

# A Newsletter for our Life Force International Community

November 2006 - Volume 3, Number 9

**WE ARE  
WINNERS**

## **We Are Winners!!**

Greetings everyone, and welcome to our November edition of We Are Winners. Michael and I are getting ready to make our yearly sojourn to our homes in Australia and New Zealand, where we live until May. It's so hard to believe that it's November already! This year seems to have flown by. I recently had the pleasure of being part of the Life Force Platinum Academy with many of our up-and-coming leaders. We even had two Platinum Elite leaders who came all the way from Australia to attend....such an awesome commitment!! As well as lots of good learning we also had lots of fun! This photo was taken at a dinner on the last night of the event. Congratulations to all of you! You are AWESOME!!



## **Keys to Becoming a Team Leader—Part 1**

We have just completed the 10 Step Pattern for Success in some detail over the past 10 months. Let's now look at how to take this information and learning to the next level. Once you start signing people up and building an organization, you are also becoming a leader to that organization. An understanding of what this means is helpful to negotiating the next part of the journey. The following is a reminder of some of the things we've covered, but this time, from the view of becoming a leader.

First, people need to understand that a change is occurring in their life simply by saying yes to this opportunity. They need to understand how this will affect them. You can help provide some of that understanding by reminding them of

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their goals and dreams, and what they have committed to do, to have that in their lives. Once they have the foundation, they are better prepared to move ahead with their commitments. That "why" needs to be very clear.

People in your organization also want to know that they are valued and that they have some marketable skills. By providing them with this training, you are proving to them that you care about your team's professional development, and that this should result in greater productivity for everyone.

As a leader, your team should see you as a resource. When you as a leader are informed, you can provide valuable information and feedback that will help them to accomplish their goals. Do you see how powerful it can be going through a 10 Step with someone, and keeping all that alive for them? Especially when your team or any of its members is going through any kind of a change, limit your own commitments that may take you away from your team during this time. This is when your people need you the most. When they have questions, you have to be there to guide them in the right direction.

Make sure you attend every local or regional meeting. Remember, your team is looking to see what you do, and they will follow you. This is a way you can demonstrate to them that we are all part of a greater team, and that they are too.

Lastly, use some humor in your interactions with your team members. A good laugh can be a great stress reliever. It makes people feel relaxed and renewed, which in turn creates a more positive environment. It also shows that this business can be lots of fun!

### **Tips for a Healthy Life—Part 1**

We have been given a wonderful gift called life. Our responsibility is to honor this in the best way possible – by doing whatever we can to take care of ourselves in a healthy way. Basically, our modern lifestyles have gotten us somewhat off the track, with fast foods, a polluted environment, high-tech stress, chemical dependencies, etc. Nature's intention is to fuel our inner healing force with the right natural resources to enable us to function to our fullest potential. However, as most of us have a profound lack of knowledge as to what we need to do that, we find ourselves out of balance.

I believe that we all need to take an active part in the maintenance of our health. The following suggestions are simple things that most of us can accomplish in some form or another.

**EXERCISE**—Get regular exercise. It improves digestion and elimination, increases endurance and energy levels, burns fat, and promotes lean muscle mass. In addition, studies have shown that regular exercise increases feelings of well-being and reduces stress. There are many different forms of exercise including walking, bicycling, swimming, jogging and even regular gardening. Choose activities that you enjoy. Don't look at exercise as a chore. Select things that you look forward to doing. Try doing things with a friend. Whatever you choose, start out slowly, listen to your body, and gradually increase the intensity and duration of your workout.

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According to a 1996 report published in the Journal of the American Medical Association, low fitness may pose as great a risk to health as smoking, and a greater risk than high cholesterol, high blood pressure or obesity. Interestingly, regular exercise has been shown to significantly impact those particular health issues.

**REST AND RELAXATION**—All too often these days, people think that taking time to rest means wasting time, or is not productive, or certainly is not on top of the priority list. Rest is nature's curative process, and our most perfect rest comes during sleep. Healing, restoration, rejuvenation and revitalization take place most efficiently when the body is allowed to rest. Adequate rest is essential for good health. Nothing can take the place of rest.

It is during sleep that our sympathetic nervous system takes over complete control. It is during this time that our body's healing energy is allowed to carry on the work of cleansing, healing, regulating and restoring the body and mind. It's interesting to note that the hours before midnight are much more beneficial for resting and revitalization than the hours after midnight.

Relaxation is something most of us need to learn to do, and there are many techniques and ways of relaxing. Meditation is a wonderful example when done regularly. And meditation doesn't have to have spiritual or religious connotations. For example, you can meditate on a word such as "calm" or "peace," or you can meditate on a beautiful place in nature. And you can draw on these words or thoughts any time you want to, especially if you are feeling stressed. Each of us has favorite things we love to do that are relaxing. Find what works for you and do it regularly!

**STRESS MANAGEMENT**—It is estimated that stress contributes to about 80% of all major illnesses. Stress is a part of life. However, how we respond to it, and how much of it we have in our lives are things we can totally control. How we manage stress can be the difference between having a life or just having an existence.

Some things I have found useful are, first of all, to identify the sources of stress in your life. This helps you understand where the stress is coming from. When you have identified them, either eliminate them from your life or prepare yourself to deal with them as easily and healthily as possible. For example, if rush-hour traffic is a stressor, then use that time to listen to a tape or a favorite piece of music that will calm you, or join a carpool.

Work on creating a stress-free home environment. For example, keep the noise level down as much as possible as this contributes to stress. Also use as much natural lighting in your home as possible. Unnatural florescent lighting can be especially aggravating. Certain colors in a home are more calming and soothing than others.

Monitor your internal conversations. The way we talk to ourselves has SO MUCH to do with how we see our lives and situations, and how we feel about ourselves and our environment. For example, telling yourself that you *should* be able to do something or you *should* be able to handle a situation better, only adds to the stress. Take a day off or take regular time just for yourself. Do something that is relaxing and fun, and don't think about whatever is causing the stress.

