



**WE ARE  
WINNERS**

## A Newsletter for our Life Force International Community

*January 2006 - Volume 3, Number 1*

### **We Are Winners!!**

Welcome to our first newsletter for 2006! I'm writing this from our home in Australia, where we spend part of the year, thanks to Life Force. The photo shows a group of Australian and New Zealand "Life Forcers" celebrating our time together.

Instead of just making New Year's resolutions this year, why not really go for your dreams?? I encourage you all to dream big and share your dreams with your team members and families. In doing this you are offering a gift - you are offering to others an opening for them do the same. And then....the most important part....you need to follow through on your intentions. When you open yourself up to unlimited possibilities, it's amazing what can happen that you never dreamed could happen before. So step forward in trust and take a risk....and let's create a truly abundant year together.



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## Building Your Business

Here is our third installment of looking at each of the steps in the *10 Step Pattern for Success* to help you become a stronger, more effective leader and coach.

### Step 3 - Use the Products

How can we share what we don't know or don't believe in and really be successful long-term? We can do this for a certain amount of time, but the excitement and enthusiasm is unsustainable without the belief. And the only way to build belief is to use the products consistently and have your own personal experience. The stronger your belief in what you are sharing with others, the stronger will be the potential to build a duplicating, sustaining and successful business.

We talk in our industry about being "a product of the product." In order to be successful, we need to have it be more than talk. This is a business of duplication and personal relationships, and people you know are going to want your story of why you are doing this and what the products have done for you. You need to be able to answer them truthfully and authentically. And remember, people you sponsor are going to do what you do.

Be prepared to try ALL of the products in our line, so that you know what they feel like and how they work. We have a wonderful range of products, and they truly do make a difference in people's lives. Very often friends you haven't seen for a while will actually notice a difference in you after you have been using the products consistently, and want to know what you've been doing! So you are using them, not only for your own personal health and well-being, but also to be a walking advertisement for your business!

The products are the foundation of our business. We need to keep this foundation strong by being our own best customer, and ensuring that those we sponsor do exactly the same.

# Time to Have Fun!!!

## Let's Make Our Business Fun!!

One of the main things I've had to learn along the way about building this Life Force business is how to make it fun. How about you? ....are you leaving your fun side at home in a box whenever you are working your business hours?? Do you believe you have to be really serious to be professional?

If you're ready to have fun with this, then these tips may be helpful.....

1. Forget about educating and start entertaining! Think about it....if someone you know called you and said "Come to a presentation and learn about Life Force," what would be your response?



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You'd probably pass, right? However, if you said "Come to a presentation on Tuesday evening. You'll learn about what I'm doing and we'll have a lot of fun." .....different response?? Let's face it.....we're all busy. Most people are overloaded. Your guests don't want to come and listen to someone teaching them something. They want to relax, enjoy and have fun.

2. Move out of your comfort zone. I know not everyone is crazy about the thought of doing this, but you can still make this fun! Stretch a little. LET yourself have fun! I encourage you to go to events and places that you have never given yourself the time or permission to go to, meet a whole new group of warm market friends, and HAVE FUN!
3. Learn people skills. Sincere, warm interaction with people is a must. This business is built on relationships! This can be fun too. Never underestimate the power of a smile and a handshake. Adopt the motto, "People who I meet arrive as strangers, and remain as friends."
4. Tell stories. Inspirational or even funny stories about your experience will stay in your guest's head.

So it's time to lighten up with doing the business and party on!!

## Life Force Products and Diet

Diet can actually lead to excess free radicals in the system. When the body obtains nutrients through the diet, it utilizes oxygen and these nutrients to create energy. In this oxidation process, oxygen molecules containing unpaired electrons are released. These oxygen-free radicals can cause damage to the body if produced in extremely high amounts. A diet high in fat can increase free radical activity because oxidation occurs more readily in fat molecules than it does in carbohydrate or protein molecules. Cooking fats at high temps can produce huge numbers of free radicals. Improperly synthesized protein is another way to produce free radicals. So what we are looking at with our wonderful Life Force products is using anti-oxidants to neutralize them by binding to their free electrons.

Body Balance is high in antioxidants, due to the high natural carotenoid content as well as certain essential trace minerals and ALA present. True Greens is extremely antioxidant-rich. It contains such things as bilberry, grapeseed extract, SOD, as well as heaps of flavinoids. Also, amino acids such as glutathione and cysteine are powerful antioxidants when properly assimilated and utilized, as they are with the use of Amino Charge.

Since free radicals are one of the primary causes of aging, here's yet another reason to use these great Life Force products consistently.

