

Owner's Manual for a Life Within Time and Space

Package Contents:

1. Thinker (you))
2. Magical Universe with unyielding principals

Instructions:

1. Think about desired manifestation in its final form (the end result).
2. Physically follow hunches, instincts, and intuition - enabling movement in the direction of final form.

Expected Results:

Manifestation will slip into Thinker's life when least expected, likely via so-called coincidences and accidents, unless contradictory thoughts are entertained.

Manufacturer's Note:

Believing in the necessities of blood, sweat, and tears, OR sacrifice, worthiness, and years may severely impede the manifestation process, as will worrying about the "hows and means" of attaining desired final form. Additionally, as long as Thinker consistently and perpetually physically moves as outlined, contradictory thoughts will be mitigated and weakened. In other words, as long as you keep doing your part, you needn't worry that you sometimes worry.

Guaranteed results, The Universe

barb

*"Learn from the mistakes of others. You
can't live long enough to make them
all yourself." - Eleanor Roosevelt*



"TO HANDLE YOURSELF,
USE YOUR HEAD:
TO HANDLE OTHERS,
USE YOUR HEART."

ELEANOR ROOSEVELT

Runrun.itTM

**"MANY PEOPLE WILL WALK IN AND OUT
OF YOUR LIFE, BUT ONLY TRUE FRIENDS
WILL LEAVE FOOTPRINTS IN YOUR
HEART." - ELEANOR ROOSEVELT**

The Stories Behind the Shaklee Businesses

Facebook event... soooo excited!!! I've got some awesome videos/speakers lined up!!! The topics include the WHY's of people!!

- financial future: can't rely on pensions, retirement, etc
- debt and struggling family situation
- one stream of income is risky: spouse lost job and there was no hope
- saved marriage
- becoming a better mom
- longing for a community/group of friends

Invite invite invite!!!!

Stephanie Bruce October

Shaklee Strategies Forum # 8 Fall 2016



Strategies Behind 5-Day Reset and Detox

to : Develop Life-Long Customers
and Identify Business Partners

October 18

Our Strategy Team



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Ashley
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Key
Coordinator
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Guerra

Objectives for Strategies Forum Session 7

As we continue to present successful strategies to help us develop our customer base and our business teams, This week we focus on 5 Day Resets and Detox.

The purpose of the strategies we have been sharing this semester is:

- To meet new people .. Some of whom will become lifelong customers
- And some who will become business partners.
- To create a platform to introduce Shaklee products, Shaklee philosophy, Shaklee science
- To offer safer, healthier, more natural options for restoring and maintaining health for ourselves and our families.
- To understand how to generate new 1000 PV every month to help us grow our personal volumes and develop new Directors

And to understand the power of events and group meetings that renew our energy & provide inspiring stories to share.

barb

4 Objectives for Every Contact or Event

1. To build a relationship ... by sharing our stories, and sharing our purpose for teaching others about wellness and developing a business.
2. To make a sale – by closing our events/ appointments with 3 clear options (Use, Share, Build for Business Presentations) ... 3 collections of products (small, medium , large) and incentives for choosing the larger choices. (free shipping and free membership, etc)
3. To obtain referrals or book an event with friends of those attending. ..
With nice reward of Free products
4. To identify potential business partners

barb

5 Day Reset or Reset and Detox – Strategies and Results – Kristen Jakubowski NEW Executive Coordinator !

- Why Resets are so popular
- What we are learning about best practices with Resets
 - How to connect & invite guests to join us in our journey to get healthy, to curb cravings, to establish new habits .. Not lecturing them on what they “ should “ do , but joining us as we all work on this together and support one another .
 - Personalizing & Customizing
 - Why once-a-month
 - Results



Invitation to Join Our Monthly Reset Group

Do you want more energy, to feel better, get rid of toxins, lose sugar cravings, and jump start your metabolism?

Join us for a 5 day "reset"! You will be feeling great and nice and healthy before the holiday parties!

