

A Newsletter for our Life Force International Community

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**WE ARE
WINNERS**

We Are Winners!!

We have just completed a wonderfully inspirational and successful Life Force Australian conference. It was a double celebration as the Australasian office has just celebrated its 5th anniversary and Australasian manager David Raphael shared a yummy anniversary cake with us all.....Thank you David! I really want to acknowledge the incredible journey that Life Force members have been on here in the southern hemisphere, and the awesome achievements that so many have made. There is excitement and momentum happening as we barrel into 2007 with big goals and dreams that so many are committed to achieving. I am proud and humbled to be part of such a team.



Building Your Business Step 1 AGAIN—Refining our Vision

Why is this thing about vision SO important? It is the basis of what fuels us. Self motivation originates in our visions. This is the energy that fuels our ability to attract what we want and to take the action steps necessary to get there. There is a gap that exists between where we are now and what we envision becoming, and self-motivation is the fuel that closes that gap, that moves us forward. When people are self-motivated they exhibit certain qualities such as enthusiasm and passion, high energy and persistence, confidence and courage. When we can embody as many of these qualities as possible, we can and *will* achieve just about anything we set out to do.

We are looking at "refining" our vision because I have often found that what we think we want, or even what we have a burning desire for, is in fact different from what we have set our minds to. There is often a disconnection between what we want and what our minds are set on. As an example, think of something that you have dreamed about or wanted for a long time, something

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you may even have worked hard for, but are still no closer to having now than when you started wanting it. Now think of something that you have felt was inevitable, something you believed would happen whether you wanted it to or not.

There is a part of us that doesn't care what we want or don't want, need or don't need. It only produces what we EXPECT. So how can we become clear about the difference between what we expect and what our vision is? The only way I know is to create a belief about our future that is not based on the past or the present, and that has no connection to the past or the present.

To illustrate what I mean, take a few minutes and do this exercise.....Imagine yourself earning \$20,000 a month from your Life Force business..... take some time and imagine what that really feels like. Make it as real as possible. How would you feel in this place about inviting a new person? If you were earning this kind of money, who would you be willing to approach? And how would you sound when you did? What level of enthusiasm would you be projecting?..... Now come back to the present and compare the answers to the way it is for you now. If there is any difference, it means that your current vision is anchored in the past and the present, not in the future. If you are earning \$200 or \$500 a month right now, you may be unknowingly representing a \$200- or \$500-a-month opportunity to all the people you are inviting. If your vision is to earn \$20,000 a month or more and attract people who want to do the same, then there is a \$19,500 gap here!

So here is the secret to closing that gap and firing up our self-motivation.....imagine yourself back in the place of earning \$20,000 a month, and really feel it, making it as real for yourself as possible, and then invite people from this place. Keep practicing this exercise as often as possible. The more we live into it, the more real it will become.

Body Balance and Pregnancy

People often ask if it is okay to drink Body Balance during pregnancy. Following are the testimonials of two women who have generously shared their stories.

Put simply, I don't know how expecting mothers could go through pregnancy without Body Balance! Any mother will testify that the 1st trimester of pregnancy is the most challenging. I was working an average 50-hour week between my job as a PA for two directors of a national company and managing their admin staff, and teaching scuba diving on weekends (until advised against this by my Dr!). I doubled the amount of Body Balance and was able to sustain this regime with no morning sickness, dizziness or illness...on about six hours sleep each night during the first eight weeks!

I also experienced no excess weight gain or fluid retention during the entire pregnancy. I would describe my pregnancy on the whole as a pleasant experience. I also lost my "pregnancy curves" within a couple of months of birthing!

The birth was just as pleasant...no, really! However, with such a large baby (all that BB!), I ended up

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hemorrhaging. I lost about 1200 ml of blood for which I was treated with an iron infusion. I was very weak for a month and I remember thinking after her 1st birthday that I felt like I had fully recovered from the birth trauma. I have spoken to other mothers who experienced this and they shared that they never fully recovered for about two years.

Despite all this, I nursed Caitlin myself full-time for eight months and was still feeding her around each meal and through the night until she was 11 months old. She is now 17 months old and continues to have one feed in the morning and on demand during the day during painful teething periods or on the rare occasion of unwellness. I have always had more than enough milk.

Caitlin has consumed BB since she was days old and it is now part of her morning regime. People often comment on how content, happy and alert she is.

Theresa Carruthers

What more can I say about the products than the living proof of a Body Balance baby? Manaia, now 6 months old - she is one healthy, bubbly little girl who never stops smiling. She is contagious, her smile makes everyone else smile... if only she knew her cells from conception to nine months in the womb were created partly from Body Balance, Osteoprocure and the Cornerstones pack!

The products have certainly contributed to both our health and wellness from conception, during my pregnancy, recovery and to this day. In conjunction with a healthy diet, exercise, no alcohol, being a nonsmoker and getting lots of sleep (balance of everything in life), I believe the products work well. They have been a good foundation for my nutrition and Manaia has also benefited from that.

I would definitely do the same again and recommend any pregnancy would benefit from the use of the Life Force products in conjunction with good nutrition, exercise and rest.

Kororia Kahui-Ariki

