

# A Blueprint for Success

By

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## What Is Success?

Have you ever stopped to think about what it really means to be successful?

In today's materialistic society, many people equate a person's success to the size of their bank account. But is this *really* an accurate indicator of success?

Consider these examples:

### Example 1: Dr Smith<sup>1</sup>

Dr Smith is an orthopedic surgeon.

He drives a top of the range BMW and earns over \$250,000 each year. His normal workday begins at 7 a.m. with operations at a private hospital. By 10 a.m. he arrives at his consulting rooms where he sees patients until 6 p.m.

At 7 p.m. he returns to the hospital to complete his rounds and paperwork. He generally gets home around 9:30 p.m. and usually works six days a week. Dr Smith is married and has two young children who rarely see their father.

**Question:** Is Dr Smith a success?

**Answer:** No - To many people, Dr Smith appears to be successful, but his career achievements comes at a very high price which includes his personal health and family life.

### Examples 2: Mike Jones<sup>1</sup>

Mike Jones appeared on a popular reality television program. Thanks to his undeniable singing ability, good looks, and charisma, he won the national competition and his debut album rocketed to number one.

He was immediately thrust into the world of celebrity and vowed to make the most of his time in the spotlight. One year after the competition, Mike Jones' records are still selling strongly but his national tour is postponed amid rumors of his ongoing battle with drugs and alcohol.

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<sup>1</sup> Fictitious names are used for the purpose of illustrating examples, any resemblance to actual persons is entirely coincidental

**Questions:** Is Mike Jones a success?

**Answer:** No - Mike Jones has fame and fortune but his personal life is a disaster.

These two examples illustrate the point that there is more to success than just the number of digits in a person's bank balance.

**True success** is not something you buy, but rather, something that you build over time.

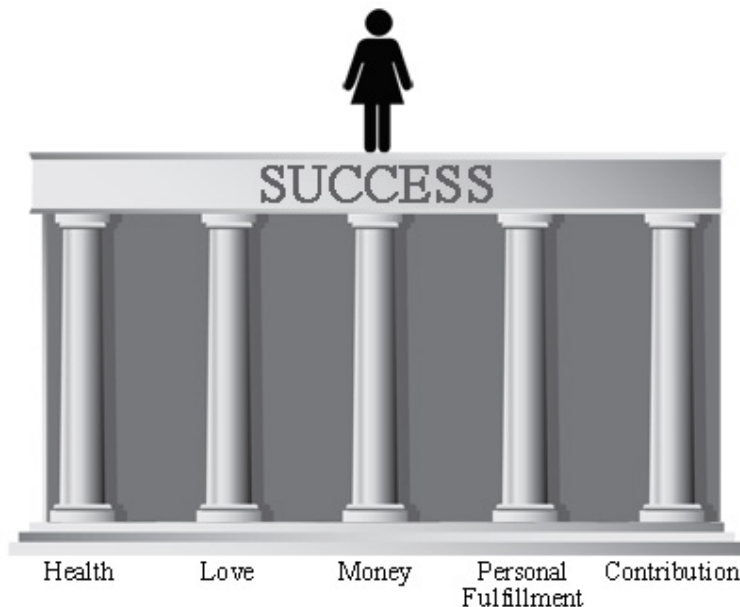
And as with any building project, your success is very much dependent on having a good blueprint to follow.

## A **Blueprint** for Success

Here is my favorite definition of success:

**“A successful person is one who has health,  
love, money, personal fulfillment and  
makes a valuable contribution to the world”**

An easy way to remember this definition is to think of success as a platform supported by 5 pillars as shown below.



## The 5 Pillars Of Success

### Pillar 1 - Health

Our health is something we often take for granted. However, the moment we become ill or injured we immediately realize just how important our health really is.

In addition to supporting our daily activities, there are two reasons why health is so important to achieving success.

The first is that getting fit requires many of the characteristics necessary to achieve success in any endeavor, these include focus, discipline, and consistency. Therefore, improving your health is the ideal 'training ground' for achieving goals in other areas of your life.

The second reason health is so important to achieving success is that *nothing* boosts your self-confidence and self-esteem more than improving your fitness level.