This group starts October 24th, let me know if you want to learn more, and if you want to join us! #justdoit #nikeswoosh



5 DAY RESET
OCTOBER 24-28

MORE ENERGY
CURB CRAVINGS
CLEAN EATING
LOSE INCHES
FEEL AMAZING

Inviting Guests to Join the Reset Face Book Group just to learn more about it ...

Comfortable for them because they can initially observe without making a commitment to start the Reset themselves.

- Within the Face Book Reset Group, one week before the Reset starts, we begin posting one or 2 tips and frequently asked questions a day so as not to overwhelm .. See following slides.



Benefits of Resetting

- Jump start weight loss
- Helps overcome cravings for sugar, fats, alcohol, & caffeine
- Heightens sense of smell, sight, touch, sound & taste
- Balances & regulates hormones
- Realigns TRUE appetite & satiety levels
- Boosts metabolism & enhances digestion
 - Brings radiance to eyes & skin
 - Increases focus, clarity & energy



Top signs you may be suffering from a buildup of TOXICITY

Difficulty concentrating Mood swings
Irritability Low or inconsistent energy
Bloating or gas Migraines & headaches
Caffeine addiction Anxiety
Brain fog Sugar cravings
Binge eating or drinking Water retention

Reset FAQs:

Q. What if I am hungry all the time?

A. Plan ahead your snacks and use some of the below tips. But likely, if you have enough veggies and enough water, you won't be hungry. But I can take time to train your mind that sugars and grains don't fill you up.

- Drink a full glass of water or hot tea and wait 5 – 10 minutes to see if you can make it through.
- Check your calories. Did you eat enough during the day?
- Munch on raw veggies. You can have an unlimited amount!
- Ask yourself if you really are hungry? Sometimes, it is out of habit or boredom that we think we need to eat. Chewing gum can help.
- If all else fails and you feel yourself cave, have another snack from our healthy snack list! These are the better choices if you are going to eat versus junk. Stay strong. You can do it!

Q. Can I have coffee or tea?

A. Yes. We recommend one cup (8 oz) of coffee per day and one serving of tea at most.

Q. What if I need more than one cup of coffee?

A. Try to go with one cup of coffee. Add a tea if needed. Just make sure your coffee does not have sugary creamer. Go with black or just milk. Take an extra 1-2 B-Complex to help as well. The most important part of the reset is the diet, so if you need an additional cup in the first day or two (black or just milk) focus on continuing to stay strong with the veggies!

Q. What if I work out and am hungry again?

A. The shakes should sustain you just fine with a work-out intensive life-style. If you need additional food—follow the same instructions above

Q. Could I use coconut water instead of milk?

A. You can, but you may not be getting enough calories or protein so just keep watch on those things. Losing weight and resetting our bodies requires enough calories for our bodies not to go into starvation mode where we store all the fat.

Q. If the goal is no more than three servings a fruit a day, what do I do with the smoothies that have three fruits in each?

A. Great question! First, you can choose to eliminate fruits but also just using less. $\frac{1}{2}$ banana and $\frac{1}{4}$ banana are not the same. Having $\frac{1}{4}$ banana and a smaller amount of strawberries will still equal one serving

Q. Do all the vegetables have to be raw?

A. No! When we do a detox, we recommend all raw veggies, but for the reset, the veggies can be cooked. Be mindful of WHAT you cook the veggies in, though. Oil adds calories—which is OKAY, as long as you are mindful of how much of those kind of calories you are consuming. Healthy fats are GOOD, but they do have a high calories intake (consider this depending on your goals). A vegetable soup is a great addition (especially when it's snowing in April).

Q. Can I have a side salad with my smoothie?

A. YES! Unlimited veggies!

Q. Can I eat meat?

A. Yes, but be mindful of how much. Having some tuna or grilled chicken as part of your snack is fine, but be mindful of the serving size.

