

W O R K B O O K

The  
**SUCCESS PROJECT**

*The Making of a Worthy Ideal*



B E L I N D A M A Y S

W O R K B O O K

The

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SUCCESS PROJECT

*The Making of a Worthy Ideal*

by

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# Welcome

*"People are anxious to improve their circumstances, but they are unwilling to improve themselves. They therefore remain bound."*

*- James Allen*

**A**s stated in the above quote, many people seek to change their lives, but refuse to change themselves. Therefore, their situation remains the same. I'd like to take this opportunity to congratulate you on taking the first step to creating a life that is worthy of you. As you'll soon realize, any accomplishment that we dare to achieve is and will forever be an inside job. By participating in the exercises contained on the proceeding pages, you'll definitely learn that creating a success project can be done and done quite easily.

It is my hope that you will approach the exercises with an open mind and a true desire to improve your thoughts, habits, & overall attitudes. If you are willing to commit yourself to honesty and follow the instructions outlined in this workbook, I can assure you that in a very short period of time you will find yourself operating in a new found awareness and moving toward to the making of your own worthy ideal.

A few parting words before you embark upon this exciting journey; the information and suggestions outlined may appear very simple, but often aren't easy to do. Understand this - True thinking can be a very exhaustive activity. There will be instances where you will find yourself responding to questions not with honesty, but with a habitual nature. Please don't do that. Take the time to complete each activity in its entirety, being as truthful as you possibly can before moving on to the next one. This book is designed to be completed in the order in which it was constructed, so don't get frustrated and skip around. Your current paradigms may try and tell you that all of this stuff is mere hogwash and has no real purpose. However, remember, it is your current paradigms that have you in this state of mind in the first place. In closing, I say to you - stay focused, don't give in to old mindsets, be diligent and be enlightened.

To Your Infinite Potential & Abundance,

*Belinda*

# *Chapter One*

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## **The End – Where it All Begins**

*“One problem with gazing too frequently into the past is that we may turn around to find the future has run out on us.”*

*– Michael Cibenko*



# My Current Truths – ex. 1:3

This exercise is designed to bring you face to face with your current thought patterns. At times, it may be a little uncomfortable but it is extremely important that you push through and complete each question/statement with honesty. Your responses will serve as a reference point of which all else will follow. *Revisit this exercise in 90 days to see if any progress has been made.*

Write a brief statement describing how you feel about your personal appearance.	
Write a brief statement describing how you feel about your current financial situation.	
On a scale from 1 – 10, 10 being best, rate how you see your life at this moment in time. Explain your rating.	
If money was not a factor, what wo/uld you be doing?	
When you see a very successful person, what thoughts come to your mind?	
In your own words, define the word “success.”	
How often do you think about the past? What are you thinking about?	
Where do you see yourself this time next year?	
What do you hope to gain from completing this exercise workbook?	

How many hours per week do you watch TV? What shows are you watching?	
What are your hobbies?	
What do you dream about?	
How many nonjudgmental & positive people do you have in your life that you feel comfortable telling your dreams to? Who are they?	
What makes you happy?	
Are you a spiritual person? Why or Why not?	
Are you a jealous person? If so, who do you envy and why?	
What do people say they like the most about you?	
What do people say they like the least about you?	
What is the last book you read and when did you read it?	
Are you open to new ideas?	

Are you <b>willing</b> to make a lifestyle changes (ex. live below your means) if it meant that you can have, do, or become whatever you want? Why or Why Not? If so, for how long?	
Are you a confident person?	
When you look in the mirror what do you see? What would you like to see?	
Are you currently living a lie? If so, what are you lying about?	
What do you do well?	
Do you care what other people think or say about you? If so, why?	
Write one word that best describes your overall personality.	
Do you consider yourself a leader or a follower?	
Is your glass mostly always half full or half empty?	
Do you feel that you are worthy of being successful? Why or Why not?	
Do you feel that your life is complete? If not why? If not, what do you feel you are lacking?	



# The Blame Game - ex. 1:5

Statement or Action	Negative or Positive	Who said it	Result in my life
Ex. I can't afford that....I was @ 6 and was in the grocery store and asked for a bag of chips	Negative	Aunt	I find myself saying the same thing to my children

# The Blame Game - ex. 1:5

Statement or Action	Negative or Positive	Who said it	Result in my life

# Positive Affirmations - ex. 1:6

This is very important, so do your best to create at least 25.

Here are a few samples to help you get started:

- When I look in the mirror, I see a strong and confident person with a positive attitude.
- People seek me out and want to do business with me.
- I am an intelligent person who possesses an unlimited amount of creativity and potential.

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## Notes

# Chapter Two

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## **What Time is It? The Time is Now!**

*“Do not wait; the time will never be just right. Start where you stand and work with whatever tools you may have at your command, and better tools will be found as you go along”*

*- Napoleon Hill*





# Chapter Three

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## **The Road Map – Prepare for Detours...**

*“The really happy person is one who can enjoy the scenery  
when on a detour.”*

*- Author Unknown*





# Chapter Four

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## **In This Corner -Facing the Dream Killers!**

*“Negativity is like kudzu; it grows quickly and destroys everything in its path.”*

*- Belinda Mays*

# Identifying Your Dream Killers - ex. 4:1

As stated in this chapter, most dream killers fall into one of these three categories; people, time (activity) management, and lack of personal growth. Who or what is keeping you from achieving your worthy ideal and what will you do about it?

