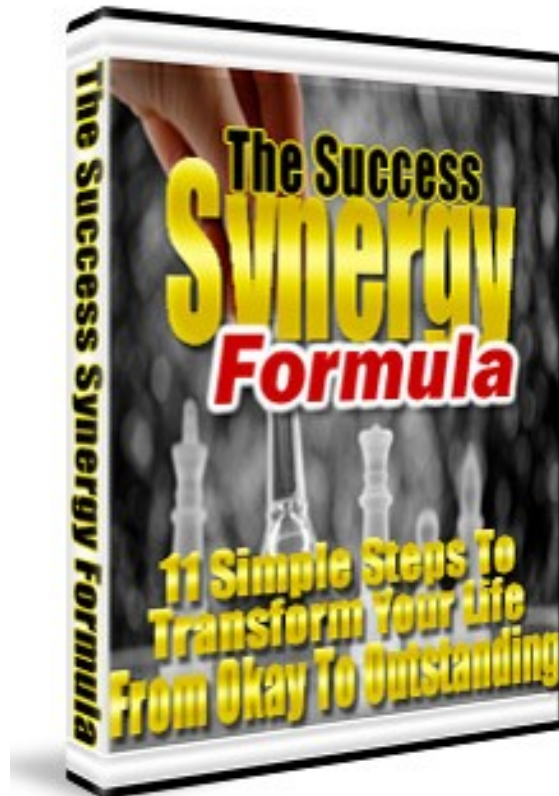


# The Success Synergy Formula



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**Discover, Develop & Deliver Your Greatness**

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## The Success Synergy Formula

Hi and welcome to the "Success Synergy Formula" e-book. Thanks for downloading it – I do believe that you will find value in what you read but I want you to do one simple thing.

Don't dismiss the ideas because they may be simple – it is a proven fact that simple ideas work better than complex ones because you understand them easily and can apply them quickly.

My goal is to make it a pivotal point in your life where you begin putting together the elements necessary for building a life that you personally consider to be successful...and if you walk away with one (1) – yeah, just one NEW idea, then for me this writing is successful.



Now you may already know some of what you read – but knowing something is not what produces results – acting on what you know and actually doing something is what really separates those who have okay lives, from those whose lives are outstandingly successful.

***All You Need To Walk Away With From This E-Book Is One (1) New Idea*** – and that alone could literally launch you to outstanding success...so take the time and extract your launch-pad idea – and when you do, take a moment and share it with me and my readers on the [PurposeUnleashed.org](http://PurposeUnleashed.org) blog by going to the "[Success Synergy Formula](#)" page and posting a comment.

Let's get started...

## **The Positivity Factor**

It is not always easy to maintain a smile on your face. This is because of setbacks and misfortunes especially if your home is about to be foreclosed or you just lost your job. What do you do when that happens? There is no other way to put it but try to remain positive.

But how do you do that? Well you can start by being thankful for what you do have. If your home has not yet been foreclosed, be grateful that the government is trying something so you can still keep the house. If you lost your job, be thankful that you can get unemployment checks until such time that you can find another job.

Everyone knows that times are tough. To make you remember the things that you do have, why don't you write it down and then read it again whenever you feel down.

Another way to think positive is to find the silver lining in a given situation. If you lost your job, perhaps this is the right time to think about shifting to a new career, starting your own business or even going back to school. This is perhaps the best thing you can do if nobody is hiring, if you don't have capital to start your own business and if no one is willing to lend money.

Ever heard the line, "whatever hurts you now only makes you stronger?" Well such a statement is true because sometimes, we have to fall flat on our face to see what we are doing before we realize that there is another way or that we can change. Once you hit rock bottom, this is when you pick yourself up, dust yourself off and start over.

Let's say you didn't lose your job or your home but just feel lost. When this happens, try to see the bigger picture. If you are the breadwinner in the family, you can't afford to let your spouse or your children down. At work, you are part of the team so you have to do your job to the best of your ability.

Have you ever told anyone your dream and people laughed at it? This happens and there are two things you can do. One forget about that dream and wonder what if for the rest of your life or use that as your driving force and prove them wrong. If you think you can do it, stick to your guns but if it seems to be unrealistic or too ambitious, listen to

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them and see what the pitfalls are so you can make the proper adjustments.

You can also stay positive by listening to people or hearing what others have said. You can find these in inspirational books or audio books available at the store or online. You have to remember that these people have written their stories to tell the audience their adversities and how they were able to overcome them. After reading, the question you have to ask yourself is can you do the same?

At work, there is such a thing called burnout and when this happens, you are not that effective like you were before. When this happens, take a step back or go on a vacation. We all need to rest and clear our minds so that we return feeling refreshed.

It is right that you fight for something that you think is right. But if you have done something wrong, don't be afraid to admit it. We all make mistakes. It is a part of being human. You should take it as a learning opportunity because we can always learn and improve.

Aside from listening to a recording or reading a book, you can also continue to be positive by talking to a friend. You don't feel about yourself by putting him down but rather sharing and complimenting each other.

Believe it or not, one more way to stay positive is to realize that you can never please everybody. If you know someone who is full of negativity, get away from them and only hang out with people who are just as optimistic as you.

This is because positivity brings about and attracts positivity.

## **The Creativity Factor**

There are many ways to get a job done. You can follow what people have done in the past or tried something that has never been done before. Such a technique is in itself creativity because when faced with a problem, sometimes you have to think out of the box to find the answer you are looking for. The question now is, how can you become more creative

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To become more creative, you can read books and apply techniques that are used in case to the situation you are facing. Will it always work? Of course not but this can give other people ideas. What you have done in short is get the ball rolling.