Q. Can I do this while nursing?

A. Yes! LifeShake can increase milk supply and provide you with the nutrients and energy you need. Make sure to add at least two of the approved snacks per day to keep up your nursing caloric intake.

Q. Can I have dairy?

A. Yes—but be mindful that dairy causes inflammation which can effect your inch results. Many people struggle with immunity, digestion and other inflammatory issues because of dairy. On a detox there is no dairy, but we do not need to illuminate it here. Be mindful of how much you are consuming and how it effects you. In general, I recommend everyone minimize dairy as much as possible.

Q. Do I need to keep track of my calories?

A. Depending on your goals you may want to but you do not need to. If you are following the plans of veggies and fruits etc. and being mindful of your snacks, you should be fine. Depending on your goals, you may want to for optimal results and accountability. You may want to make sure you are getting enough calories. This is a personal choice.

Q. Can I have dressing on my salads?

A. Yes—but be mindful of sugar. Check the labels if you are buying store bought. I chose to use avocado oil and Himalayan salt myself or just whip up a little guacamole as a dressing. The most important thing is to be mindful of the sugar content and the amount of dressing you use.

Q. What are the best smoothie recipes for weight loss?

A. For optimal weight loss, you will want to choose smoothies with the least amount of add-ins and the most vegetables. Have 1/3 or ¼ a banana at most in a smoothie or replace with avocado or zucchini. Use minimal peanut butter and opt for almond butter.

Q. Is it 1 scoop or 2 scoops of the shake per meal?

A. Two scoops is a meal

Q. Does it matter what kind of milk you use?

A. No and yes. I recommend using a non-dairy milk to decrease inflammation and have the best digestive results but dairy milk is still okay. I would recommend skim or 2% if looking for weight loss.

How Toxic Is Your Body?

Do you have...

- _____ Itchy ears
- _____ Earaches, ear infections
- _____ Ringing ears, hearing loss
- _____ Drainage from ear
- _____ Stuffy nose
- _____ Sinus problems
- _____ Hay Fever
- _____ Excessive mucus formation, post
nasal drip
- _____ Sneezing attacks
- _____ poor night vision
- _____ Watery or itchy eyes
- _____ Swollen, tender or sticky eyelids
- _____ Blurred or tunnel vision
- _____ Chronic coughing
- _____ Sore throat, Hoarseness, loss of voice
- _____ Swollen or discolored tongue, gums, lips
- _____ Canker sores
- _____ Bags or dark circles under eyes
- **SUBTOTAL** _____
- _____ Fatigue, sluggishness
- _____ Apathy, lethargy
- _____ Hyperactivity
- _____ Restlessness
- _____ Lack of endurance
- _____ Headaches
- _____ Faintness
- _____ Dizziness
- _____ Insomnia
- _____ Mood swings
- _____ Anxiety, fear or nervousness

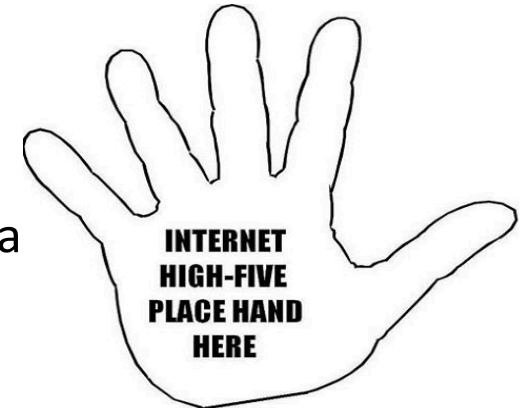
Detox Quiz

- _____ Anger or irritability
- _____ Depression
- _____ Poor memory
- _____ Confusion, poor comprehension
- _____ Poor concentration
- _____ Difficulty in making decisions
- _____ Stuttering or stammering
- _____ Slurred speech
- _____ Learning disabilities
- _____ Frequent illness
- _____ Frequent or urgent urination
- _____ Genital itch or discharge
- _____ Injury

