

Better Health In 31 Days
Christmas Subscription Special

**Join our Better Health Facebook group
and request the special link from Michelle.**

**www.facebook.com/groups/bhi31days
or click here to go there now.**

Don't delay too long.

**Before the end of the month we will stop accepting new subscriptions
New subscriptions will be unavailable.**

**There are a lot of new websites and updates coming in the new year for current subscribers!
Don't miss out!**

Impact 1,000,000 minds

Help us raise awareness and support for brain health research.



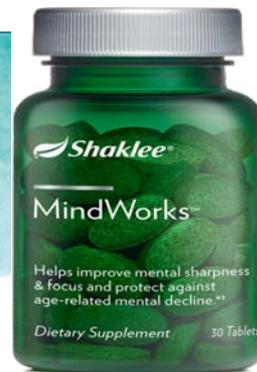
MindWorks™
CHALLENGE



CHALLENGE ISSUED

At Shaklee Live in Long Beach, our friend Maria Shriver challenged us to use our blockbuster new product MindWorks™ to raise money for brain health research.

For each bottle of MindWorks purchased, Shaklee will donate a portion of the proceeds to fund brain health research through a university research grant program.



+ **CogniFit**
Brain-Training Software

Mind Works Promotions In Conjunction with Dr. Phil Show through 12/31/14



New person who joins with **1 bottle of Mind Works** receive **FREE membership** to save 15%.

New person joins with **2 bottles of Mind Works for \$99.90** receives **FREE membership** to save 15% and **FREE shipping** (up to \$9.00).

New person who joins with **2 Mind Works** will get **FREE Membership** to save 15%, **FREE Shipping** (up to \$9.00) **AND FREE 60-count Omega Guard** when order one of the Product Regimens within 45 days of join date.

Existing person who orders 2 bottles of Mind Works receives **FREE shipping** (up to \$9.00).

FaceBook Post of the Week – from Michelle Parrott

Thank you for your order [Julia](#)!!!
I can't WAIT to chat with you
again in a few weeks after you've
tried everything Plus, I'd just
love to talk to you again



[Michelle Parrott](#)

[17 hrs](#)

During my class tonight in the lecture she stated that we have to be VERY careful of the supplements on the market because many of them are not tested efficiently and don't contain what is on the label.

She mentioned how they had taken 15 bottles of various probiotics from a health food store and tested them for the bacteria and found that some of them actually contained HARMFUL bacteria in them!

I am so very thankful to know that Shaklee goes above and beyond in their testing processes.

Michelle Parrott

December 8 at 11:51am

Want to know why I use Shaklee Vitalized Immunity instead of the other brand? Check out the photo to see why.

shop for Vitalized Immunity here: <http://bit.ly/vitalizingimmunity>

katie

Face Book Posts of the Week



Directions: Drop one tablet in 4-6 oz. of water, let dissolve, and drink. Adjust amount of water for best taste.

Supplement Facts			Amount Per Serving % DV		
Serving Size: 1 tablet					
	Amount Per Serving	% DV		Amount Per Serving	% DV
Calories	10		Selenium (as selenium rice chelate)	15 mcg	21%
Total Carbohydrate	3 g	1%**	Manganese (as manganese gluconate)	3 mcg	150%
Sugars	3 g		Sodium	230 mg	10%
			(as sodium bicarbonate & sodium carbonate)		
Vitamin A (as beta-carotene)	1,250 IU	25%	Potassium (as potassium bicarbonate)	75 mg	2%
Vitamin C (as ascorbic acid)	1,000 mg	1,667%	Proprietary Herbal Extract Blend:	70 mg	†
Vitamin E (as d-alpha-tocopheryl acetate)	30 IU	100%	Japanese honeysuckle (<i>Lonicera japonica</i> Thunb.) (flower),		
Riboflavin (as riboflavin)	2.8 mg	165%	Forsythia (<i>Forsythia suspensa</i> (Thunb.) Vahl) (fruit),		
Magnesium (as magnesium sulfate & magnesium oxide)	40 mg	10%	Schizonepeta [<i>Schizonepeta tenuifolia</i> (Benth.) Brigg.] (aerial parts),		
Zinc (as zinc sulfate)	8 mg	53%	Ginger (<i>Zingiber officinale</i> Roscoe) (dried rhizome),		
			Chaste tree (<i>Vitex agnus-castus</i> L.) (fruit), Dyer's woad (<i>Isatis indigotica</i> Fortenay) (root), Echinacea (<i>Echinacea purpurea</i> L.) (Moench) (aerial parts).		

