



FQ3C

**ART OF THE
SUCCESS FORMULA**

WORKBOOK

**THE SUCCESS
FORMULA BEHIND EVERYTHING**

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ABOUT THE PROCESS

When approaching your goals, it is always best to use tools and processes to achieve them. Use this workbook to help get all of the pieces down so you can see what you have done, what others are doing, and what you need to do to achieve the goal.

Be honest with yourself and FQ3C will become your ally. If you ever feel that you are doing well, but the results tell you otherwise, come back and reassess until you have your formula down!

*Tip: Use separate sheet of paper or workbook when documenting someone else's FQ3C for negotiations or insights. This book is made for 1 set of FQ3C to assess one individual or one entity at a time. For more complex scenarios, seek out resources from our site: www.FQ3C.com.

YOUR THOUGHTS:

EXTERNAL OBSERVATION FREQUENCY

WHAT HAVE YOU DONE IN THE PAST?

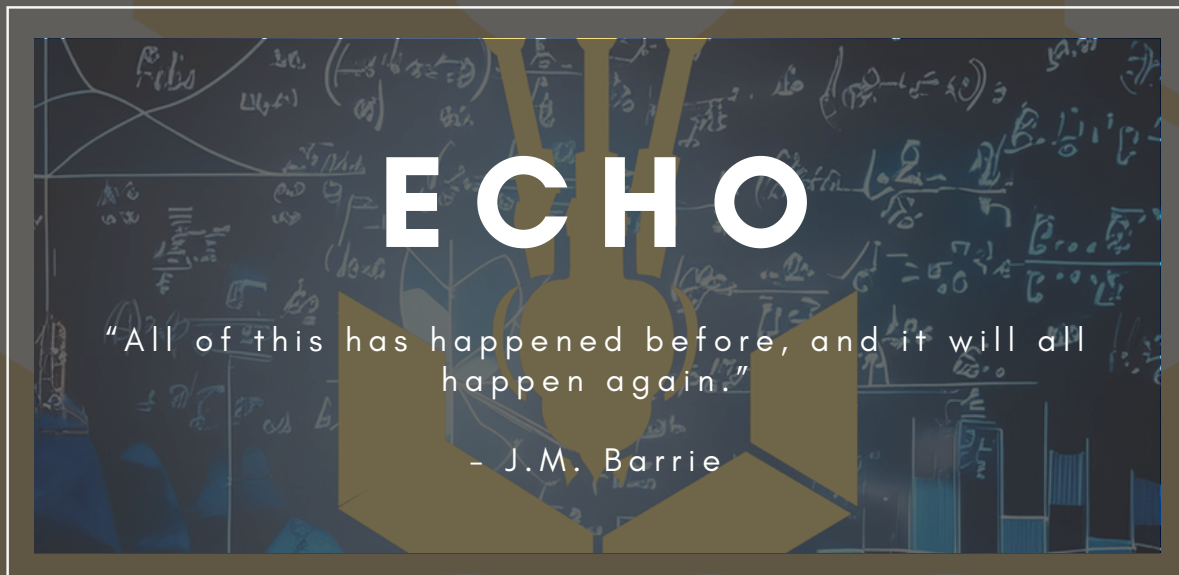
Parameter 1 _____ -----	 <p>WHAT IS YOUR SCORE AND WHY?</p> ----- ----- -----	Type Of Action _____ -----
Parameter 2 _____ -----	----- ----- -----	Rate Of Action _____ -----

Parameter example: x/day | x/pages | x/sets | x/person

Type of action example: Laps/x | Words/x | Pushups/x | Cost/x

Rate of action: Any quantitative number such as 20 Laps/Day | 200 Words/Page | 15 Pushups/Set | \$5 Cost/Person

Score: The maximum allowed is 10 and the minimum allowed is 0. 0 = Doing Nothing | 10 = Perfect Alignment With Your Final Objective



FREQUENCY PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES & IDEA:



QUALITY TRUTH ASSESSMENT

DO YOU BELIEVE THAT YOU HAVE SET YOUR VALUES TO AN ACCURATE LEVEL TO REACH YOUR GOAL?

