



Deberah Bringelson's
Quantum Success Academy

*Breaking Barriers
Creating Massive Success in the New Economy*

Day 1 – Define YOUR Quantum Success

Define YOUR Quantum Success

WATCH This First

When you think about what it would take for you to define your life as a "success", what does that look and feel like? Who is in your life? What are you doing for fun? What do you do for work? How do you feel when you wake up in the morning?

We are not talking about what it would feel like or look like to other people. Your parents, siblings and neighbors are not "living" your life. You are. So, what does success mean to you? Is it owning your own successful business, taking long trips exploring the wild places of the planet, sitting on a beach, spending time with your family, volunteering at a local shelter, or having enough money to donate to the organizations and causes you support?

A successful life is not just one activity or owning one thing. It is a combination of people activities and comforts that combine to make your own personal recipe for success.

Unfortunately, most people do not know what their success looks like, feels like, tastes like. They just say they want to be happy or successful. Or they want a specific car. Or most are very likely to talk about what they do not want.

If your final destination is success, you must decide where or what that is. Really think about what success means to you.

Quantum Success Action Items

Date: _____

Name: _____

My Ultimate Quantum Success is (Write a sentence or short paragraph defining what you want to do, be and have in your life. This is not about what you “don’t want, but what you DO want):

When you close your eyes and “see” the successful outcome of this desire, what do you “see”? (Tangible people, places, and things that you can actually see.)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

When you close your eyes and “hear” the successful outcome of these desires, what do you “hear”? (What are people saying about you? What are you saying about yourself?)

1.
2.
3.
4.
5.

Close your eyes and **experience the “feeling”** of your quantum success. **How do you feel** now that all of your desires have been fulfilled? (Yes, I know they haven’t actually been realized in “real time” but when you feel yourself into your quantum success, how does it feel? Have you ever felt this way before?

Write a statement about what your life is like now that you have achieved your quantum success. Describe your life as if you were catching up with an old friend who knew you before you were a quantum success. Share all of the details about your massive success. Something like “I am so incredibly happy now that

➤ **Begin “wearing” and “living” this statement as if it truly has all happened.**

Are there any reasons why you would not want to reach this level of quantum success? Write them here. We will address them in an upcoming module.