- _____ Pain or aches in joints
- _____ Stiffness or Limitation of movement
- _____ Pain or aches in muscles
- _____ Feeling of weakness or tiredness
- _____ Cramps in legs
- _____ Ache
- _____ Hives, rashes, or dry skin
- _____ Hair loss
- _____ Flushing or hot flashes
- _____ Fingernail abnormalities (spots, ridges)
- _____ Decreased sweating
- _____ Night sweats
- _____ Nausea or vomiting
- _____ Diarrhea
- _____ Constipation
- _____ Bloating feeling
- _____ Belching, or passing gas
- _____ Heartburn
- **SUBTOTAL** _____
- _____ Irregular or skipped heartbeat
- _____ Rapid or pounding heartbeat
- _____ Chest pain
- _____ Chest congestion
- _____ Asthma, bronchitis
- _____ Shortness of breath
- _____ Craving certain foods
- _____ Excessive weight
- _____ Compulsive eating
- _____ Water retention
- _____ Underweight

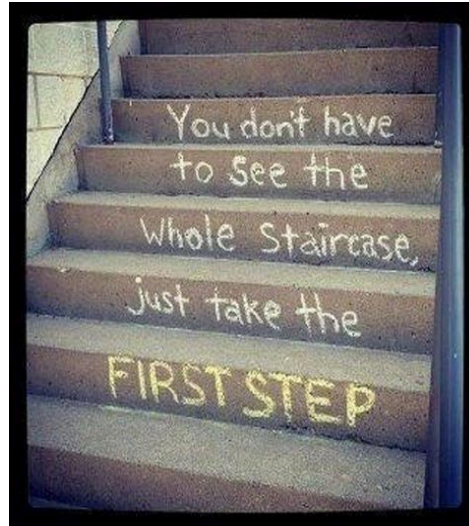
Personalizing Your Reset Group

- Typically 2-5 Distributors leading the effort
- Creative names add personality and fun to the group
- Remember to add a variety of information
- Recipes, health information, supportive quotes and personal pictures
- Use graphic design apps like Canva



Easily Duplicate for Month-After-Month

- Compile a group of “standard” posts
- Reset FAQ’s, menu planner, snack ideas, shopping lists make it easy to participate
- Stock photos, recipes, relevant articles and supportive graphics



Incentives and Specials



- Must be agreed upon between distributors
- Ticket/Point system for certain activities
- Connect with HealthPrint
- Review HealthPrint results
- Actively engaging in the group
- Posting meal plan
- Posting results day after reset ends



Benefits to the Member

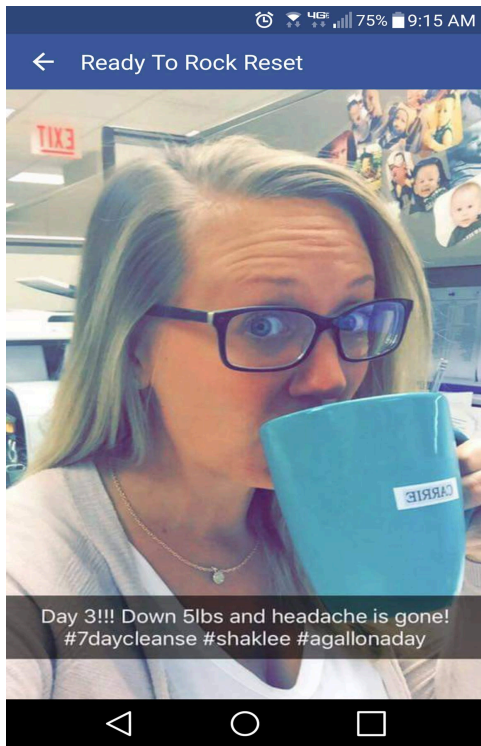
- Creates sense of community
- Encouraging, supportive, private accountability group
- Customizable program focused on changing habits
- Simple format – documents created
- Free of charge
- Fun, prizes and giveaways
- Produces results!



