to this new level and by when?

Specific Action	Done by
A1.	
A2.	
A3.	





---There you go. Action is winners' motto. What is yours?---

-----Want More? Here's a Bonus-----

4. The 7 cornerstones to achieve a lifelong success as you define it:

While the definition of success varies from one person to another, and even for the same person pending the day and energy, the foundation principles to create success are quite the same. These principles are detailed in my book “Lessons From the Vault: 7 Practices to Create Reality and Live YOUR Destiny”. If you like stories and learning by example then you will find the book informative, educational and enjoyable. The characters, the plots and the pace will keep you engaged and energized. In this section, however, I summarize and brief those principles for the sake of practicality of this eWorkbook.

There are 7 cornerstones to the success principles and here they are:

4.1. Dreaming Big:

"... You see, dreaming is a blessing. A dream is the only constant conduit we can create between our present and our future. A dream is free, powerful, private, accessible, limitless and flexible and requires no extra energy. A dream is free yet priceless, powerful yet dangerous, private yet universal, accessible yet a commodity; it requires no extra energy yet energizes the world every day. It is limitless yet limiting, flexible yet binding. Your dream is the architect of your future"..... "A dream is the soul of what everyone desires. Through dreaming we can see what we desire to have without asking permission from anyone. Our future happens as soon as we start dreaming. Dreams create a new path in our brains. Neurology scientists have proven that the persistence of dreaming the same dream creates new neurons that will condition the brain to achieve the new reality, the future. The brain will work to bridge the gap between the current state and the new reality state."

In section #1 you defined success based on your imagination, you may also call it day dreaming. The proof is that you didn't necessarily have that level of success achieved yet; however, you relied on your imagination and ability to dream to see how success looks like. Your brain, the most amazing gift you have, has been capable of supporting you all these years to overcome disliked realities. The same brain, that dreams small dreams, is capable of dreaming even bigger dreams. However you saw, imagined and dreamed your success by working through section #1, be certain that you are able to expand on it and take it to higher levels. All what you need is to let your brain dream more and bigger. The question is, will you?

4.2. The Burning Y:

"We do things in life and we believe, many times, that we know the reason for doing them. However, it takes much more understanding, and digging very deeply into our feelings and souls, to understand the real reason behind doing what we're doing. It is quite often that what we find, after a lot of digging, that the real reason is different from what we always thought the reason was"

While dreaming is an essential step to kick starts your work toward success, it is still the first step that is followed by a second step. Think of your effort and time you invest to achieve success as a journey. Think that you go through this journey, from one step to

another, the same way a train goes from one station to another to reach the final destination. “.....To go from dreaming to any other stage of the achieving journey, you need to find out the burning why. The success train will never leave the dream station until the burning why conductor is leading the head of the train.” It is critical to understand why you have this idea of success, the way you have it, and where it may lead you. It is deterministic, to the rest of the journey, to be clear with yourself about the reason you want to achieve that specific level of success. Why? Because the real reason, the burning “Y”, is what guides you to your destiny. The root cause of halting an effort, or even stopping it before starting it, is the lack of knowing the real reason behind wanting anything. So what is your reason? What is your burning “Y” for achieving success the way you defined it?

4.3. Believing:

“.....If you have no belief, you have no power. Here’s the deal, Omar, you have to believe to achieve. Most of us know how to dream and some of us know why we dream those specific dreams, but very few of us believe that we can achieve those dreams. If you were riding on the train of your success journey, belief is the fuel of that train. Right now you have no fuel, that’s why your train has not moved. And until you decide that you believe in possibilities—in yourself and in the change you wanted to be, in your ability to reinvent yourself and your ability to redefine all aspects of life—your success train will remain at the stuck station.” This is a passage, like others in this section, from the same book. This is one of the passages I

admire because of the simplicity and the accuracy the main character presents. It is as simple as you read it here. If you don’t believe in your dreams you are powerless. Your belief is the fuel that keeps you going. Your belief and your burning “Y” will team up to provide the fuel, which is the power source, and the conductor, which is the guidance, to achieve your success. You may ask “how do I create that belief?” my answer to you my friend is “look at what you are doing right now. You are reading this book because you actually believe you can make something happen. If you didn’t, you would have not even tried. Think of what you have done to get to this page. You went to the source of

this eWorkBook, you downloaded it, you took the time to open it, you did the exercises and you are still here. Your heart and mind believes that you deserve success and you were born for more. Your gremlin, a form of a limiting belief, is fighting you and working to convince you otherwise. Who are you going to hear and empower, your **heart** or your gremlin? Whenever you have doubt sing carmen's song. She says:

"I believe... I believe... I believe... I believe I will grow and glow ... I believe I will shine like a glorious pine ... I believe I will dance and celebrate every chance ... I believe I will leave a colorful trace in every place... I believe I believe." Good job, What a joyful voice 😊.