### Pillar 2 - Love

In my opinion, *the* most important thing in life is to spend time with the people you love. Imagine for a moment, an old man lying on his deathbed. Is it likely that his last words will be, "I wish I spent more time at the office"

No!

It is much more likely his regrets will relate to not spending more time with his family and closest friends.

### Pillar 3 - Money

Money is not an end in itself. Simply having a lot of money sitting in a bank account is no great achievement. The true value of money comes from the opportunities it provides. Opportunities to live, learn, grow, and most importantly, to help others.

### Pillar 4 - Personal Fulfillment

This pillar relates to the things you've always wanted to do just for yourself. It often includes goals such as learning to play a musical instrument, traveling to exciting locations or perhaps learning a second language.

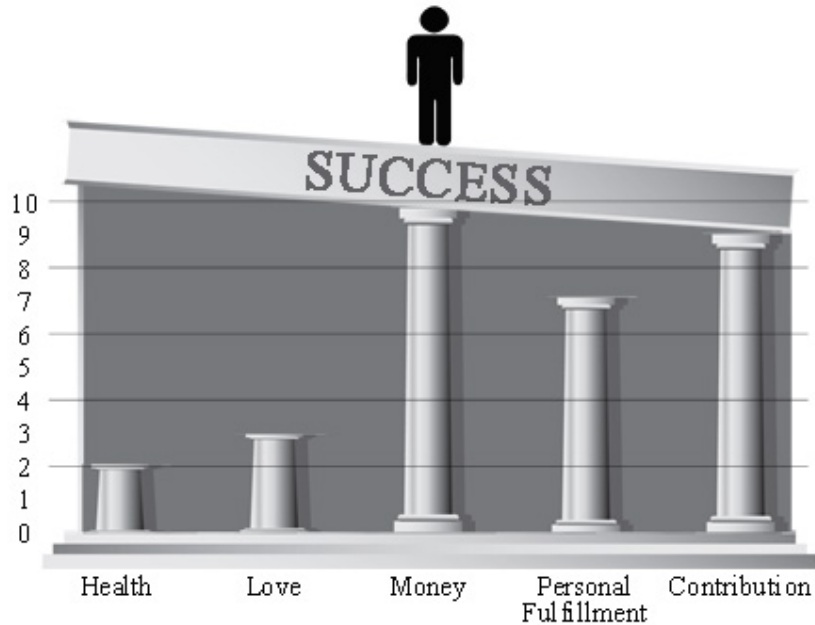
### Pillar 5 - Contribution

The final pillar of your success platform is the pillar of contribution. This pillar relates to the positive contribution you make to the people, community, and world around you.

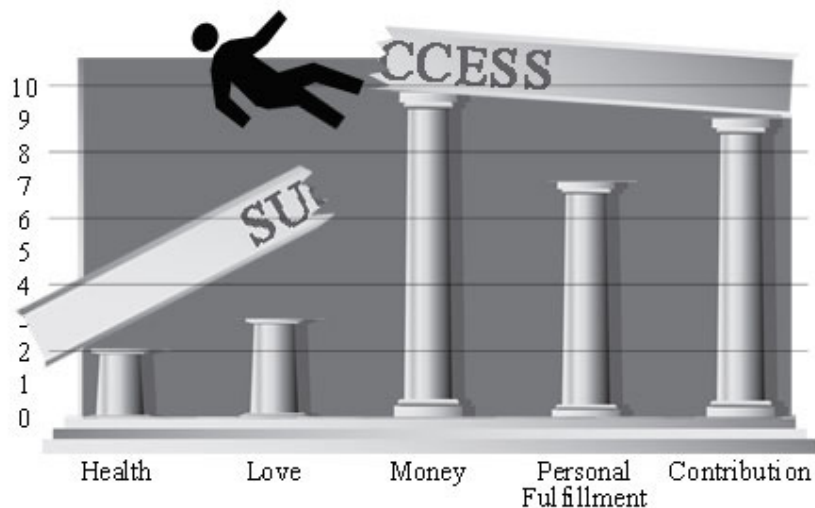
## Success Profiles

Using the definition of success described in the previous section, everyone has a success profile that describes where they are today. This profile is a useful tool for identifying the areas of your life you need to work on.