Benefits to the Distributor

- Gives you a reason to contact/invite someone
- Increases communication with dormant members – chance to win back
- Sense of urgency for those who have intended to become members
- Keeps you accountable – participating in the group actively
- Creates energy within your team – FUN!
- Increases PV short term and long term
- Tool to build Directors

Personal Stories and Results



Reset Collections

Foundation Plan

Vitalizer	\$71.32	PV 50
Life Shake	<u>\$42.80</u>	<u>PV 30</u>
TOTAL	\$114.12	PV 80

2 components :

- Protein Shake Meal Replacement
- And supplements

We can offer options in the supplement component depending on their budgets and health issues.

Reset & Detox

Life Shake	\$42.80	PV 30
Optiflora Caps	\$19.10	PV 14
Herb Lax 60	\$ 6.90	PV 5
Liver DTX	\$32.10	PV 28
Alfalfa 330	<u>\$16.45</u>	<u>PV 13</u>
TOTAL	\$149.45	90 PV

Reset Starter Basic Package

Life Shake	\$42.80	PV 30
Vita Lea 120	\$23.05	PV 18
B Complex 120	\$21.70	PV 16
Optiflora Cap	<u>\$19.10</u>	<u>PV 14</u>
total	\$106.02	@ 80 PV

Shaklee

Join Free Options

USE Shaklee products and join FREE as a Shaklee Member

* All include a free \$19.95 Shaklee membership

	MEMBER PRICE	AUTOSHIP
STEP 1: CORE NUTRITION REGIMEN NEW SHAKLEE LIFE PLAN*: 150 PV (ON AUTOSHIP) The best, most comprehensive nutritional system in the world. <div>  <div> BEST VALUE </div> </div> <ul style="list-style-type: none"> Feel amazing in 30 days. Feel younger, longer for the rest of your life. 35 patents/patents pending. Clinically proven key ingredients: <ul style="list-style-type: none"> Shaklee Life Energizing Shake (30 servings) Shaklee Life-Strip (30 servings) 	<input type="checkbox"/> Soy SRP \$287.35 <input type="checkbox"/> Non-Soy SRP \$313.85 <input type="checkbox"/> MP \$244.25 <input type="checkbox"/> MP \$266.75	<input type="checkbox"/> Soy MP \$219.82 <input type="checkbox"/> Non-Soy MP \$240.07 SOY: Vanilla Chocolate Strawberry Café Latte NON-SOY: Vanilla Chocolate
NEW SHAKLEE VITALIZING PLAN*: 100 PV (ON AUTOSHIP) Combines the Shaklee Life Energizing Shake with Vitalizer giving you the essential vitamins and minerals your body needs along with added nutritional benefits. <div>  </div> <ul style="list-style-type: none"> Shaklee Life Energizing Shake (30 servings) Vitalizer™ (30 servings) 	<input type="checkbox"/> Soy SRP \$188.20 <input type="checkbox"/> Non-Soy SRP \$216.10 <input type="checkbox"/> MP \$159.95 <input type="checkbox"/> MP \$183.65	<input type="checkbox"/> Soy MP \$143.95 <input type="checkbox"/> Non-Soy MP \$165.28 SOY: Vanilla Chocolate Strawberry Café Latte NON-SOY: Vanilla Chocolate
