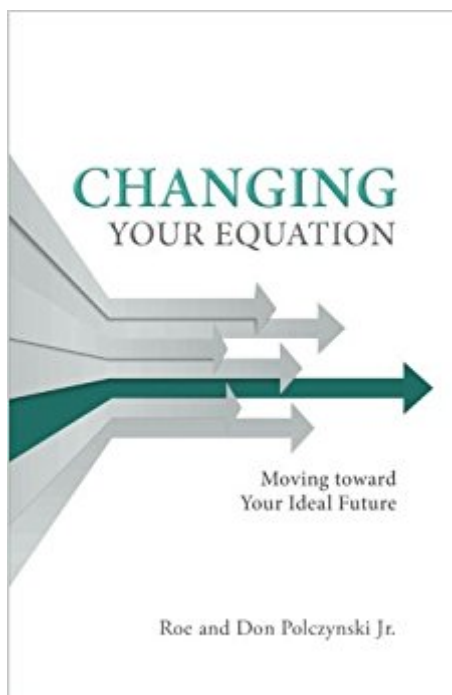


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# Changing Your Equation



## Synopsis

Roe and Don Polczynski Jr. worked hard and gave back to others, but after years of struggling, they were asking the same question: When do we reach our goals? They realized they must alter their vision of their ideal future or alter themselves. They could stay on their current path and accept that they would not achieve their goals or find some way to obtain what they wanted. In taking ownership of their lives, they achieved what previously seemed beyond reach. In this leadership guide, they focus on how to: - determine what you really want to accomplish; - find others who can help you get to where you want to go; - identify those who are holding you back; and - learn new skills that will help you achieve your dreams. Worksheets, illustrations and tools at the end of each chapter lead you to a better awareness of how different components in your life affect your situation. There is no reason any person, including yourself, should live without hope. Find the path that leads to your ideal future with the life lessons in Changing Your Equation.

## Book Information

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## Customer Reviews

**Clarion Review**A positive motivational tone, combined with expert advice and useful tools, makes Changing Your Equation an excellent book. Roe and Don Polczynski's Changing Your Equation is a smart, action-oriented guide to self-assessment and self-leadership. After a heart-to-heart discussion, the Polczynski's decided that they needed to change their life's direction if they were to achieve their goals. This epiphany resulted in Changing Your Equation, which explains how to take control of one's life by becoming an accountable leader

and building an "ideal future." This leadership concept, based on the authors' personal experiences and their combined business management expertise, offers a sensible, positive approach to self-improvement. *Changing Your Equation* is divided into three sections: "Life Elements," "The Realities," and "Change Agents." Each section contains relatively short chapters that walk through topics in clear, concise language. "Life Elements," for example, covers relationships, values and ethics, education and lifelong learning, finances, and career. Each chapter closes with an engaging and encouraging exercise; the chapter on finances, for example, includes a "personal balance sheet" and a "personal budget template" to be completed in order to facilitate better personal financial planning. The section "The Realities" presents a deep dive into one's personality and interactions with others. The counsel here is wise, simply stated, and at times blunt: "Speak less. Ask more. Listen carefully." This section offers valid insight into how to develop positive attitudes about self-leadership. "Change Agents" is the most intriguing section of the book. Here, the authors concentrate on elements that can truly move an individual forward. The chapter "Brand Your Future," for instance, covers a topic not often addressed in self-improvement books: one's personal brand, which includes physical appearance, personal presentation, verbal communication, and correspondence skills. Another chapter, "Climb the Belief Ladder to Find Your Sense of Purpose," uses a very effective metaphorical ladder to identify and describe belief "rungs" that can act as change agents. Each of the chapters in this final section is accompanied by anecdotes from either Roe or Don about their own experiences, a nice touch that personalizes the content. The three sections of the book build, one upon the other, into a single strong, cohesive message about self leadership. The Polczynski's offer specific strategies, as well as meaningful exercises and relevant stories, throughout the book. They realistically assign responsibility for one's "ideal future" to each individual but exhort the person to act: "Changing your equation comes down to not only finding the joy, meaning, and purpose in your life but also activating it and putting it into real action." It is this positive motivational tone, combined with expert advice and useful tools, that makes *Changing Your Equation* an excellent book.