For example, let's consider Dr Smith who we met at the beginning of this report. Given his current lifestyle, Dr Smith's success profile would look something like this:



Due to his demanding work schedule, Dr Smith completely ignores his personal health and as we've already seen, he spends very little time with his family. Although Dr Smith has raised his success platform to a high level, it is clearly unstable. For Dr Smith, the big danger is this...



The main areas that Dr Smith needs to focus on to make his success platform stable are his personal health and his relationships.

If he does not build these pillars, his success platform may indeed collapse. This could take the form of a unforeseen illness or a traumatic divorce.

## Your Success Profile

The first step to creating the life of your dreams is to figure out where you are starting from today. Please find a quiet spot where you won't be disturbed and take a moment to answer the following questions.

### Question 1:

<b>With regards to my HEALTH, on a scale of 0 - 10 I am...</b>												
Completely Unhappy	0	1	2	3	4	5	6	7	8	9	10	Completely Happy

<b>What would need to happen to make it a 10?</b>



**Question 3:**

<b>With regards to MONEY, on a scale of 0 - 10 I am...</b>											
Completely Unhappy											Completely Happy
	0	1	2	3	4	5	6	7	8	9	

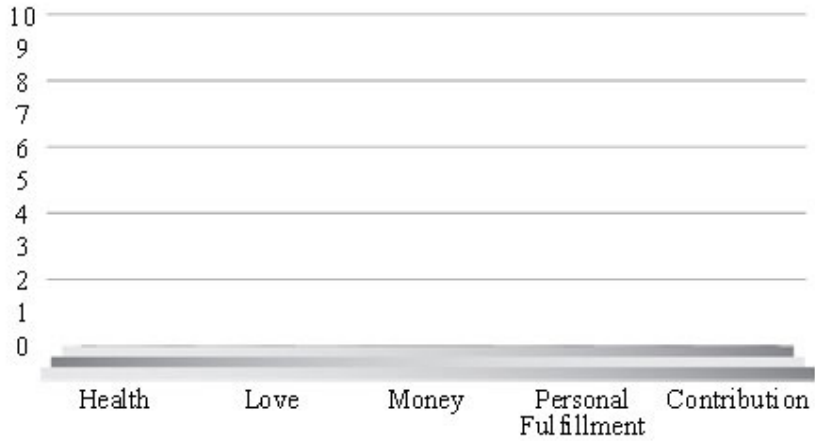
<b>What would need to happen to make it a 10?</b>





## Drawing Your Success Profile

Use your answers to draw your own success profile below. For example if you put down a 6 out of 10 for your health, then draw your health column up to the 6 line.



Please don't worry if your success platform is unstable or is not as high as you would like. This exercise is all about finding out where you are today and identifying the areas of your life that you need to work on.

When you have drawn your success profile, please turn to the next page.

## Identifying Your Goals

The final step of the process is to review your answers to the previous questions and identify your specific goals.

Let's look at an example to see how this works:

### Question 1:

With regards to my HEALTH, on a scale of 0 - 10 I am...												
Completely Unhappy						✓						Completely Happy
	0	1	2	3	4	5	6	7	8	9	10	

What would need to happen to make it a 10?
<i>"To make it a 10 I would need to lose 25 lbs and be able to wear my favorite red dress again"</i>

Converting this to a specific goal becomes:

**My Goal:** To lose 25lbs and wear my favorite red dress again

Take a moment now to work through your answers and use the worksheet on the following page to record your specific goals.





Well that brings us to the end of 'A [Blueprint](#) For Success'

If you enjoyed this free report, you might also like my latest book 'The Oracle's Secret'.

You can find out about the book and the free bonuses that come with it at the website below.



"I really enjoyed The Oracle's Secret and it was given to me at just the right time when I really needed the inspiration. Thank you" - Robyn Palmer

**Click here to visit:** <http://www.TheOraclesSecret.com>

I wish you all the very best and I look forward to helping you achieve your most important life goals.

Warm Regards,

Anthony