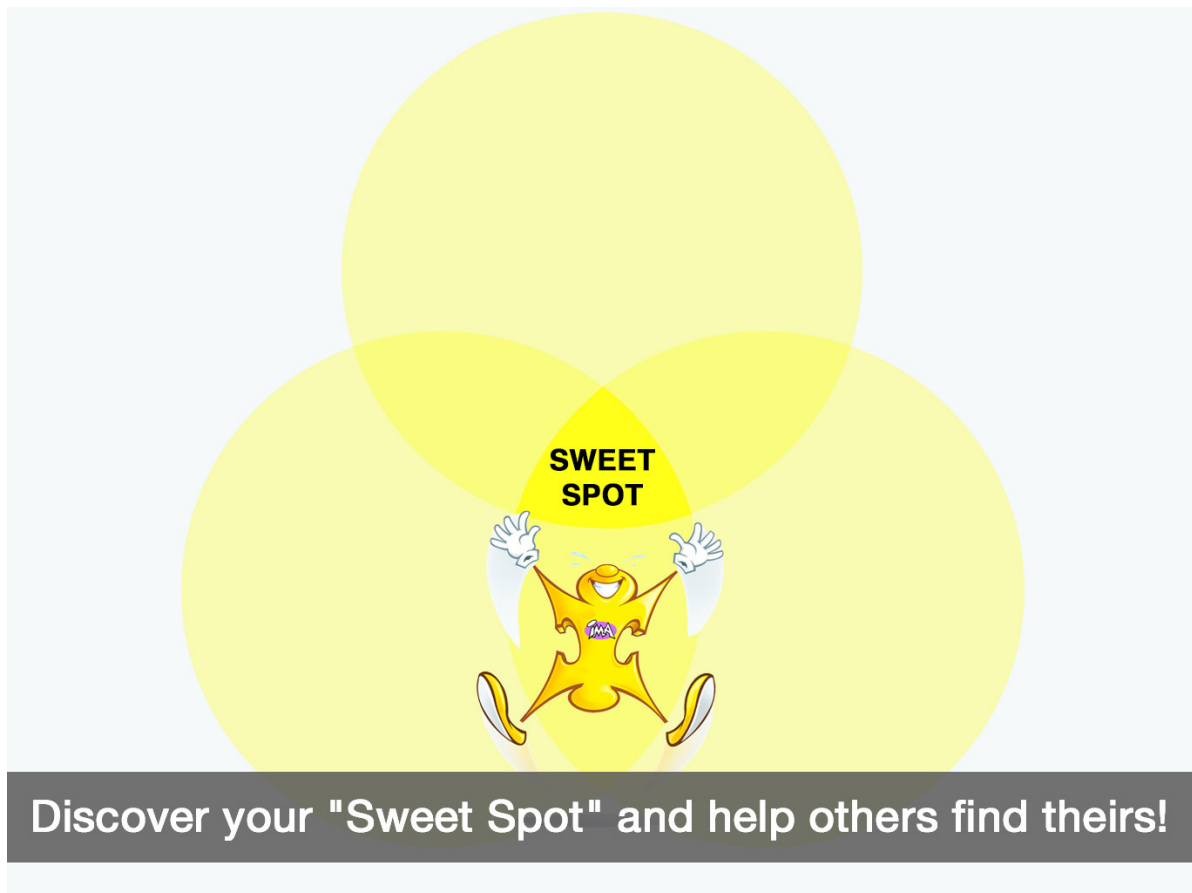


# Your Biggest **Rewards in Life**

Will come when you spend the vast majority of your time focusing on the things that you are naturally good at Your "High Yellow Sweet Spot."



When you are in your Sweet Spot you do things effortlessly without a lot of study or preparation. Things that 75% of the worlds population find difficult, often marvelling at your ability and not being able to come close to matching it.

For many High Yellows the discovery process can take years and some never find their Sweet Spot.

Consequently their lives are less fulfilling. They tend to struggle, because they spend most of their time in jobs or businesses not suited to their strengths.

When you focus the majority of your time to work on cultivating your Sweet Spot, it will give you energy, keep you excited, create opportunities and empower you to produce extraordinary results.

## Combination Reaction

Science teaches us that when we combine 2 or more elements that the reaction forms a single compound (product).

Thus Hydrogen and oxygen both gases (H<sub>2</sub>O) combine to form a liquid and carbon dioxide is CO<sub>2</sub>.

