

THE SUCCESS - ENERGY EQUATION

SUCCESS - ENERGY EQUATION

@cederbergspeaks

HOW TO REGAIN FOCUS,
RECHARGE YOUR LIFE
+ REALLY GET SH!T DONE

michellecederberg.com

THE DREAM(gaining skill + knowledge) x hard work =

daily effort (- distractions) + P² (focus) - sleep

$\forall x \forall y [p(x,y)] \rightarrow \exists x [p(x,y)]$ $\operatorname{arccsch}(z) = \ln(1 + \sqrt{1+z^2})/z$ $a^b = 2ab + b^2 = (a+b)^2$

(NO ENERGY <sup>(fast food
(+ not exercising)</sup>) x (DAYS SPENT IN
(+ PATIENCE <sup>(caffeine
(+ anxiety meds)</sup>) SELF-DOUBT) = STOP

an injection of confidence from watching someone else fall on their face

$\sim \forall x \forall y [p(x,y)] \equiv \exists x [y \neg p(x,y)]$ $\sinh(x) = (e^x - e^{-x})/2$ $\operatorname{arccoth}(z) = 1/2 \ln((z+1)/(z-1))$ $\log_n m = \frac{\log m}{\log n}$

$\coth^2(x) - \operatorname{csch}^2(x) = 1$ $\tanh(x) = \sinh(x)/\cosh(x) = (e^x - e^{-x})/(e^x + e^{-x})$
a reminder to quit comparing your journey with everyone else's = **RENEWED BELIEF THAT YOU CAN!!!** x (a few days of progress) +



$\tan(iz)$ **boss** $x^2 - a^2 = (x+a)(x-a)$ distractions ^(whining, complaining, over thinking)

+ roadblocks from your **business partner** + a drop in motivation **client** $\lim_{h \rightarrow 0} \frac{f(x_0+h) - f(x_0)}{h}$


$\operatorname{csch}(x) = (e^x - e^{-x})/2$ $a_n = a_1 r^{n-1}$ $\cos(-x) = \cos(x)$
binge-watching Netflix
+ wine from the bottle = (**RECOMMITMENT TO THE DREAM**)
+ sleeping it off = (fear about the current economy/weather/government)

$(a \times b)^n = a^n \times b^n$ nagging
an opportunity to rethink your goals nagging
 $\coth(z) = i \cot(iz)$ $\sinh(z) = i \sin(iz)$ nagging
 $\cos \frac{A}{2} = \pm \sqrt{\frac{1 + \cos A}{2}}$

+ support from loved ones + nagging from same loved ones
 $a_n = \frac{1}{a_1 + (n-1)d}$ nagging
 $S_n = \frac{a_1 - a_1 r^n}{1-r}$ $\vec{u} + \vec{v} = \vec{v} + \vec{u}$

(optimism
vision
long hours
setbacks
resilience
+ fear) $y_{i+1} = y_i + x_n(b - a y_i)$ + self doubt - holidays -  or 

too much other stuff to do $x^2 - 2ax + a^2 = (x-a)^2$ - sleeping in - leaving work at work -

$x_{n+1} = (x_n/2)(3 - ax_n^2)$ $y_{i+1} = y_i + (x_n/2)(a - y_i^2)$ 

$\sim \forall x [p(x)] \equiv \exists x [\sim p(x)]$ $y_{i+1} = y_i + x_n(b - a y_i)$

SUCCESS WTF!?

WHAT WE WANT

WHAT IT IS

S U C C E S S

**WE DO THIS
NOT BECAUSE
IT IS EASY,**

**BUT BECAUSE
WE THOUGHT
IT WOULD BE EASY**

THE DREAM(gaining skill + knowledge) x hard work =

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$$\forall x \forall y [p(x,y)] \equiv \exists x \exists y [\sim p(x,y)] \quad \operatorname{arccsch}(z) = \ln(1 + \sqrt{1+z^2})/z \quad a^b = 2ab + b^2 = (a+b)^2$$

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+ wine from the bottle = (RECOMMITMENT TO THE DREAM) =

+ sleeping it off $(a \times b)^n = a^n \times b^n$ nagging $\cos \frac{A}{2} = \pm \sqrt{\frac{1 + \cos A}{2}}$

+ support from loved ones $\coth(z) = i \cot(iz)$ $\sinh(z) = i \sin(iz)$ nagging $a_n = \frac{1}{a_1 + (n-1)d}$ $S_n = \frac{a_1 - a_1 r^n}{1-r}$ $\vec{u} + \vec{v} = \vec{v} + \vec{u}$

(optimism vision long hours setbacks resilience + fear) $y_{i+1} = y_i + x_n(b - a y_i)$ + self doubt - holidays - $x^2 - 2ax + a^2 = (x-a)^2$ or  

too much other stuff to do $x_{n+1} = (x_n/2)(3 - ax_n^2)$ - sleeping in - leaving work at work - $y_{i+1} = y_i + (x_n/2)(a - y_i^2)$

- health + more self doubt - energy (HOPE) (DEEP DOWN BELIEF)

$\forall x [p(x)] \equiv \exists x [\sim p(x)]$ $y_{i+1} = y_i + x_n(b - a y_i)$

SUCCESS WTF!?