Caution: Do not take if pregnant, breastfeeding, on medication, or with a known medical condition unless you have consulted a physician.

Item #22073

Distributed by Shaklee Corporation
4747 Willow Road,
Pleasanton, CA 94588
Product questions: 925.734.3638



*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Why choose Shaklee's Vitalized Immunity?

1. No artificial orange flavor
2. The use of beta-carotene as a form of Vitamin A
3. No Sucralose

Supplement Facts		
Serving Size 1 Tablet		
Each Serving Contains	Amount Per Serving	% DV
Calories	5	
Total Carbohydrates	1 g	<1%*
Vitamin A (as Retinyl Acetate)	2000 IU	40%
Vitamin C (as Ascorbic Acid)	1000 mg	1667%
Vitamin E (as di-Alpha Tocopheryl Acetate)	30 IU	100%
Riboflavin (as Riboflavin)	2.8 mg	165%
Magnesium (as Oxide & Sulfate)	40 mg	10%
Zinc (as Sulfate)	8 mg	53%
Selenium (as Chelate)	15 mcg	21%
Manganese (as Gluconate)	3 mg	150%
Sodium (as Bicarbonate)	230 mg	10%
Potassium (as Bicarbonate)	75 mg	2%
Herbal Extract Proprietary Blend	350 mg	**
Amino Acids Blend	50 mg	**

Herbal Extract Proprietary Blend
Maltodextrin, Lonicera (flower), Forsythia (fruit), Schizonepeta (above-ground parts), Ginger (dried rhizome), Chinese Vitex (fruit), Isatis (root), Echinacea (above-ground parts)

Amino Acids Blend
Glutamine (as L-Glutamine), Lysine (as L-Lysine HCl)

*Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.

Other Ingredients: Sorbitol, Citric Acid, Natural Orange Flavor, Mineral Oil, Acesulfame Potassium, Sucralose

Distributed by Airborne, Inc., Minneapolis, MN 55401
© 2011 Airborne, Inc.
Contains No Artificial Colors or Preservatives.
Store at room temperature.



Airborne® effervescent formula offers fast-acting absorption!

DIRECTIONS:
For adults and children 12 years and older. Drop one tablet in 4-6 oz. of water, let dissolve (about 1 minute) and drink. Repeat every 3-4 hours as necessary, no more than 3 tablets per day. May be used in hot or cold water.

Do not take if pregnant, breastfeeding, on medication or with a known medical condition unless you have consulted a physician. Sealed with a tamper evident cap for your protection.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Want to order? Visit:
www.parrottwellness.com

XJ017A

Teaming Up Fall 2014 –Lesson 13

Lessons in Leadership

December 11, 2014

Senior Executive Coordinator
Lisa Anderson



Senior Coordinator
Katie Odom



With Special Guest :
Shaklee Vice President
Sales – Eastern Region



Objectives for Session #13 – Final Session of Fall 2014 Semester – Lessons in Leadership

- Over the past 12 weeks, we have covered all the key steps in developing a successful business .. Strategies for developing customers .. Strategies for developing leaders
- We have explored the 3 key elements of conversations that connect us to others ...
- And have examined communication skills to help us be more effective in identifying the needs and interests of others ...
- So now what is left then ... is to begin the life-long study of mastering the art of leadership .. life-long because leaders are perpetual learners ... always working on ourselves .. Understanding that as we get better .. Our businesses get better .. As well as all the relationships in our life.
- That we prepare NOW for a fabulous 2015 ... and take advantage of major promotions from the company... and think about our goals.. for ourselves .. and our groups Now is the time for a 90 day plan that will begin Jan 1 so we can hit the ground running

lisa

Report from Playa Del Carmen Dream Trip – Katie Odom First Time Attending



Why you want to work hard to qualify for a Shaklee trip

- The friends you make
- The ideas you learn
- The gifts Shaklee provides
- The time with your family and life long memories
- Figure out how you will qualify for the trip
- Base your activity every day around the plan needed to get you there
 - ex –you will need 2 first level business leaders
 - so make it a priority to find them & coach them to a solid 2000 PV and more



- **Take advantage of FREE shipping (up to \$20) when you place an online (PWS, MyShaklee.com, or Shaklee.com) order of \$200 or more!**
- **Offer ends Dec. 19. Place your order by 9:00 p.m. (PST) on 12/19 to take advantage. Need it by Christmas? Order by 12/16.***

Our gift to you!