Aside from reading books, your creativity may also manifest itself after attending a seminar or a lecture because such events allow people from a similar field to share ideas and opinions. This is why some professionals attend conventions because there are breakthroughs and inventions that were not available before which can be used now.

Some people get ideas from simple things. It could be a television show, something they saw in the mall or even the museum. If you see something interesting, take note of it and then ask how it works. If you have a notepad, write it down so you can always go back to it later on. Try to see things the way they are and not how you think it is.

You can also be creative by trying new things and knowing if it will work or not. You don't have to do this for anybody just yourself so you know what risks you can take and at the same time have fun. A good example will be try a new sport or learn a musical instrument.

Another will be to improve on something that has already been made. In fact, this is how a lot of people have made a fortune. Remember all those gadgets sold on the home shopping network? Although there are devices or machines already that can do the job, these people have decided to make a device that is smaller or more compact.

If you think about the items being sold, if you knew a little better, you could be the ones making the money not them. The only difference is that they paid attention to their creative side more thus they were able to make it and the only thing you can do is buy the item.

You can also become more creative by playing games. A good example is the toy Lego. Although you can assemble something based on the picture and the instruction manual, it allows you to build your own thing. This is the only toy that can do that with other brands following the same theme.

If your life seems to be a routine, do something different for a change. There are places to see and things to do so go out and travel.

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Believe it or not, you can also foster creativity by taking a break and then working on it again later. This gives your mind time to recharge so you can continue what you were working on.

There are many ways to foster creativity. You can learn it by looking at things, listening to people or through simple discovery. For the most part, it is something we have that must be nurtured so you shouldn't be afraid to also express yourself once in awhile.

The beauty of being human is that we are capable of learning things no matter how old we become. Creativity is something innate that you discover it as a child and as you realize later on, it must be pursued continuously later on in life so you are always learning every single day. Remember, such an activity should be fun so don't stress yourself out.

## **The Goal Driven Factor**

Ever wanted to be rich and famous?

Well some people reach that while others don't. This feat does not happen overnight or by wishing on a star. It takes a great amount of effort and some luck. This all begins by being able to set your goals.

To do that, you first have to ask yourself "what do I want to do in life?". As a child, you probably said to yourself "I want to be a fireman" or something to that effect. Years later this changes and if you look back, you ended up doing something else.

Does this mean you don't know how to set goals? No because it is a fact of life that the things we liked as a child change as we grow up. We matured and decided to pursue something else more fulfilling.

As you grow older, you don't always have to do what your parents say anymore because the decision is in your hands. Do you want to join the varsity team? Do you want to go to college? These are things you have to ask yourself then from there, you can review which one has more priority over the other.

For instance, teens who got pregnant have to raise their baby which means they don't have time to finish high school or even go to college.



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This means they have to choose being a mother rather than pursuing a career. When the child gets older, only then can they consider going back to school so they are able to complete a goal that was set aside for awhile.

When you set goals, you have to think which ones of these are short term and those that are long term. If you want to get good grades in school that is the short term goal because the long term goal is getting into the college of your choice and finding work.

It would be a good idea to write these down and then put subtasks underneath so you can plan how this can be achieved. You can write down how many hours you plan to study daily then when the SAT's are coming, you can countdown how many days there are left until the big day that will give you enough time to prepare for each of the subjects on the test.

If you got into the college of your choice or graduated already, naturally you cross out these old goals and then put new ones. If you loaned money for college, you have to figure out how to pay it off by knowing how much you should pay monthly.

It is not always a straight path to achieve your goals. Setbacks do happen and we have to adapt with the situation and change some of them. For instance, if you are no longer happy with your career, you will most likely want to shift to another one.

Does this affect the long term goal? Not really but it will just delay the time that it will take you to achieve it.

One thing you should consider when setting goals is not only thinking about yourself but others as well and this happens when you have your own family. Yes you may be bringing home the bacon but does this reduce the amount of time you spend with your spouse or your kids? A lot of experts have said that there must be a balance but some people find it easier said than done.

What if your job requires you to move? Can you and they handle it? Most of the time, they will be supportive especially if you are the breadwinner in the family. But the cost of course is them leaving their friends behind which is very difficult for the kids. The point is as head of the household, you have to get them also involved in the process of setting goals.

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Setting goals are easy when this is written on paper. The challenge will be achieving it. If you are almost there, don't give up and hold out as long as you can. If the plans you have set are not working, step back and see what is wrong because sometimes another approach is necessary. ([Achieving Goals](#))

## **The Happiness Factor**

Can you always be happy?

As you know, this isn't always easy. There are things we have to do aside from just putting a smile and your face so here are a few of them.

First, don't take life too seriously. If you do, this only causes stress. What you have to understand is that there are things beyond your control so you should learn to let these go. The only thing that you can do is do things to the best of your ability and then hope that it is enough.

You should also learn to laugh and appreciate the lighter things in life. Most of us don't realize it now but some of the mistakes that we commit now, we talk about later on and when we look back, it is something also worth laughing about. But until that day comes, learn from your mistake and try not to do it again. If you can, try to reflect what you did at the end of the day.

Should things go wrong, always look for the silver lining. Sometimes, bad things happen for a reason and this provides us with an opportunity.

Instead of wishing for things that you don't have, you should also learn to be happy with what you have. Chances are, you don't live in a mansion or own a fancy car. What you have is your life, your friends and your family so you should be thankful for that.

Are there people around you that criticize you often and as a result, this brings you down. There are people who are like that and here, you can tell who your real friends are. If they respected you, they wouldn't do that. But if they see something wrong, there is a way to make you realize that you made a mistake and would take steps to help you become a better person.

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