Killer	Category	The Effect	The New Action Step

# Chapter Five

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## **It Costs a Fortune to Live That Good! The Big Payback**

*“Pearls don’t lie on the seashore. If you want one,  
you must dive for it.”*

*- Chinese Proverb*

# Creating Luck - ex. 5:1

To begin creating luck in your life, first take a moment to seriously think about and then answer these 6 questions.

1. Am I willing to do whatever it takes to create luck in my life? Why/Why not?

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2. What am I willing to sacrifice?

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3. How much time am I willing to dedicate to my worthy ideal? List a few daily activities that you can commit to that will move you closer to your goal.

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4. Am I a risk taker? Why/Why not?

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5. What calculated risks can I take right now that will move me toward my worthy ideal?

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6. How well do I handle failure? What do you consider to be your biggest failure?

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7. Can any of your previous “failures” now be turned into your biggest “success?”  
If so, list the action steps that are needed to get it back on track?

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8. How long am I willing to work at creating luck?

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# Self Analysis Checkup - ex. 5:2

This exercise will help you quickly identify your strengths and weaknesses. For a more accurate reading, you should enlist the help of a close friend or relative who can give you an unbiased opinion. In doing so, you must be willing and ready to receive whatever results are returned to you. Be sure to instruct your partner that you are seeking their 100% honest opinion. Upon receipt, you are not allowed to dispute any of the results given by your partner. You are only allowed to review the rating and compare it with your own and then begin at once to be transformed.

Read the statements listed and then rate yourself using the following scale.

**1** -strongly agree **2** - somewhat agree **3** - agree **4** - somewhat disagree **5**- strongly disagree

Rate	Statement
	Not having a definite purpose - having a vague goal
	Lack of ambition & enthusiasm - wanting something for nothing
	Constant procrastination - putting things off
	Negative Attitude - your glass is always half empty/having no faith/combative
	Poor work ethic - lazy with the mindset of things will happen through osmosis
	Paralysis of Analysis - constantly scrutinizing but never making a decision
	Negative Associates - you are who you associate with
	Dishonesty - making a constant choice to be deceitful
	Addiction to TV/Internet/Cell Phone
	A Worry Wart - constantly seeking answers to What If and How questions
	Poor Listening Skills - you have a habit of interrupting while others are talking

Rate	Statement
	Inability to say No - allowing others to make choices for you
	Egotistical - self centered and arrogant
	Lack of Self Confidence - no belief in one's self and abilities
	Inadequate Education/Preparedness - having no real frame of reference for what it is you are trying to do nor are you seeking any
	Inability to Focus/Lack of Concentration - constantly changing ideas and never accomplishing anything
	Solo-preneur Mentality - feeling you must be a one man/woman show and not willing to outsource or delegate
	Fear - afraid to fail so you choose not to even try
	Stubbornness - it's your way or the highway
	Inability to think - choosing to guess instead of thinking through the facts
	Not enough Capital - no reserves or not enough funds to absorb your costs
	Poor Time Management skills - remember you can't manage time, you can only manage activities
	Personal appearance stigmas- your appearance doesn't match your worthy ideal...ex...you dress in high end suits while working with homeless families.
	No selling skills/closing ability - you can't confidently convey the benefits of your product, services, or skills
	Easily Stressed or panicky - inability to deal with pressure

# Chapter Six

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## **I Believe I Can, I Think - The Power of Fear & Faith**

*“You block your dream when you allow your fear to grow bigger than your faith.”*

*~Mary Manin Morrissey*

# My Fear Table – ex. 6:1

In the first column, write out the fear statement. In the second and third columns, you will list the worst and best case scenarios for the fear. In the last column, you will write the basic action step(s) that you think can help you to overcome that fear.

Fear Statement	Worst Case Scenario	Best Case Scenario	Action Steps
<p><b>I love making cakes and would like to open my own bakery. With my credit, I'm afraid that I won't be able to get a loan in this economy. I don't have much money saved nor do I have the any commercial equipment in order to take large orders.</b></p>	<p>I can't open the business and I will just have to continue to do it as a hobby.</p>	<p>I can quit the job I hate and begin to create the financial freedom that I desire while doing something that I truly love to do. I would also have an opportunity to work side by side with my mom and daughter.</p>	<p>Review my credit score and begin to clear up any discrepancies. Call the SBA and set up an appt. Contact area churches to find out if they rent their kitchens during off hours.</p>

*“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. “*

**Nelson Mandela**

Fear Statement	Worst Case Scenario	Best Case Scenario	Action Steps

# Chapter Seven

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## Success' Secret Weapon - The Art of Gratitude

*"God gave you a gift of 86,400 seconds today.  
Have you used one to say "thank you?"*

*-William A. Ward*



# My Gratitude Log - ex. 7:2

For some, this may appear to be a very juvenile exercise. However, it is extremely important that you operate in a conscious state of awareness in everything you do.