Get free shipping on online orders
Now through Dec. 19

Want to generate 2000 PV
in 8 days?

Hit the Phones!

katie

Objective for Free Shipping Promotion



- To introduce current customers to new products such as Get Clean Starter Kit, Meadow Blend Bars, Get Clean Water Pitcher, Hand and Body Lotion and that wonderful Moisturizing Shower Gel and Shea Butter Cream.
- To have them stock up on their favorites.. Especially immune products to grab if someone in the family starts feeling crummy.
- To call and thank our members for their commitment to health and recognizing the value of Shaklee products.

lisa

NOTE: Eligible for members, distributors and associates ... not Directors and Business Leaders.
NOT eligible for AUTO-SHIP orders... except for Shaklee 180 kits

Shaklee
180.



Set the Record with Shaklee 180[®]

40,000 Pound Challenge | January – March 2015

Shaklee is kicking off 2015 with an ambitious goal.
**Something no other company has tried before
(which makes it perfect for the Shaklee Family).** lisa

Shaklee wants to set the record for most weight lost by a company or group.

Whew! How are we going to do that?

By doing what we do *best*...inviting our friends, family and communities to get

on the path to better health by joining us in losing a combined **40,000**

pounds between January 1st and March 31st 2015.



Jacqui McCoy: Challenge Ambassador

Our ambassador for this challenge is Shaklee Family Member and record-setting participant in ***Extreme Makeover: Weight Loss Edition, Jacqui McCoy.***

Jacqui lost 200 # on the ABC Program.. But never learned how to eat or be healthy.. And it all came back.

After one year on Shaklee 180, the weight left again and her health returned and she achieved her ultimate goal of having a healthy baby.. Who just recently arrived.

Throughout the course of the challenge you'll hear from Jacqui sharing inspiration and insights along the way to help you stay on track!

lisa

Doing *OUR* Part | Two People + 10 Pounds + Three Months

Let's face it...40,000 pounds is a lot! But with each of us doing our part we can get there! If we all enroll 2 people in losing 10# over 3 months , we'll more than exceed our goal and most importantly we'll help countless people make changes that will set them on the path to a healthier life.

Shaklee 180® Special Offer

- **New and current Members, Distributors & Associates** joining with a Shaklee 180® Turnaround Kit, Lean & Healthy Kit, or Smoothee Kit will **receive a box of Shaklee 180® Blueberry & Almond Meal-in-a-bars – an over \$30 value (SRP) -- for FREE.**



When you **sponsor new Members with a Shaklee 180® Kit**, you'll receive a box of Shaklee 180® Vanilla Smoothee Packets – a nearly \$60 (SRP) value – for FREE!
The top 10 Distributors sponsoring new people with a Shaklee 180® Kit during the promotion period will also earn a free single-serve blender! lisa





Weekly Support Calls

To support you as you help your Shaklee 180® customers who are participating in the challenge, Dr. Jamie McManus, Chairman, Medical Affairs, Health Sciences and Education will host 12 Shaklee 180® Set the Record Calls on Tuesdays starting 1/6/2015.

These calls will feature tips and success stories along with special guests, including our challenge ambassador, Jacqui McCoy, and Shaklee Field Leaders who are successfully supporting people through the challenge.