NEW SHAKLEE ESSENTIALS PLAN*: 50 PV (ON AUTOSHIP) Covers your basic nutritional needs by combining the Shaklee Life Shake, Vita-Lea and OmegaGuard to help support your optimal health. <div>  </div> <ul style="list-style-type: none"> Shaklee Life Energizing Shake (15 servings) Vita-Lea® (30 servings) OmegaGuard® (30 servings) 	<input type="checkbox"/> Soy SRP \$89.95 <input type="checkbox"/> Non-Soy SRP \$103.90 <input type="checkbox"/> MP \$76.45 <input type="checkbox"/> MP \$88.30	<input type="checkbox"/> Soy MP \$68.80 <input type="checkbox"/> Non-Soy MP \$79.47 SOY: Vanilla Chocolate Strawberry Café Latte NON-SOY: Vanilla Chocolate
STEP 2: OPTIONAL CLEANSE STARTER CLEANSE: 62 PV (5 items) <ul style="list-style-type: none"> Stress Relief Complex** Alfalfa Complex, 330ct Herb-Lax®, 60ct Shaklee 180® Energizing Tea (Pomegranate or Matcha) Shaklee Performance®, 19oz (Orange or Lemon/Lime) <input type="checkbox"/> MP \$88.65		
BASIC CLEANSE: 91 PV (6 items) <ul style="list-style-type: none"> Starter Reset Cleanse items (see above) PLUS... Liver DTX® Complex <input type="checkbox"/> MP \$125.92		
ULTIMATE CLEANSE: 118 PV (7 items) <ul style="list-style-type: none"> Basic Reset Cleanse items (see above) PLUS... Garlic Complex <input type="checkbox"/> MP \$161.47		
<div>  </div> STARTER CLEANSE	<div>  </div> BASIC	<div>  </div> ULTIMATE
STEP 3: ADD-ONS OPTIONAL ADD-ONS: <ul style="list-style-type: none"> Shaklee 180® Metabolic Boost** Shaklee 180® Meal-in-A-Bar (PBCC, WCC, or Blueb) Shaklee 180® Snack Bar, box of 10 (Ast, PB, Cher, Toff, or ChCo) Shaklee 180® Snack Crisps, box of 10 (Sea Salt or Barbecue) EZ-Gest® (digestive enzymes to alleviate gas and bloating**) Osteomatrix®, 120ct (promotes bone health**) GLA Complex, 120ct (helps maintain a sense of well-being**) NutriFeron® (provides immune support at the cellular level**) Vitalized Immunity™ (refreshing immune support**) 	<input type="checkbox"/> MP \$50.95 <input type="checkbox"/> MP \$26.50 <input type="checkbox"/> MP \$20.35 <input type="checkbox"/> MP \$20.95 <input type="checkbox"/> MP \$19.10 <input type="checkbox"/> MP \$14.25 <input type="checkbox"/> MP \$28.55 <input type="checkbox"/> MP \$39.00 <input type="checkbox"/> MP \$22.20	Name: _____ Address: _____ Email: _____ Cell Phone: _____ Name on Card: _____ Card #, Expiration Date, CVC: _____

**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Reset Tips – post on first day of the Reset

- Make sure to drink enough water. A great tip I was given was to fill a gallon jug each morning and make sure to finish it by the end of the day. Proper hydration will cleanse your body, your digestive system and prevent headaches!
- Don't forget to have your snacks! It is important to get enough calories!
- *** 1200-1300 cal if under 175#, 1500-1600 cal if over 175#, add 500 calories if nursing and add an extra 300 calories if you're not interested in shedding excess fat during this reset, just doing it as a cleanse. ***
- Do this with friends or join a Facebook group to help you have accountability and encouragement!

ME. ALL OF
YOU.

T MINUS 5
DAYS.

memegenerator.net

EVERY MORNING I

strip
AND
shake

IT'S A BEAUTIFUL THING.



SMART SNACKING

shopping list!