**Kirkus Review** A debut guidebook offers advice on making fundamental life changes. In their work, the Polczynski's explore a concept everyone knows but few ever achieve: the "ideal future," which is not only a collection of hopes and aspirations, but also a mind frame of "living without regret and maximizing all the days of our lives." A refreshingly direct nuts-and-bolts approach is adopted, a model aimed at helping readers to change--with the first step being to assess their lives, the "life elements" that make up their day-to-day reality: finances, relationships, education, ethics, career fundamentals, and the like. The authors are attentive coaches at looking at all these separate

factors clearly, without letting wishful thinking cloud the picture. And once that portrait is clarified, the most important element of the book kicks in: "change agents," the moving factors, the aspects that a person can alter to achieve more. The authors use a variety of organizational aids--charts, worksheets, entrepreneurial tips--to help readers balance the variables in their personal equations, consistently laying the responsibility for doing this squarely on the individual rather than on any program or guru. "Only when you accept responsibility for your own changes," they write, "will you be empowered to reach your ideal future." The practical advice about, for instance, finances--stressing the difference between wants and needs, always a vital reminder to chronic overspenders--is uniformly on target and concisely presented. But the book's real strength lies in the clear force of its personal advice surrounding "change agents," counsel often expressed with a startling simplicity. "Say no to vengeance," the authors write, "and don't allow yourself to be helpless with self-pity." These insights combine very smoothly with tips on how to embrace your inner entrepreneur, regardless of how that creativity is expressed. A businesslike and savvy outline of how to cut through the confusion of present circumstances to forge a better future.

BlueInk Review  
Reviewed May 2017

In *Changing your Equation: Moving toward Your Ideal Future*, Roe and Don Polczynski, Jr. begin with a personal revelation: In order to achieve more of their life goals, they would have to change their path in life. While that realization isn't unique, the "energy from that epiphany was hard to contain," they write. Using that insight as fuel, the duo created the logical, insightful formula detailed in this book. The authors describe three broad factors readers need to consider to enable them to move toward their ideal future: life elements (relationships; values and ethics; education/lifelong learning; finances; career); realities (a realistic portrayal of their potential; a realistic understanding of others around them and what it truly means to be a leader); and change agents (becoming their own entrepreneurs; choosing between negativity or riding the tide of growth; following financial stepping stones, and so on). The Polczynski's guide readers through each of these factors and sub-factors, providing useful anecdotes and practical exercises. For example, in the "life elements" section, the authors suggest readers list the five people closest to them, presuming that their lives will continue to head in the direction they have been going. How positive or negative is this list? In the "realities" section, they help readers take an inner selfie. Through this process, readers "realistically determine how far the frontiers can be pushed and where the true boundaries lie." The last step, they note, is to "employ change agents that are designed to put your plans into action." The steps described are neither fast nor easy to complete, but wholehearted participation would almost certainly create momentum for positive, customized change. This is a compelling book, hampered only by the tiny size and quality of the diagrams and

other visual elements included, which are challenging to read. Readers who are committed to reaching life goals will find that this book provides an excellent step-by-step process.~ ~