lisa



Lessons in Leadership L.E.A.P

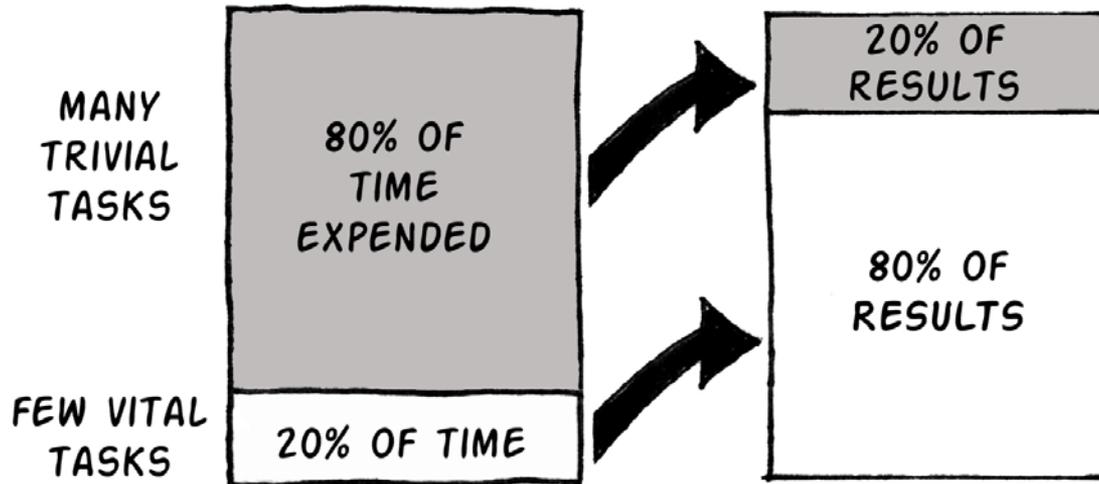
With Shaklee V P Sales Eastern Region
Craig Cushman

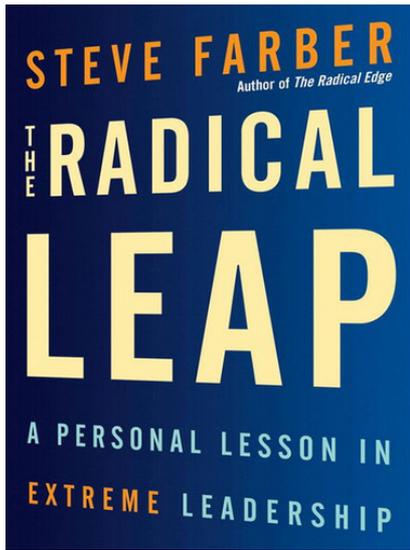
Attracted to Shaklee's innovation ... and energy .. and Roger's vision to propel Shaklee to become the greatest force for social change ... to be a part of jump starting the next 100 years of creating healthier lives...

"Shaklee is the most innovative company I have ever seen.. And a culture of compassion and idealism...whose vision and mission has never changed."

The Power of One – the 90/10 Rule

- 80/20 Rule in today's world is moving to 90/10
- Why ... consumers are flooded with information ... technology is increasing the speed and number of connections .





Radical Leap by Steve Farber

L.E.A.P. – Great leaders learn how to ...

- Cultivate love
- Generate energy
- Inspire audacity
- Provide proof



Results Are Driven By Our Behaviors

Behaviors must change to produce different results.

A shift in our mindset – necessary for behaviors to change

- replacing the old negative self talk, memories, criticisms, failures, disappointments ... with positive images and visions of you achieving your dreams.
- Recognize where you are: IN your way ... or ON your way.
- Then develop the habits ... the new behaviors .. That will give you different more desirable results.
- Leaders help their business partners move through this process.

Be Willing To Be Not So Good At First

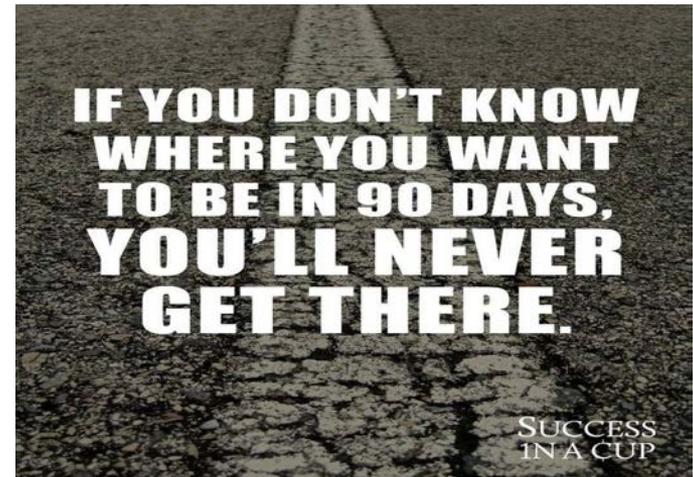
- Confront yourself -- who you are And who you aren't
- Be OK with your strengths... and your weaknesses
- Practice to get better