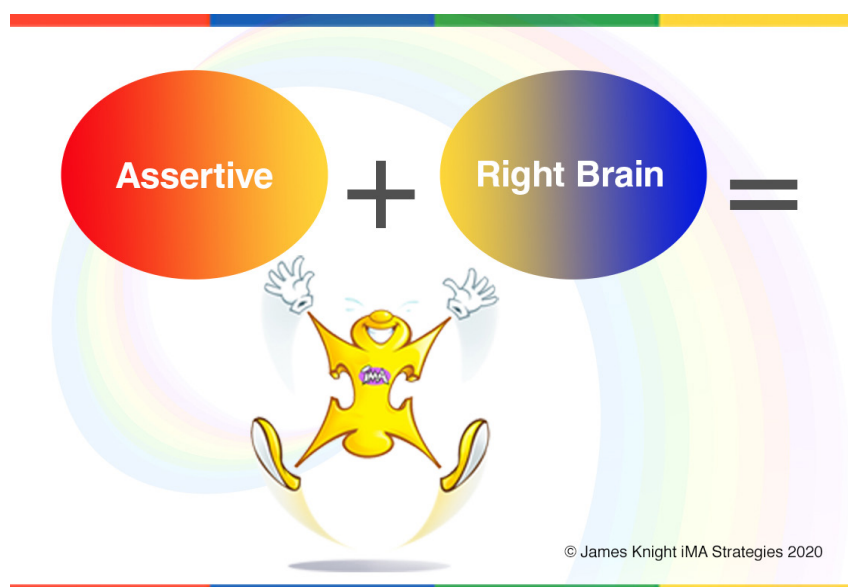


Combination reactions happen in the world around us not just in the lab. Every time we put furniture together or combine ingredients in the kitchen to make something delicious. When we put individual components together we can make something more complex and more exciting.

## The two elements that when combined make a High Yellow

The first element of observable behaviour is that you are a right brain thinking person that is ready and willing to share and show your feelings and are open to having others share and show their feelings with you. Your primary focus is on dreams, visions and concepts.

The second element of observable behaviour is that you are assertive and prefer to approach risk, change and make decisions quickly.



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**When those 2 elements are combined an outgoing enthusiastic High Yellow is the result that most of the time in most situations:**

- Is flexible and adapts to other people's needs.
- Interacts and gets along with many types of people.
- Is quick to adapt to new ideas and approaches.
- Likes to entertain and find humour in situations.
- Is tactful in expressing criticism.
- Is animated and enthusiastic.
- Creates positive expectancy in others.
- Tends to see both sides of an argument.
- Is a “now person” who goes with the flow and takes things as they come.
- Likes to figure out and arrange how pieces and resources.
- Is a good conversationalist and finds it easy to put your thoughts into words.
- Latches on to dreams that are too big to let go.
- Is a possibility thinker and looks for the links between all things.
- Inspires others with their vision of the future.
- Comes up with ideas, promotes the ideas, and gets others excited about their ideas.
- Is positive, outgoing and enthusiastic.

## How to use Combination Reaction to Realise Your Sweet Spot

### Element 1: You need to do something you love.

Ask yourself “Am I working for money”, or “Am I working for what I love”? High Yellows that have found their Sweet Spot will answer... “Both!” They have discovered an idea or line of work that sets them on fire, something so big that they can't let go. It is something that they cannot not do. High Yellows that have found their Sweet Spot answer “Yes!” to most of the following questions.

Does the activity or work that I am currently doing.....

- Make me feel good about myself?
- When I'm doing it do I lose all track of time?
- Where I can't keep my mind from thinking about it?
- Do I talk about it to anyone who will listen?
- Does it make me want to get out of bed in the morning?
- Does my work not feel like work?
- Does it make me feel alive?