Use the table below to track your unsolicited acts of kindness as well as any unsolicited acts of negativity. This is not the time to make excuses or fall back into ole faithful phrases like, "I'm just being me" - "Why should I do that?" - "What's in it for me?" Having a "me" complex can be a good thing in a lot of situations; but an overdose of it can also be a detriment to your desired result. If you are lacking in resources or influence, you'd be amazed how many doors can open when you have a positive attitude and show a little gratitude.

Before you begin to track the upcoming week, use this form to log your activity for the previous week. It will serve as a solid starting point in which you will be able to track your progress.

<b>Days of the Week</b>	<b>Acts of Gratitude</b>	<b>Acts of Negativity</b>
<b>Sunday</b>		
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		

<b>Days of the Week</b>	<b>Acts of Gratitude</b>	<b>Acts of Negativity</b>
<b>Sunday</b>		
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		

# Chapter Eight

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## **The Beginning - What a Great Ending!**

*"You will never win if you never begin."*

*- Robert H. Schuller*

# 10 Tips to Help You Get Up, Get Going, & Get There!

1. Plan your day the night before. Be sure to give each activity a time limit when possible.
2. Have designated times throughout the day to listen and respond to voicemails and return phone calls.
3. Always keep a notepad and pen in your car, on your night stand and in the bathroom. You always want to be prepared when an unexpected idea pops into your head.
4. If doing business with friends or family, don't discuss personal issues during the business call or meeting. Wait until after all business issues have been resolved or call back at a later time.
5. Keep a personal development book or other constructive activities handy for those unexpected moments of delay that are bound to arise.
6. Unless your worthy ideal allows for a flexible schedule, you should plan to rise early and make a habit of getting up at the same time every morning.
7. You are on an exciting journey, so you should keep a daily or weekly journal to track your progress.
8. Revisit the exercises in this workbook often and revise your responses as needed. You'll be amazed at the results a few small disciplines can bring.
9. Make a daily commitment to repeat your affirmations as well as practice your visualization exercises until they have been embedded into your subconscious.
10. Enjoy the ride and remember WINNERS NEVER QUIT and QUITTERS NEVER WIN!

# My Game Plan - ex. 8:1

You've spent quite a bit of time working to identify your worthy ideal, defining its true purpose, and taking an account of your strengths and weaknesses. Always remember, you are *Here* and the time is *Now*. So, let's get this game started. Below is a list of areas in which you may still need improvement. Next to each item, write out your exact needs and your plans for improvement as well as the time in which you will allot for the improvement to be made. There are also a few blank spaces to add more.

<b>Areas of Improvement</b>	<b>Date to Complete</b>
Education/Knowledge	
Business Relationships	
Personal Development/Attitudes	
Appearance	
Personal Relationships	
Finances/Debt	
Habits	



# Taking Progressive Action

Well my friends, you have reached a fork in the road. What will you do? Will you stop procrastinating? Will you stop talking about it and start being about it? Will you throw in the towel before you even begin?

Although I am passionate about helping you succeed, I can't do it for you. I believe in you and your abilities. I know firsthand that what you're envisioning for yourself is possible if you first believe it is and then take the appropriate action. I'm going to let you in on a little secret. When I got the idea to write this book, I had absolutely no idea what it would be about and I definitely had no idea how I was going to get it published. However, once I made the commitment to be unstoppable and took the first step, everything I needed showed up at the appropriate time. It still amazes me today how fast it all happened after I made the decision. If it is possible for me, I know for sure it's possible for you as well.

The next 30 days are critical. It is imperative that you take your new found mindset and attitude towards life and begin at once to move in the direction of your worthy ideal. You have created momentum and that's what you need to create "luck."

Use the calendar on the next page to list at least 1 progressive action step for each day of the week. Examples of progressive action steps could include making phone calls, attending a webinar, setting up a blog or website, taking a class, rereading this book, forming a meetup group, memorizing positive affirmations & quotes etc....You want to find yourself doing something (no matter how small) every single day until your ideal is realized. When you take a big goal and break it down into small manageable pieces, it becomes easier for your sub-conscious mind to accept. Remember, when your conscious and sub-conscious minds are in harmony, you produce positive actions and ultimately positive results.

*"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps." -Confucius*

*To Your Infinite Success!*

# 30 Day Progressive Action Calendar

<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thur</i>	<i>Fri</i>	<i>Sat</i>

# **“The Man Who Thinks He Can”**

Walter D. Wintle

*If you think you are beaten, you are;  
If you think you dare not, you don't.*

*If you'd like to win, but think you can't,  
It's almost a certain you won't.*

*If you think you'll lose, you're lost,  
For out in the word we find  
Success begins with a fellow's will,  
It's all in the state of mind.*

*If you think you're outclassed, you are;  
You've got to think high to rise.  
You've got to be sure of yourself before  
You can ever win a prize.*

*Life's battles don't always go  
To the stronger or faster man;  
But soon or late the man who wins  
Is the man **WHO THINKS HE CAN.***

**To Your Success!**