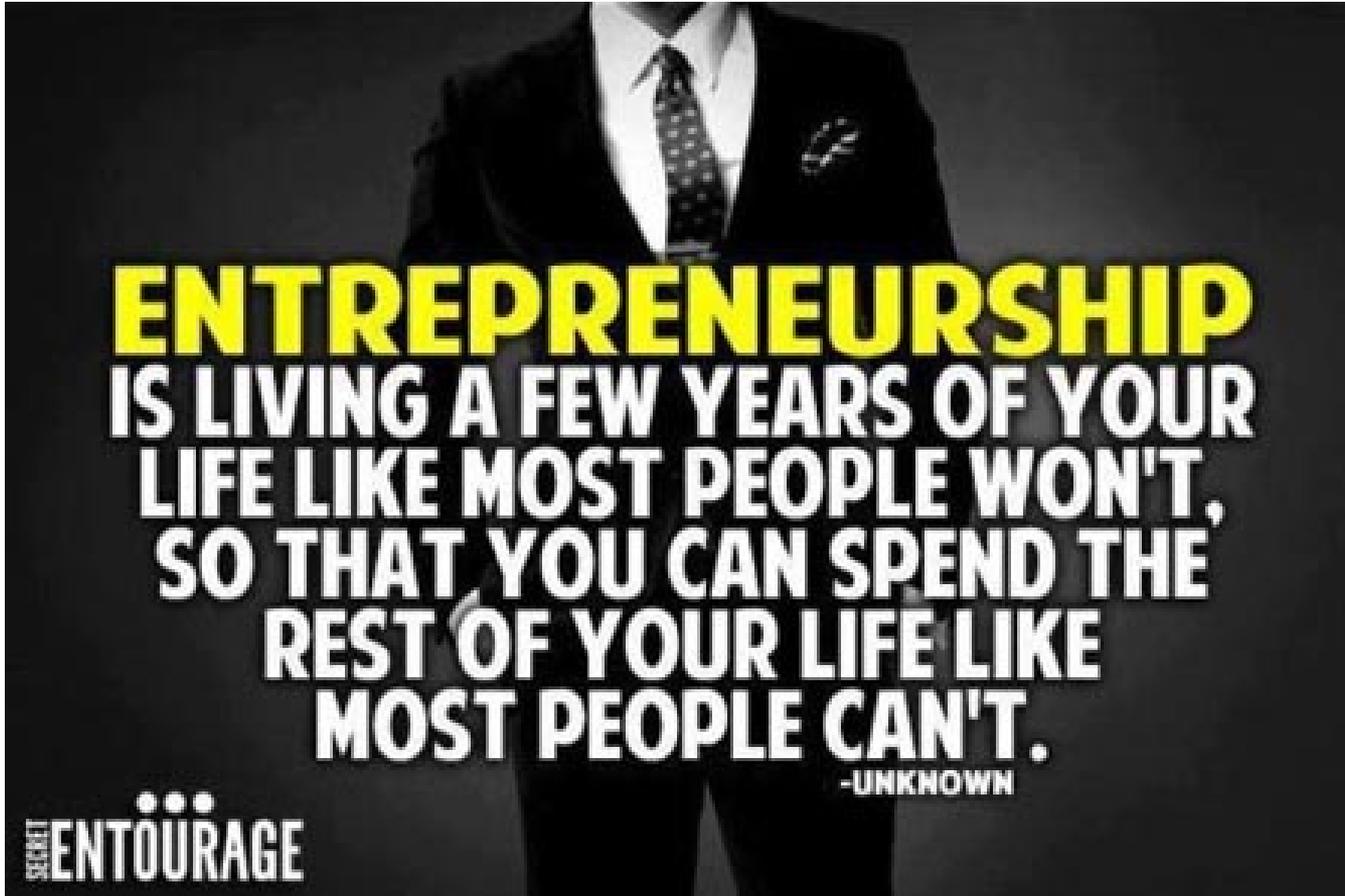


People Want To Be Part of A Community of Meaning

- To create momentum in your business ... requires a disproportionate amount of effort ... of time... of creativity.. of commitment now ... to plant the seeds that will attract remarkable leaders, generate significant income and create a solid financial future for you and your heirs.
- What you do today ...shows up in January.... While others rest... you be at your best. Plan your January events now.

