

How To Find Your Personal Success Formula

It's no secret that you're quite unique - your own style, way of being, personality, and thoughts. It's no wonder that what worked for someone else may not necessarily work for you. You need to find your personal formula for success.

Your success formula is that powerful combination of Environment, Energy, Engagement, and Evolution. These were the top four consistently present factors that I discovered from studying successful people. I named this combination: "E²" The Second Power of Excellence – when you really get in the zone!

Here is a short version of Empowerment Spa's E² Assessment to help you get started on discovering your personal formula to ignite your success!



Environment

Successful people design their environments to be aligned with their goals and desires. This is demonstrated in the organization of their workspaces and home environment, as well as the detachment from negative, needy or static (going no-where) people.

- E² Success Primer: How does your environment enable your goals and purpose (people, work, home, associations, etc.)?

Energy

Successful people know and constantly do what makes them tick! They do what they know works to supply them with the level of energy they need in order to stay motivated and purpose-driven.

- E² Success Primer: What really gets you going (when you feel like you're in your "winning" zone)? What do you do to maintain and elevate your physical and mental energy so that you maintain an energetic focus on your goals?

Engagement

Successful people act with intention in their engagement. In other words, all of their interactions have a reinforcing and supportive purpose.

- E² Success Primer: In what ways does your engagement with others reflect your goals, values, and purpose?

Evolution

Successful people are constantly seeking ways to improve and evolve who they are and what they contribute to the world.

- E² Success Primer: How do you challenge yourself to evolve (personally, professionally, socially, spiritually, intimately, financially)?

When you're ready to really fire up your success, contact Empowerment Spa!