SWEET & SALTY

1 pear and string cheese
grapes & walnuts
BANANA WITH PEANUT BUTTER
HANDFUL PISTACHIOS & APPLE/PEAR/BANANA
rice cakes with peanut/almond butter
HANDFUL OF SEEDS: PUMPKIN OR SUNFLOWER w/ 1/2 cup blueberries



CRUNCHY & SALTY

celery & peppers with 2TBSP hummus
CAULIFLOWER WITH 2TBSP BLACK BEAN DIP
cucumber w/feta cheese
FRESH GUACAMOLE (1/2 AVOCADO MASHED w/SEA SALT) served with veggies
HANDFUL OF SEEDS: PUMPKIN OR SUNFLOWER w/



CRUNCHY & SWEET

CARROT STICKS & 2 TBSP sunflower butter
APPLES WITH 2TBSP ALMOND BUTTER & RAISINS
12 RAW UNSALTED ALMONDS AND CRAISINS



SWEET

SHAKLEE SNACK BAR
PLAIN greek yogurt & berries
LOWFAT COTTAGE cheese & fruit
FROZEN grapes



SALTY

edamame (1/2 cup)
HARD BOILED egg & AVOCADO
LEAFY greens, sliced cucumbers
WITH FRESH lemon juice & EVOO
PLAIN KALE CHIPS
FRESH SALSA WITH rice crackers



THE BEST SNACKS ARE 200 CALORIES OR LESS

Snacking helps keep your metabolism up throughout the day, helping you burn calories while keeping energy levels up!

THE ULTIMATE GROCERY LIST

Pick up these ingredients and you'll be able to eat well all week long!

VEGETABLES

SPINACH
KALE
BROCCOLI
ZUCCHINI
AVOCADOS
TOMATOES
RED PEPPERS
SWEET POTATOES
ASPARAGUS
MUSHROOMS
CUCUMBER



FRUIT

STRAWBERRIES
BLUEBERRIES
BANANAS
APPLES
LEMONS
RASPBERRIES
PEARS
GRAPES



SEASONINGS / SPICES

KOSHER SALT
BLACK PEPPER
SEA SALT
GARLIC
LEMONS/LIMES
CINNAMON
TURMERIC
THYME / ROSEMARY
CRUSHED RED PEPPER FLAKES



PROTEIN

BONELESS CHICKEN BREAST
GROUND TURKEY / CHICKEN
WILD SALMON
TOFU
TURKEY BACON
EGGS



DAIRY

ALMOND MILK
SOY MILK
COCONUT MILK
DAIRY MILK
PLAIN GREEK YOGURT
FETA CHEESE
STRING CHEESE



NUTS / NUT BUTTER / SEEDS

HUMMUS (CHICK PEAS)
PEANUT BUTTER
ALMOND BUTTER
SUNFLOWER BUTTER
ALMONDS
CASHES
SUNFLOWER SEEDS
PUMPKIN SEEDS



FROZEN ITEMS

STRAWBERRIES
PINEAPPLE
BLUEBERRIES
PEACHES
SPINACH
KALE
EDAMAME



DRIED FRUIT

RAISINS
CRAISINS



OILS / CONDIMENTS

EXTRA-VIRGIN OLIVE OIL
COCONUT OIL
AVOCADO OIL
MUSTARD
APPLE CIDER VINEGAR
RED WINE VINEGAR
BALSAMIC



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUPPLEMENTS AM/PM
Lemon H ₂ O 						MONDAY 
BREAKFAST 						TUESDAY
AM SNACK 						WEDNESDAY
LUNCH 						THURSDAY
PM SNACK 						FRIDAY
DINNER 						
LATE SNACK 						
EXERCISE 						

*Keep
Going*
NO MATTER WHAT

HEALTH BENEFITS OF DRINKING LEMON WATER

Lemon is a natural energizer; it hydrates and oxygenates the body so it feels revitalized and refreshed!

- Boosts your immune system
- Balances pH
- Flush out unwanted materials
- Decrease wrinkles and blemishes
- Relieve tooth pain
- Relieves respiratory problems
- Cures Throat Infections
- Excellent for Weight Loss
- Reduces Fever
- Blood purifier



Inviting to a Reset Group

- Personal invitations are key
- Current members or those looking to sponsor in
- Current members: “Hey Jean, when we spoke the other day you mentioned that you’ve fallen out of the routine with your Life Shakes. My team is pulling together this fun group that will help get you back on track and feel so much better in just 5 days! I’d be excited to have you join us!”
- People new to Shaklee: “Hi Karen! Nothing like perfect timing...I know you were planning to get started with Shaklee Life Shakes and well, my team and I are excited to host a 5 Day Reset group this month!