Often, you might hear someone say "bucket list" or "life's to-do list," many years ago, we made the conscious choice to call it our "dream day list."~ ~ We actually schedule a dream day once a year, which we just sit and literally dream about our life.~ ~ No judgements are allowed, if it is something we hope for, dream about or even just want to try, it goes on the list.~ ~ From there we carry it forward to actual goals and time frames. During one dream day, when we were sitting on a favorite beach, in our conversation, we realized we weren't going to achieve everything on our own "dream day" list. We instantly knew there were two choices; change ourselves or change the list.~ ~ We didn't want to change the list so it came down to figuring out how we could change ourselves. Hmm.... Then, I (Roe) picked up on Don's thought that unless the factors changed, our life would always lead to the same result.~ ~ There was a cap to our earning potential.~ ~ There was a time limit our dreams and our future (as much as we want to, we can't live forever!).~ ~ From there, I realized that our lives were an equation.~ ~ Just like we learned back in grade school math, the result from our equations would not change until we changed the factors that made up the equation. So, we reduced a very broad idea of getting what we want out of life to a manageable equation that is built around universal principles that really apply to everyone.~ ~ We all have these principles "factors."~ ~ Once we determined the factors of this equation, we took another step forward and made each factor actionable.~ ~ Changing Your Equation, not only creates awareness of many issues, it creates actions needed to implement real change. Everyone deserves to live life to its fullest potential... everyone deserves to reach their own Ideal Future.~ ~ We truly hope our book will help!

This is a great book for anyone who wants to find ways to create and implement positive personal momentum in your personal and professional life, but isn't sure how to start. A quick and easy read, this book will empower you to truly 'change your equation!' My favorite part is the how: there are easy exercises that help you identify why you are struggling, and exactly what steps to take to implement positive change. It's well written by two very passionate authors, who share their personal experiences. I highly recommend this book!

Easy to understand and authors simply get you to thinking in a way that, with action, can produce profound results. I purchased for my Kindle; however, this is one of those books I want a hardcopy

on my shelf to review for my ever evolving goals. I will also be buying more copies to give to my adult children AND those that are stuck and/or want to achieve more results in their life. Especially appreciated the 'Realities' throughout and the 'Move into Action' sections at the end of the chapters! Not one of those books listing what you should do, but instead the authors get you to move towards defining and understanding what you need to do to meet your unique goals. Highly recommend!

Wow, what a great read. There are so many different leadership books out there that tell you how you should be living your life or how you're living it wrong, but this is truly a new take on personal leadership. They help you determine what kind of life you want to lead, what is attainable, and how you plan on getting there. Most importantly it is based on what YOU want most and all through their life equation. It even helps keep you accountable (something I always struggled with) through the exercises. I love how interactive it is, and helped me make my first budget! Roe and Don's stories are a bonus, I feel like I got to know them personally and it made the book more relatable (even for a young professionals like myself!) This book was recommended by a friend and I'm so grateful I took the time to read this great book!

I really enjoyed reading this book. The passion from Roe and Don are engaging. I think every reader will connect with different pieces in this book. Some will have already mastered some areas but they will find value as they continue through the pages. If you want to be the best you can be as a human, Changing Your Equation can give you a great guide to get there. If you are having struggles in your life and can't figure out how to get yourself on track, this is a MUST read. This book will help you realize why you are struggling and can direct you on the right path to recovery.

Changing Your Equation is a life-changer. The book not only provides its readers with powerful insights on how to improve their lives, it also gives very useful tools to determine what may be specifically holding someone back from reaching their goals. The reader will emerge with a full understanding of how to achieve true happiness. Roe and Don Polczynski have delivered a highly readable and enjoyable book filled with very practical strategies for people of all ages and in all stages of life. My husband and I both absolutely loved the warm and personable tone of the book. It is a must read! We will certainly be referring it to family and friends. Those who may desire a small positive change in their lives as well as those who may desire more significant changes will greatly benefit from this book. Robert and Charlene B.

I have known Roe and Don for many years and have watched "Changing Your Equation" evolve into a vibrant, viable philosophy for managing how to live your life well and to the fullest, by managing your resources and matching them to your dreams. They share this formula in their new book and I suggest you get it, read it and use it

The idea of a Dream Day and taking the time to really think about "if your ladder is leaning against the right wall" is so important. Thank you so much Roe and Don for reminding us to take the time to create a vision and plan towards that vision. Bravo!

My employer provided this book to everyone in the organization. No matter where you fall in the spectrum of life and/or financial well-being, there is learning to be had from this book. The authors show you that it's never too late to change your life, and live your dreams.

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