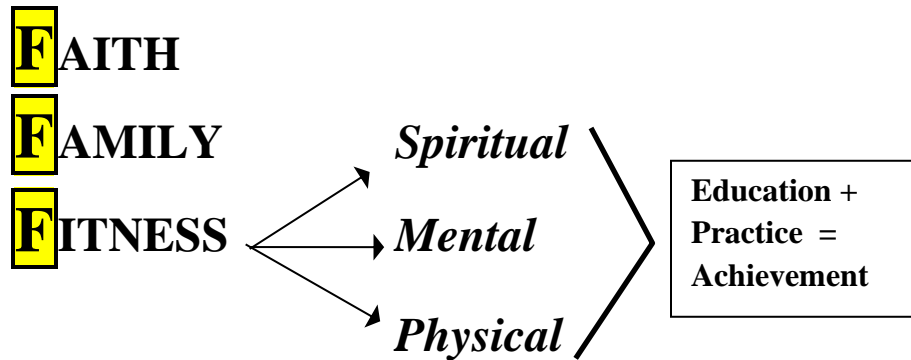


## THE 3F MODEL FOR SUCCESS



This model describes how success can be achieved by focusing on three key factors: Faith, Family, and Fitness, specifically in that order.

**Faith** means putting God first in all that you do. If a person is capable of putting God first, everything else will take care of itself. But putting God first is a very difficult endeavor for most human beings. Putting God first does not only entail following the Ten Commandments and praising Him on a regular basis, but most importantly it means finding God's presence in every person we come in contact with each day.

**Family** means blood relation but can also extend beyond that to non-related friends and loved ones. In most cases it will mean tending to the needs of your parents, siblings, and children. These are the people that are going to be there for you when you need help - that is what family is all about, i.e., taking care of one another. Family should come right behind Faith.

**Fitness** means healthy. It is split into three components; *spiritual fitness, mental fitness, and physical fitness*. Each of these components require two key elements in order to achieve fitness: education and practice. In other words, without learning about how to be fit and then practicing what you have learned, you will never achieve fitness. (**Education + Practice = Achievement**) This formula must be followed in all three components (spiritually, mentally, and physically) in order to reach ultimate happiness and success. Failure to reach fitness in any one component will significantly lessen your success and happiness.