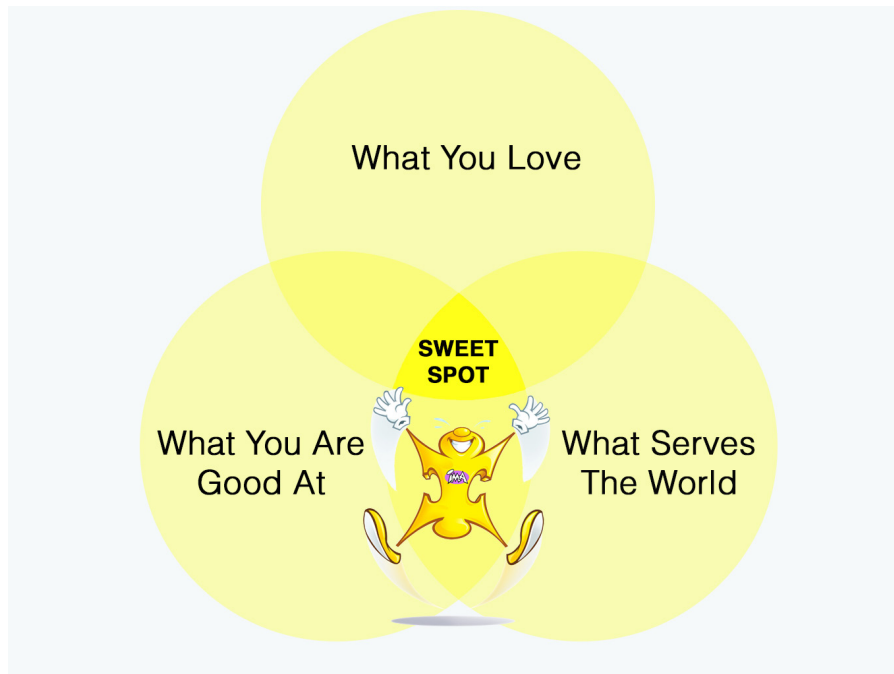
If you are stuck in a job that you don't enjoy don't go to your grave with your music left in you!

When you have found your Sweet Spot you are engaged in a creative unfolding that is something larger than yourself. Your whole being is involved in something that you love.

## Element 2 : You need to do something you are naturally good at.

High Yellows like yourself find out how good you can be when you are working with people who appreciate your flair for fun and creativity in a stimulating and interactive enthusiastic environment. You have natural persuasive skills that help influence others and build alliances to accomplish results. Be and do better by doing a lot with what you do best.

[Click here](#) to listen and learn about your High Yellow areas of brilliance.



## Element 3: You need to do something to help make the world a better place

### Create Your Future - Create Something New

Look for problems that matter to you and to the world something that you feel passionate about.

Ask yourself “What’s happening now? How would I like to change it?” Once you have identified a problem that resonates with you, the next step is to list the probable causes of the problem.

Ask yourself “How can I make it better?” and search for possible solutions. Select the best possible solution one that will fill a need and provide value to others.

The more that you invest your time, energy, ambition and courage into finding the best possible solution the more you will develop an expertise in the principles, fundamentals and concepts involved.

Your solution will start with an idea, a spark.

You will be continually be on the outlook for ways to make it better, receive positive reinforcement from others, and with continuous application, it will become a part of you.

## High Yellows get what they focus on

If you haven't already found it. Focus on finding your "Sweet Spot" and helping others find theirs.

This is the place where you should spend your life, one where you were meant to live and when you do it will fill you with joy and make you feel alive.

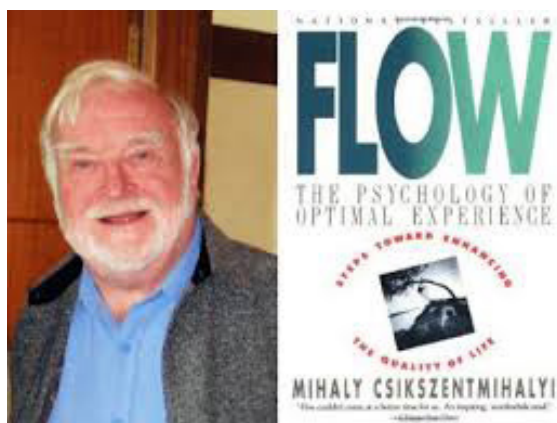
Go as far as you can see and when you get there you will see farther.

You will soon have a clear vision and understanding of your purpose in life, you will become fully immersed in a feeling of energised focus, that's where you will discover "Flow."

## What is Flow?

High Yellows that discover their Sweet Spot are constantly in the state of flow where they feel that they are engaged in a creative unfolding of something larger; athletes call it "being in the zone," mystics have described it as "ecstasy," and artists term it "rapture." You may recognize your own flow experiences as being those that simply make time stand still.

Mihaly Csikszentmihalyi (pronounced "Me-hi Chicksent-me-hee") calls Flow: The Psychology of Optimal Experience.



Flow is the optimal state of being totally immersed in doing activities that you love, are naturally good at and where you are of service to others.

- It is the pathway to greater meaning and happiness.
- You are the most Positive, Energised, and Aligned to the task at hand.
- You reach your Peak Performance
- Everything seems easier