

# FIND YOUR *Five*

***The Key to Your Productivity,  
Confidence & Success***

**By Mary Lyn Miller**



**FiredUP**  
FOR SUCCESS

# WELCOME!

Recovering from this past year of challenging times, you might find it difficult to be “fired up.”

(Or even put on pants.)

After mentoring hundreds of professionals all over the world, we’ve found certain habits that have allowed them to remain hopeful, highly productive and even THRIVE no matter what circumstances have been thrown at them.

(With or without pants.)

The root of it all is energy. You are constantly generating outcomes with the energy you radiate. Excitement produces exciting results. People are “attracted” to you without even understanding why. It’s not just having great social media or the videos (they help), but it’s your energy!! So, if your life isn’t reflecting your highest dreams and potential, it may be time to open your “hood” with some reflection and get an energy tune-up!

Where does YOUR life need an energy adjustment? You can read a few words about how it works and then answer the simple 12 question quiz below.

(Do it quickly - no overthinking, please. )



**Mary Lyn Miller, CEO, Coach & Chief Firestarter**

Fired Up for Success

Mentoring & Mastermind

[mlm@firedupforsuccess.com](mailto:mlm@firedupforsuccess.com)

## THE RELATIONSHIP BETWEEN **ENERGY AND SUCCESS**

When you're talking about someone who is joyous and passionate about a cause or activity, we might say "They are fired up about it!" We instantly feel that this person is motivated, inspiring....and energized!

We are naturally drawn toward these kind of people – and those who make us feel that way; it feels good. While most of us want life, work and relationships that reflect this energetic approach, when we are truly feeling compromised, overwhelmed, worried and not so hopeful, it's hard to make that shift.

That is why our specialty is helping our clients successfully manage this transition, but I want to give you a surprising tip how to start:

***Don't "try" to fix anything yet.***

First, start by raising your energy level because **results cannot exceed your energy level.** Yep, you thought trying harder was the answer, when it's really about your energy. When you're "on fire" you can create all night! When you're depressed, you can't get out of bed. The more you can raise your energy, the more effective you will be in attracting the circumstances you want to get what you want.

This is why if you're feeling "down," getting at least a tiny bit active will help move you forward because it creates just enough energy for you to take the next step. So, the key is to raise your energy as much as possible before you try to solve a problem.

So, let's see how many fired up habits you have just by quickly answering the following questions.....



## HOW FIRED UP ARE YOU NOW?

(12 Questions to Assess Your Primary Resources  
-Your Time, Energy and Money)

[Click here to take the quiz online](#)

Answer the following questions as honestly as possible marking the number on the scale that best represents you at this moment. (1=Rarely - 5= Almost Always)



① I am excited to get up and start the day to do my work, business or life.

1 2 3 4 5

② I have a deeper purpose in my life to which I am committed.

1 2 3 4 5

③ I am in touch with my various passions – activities that give me energy and joy - and allocate time for them to be an integral part of my life, business/career and relationships.

1 2 3 4 5

④ I consistently create inspiring written visions with related goals/actions written down, and focus on them regularly to keep me inspired.

1 2 3 4 5

⑤ I have an established morning ritual of affirmations, gratitude, positive thinking, and/or mindfulness and exercise to start each day positively and creatively.

1 2 3 4 5

6 I speak up and tell people what I need and ask for help.

1 2 3 4 5

7 I delegate and/or automate all tasks but those that allow me to expand my brilliance.

1 2 3 4 5

8 I schedule time to enjoy non-work passions, self-care, friends and/or family. (I don't wait until I'm "not busy.")

1 2 3 4 5

9 I regularly increase rates, ask for a raise, and/or expand my services and clients because I understand my rising value and need to take care of my security; I consistently set goals for money outside of my comfort zone.

1 2 3 4 5

10 I do not "Power Work." I take consistent breaks throughout the day so I can return sharper, smarter and more creative in my problem solving.