Create your 90 Day Plan ...how will you find your next leaders? .. And invite them to be a part of the meaningful work of creating healthier lives ... and developing a team that works together , shares ideas together, and celebrates their successes together.





ENTREPRENEURSHIP
IS LIVING A FEW YEARS OF YOUR
LIFE LIKE MOST PEOPLE WON'T,
SO THAT YOU CAN SPEND THE
REST OF YOUR LIFE LIKE
MOST PEOPLE CAN'T.

-UNKNOWN

SECRET
ENTOURAGE

Craig's List

- Craig is assembling a list of 100 leaders who are ready to move to advanced ranks ... serious business leaders who want to be a part of a major thrust
- People committed to 2 conversations a day with follow up

If you are ready to make a serious commitment to your business... email Craig at ...

ccushman@shaklee.com and he will discuss the eligibility to be in the Craig 100 List. ..

Including normalizing performance
Developing extraordinary behaviors that will
expand our business team



Register January Kick Off Meetings – Receive A \$250 Banner !



- Shaklee will host a webcast on Jan 5 about setting up January Kick Off Meetings along with exciting Shaklee 180 promotions . For registering a Kick Off with Shaklee , you will receive free stuff ... A 100th Anniversary banner
- A few tips of how to plan and promote those meetings. A good launch meeting can be a powerful start to the new year.
- Help everyone get excited about 2015 and what it can hold for them. Position yourself and your team for the 2016 Shaklee Dream Trips

lisa

Action Steps for Week # 13



- As we prepare for 2015 ... and the 100th Anniversary of Dr Shaklee's invention of Vitalized Minerals ... is this the year for you take on reaching for a bigger rank? A bigger check? ... qualifying for a Dream Trip? Or a car payment?
- Spend some time imagining and visualizing your business in 2015 being amazing!! Imagine and dream about it being all that it can be... See your new members, new leaders, new working habits, new skills and new confidence! Lisa
- Schedule a January Kick Off Event or Decide on one to attend. Then go to work— how many new people will you invite to attend with you to a January Kick Off Event ?
- You are invited to the Lagoni /Coogan/Odom/ Petry/ Guerra/Chaney/ Trost/ Ferguson.. And more Leadership Conference Jan 9 and 10, 2015 in Chicago
(registration form attached) katie

Action Steps continued



Set your Jan goals, make a plan and prepare to sprint into action.

- Set up January events NOW – conference calls, IN-homes, appointments, webinars
- January is let's get healthy and fit time – great time to set up Shaklee 180 tastings, form support groups , implement the Shaklee 180 40,000 # Challenge.
- Schedule your work time for the month.
- Commit to new behavior that will bring about the change you want.
 - To get extraordinary results will require extraordinary effort ... as you write your 90 day goals ... consider doing a BLITZ of conversations about the benefits of home businesses ,.. about being a part of your team .. And the importance of our work .. And fun we have together.

