

# RELENTLESS SUCCESS

9-Point System for Major  
League Achievement

Audiobook Companion  
Action Plan & Exercises

TODD  
STOTTLEMYRE

 *Made for Success*  
**PUBLISHING**

Made for Success Publishing  
P.O. Box 1775  
Issaquah, WA 98027

Copyright © 2017 Todd Stottlemyre Inc. All rights reserved.

No part of this book may be reproduced in any manner  
without the express written consent of the author, except in  
cases of brief excerpts in critical reviews and articles.

Library of Congress Cataloging-in-Publication data

Stottlemyre, Todd,  
    Relentless Success:: 9-Point System for Major League Achievement  
p. cm.  
Print ISBN: 978-1-61339-887-6  
LCCN: 2017905990

To contact the author or publisher please email  
[service@MadeforSuccess.net](mailto:service@MadeforSuccess.net) or call +1 425 657 0300.  
Made for Success Publishing is an imprint of Made for Success, inc.  
Printed in the United States of America

## CHAPTER 1

# STEP 1: SETTING GOALS

The next step is to make your plan and write your goals down on paper. Writing your goals begins to give them life. It has been proven that people who write down their goals have a much higher chance of success than the people who don't. I have lived by this philosophy my entire life.

## Action Plan

Write out up to 3 of your top goals in each of the 8 main categories of life.

	Goal One	Goal Two	Goal Three
<b>Business / Career</b>			
<b>Family</b>			
<b>Financial</b>			
<b>Health / Fitness</b>			
<b>Lifestyle</b>			
<b>Personal Development</b>			
<b>Relationships</b>			
<b>Spiritual</b>			
<b>Other</b>			

## Top Goals

Now go through your goals and pick 3 to 5 that will make the biggest impact in your life by achieving them this year.

<b>My Top Goals</b>		
<b>Category</b>	<b>Goal</b>	<b>Reason</b>

Congratulations, you have taken the first step to achieving Peak Performance and Living World Class!

## CHAPTER 2

# STEP 2: NEW BEHAVIORS

Let's put this into action! Grab your top 3 goals that you discovered in the last chapter, and list three long-term new behaviors that will get you to each goal. The healthy lifestyle example we used would look like this:

<b>Goal 1 – Live a Healthy Lifestyle</b>			
	<b>New Behavior 1</b>	<b>New Behavior 2</b>	<b>New Behavior 3</b>
<b>Long-Term</b>	<b>Become a morning person</b>	<b>Eat 3 full healthy meals a day</b>	<b>Exercise 3 days a week</b>
<b>First Step</b>	<b>Get out of bed 15 minutes earlier</b>	<b>Eat breakfast (*doesn't have to be healthy yet*)</b>	<b>Park in the furthest spot away from every building I go in.</b>

<b>Goal 1</b>			
	<b>New Behavior 1</b>	<b>New Behavior 2</b>	<b>New Behavior 3</b>
<b>Long-Term</b>			
<b>First Step</b>			

<b>Goal 2</b>			
	<b>New Behavior 1</b>	<b>New Behavior 2</b>	<b>New Behavior 3</b>
<b>Long-Term</b>			
<b>First Step</b>			

<b>Goal 3</b>			
	<b>New Behavior 1</b>	<b>New Behavior 2</b>	<b>New Behavior 3</b>
<b>Long-Term</b>			
<b>First Step</b>			



## CHAPTER 3

# STEP 3: THE WHY

Take some time to brainstorm possible sources of your “Why” from the categories mentioned.

<b>My “Why” Brainstorm</b>				
<b>Category</b>	<b>People Who Have Shaped My Identity</b>	<b>Events That Have Shaped Me</b>	<b>Lives My Success Will Impact</b>	<b>Other</b>
<b>Brainstorm</b>				
<b>The “Why”</b>				
<b>Brainstorm</b>				
<b>The “Why”</b>				
<b>Brainstorm</b>				
<b>The “Why”</b>				

Now that you’ve brainstormed through a few potential sources of your “Why,” try to articulate it in 1 or 2 sentences. It’s ok if you have more than 1 at this stage.

<b>My “Why” Statement</b>	
<b>1.</b>	
<b>2.</b>	
<b>3.</b>	

Narrowing down and being able to articulate your “Why” becomes the driving force behind everything you do; it gives you direction and purpose.

## CHAPTER 7

# STEP 7 – WORKING PARTNERS

### **Exercise**

Who are the people in your life whose influence you deeply value? Who do you need to be more intentional with to establish a clearly defined working partnership? Who in your life is already a working partner and how has that helped you? Who are people you imagine you would work well with, that you want to reach out to and start forming a working partnership? Take some time to critically analyze your current or desired working partnerships in the tables below.

## Reciprocal Working Partners

Name	Relationship	Shared Vision	Action Steps Towards Success
<b>Ex: Dave Stewart</b>	<b>Teammate / Mentor</b>	<b>Be World Class MLB Pitchers</b>	<b>Daily Training Together / Friendship / Accountability</b>

## One-Sided Working Partners

It is great if your one-sided partnerships are real people you get to work with directly (such as coaches, teachers, mentors) but these could also be books, seminars, or other inaccessible people you hope to learn from.

<b>Name</b>	<b>Relationship</b>	<b>What You Hope to Learn</b>	<b>How You Will Learn</b>
<b>Ex: Harvey Dorfman</b>	<b>Mental Skills Coach</b>	<b>Stay In Control On The Field</b>	<b>12-hour One-on- One Session with Follow-up</b>

## CHAPTER 9

# STEP 9 - WORK IT AND LIVE IT!

As we conclude this book you must take a step back and look at all that you have discovered about yourself through these exercises and lessons:

What is your goal?

What are your new behaviors?

What is your “why?”

What sacrifices need to be made?

What enemies need to be taken down?

Have you decided to succeed?

Who are your working partners?

Is the quit option off the table?

Are you ready to work and live your success?

With these tools up your sleeve and a clear understanding of what season you are entering, it is time to get to work. The time is now! As I said at the very beginning of this book, I am extremely passionate about taking immediate action. My commitment to relentlessly pursuing success by taking immediate action saved my life and opened more opportunities than I could have ever dreamed. It is time to start pursuing your goals and your dreams. It is time to start living world class. It is time to become a peak performer. It is time to find relentless success!





## ABOUT THE AUTHOR

Todd Stottlemyre, former right-handed starting pitcher in Major League Baseball, played 15 seasons for the Toronto Blue Jays, Oakland Athletics, St. Louis Cardinals, Texas Rangers and Arizona Diamondbacks.

Standing on the pitcher's mound during the National League Championship Series; it was the first inning with one out. Runners were on first and third when the premier power hitter of the year walked up to the plate. The walls of the stadium began closing in on the young pitcher. He took a deep breath and remembered the words of his performance coach, "Trust the system, Todd. Just trust the system."

Years later and after earning three World Series rings, he is now staring down investment bankers at an elite Wall Street firm. Suddenly, he's back in the spotlight but this time he's swimming with the sharks of Wall Street. The familiar walls are closing in and his saving grace once again is to fall back on his trusted system for achieving monumental success.

The achievement system in this book, influenced by

elite performance coaches, will even out the playing field in your pursuit of excellence.

In *Relentless Success*, Todd reflects on growing up in Yankee Stadium with Mickey Mantle and how these legends shaped his life. By exploring these life lessons along with Todd's 9-point success system, this book will equip you to approach major league results.

To connect with Todd go to: [ToddStottlemyre.com](http://ToddStottlemyre.com)