It’s a great way hit the ground running, start your journey and do so with support and guidance! I’d love the opportunity to get you sponsored in and on your way!”

Tips for Hunger

1. Drink a full glass of water or hot tea and wait 5 – 10 minutes to see if you can make it through.
2. Check your calories. Did you eat enough during the day?
3. Munch on raw veggies. You can have an unlimited amount!
4. Ask yourself if you really are hungry? Sometimes, it is out of habit or boredom that we think we need to eat. Chewing gum can help.
6. If all else fails and you feel yourself cave, have another snack from our healthy snack list! These are the better choices if you are going to eat versus junk. Stay strong. You can do it!

Power of Events – Chrystal Hubbard



- Chrystal drives 5 hours to attend Chicago regional events
- Learns from every speaker
- Shares stories she hears with her customers and business partners and potential business partners (Francine's story)

Harper Report – Gold Kits Sold at Chicago October Conference

harper

Report from Leadership Retreat --Francine Roling

- Personal development is key element in our business success.
- If we want people to join us ... WE must want to join us.
 - enthusiasm? Or lukewarm?
 - clear direction and vision? For others to want to go there , too.
 - belief in ourselves
- Love them where they are .. Without judgment..
- See the ability within them .. And reflect it back to them until they can see it , too.
- Bless the wounds .. The valleys ... the tough times ... Learn from them ... Learn how strong and resilient we are. Be open to learning the lessons from the losses ..
Ask ..." next time, what would I do differently . "
- We don't grow by sitting in front of the TV eating ice cream. Don't hide... And don't play safe .. Let's throw ourselves into life .. Fully and welcome the challenges . Knowing that's how we grow.



Francine --Crystal Clear About Her Purpose



- First – helping people not feel trapped, lost and hopeless about their health ... by teaching them about prevention and wellness and natural options.

Story of her parents.

- Second – To remember what a financial lifeline a Shaklee business can be.

Francine's story of single, working, divorced mom, close to bankruptcy from husband credit card debt (\$40,000)... Struggling for \$ for food.. And seeing no way out. .. And nobody knew.



Action Steps for Session 8

- Events connect us with potential customers and business partners.
- Larger Events provide great venues to introduce guests to the larger Shaklee family, stories and business benefits, product benefits and keep us energized and inspired.
- Events ... Online, FaceBook, in-homes, etc are a great opportunity always to share our purpose and mission... Our stories are compelling
- Remember every 4 events generates about 1000 PV (per event .. In home or video conferencing , etc)

becky

Every month, set goal to schedule 4 events .. Under customers when possible to meet THEIR friends and help them earn discounts on their products.



Great minds
discuss ideas;
Average minds
discuss events;
Small minds
discuss people.

• ELEANOR ROOSEVELT •





*No one can make you
feel inferior without
your consent.*

- Eleanor Roosevelt

October Strategy Forum Schedule

Tuesday Oct 4 – Shaklee Immune Products

Tuesday Oct 11-- Immune Collection Strategies to Generate
1000 New PV

Tuesday Oct 18 – Strategies for 5 Day Reset

Tuesday Oct 25 – Harper & Ryan Guerra Story



Shaklee Video & Audio Archives

This webinar is archived on BetterFutureStartsToday.net



5 Personalized Websites Included

www.BetterHealthIn31Days.com

www.BetterFutureStartsToday.com

www.BetterFutureStartsToday.net

www.FeelBetterIn30Days.com

www.OurQuestForHealth.com

- **Your subscription directly supports maintaining this webinar Room**
- Best Shaklee Field Training Archive Available Anywhere
- **Largest online Shaklee Media Library**
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