

Peak Potential Solutions, LLC



# Create Your Success Formula in 3 Easy Steps



<http://PeakMyPotential.com>



# Creating a Success Formula

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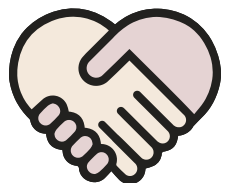


## Welcome !

If you're ready to take control of your future and achieve lasting success, this workbook is your first step. Whether you're striving for personal growth, career advancement, or leadership excellence, I've designed this guide to help you start a personalized roadmap to success.

Through three simple steps, you'll clarify your vision and goals, increase your self-awareness, and identify the key influencers—both barriers and promoters—that shape your success. This workbook is a powerful starting point for anyone looking to unlock their potential, and it's just the beginning!

**Dive in, start exploring, and let's get you closer to the life and leadership success you're aiming for!**



# 1. Clarify Your Vision & Goals

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... starts with envisioning your ideal future—what does success truly look like for you? This vision gives you direction, purpose and provides focus to move from your current to future (desired) state.

What are you most passionate about?

What would you be doing with your life if you had no barriers related to time, money, etc.?

What does success look like for you in the future? (personally, financially, professionally, etc.)?

What skills, talents or strengths do you want to develop for your vision?

What do you need to stop doing or let go of to move closer to your ideal future?

***ACTION***

Create a Vision Board to remind you of your vision and inspire action





CAREER

HOBBY

FAMILY

Vision

Board

TRAVEL





## 2. Increase Your Awareness

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Defining your own strengths, weaknesses (growth opportunities), beliefs and values can increase your awareness and help you refine your goals.

**Activity: Take a SWOT Analysis, prioritize your CORE VALUES or take an assessment that helps you understand your beliefs and actions, such as the Energy Leadership Index Assessment.**

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### SWOT Analysis

#### STRENGTHS

S

#### WEAKNESSES

W

#### OPPORTUNITIES

O

#### THREATS

T

### My Core Values Are...

1.

2.

3.

...

Energy Leadership  
Index (ELI) Assessment

# My Core Values

Defining your core values can help make those tough decisions in life, no matter how big or small. It can also provide clarity on your goals and intentions. Coaching incorporates values assessments and discussions to evaluate how you are living up to your core values.

Choose up to six values from the list below that best resonate with you, then highlight them in the boxes below (try not to exceed six so you can focus on what truly matters).

Love	Courage	Humility
Kindness	Beauty	Expression
Fun	Simplicity	Persistence
Playfulness	Achievement	Generosity
Integrity	Learning	Lightness
Purpose	Discipline	Honesty
Ambition	Vision	Compassion
Individuality	Respectfulness	Service
Enjoyment	Flexibility	Creativity
Community	Equality	Optimism





### 3. Identify Your Influencers

Influencers are factors that either create barriers or set you up for success. They come in all shapes and sizes and can have varying impact on setting and achieving your goals.

01

#### Spiritual

What are your beliefs, purpose, values, gifts, goals, and desires? Do they align with what you're doing and what you want out of life? Do they align with your goals?

02

#### Physical

What is your body telling you? How are you taking care of yourself so that you have the physical stamina to achieve the activities you want to achieve?

03

#### Emotional

How well are your needs being met? How effectively do you handle setbacks and deal with your emotions? How well do you respond instead of react?

04

#### Social

Are you getting the right amount and types of social interactions? How do your social relationships align with your needs? Introvert or extrovert?

05

#### Mental

How is your concentration and focus? What helps your clarity and alertness? How well are you getting the right amount of mental stimulation?

06

#### Environmental

How well do your surroundings set you up for success? What time of day and under what conditions do you function well or poorly? What do you do that removes distractions so you can focus on your goals

# Brainstorm Your Influencers

Brainstorming can help identify what things are helping or stopping you from achieving your goals.

Influencer	Barriers <i>Things that detract from me showing up at my best</i>	Promoters <i>Things that influence positive outcomes for me</i>
Spiritual		
Physical		
Emotional		
Social		
Mental		
Environ- mental		





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Congratulations on Completing the Workbook!  
--What have you learned about yourself?--

**Success Formula = Vision & Goals +  
Awareness + Promoters - Barriers**

You've taken an important step; and this is just the beginning. True transformation happens when you have the right support, guidance, and accountability—and that's where coaching comes in.

As a life and leadership coach, I help individuals like you break through barriers and unlock your full potential. Together, we can take the insights you've gained here and create a tailored plan to **achieve your goals faster and with more clarity**. If you're ready to take your success to the next level, I offer you a free discovery session where we can explore how coaching can accelerate your journey.

Don't let this momentum fade—reach out today and let's start turning your vision into reality. Use the QR Code to visit the website and self-schedule your free discovery call or connect with me directly. **Your next breakthrough is just one conversation away!**

*Thank you!*



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