



DEREK DEPREY

What I Developed from Reading 75 Articles A Week

During my first years learning to grow, I read countless books and articles. I attended seminars across the country. I got involved in online communities and forums and talked to other experts in the industry to gain more knowledge and insight. When juxtaposing the various "success" formulas to compare and contrast their core principles for success, I began noticing the different variables between them. Some of them were very simple; others were quite complex and difficult for the average person to understand. All of this research from other scholars in the field led to me to discover one major thing—the formulas for success narrow down to just a few very simple concepts. Realizing that all of these formulas boiled down to a few simple fundamental concepts, I immediately got to work and began developing my formula for growth, which is now formally known as APE (Attitude + Passion + Execution = Growth).

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"Attitude + Passion + Execution = Growth." @derekdeprey #movetogrow

The concept of Attitude, Passion, Execution is a powerful tool for growth if it's utilized correctly. APE is a vehicle or process to grow. It's all about having the right attitude, finding your passions, and executing the necessary actions to move forward in life. If you can successfully utilize the APE formula, there is no doubt that you're knocking at the gates of success. Once this formula is implemented into your daily life, I can assure you that you will notice big changes. As long as you remain positive, positive things will happen. You will find yourself much happier throughout the day as you exercise positive thinking. You will find yourself being much more efficient with your time when you learn to successfully prioritize what is important in your life. And finally -- you will find that it becomes easier and easier to execute the proper moves that are going to take you places in life and push you forward. Over the years, I've taught thousands of people this simple formula and I've seen it work miracles, not just in my life, but in the lives of those that I've taught.

ACTION



Don't just think about what could be. Start living your passions daily by utilizing the "Go APE, Grow Results" worksheet for the next 7 days.

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Checkout some highlights of Derek's #movetogrow workshop...



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Name _____ **Go APE, Grow Results** Date _____

Don't just think about what could be.

Start living your passions daily by utilizing the "Go APE, Grow Results" worksheet for the next 7 days.

Attitude – Makes or breaks you...the foundation of growth

What positive attitude material will I read/watch/listen to/think about today for 10 minutes?

What:

When:

Where:

Who is on my gratitude or compliment list today, why are they on it and how will I thank them (face-to-face, hand note, email, text, social media post, phone call, etc.)?

Who:

Why:

Medium:

Who:

Why:

Medium:

Who:

Why:

Medium:

Passion – Points you in the right direction...dream-setting

What are my top 3 passions? Write them down every day and think about them.

- 1.
- 2.
- 3.

Execution – Actions that move you to purposeful results...dream-getting

Schedule three 15-90 minute YOUzones every day to execute or work on your passions. A YOUzone is an uninterrupted meeting that you schedule with yourself.

Passion:

Action:

When:

Where:

Passion:

Action:

When:

Where:

Passion:

Action:

When:

Where:

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Attitude – Makes or breaks you...the foundation of growth

What positive attitude material will I read/watch/listen to/think about today for 10 minutes?

What: Success Magazine CD When: 5:00AM

Where: Driving In Car

Who is on my gratitude or compliment list today, why are they on it and how will I thank them (face-to-face, hand note, email, text, social media post, phone call, etc.)?

Who: Deb

Why: Her amazing attention to detail

Medium: Hand Note

Who: Ed

Why: His great work ethic

Medium: Text

Who: Mary

Why: Her love for children

Medium: Face-to-Face

Passion – Points you in the right direction... dream-setting

What are my top 3 passions? Write them down every day and think about them.

1. Personal Growth

2. Wellness

3. Relationships

Execution – Actions that move you to purposeful results... dream-getting

Schedule three 15-90 minute YOUzones every day to execute or work on your passions. A YOUzone is an uninterrupted meeting that you schedule with yourself.

Passion: Personal Growth

Action: Read Chapter 1 of Becoming Person of Influence

When: 8:30-9:15PM

Where: Home

Passion: Wellness

Action: Swim and Yoga

When: 12:00-1:30PM

Where: Health Club

Passion: Relationships

Action: Attend Rotary Event and Meet 3 New People

When: 7:30-8:30AM

Where: Downtown

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