

"Less Stress, More Success"™

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Success formulas for 2001

My contribution to your Happy New Year will be to help you be successful ...and less stressed and I shall need your help!

Success can take many shapes and it is also relative. Not everyone reads success in the same situations.

I am obviously not in a position to give each one of you the right formula for success

So I invite you to produce **your own success formulas**. These simple set of words that we develop for ourselves have a way to stick to our mind, to penetrate our subconscious and to drive us along their lines. It is simply magical. You develop them, write them, concentrate on one at a time and they get to work for you.

How to develop your own success formulas is simple. It is done in the following way:

1 - Make a list of things which are very important to you, such as Energy, Intelligence, Compassion, Discipline, Wisdom, Investment, Love etc. Things which connect with strong values for you and that you associate with success.

2 - Combine them in pairs in a sort of mathematical formula and see what the combination of these can result into.

Here are some examples:

- Consistent Action + Results = Momentum.
- Planning + Caring = Quality
- Efficiency + Effectiveness = Productivity
- Strategy + Determination = Victory
- Altruism + Energy = Attractiveness
- Faith + Detachment = Serenity

3 - Try and write 12 sets and to live with one every month. You will be amazed at the difference that it makes.

I'll be delighted if you share with me your formulas and later give some feedback on how they worked for you.

Comments on the last tip: **ATTRACTION.**

Two tips were reported to me as particularly effective:

'Over-responding to every event'

'Market your talents shamelessly'

Does anyone have a different opinion

If you like this newsletter, share it with people around you.

Anyone is welcome to subscribe. Just send a blank e-mail to less-stress-more-success-subscribe@topica.com

Would you like to access to **past issues** of this newsletter? Go to: <http://www.topica.com/lists/less-stress-more-success/read>

On Coaching:

If you are in Europe you will have noted the wave of interest for Coaching in the media. All types of publications, radio and television programmes are discovering this way to magnify one's life and housewives, students and artists are witnessing to the power of coaching.

Just for fun, try and rewrite any of the Success Formulas suggested above, adding '- Coaching' . Would it change the outcome!

Discover more on Coaching in the next issue, or on the following websites

www.less-stress-more-success.com

www.coachfederation.org.

www.coachu.com

Contribution :

Make this world a better place to live in for all of us.

This is your place to share your ideas, your tips, your hopes, your crusade.

We all look forward to have your contribution appearing in this space in a future edition.

Have a stimulating, fun and productive 2001.

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Christian Worth is a Life and Business Coach offering telephone or e-mail coaching all over the world.

Free introductory sessions are available on request.

He also offers the "Less Stress, More Success"™ seminars for companies.

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