4.4. Ownership:

Jim Rhon says "you can't hire someone to do your pushups for you." How simple and powerful? This means that we are ultimately responsible for what we have, or don't have, in our lives. You may argue that we do not have any hand in being diagnosed with a terminal disease, accidents, financial meltdown and similar life shifting events; so how can we be ultimately responsible? My answer to you comes in two folds:

- ✓ How certain are we that we did everything possible, the way we were supposed to do, to prevent that terminal disease, accident, or financial meltdown?
- ✓ Assuming we have zero responsibility to stop these events from happening. When they happen, what do we do to impact the "Now" and the future? Or do we think it is too late?

"Now is the product of the past and the foundation of the future. We are where we are today because of the decisions we made in the past. We arrived at this exact

point because of the route we took when we left your house. We could have taken a different route and that would have gotten us here earlier or later. The route we chose could have helped us or worked against us. We could have left your house earlier and that would also have impacted the time we took to make it here. We are here, at this specific moment, as a result. Results do not lie. We can choose to ignore them, but that does not make them go away. The wise person is the one who knows that results are the best indicators of where he is now and what kind of decisions he has made that led him to where he is."

Being responsible is acknowledging what should take place to achieve the desired outcome. It is empowering and self-assuring. It is not beating yourself up to fall a victim to the reality you create. It is recognizing you are the creator of your reality, the master of your decisions and the designer of your life. What are you going to do with this much power?

4.5. Planning:

We all know Benjamin Franklin's famous quote "if you fail to plan you plan to fail"; and if you didn't know; now you do ☺. Although thought leaders have preached it every chance they get, and we believe it works, we don't stick to it. Simply think of how your day would be if you had no plans. Now think of how your life would have been if every day was a bunch of those days. Think of what we call an easy day, a day of doing whatever or nothing. Even if you had a life of easy days you already made a plan, except it is not the one you need to achieve success. You plan for everything in your life regardless you like or you don't and if you are aware or not. So why not doing it the right way and make it work for you. Here's one of many ways to plan, as Maximus described it in the self-help book that inspired this eWorkbook:

"The six-feet-ahead method is a phenomenal way to get you started, place your heart in the right spot, and stabilize your feet to launch. It is also effective to boost your morale and maintain your faith to keep going. What would make the six-feet-ahead method even more powerful is the BMBS method." Said Maximus.

Amir: BMBS? What is that?

Maximus: That is Breakthrough, Medium, Baby goals with Set dates. You already have your breakthrough goal. That is your destination. You are where you are today: at the beach enjoying the virgin swim with your Uncle Maximus and having your first thoughts about your research and analysis. First you set your medium-range goals. Those goals will act as miniature breakthrough goals in comparison to where you are at the moment. Each of them will signal to you how close you are to your

breakthrough goal. You may have as many medium-range goals as necessary to enforce your belief that you are on the right path to your breakthrough goal.

Between every two medium-range goals you will have baby goals. Baby goals are tiny victories that you achieve more frequently, daily or weekly but no longer than biweekly. Baby goals are logical steps to get you from one medium-range goal to another. They are filled with tremendous energy and pure productivity. Achieving your baby goals will raise your confidence and willpower every hour of every day you live, proceeding to your destiny. How does that sound?"

Planning is essential. From Mr. Franklin's quote we have 2 repeated words, fail and plan, that are reciprocally and directly related. Which one would you rather have in your life?

4.6. Befriend the FF brothers:

Fear and Failure. Oh, dear God what a combination. Combined is a distractive force. Uncombined, each one is a terminal decease. They remain as such until you decide to make them work for you. You may be laughing by now, so consider this proof:

- ✓ Fear, scientists say, unleashes chemicals that may unbalance you brain. Part of the same chemicals, adrenaline, gives you the urge to save yourself (escape, run, fight back, etc ...).
- ✓ Failure is a possible outcome of performing an action or making a decision. When you fail you learn what did not work so you avoid it in the future. How's that for a lifelong teacher?