1 2 3 4 5

11 I exercise 3-4 times a week and monitor my food and sugar intake for unhealthy choices. I sleep 7-8 hours a night.

1 2 3 4 5

12 I have a mastermind team, mentor or coach (NOT family or close friends) to help me do all these things that would make my life better and more successful and would not do on my own. I do better being focused and accountable for achieving my goals.

1 2 3 4 5

Add it up! WHAT'S YOUR SCORE? \_\_\_\_\_

### WHAT DOES ALL THIS MEAN?

Each one represents different habits that can result in more positive and energetic choices. Sometimes just making changes in 1 area where you had a low score can be life changing.

But you may need help. That's where we come in with clarity, encouragement, community and accountability.

Here's your Score:

#### 12 - 21 – Kindling

Lot of potential and you're a great candidate for visioning and accountability. You'd be surprised how much that can change your life.

#### 22 - 31 = Warming Up

You may have a lot of ideas, not enough time or structure, and don't know what to do next. Relax, let's get you ignited and light your fire!

#### 32 – 41 = Controlled Burn

You've done a lot, but there are some blocks to your blazing success. We can help you get past them.

#### 42 - 51 = Smokin' Hot

You're on the right track, and could be blazing with just a few tweaks!

#### 52 – 60 = 9 Alarm Fire

You're living a passionate, prosperous and connected life. You would be a great mentor. Let's talk about mentoring.

## Why is it important to be “fired up?” Isn’t that just a waste of time?

After over 30 years of coaching people from all over the world and helping them manage their energy as it applies to their businesses, careers and lives, I realized that when you make simple new choices you can dramatically increase your energy – and your results!

Yes, you can enjoy your business more, make better career decisions, and achieve more than you initially thought possible.

All from raising your energy.



It will help you become more excited, motivated and inspired – and relaxed! Things outside of your control begin to occur. You are filled with ideas, open to opportunities and even though you may not have all the answers, you’re plunging ahead. You have visions, plans and good habits to get you there.

Opportunities appear. People get drawn to you often without even understanding why – you just have that inner something. Many of them will give you money: as clients, benefactors, sponsors and supporters.

Yes, this energy attracts money.

What could be better!!

## ARE YOU READY?

- ▶ Discover how to connect to what matters to you and transform it into business, jobs and projects that you love & make you feel passionate and prosperous
- ▶ Identify your real purpose and what is meaningful for you
- ▶ Re-structure your relationship with time and energy
- ▶ Get the support and community you need to create and maintain a fired-up life, business, and sense of contribution

**Let's start now to fire you up!**

**Click here to register for a time for us to have a FREE 30-minute chat about your specific situation.**

**There is no cost, just help.**

**REGISTER HERE FOR A CALL WITH ME TODAY!!**

## DOES IT WORK?



### **Found a new life and career path**

*I had been dissatisfied with my acupuncture practice for a while, but just couldn't figure out what I needed to do until I started this program. The Core Essence™ really helped me understand my energy is more free-spirited, I love to travel, and don't thrive with routine.*

*Then with the help of the coaching & masterminds, I attracted an amazing opportunity with a luxury cruise liner that was a perfect fit and spent close to the next year traveling and providing the passengers with great acupuncture! (Until Covid.) I feel confident none of this would have happened without Mary Lyn and the Fired Up masterminds.*

- Cynthia Nobriga, Acupuncturist



### **This has had a lifetime effect**

*When I went through the Core Essence™ process, I really connected to being a "cause driven" person. Because of the strong support group aspect, they helped me run for office – and I won! But this process also helped me develop a successful consulting business, become a published poet, writing coach and more. What makes this unique is that it's not about finding the 1 thing you can do, but connects you to all your dimensions that give you joy and meaning, and how you can activate them in different ways throughout your life.*

PS: Vanessa got so much that today she is also a Fired Up Mentor and Group Facilitator

- Vanessa Poster

VIP Consulting, Writing Coach and Elected Board Member,  
Beach Cities Health District