Lisa



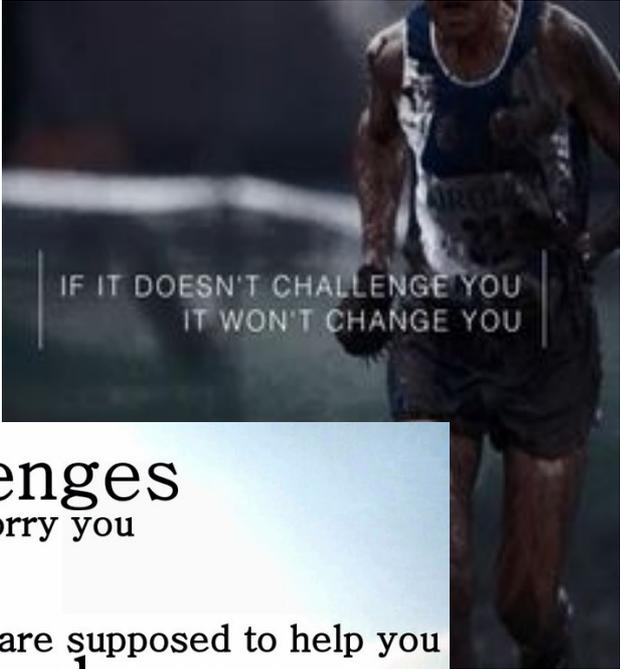
**LEADERSHIP
MEANS FACING
CHALLENGES
HEAD-ON**

Challenges are what
make life interesting.
Overcoming them is
what makes it
meaningful.

Life's challenges
are not supposed to worry you

they are supposed to help you
discover who you are

and how far you can go



IF IT DOESN'T CHALLENGE YOU
IT WON'T CHANGE YOU



Now its our turn ..



- To build on all this history .. All these accomplishments .. All this heritage .. To now create the next chapter of Shaklee Story ..
- To think about what role will you play
- What sense of purpose and mission will you carry within yourself .. Just as Dr Shaklee did .. And Roger does today...
- What is the mission of your business .. What do you want to create with your life ...
- And let's adopt the tenacity and conviction and commitment of these courageous and inspired leaders .. So that the next time someone doesn't get it .. We don't fold!

Katie/ Barb

Shaklee Offers Veterans Free Distributor Kits

Shaklee will provide a free business kit (\$49.95 value) to veterans in honor of their service to our country.

This offer is valid from November 17, 2014 until March 31st, 2015 with proof of military service.



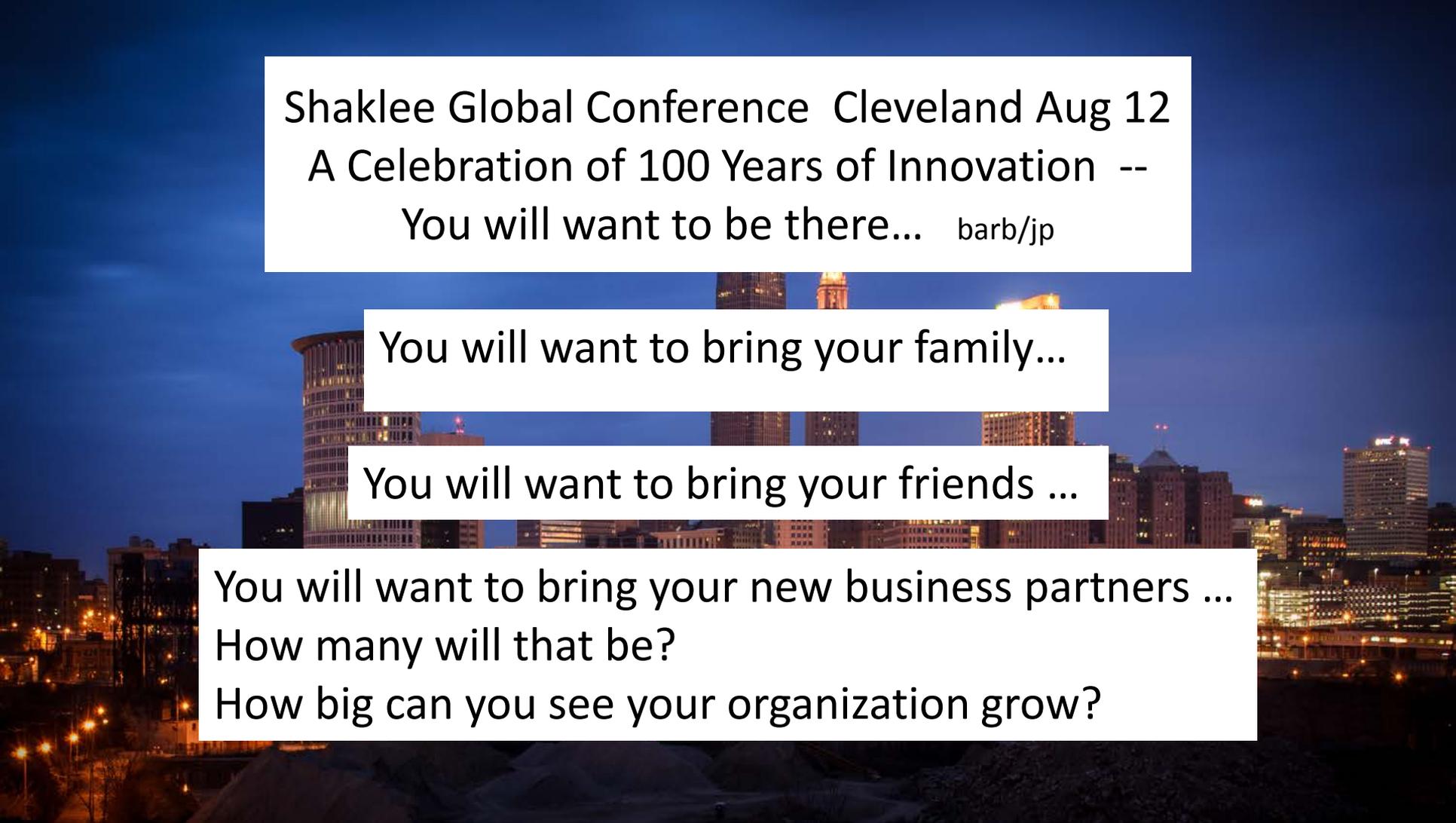
Supporting documentation can be faxed to 925-924-3888 or emailed to fieldsupport@shaklee.com. Promotion Code VETERAN