Fear and failure are here to stay. Think of fear and failure the same way you think of gravity. We all know it exists and it works against us. We may hate it, despise it, reject it and eventually accept it and live with it. However, when we think of its benefits we make it work for us. It keeps us stable. It brings things down so we don't have to chase them in space. It keeps us from falling off the globe when we are upside down. You may ask

“what benefits fear and failure have?” the answer is “thinking”. Thinking is the most precious capability we have as humans. We think, and rethink, of ways to avoid failure. We create new ways to minimize failure and so we can guarantee higher rate of success. We think to understand where fear and failure come from so we are equipped to overcome them. And since they are here to stay, so are you. So ... how about this approach: Feel the fear of failure and go for your dreams any way. Here’s how Lily describes fear:

*“you are a distraction as I hear.
-And you are stronger in the minds that allow you to appear.
-I have long decided to cheer.
-That way I see my path clear.
-and control my mind’s gear.
-I will always overcome your frontier.
-I will always make my life an eventful premier.
-and in a front of resistance, you can only disappear.
-What do you have to say now Mr. fear?”*

4.7. Take care of your most valuable asset:

I am certain you know the most valuable assets you have in your life and how to maintain them. You already do a great job by having auto and home insurance; you monitor your credit, and keep a healthy balance in your bank account. Now the question is: “who does all of that phenomenal work?” “What is the common denominator that connects all of them?” You got it. It is *YOU*. If you are well maintained how likely is it that everything else in your life is well maintained? Now think of the opposite question. What did you find? If you are shaking your head here’s a simple representation of how we are built:



So which part do you think is not essential? or may not be as important? or may take break for now? They are *YOUR* assets after all ☺

----- I am still here for you and for more -----

----- Here's how you can find me-----

-----and how I can empower you-----

" The present is the result of the past and the foundation of the future. The past, until a second ago, will never come back. What are you doing about THIS second to shape your future? ☺ "

Here you have **TWO** chances that will shape your future:

1. 1 on 1 Free Clarity session. Schedule yours Now
2. The Foundation of the success principles eBook. Download it Now



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Services

1 on 1 Coaching

1 on 1 coaching is the ultimate experience when you are looking for:

- ✓ Laser focused sessions on you and your goals.
- ✓ Achieving results faster
- ✓ Deeper soul searching
- ✓ 100% partnership every step of the way toward achieving your goals
- ✓ We work as a team of two to connect with your root talents, where ever you are in the world and in the comfort of your home or office
- ✓ Face to face meeting if that's your preference
- ✓ Over the phone sessions for your convenience and comfort

Group Coaching

Group coaching is a unique experience if you are looking to:

- ✓ Connect and network with others who may be living similar experiences as you. What are the benefits? Many, but to name a few:
 - Learn different approaches that will enrich your knowledge
 - Create a solid network of support that naturally shares your thoughts and feelings.
- ✓ Connect and network with others who may be living different experiences than yours, yet they share the same interests and goals. Why? Because:
 - They strengthen your belief in achieving your goals regardless of the details
 - They enrich your life, with their various experiences, to help you achieve similar goals.
 - They create a phenomenal master mind group thanks to their contacts and networks.
- ✓ Connect with likeminded individuals who value personal and professional development and are demonstrating a commitment to change and making a difference
- ✓ Build new friendships for life who appreciate you for who you are and value your gifts and attributes
- ✓ Utilize a more affordable approach through coaching with all of its bells and whistles

Workshops

Workshops is the experience you need if you are looking to benefit from:

- ✓ Focused topics that will zoom in on the challenge in hand right from the start. My popular workshops:
 - The success principles: go from where you are to where you want to be. I am a certified Jack Canfield trainer and I deliver his content and more.
 - The foundation of success based on my book “Lessons From the Vault, 7 Practices to Create Reality and Live YOUR Destiny”
 - Born to Thrive: Get clarity and find your root talent today.
 - Create reality: an expert approach to time management and the art of goal setting.
- ✓ Transformation and experiential training that guarantees immediate and lasting change.
- ✓ Customized and on demand workshops for groups, small businesses, and corporations.
- ✓ Connect and network with others who may be experiencing same situations as you.
- ✓ A more affordable approach through coaching with all of its bells and whistles

YOU CONTROL ONLY THIS MOMENT.
HOW ARE YOU SEIZING IT TO SHAPE YOUR
FUTURE?