- | | | | |
|-----------------------|-----------------------------------|-----------------------|----------------------------------|
| <input type="radio"/> | Yes I have done the max | <input type="radio"/> | No I have set the minimum needed |
| <input type="radio"/> | Yes I have set the minimum needed | <input type="radio"/> | No I was scared to do more |

*Tip: work your way backwards from clarity if you are unsure

HAVE I SET THE ACCURATE BELIEF RANGES?

- | | | | |
|-----------------------|--|-----------------------|--------------------------------------|
| <input type="radio"/> | Yes, I am good to go | <input type="radio"/> | No, I know there is something better |
| <input type="radio"/> | Yes, but there may be something better | <input type="radio"/> | No, I am confused |

*Tip: work your way backwards from clarity if you are unsure

FOR EACH TOPIC RATE YOUR QUALITY LEVEL

Scale from 1 - 10 aggregate of your Internal + External

- | | | | |
|--------------------------|-----------------------|--------------------------|-------------|
| <input type="checkbox"/> | Marriage Expectations | <input type="checkbox"/> | Spiritual |
| <input type="checkbox"/> | Making Money | <input type="checkbox"/> | Ethics |
| <input type="checkbox"/> | Family | <input type="checkbox"/> | Discipline |
| <input type="checkbox"/> | Friends | <input type="checkbox"/> | Kindness |
| <input type="checkbox"/> | Goals | <input type="checkbox"/> | Forgiveness |
| <input type="checkbox"/> | Purpose | <input type="checkbox"/> | Other: |

HABIT TRACKER

THE HABBIT TRACKER ALLOWS YOU TO SEE IF YOU HAVE BEEN CONSISTENT OR NOT WITH YOUR TASKS YOU WISH TO DO ON A CONSISTENT BASIS. REMEMBER THAT HABITS DO NOT HAVE AN EXACT TIME FRAME TO TAKE HOLD. IT IS WHEN YOU STOP HAVING TO ACTIVELY THINK ABOUT DOING SOMETHING THAT IT HAS BECOME A HABBIT. CONSISTENCY IS CRITICAL SO TRACK OF YOUR DESIRED HABITS THAT GET YOU TO YOUR DESIRED FQ3C OBJECTIVE HERE. TIP: FOR EACH LIFE CATEGORY USE THIS SHEET 1 TIME.

WEEK OF: _____

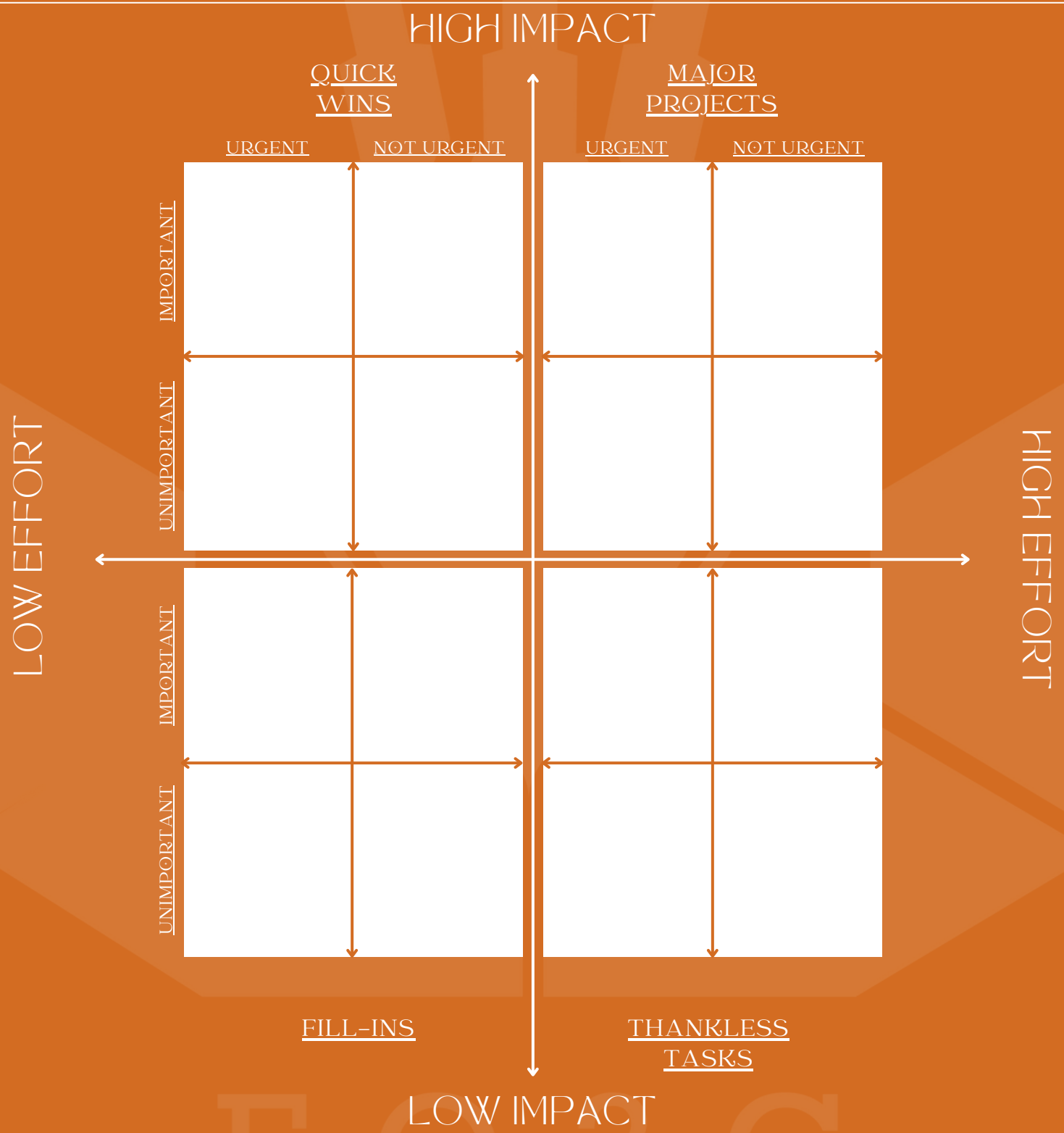
HABIT NAME	S	M	T	W	T	F	S
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES



PRIORITIZATION MATRIX

THE ACTION PRIORITY MATRIX IS A GREAT WAY TO VISUALIZE WHAT TASKS TAKE PRIORITY OVER OTHERS, AND HOW TO BEST ALLOCATE YOUR TIME TOWARDS THEM.



CLARITY

TRUTH ASSESSMENT

CAN YOU GO ANY MORE SPECIFIC ON YOUR OBJECTIVE?

- | | |
|---|--|
| <input type="radio"/> No, I have done the max | <input type="radio"/> Yes, I need to get some more clarity on my end |
| <input type="radio"/> No, I believe I have, but I am unsure | <input type="radio"/> Yes, because I am totally lost |

*Tip: Identify Who, What, Where, When, Why, How, etc. Example: I want to be a surgeon who works exclusively with NFL athletes making over 1.5 million a year and specializing in open heart surgery by my 30th birthday.

AM I AWARE OF HOW MANY BARRIERS ARE IN MY WAY OF MY OBJECTIVE?

- | | |
|--|---|
| <input type="radio"/> Yes, I am good to go | <input type="radio"/> No, but I know how to find out and address them |
| <input type="radio"/> Yes, but I am unsure of how to tackle them | <input type="radio"/> No, I don't even know where to begin |

*Tip: work your way backwards from Frequency or Quality if unsure.

WILL SOMEONE ELSE CLEARLY UNDERSTAND WHAT YOU WANT TO DO IF YOU SAID IT IN ONE SENTENCE OR LESS?

- | | |
|--|--|
| <input type="radio"/> Yes, everyone would get it and no more questions would be asked for explanation | <input type="radio"/> No, I would need to work on getting it to a sentence, but I know I can do it. |
| <input type="radio"/> Yes, but the person would need some prior knowledge or experience to not need an explanation | <input type="radio"/> No, I honestly am not sure what I would tell someone and need assistance to get it down. |



NEED MORE INSIGHT & SUPPORT?

THE FQ3C BOOK

Maybe the perfect fit for you!



Leverage the FQ3C success formula to it's maximum!
Master each variable so success is easy in any endeavor.

- FQ3C.COM -

ON BEHALF OF
FQ3C LLC AND ALL OF OUR PARTNERS

THANK
YOU!



F Q 3 C

THE FUNDAMENTAL SUCCESS FORMULA
FOR EVERYTHING

