

The E-Factor

Progressive Synergy Coaching & Consulting Group

Volume 1

Mastering Your Life

What is a master?



Each of us can do many things well, there is really only one thing that we can truly master, and ironically, while it takes a lot of effort to become a master in what you do, there is no real effort necessary in the thing we can truly master, which is *being who we are*.

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It is someone who resonates with success. It's a person whose mindset automatically attracts the right people, places, events, and opportunities, and it's the same mindset that allows a person to jump over all of those opportunities with gusto, and without fear or hesitation.

Each of us has a very unique makeup. That makeup, at its core, is perfect, and when we tap into our true core, our real gift to the world is revealed. When you share your true gift with the world, you can be considered a Self-Master.

Welcome



Welcome to the E-Factor newsletter. This newsletter is an educational tool to help you get the most from your Energy Leadership assessment and your coaching program.

The "E" in E-Factor represents energy-the energy of success. I hope that by reading these newsletters, the success I'm talking about will be your success.

Sincerely,

Belda R. Villalon

Founder & CEO



Progressive Synergy
Coaching & Consulting Group

Self-Mastery

Three Key Parts

Self-Mastery is made up of 3 parts:

1. Understanding that each of us has a unique gift offering to the world, and that such an offering comes when we are truly authentic.
2. Discovering (remembering) what exactly is our truly authentic self.
3. Sharing who we are with the world, in a way that only we can.

It's not *what* you do that matters, nor as much *how* you do it.

Mastery is about knowing *who* you really are, and how you express that in what you do.

So instead of trying to better yourself to finally be at a place of deservedness, why not relax, and instead look within to find that which you were really seeking?

Self-Mastery means living an abundant, fulfilled, and enjoyable life. It means feeling in control without having to control anything or anyone. As a master, you are at the cause, instead of the effect of your life.

Self-Mastery means resonating in a high frequency of energy,

and attracting all we could ever want into our lives, and... with little or no effort.

In future issues, we'll look at many things that get in the way of discovering and sharing our true selves. One by one, we'll identify those obstacles, limitations, and challenges and reveal them for what they are... distractions that can be rendered powerless through awareness and Self-Mastery. We'll help you to transform and mold your world into all that you desire, to reveal your unlimited potential.

Progressive Synergy Coaching & Consulting Group

We are an organization dedicated to helping you or your organization achieve your desired goals, reach your full potential and maintain results that will last a life time and change your world. Visit our website at <http://www.progressivesynergyccg.com> for more information and follow us on Facebook at www.facebook.com/ProgressiveSynergyCCG/

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