(S)UCCESS =

GOALS

Setting clear,
exciting goals...

(G)

SUCCESS ENERGY (E)

Raised to the
**power of
awesome** by
the energy within!

$$S = G \times f(B,D)^E$$

(B)

BELIEF

The belief you have in
yourself regarding those goals,

DISCIPLINE

(D)

and the discipline you
have to do the freakin' work.





GOALS





THE DREAM

x

HARD WORK

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BELIEF

WHAT YOU THINK
AFFECTS THE ACTION
YOU WILL TAKE

WHO ARE WE KIDDING?

WE CAN'T DO IT

IT'LL TAKE TOO MUCH TIME

NO EXPERIENCE

THE SYSTEM IS BROKEN

NO BUDGET

IT'S TOO HARD

WHY BOTHER?

WE DON'T HAVE THE RESOURCES

TOO OLD

NOT OLD ENOUGH

I'M NOT STRONG ENOUGH

IT SCARES ME NO GOOD

NO ONE WILL TAKE
ME SERIOUSLY

NOT ENOUGH EDUCATION





COMFORT
ZONE

GOAL
CRUSHING
ZONE





KEEP YOUR EYES ON THE HORIZON

SUCCESS AHEAD

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Cederberg**
speaker • coach • consultant

OWN YOUR AWESOME

A woman with dark, curly hair, wearing a yellow polo shirt, is smiling and pointing her right index finger upwards. She has a tattoo on her right forearm. The background is a plain, light gray.

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Cederberg**
speaker • coach • consultant

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DISCIPLINE

A woman with dark hair, wearing a pink short-sleeved top, is sitting at a white desk. She is holding a pen and writing on a notepad. On the desk, there is also a tablet and another notepad. In the background, there is a dark metal shelving unit with various potted plants and books. To the right, there is a white window frame with vertical bars.

**YOU DO THE WORK,
EVEN WHEN YOU
DON'T WANT TO,
BECAUSE YOU
KNOW THE RESULTS
IT WILL BRING.**

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Cederberg**
speaker • coach • consultant



DISCIPLINE

WHAT DO YOU WANT THAT YOU'RE NOT GETTING?

(S)UCCESS =



SUCCESS ENERGY

(E)

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REALITY



SUCCESS - ENERGY

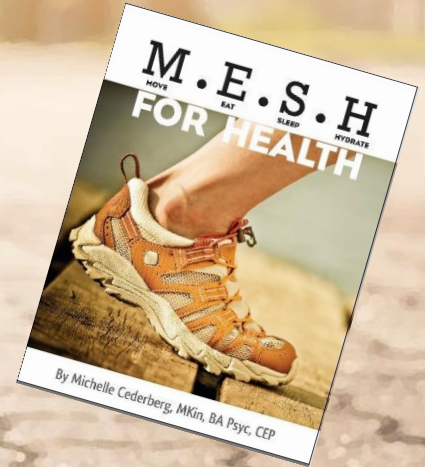


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TAKE CARE OF YOUR ENGINE

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BREAK BETTER!



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GET BY WITH A LITTLE HELP FROM YOUR FRIENDS

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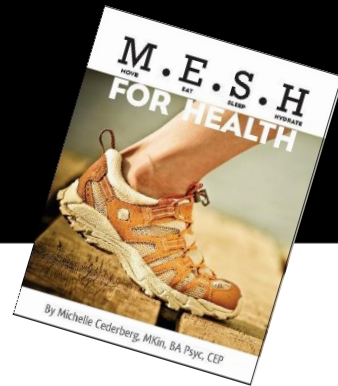


EXPRESS APPRECIATION

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 fear about the current economy/weather/government)

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 nagging
 nagging
 nagging
 nagging
 $S_n = \frac{a_1 - a_1 r^n}{1 - r}$
 $\vec{u} + \vec{v} = \vec{v} + \vec{u}$
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 $y_{i+1} = y_i + x_n(b - a y_i)$
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  or 

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 vision
 long hours
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 too much **other** stuff to do
 $x_{n+1} = (x_n/2)(3 - ax_n^2)$
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 - sleeping in - leaving work at work -

- health + more self doubt - energy (HOPE) (DEEP DOWN BELIEF)

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SUCCESS WTF!?

(DEEP DOWN BELIEF)

$$\sim \forall x [p(x)] \equiv \exists x [\sim p(x)]$$

THE DREAM x HARD WORK

(
optimism
vision
long hours
setbacks
resilience
+ fear
too much **other** stuff to do



or



$$y_{i+1} = y_i + x_n(b - a y_i)$$

(
NO ENERGY (fast food
+ not exercising)
- caffeine
- anxiety meds)



(
RECOMMITMENT TO THE D
fear about the current economy/weather/c




- health + more self doubt - energy

IGNITE YOUR DRIVE



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(S)UCCESS =

GOALS

DECIDE WHAT
YOU WANT

(G)

SUCCESS ENERGY

(E)

DON'T FORGET
TO TAKE CARE
OF THE ENGINE
THAT DRIVES
YOUR MISSION

$$S = G \times f(B, D)^E$$

(B)

BELIEF

TRUST THAT YOU CAN

DISCIPLINE

(D)

DO THE FREAKIN' WORK

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