

A Newsletter for our Life Force International Community

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**WE ARE
WINNERS**

We Are Winners!!

Happy 2007, everyone! In case you're wondering, this is our place in Australia, and right outside those glass doors behind me is magnificent Palm Beach. Well, I'm really excited about this coming year. I have a gut feeling that 2007 is going to be a booming year for Life Force, for us, and for a lot of you as well. Michael and I have some big goals for this year. One of our goals is to support at least two of the people in our organization to get to Crown Diamond by the Convention. We are also committed to creating a couple of brand new Diamond legs by then as well. What are your goals for this year? Remember, if you get really clear about what you are committed to achieving and do the action steps necessary to get there, it will happen.



Wrapping It Up—What Makes a Leader?

Let's wrap up some essential skills of leadership and look at leadership in a nutshell. These are skills that anyone who wants to build a business organization needs to develop as highly as possible. If you want to really grow your Life Force business, you need to learn leadership skills that will enable you to build a team of people who will take what you do and begin to build an actual business, even when you aren't there! This is the REAL strength of network marketing. These all take committed practice and work, but it is SO rewarding because these skills are the keys to realizing your dreams.

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Be Able to Define Goals for Yourself and Others. This starts with Step 1 of the 10-Step system. Great leaders become masters at helping others set their goals so that they are clear and defined. Work hard at this skill and others will follow. Do you know what your own goals are? Are they clearly defined and can you communicate them so others can see them clearly and be inspired? You need to know where you are going before you can expect to show others the way.

Be Able to See the Future. To be a leader means being able to look ahead of yourself and your situation. People who are not leaders in their lives get lost in the minutiae of today's problems. To be a leader means being very firmly rooted in the here and now AND be forward-looking to see what's on the horizon. Leaders think and strategize about what they see for tomorrow. You can train yourself to do this. Just start practicing making projections and seeing the future. Predict possible outcomes. When you learn to do this better than others, they will look to you for leadership.

Be a Great Communicator. To be able to take those goals and visions and communicate them so others can easily understand and see what you see is the skill of a leader. Continually speak and write out your goals clearly and with all the passion you have for your vision. When you are speaking be sure to use both nonverbal and verbal ways to communicate. And do it at every opportunity! The more you do it, the more likely it is to manifest.

Be Able to Teach Others. As leaders, we need to learn how to transfer knowledge in such a way that those we're teaching become active business partners and can then do it without us. You can use many of your daily encounters to practice. There are opportunities for passing on knowledge all around us.

Be an Inspiration to Others. Find your passion! This is what will fire up those in your organization. You can work at helping others see the goals, to see the end result. But it needs to be EXCITING. After all, if it's a goal worth going for, then it SHOULD be exciting. If it isn't, then find something that is. YOU need to be on fire so that others can catch the sparks.

If you want to build a great Life Force organization, where you are successful and so are the people in your team, make it a priority to become the best leader you can be. You don't need to do it overnight, but as you grow in these skills over time, you'll see your business grow right along with you.





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Health is More Than a Good Diet

It has now been proven as fact that our thoughts, beliefs and attitudes translate directly into biochemical changes that control our health. In one recent study, young men with high levels of hostility were found to have more plaque around their coronary arteries than men with more peaceful natures. Conversely, as we drink nutrient-rich substances like the Life Force products, the biochemical changes that result directly affect our thoughts and attitudes, bringing them more into a healthy balance. I wonder if that same study were to include a nutritional profile of each of these men, what they would find. My guess is that the more peaceful (balanced) men would be more nutritionally healthy.

So we know that these "mental" stresses have powerful physical effects. Besides increasing overt unhealthy behaviors such as alcohol abuse, cigarette smoking and binge eating, they promote a host of more silent but just as lethal biological changes, such as metabolic syndrome (a precursor to diabetes), alterations to hormones and neurotransmitters, increased platelet stickiness (a cause of blood clots), and increased inflammation.

We are told by the medical professionals that stress-related risk factors pose as great a threat for cardiovascular disease as high blood pressure, high cholesterol or smoking. Fortunately, just as research shows that the heightened reactivity to stress accelerates such conditions, it also shows that changing our thinking, attitudes and beliefs, and practicing stress-reduction techniques can halt or reverse cardiovascular disease. I know from my own experience that every system in the body is similarly affected.

A new field of research also suggests that ordinary kindness towards others appears to enhance health, right down to the cellular level. In fact, even those who simply witness such altruism may receive benefits. There is an often-cited study that was done on students who viewed a film of Mother Theresa helping poor and sick people in Calcutta. Tests showed that each one of them got an immune boost. The evidence for this was shown by increased levels of a protective antibody in their salivary glands. Imagine what this means for those of us who are building our Life Force businesses. Our JOB is to help and support others every day!!

Given the stresses of our world and the different sensitivities of each of our nervous systems to stress, we need to find ways to relax our bodies and minds and develop a more balanced way of living. It is not an easy path to commit to. We all have ingrained patterns in the way we react to stress, and breaking them requires a conscious effort. But in our over-stimulated, over-caffeinated, over-active world, finding the pause button or the volume control for our lives is a challenging but highly essential component of having a healthy life. By including in our daily diets nutrient-rich foods such as Body Balance and True Greens, we are giving our bodies the tools to do just that.