Please contact Shaklee at 1-800-Shaklee (1-800-742-5533) to redeem this offer.



Cleveland, Ohio – August 12-16th 2015

barb

A nighttime photograph of the Cleveland skyline, featuring several illuminated skyscrapers against a dark blue sky. The lights from the buildings create a warm glow, contrasting with the cool tones of the twilight. The buildings are of various architectural styles, including a prominent cylindrical tower on the left and several rectangular high-rises on the right.

Shaklee Global Conference Cleveland Aug 12
A Celebration of 100 Years of Innovation --
You will want to be there... barb/jp

You will want to bring your family...

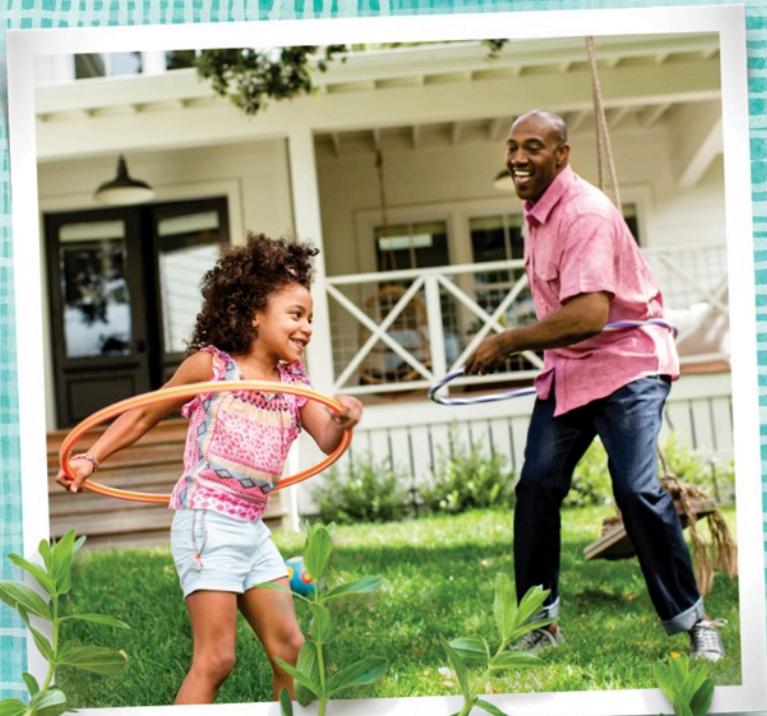
You will want to bring your friends ...

You will want to bring your new business partners ...
How many will that be?
How big can you see your organization grow?

Monday Night Wellness Webinars

December 15 – The Shaklee Difference – Finding a Company You Can Trust in
the Unregulated World of Vitamins

January – Gary Burke – on home business benefits



Be part
of the effect[™]

 **Shaklee**
Creating Healthier Lives®