

**WE ARE
WINNERS**

A Newsletter for our Life Force International Community

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We Are Winners!!

We have just returned from an awesome three weeks in Europe with our wonderful friend and LFI business partner, Zvone Vodnik. We had the privilege of spending time in his native country, Slovenia, and totally fell in love with this beautiful country and its people. Here's a picture of us during a fun-filled experience of that great city, Vienna.



Building Your Business – Fun With Goals

First of all, what are goals? Goals are tools we utilize to get into and stay involved in focused action. They are tools we use to realize our dreams; tools we use to become the person we have the potential to be. We all have potential, but it's simply a meaningless word unless it's acted upon.

To utilize any kind of goals, we need three basic things:

1. Desire – a clear, strong feeling of purpose. Here is an exercise that may help in finding that clarity: a) Think of something you really want. b) Ask yourself, “What will that provide for me?” c) When you've got that, ask again, “What will that provide for me?” and d) Keep asking that question until you reach the essence of your desire.
2. Belief – Do I believe this is possible? Do I believe in myself enough? John Kalench talks about having four foundational beliefs: belief in self, others, product/company and referral marketing.
3. Acceptance – Am I willing to really HAVE this completely? This is a great question to ask yourself.

At a deep level we know exactly what we need and want, and we have to trust this knowing of ourselves. The outside world is simply a feedback system, reflecting our desires, beliefs and acceptance. One of the things we can do is focus on “abundance” rather than “scarcity” mentality. There IS more than enough for all of us if we are willing to open to the possibility. So let's perpetuate abundance! (Remember, the real value of a goal is not in its realization. It forces us to become the person we need to be to accomplish it.)

There are three types of goals: a) long-range goals – What do I want in the next 10 years? b) mid-range goals – What do I want in the next 12 months to 5 years? and c) short-range goals – What do I want in the next 1 to 3 months? These last are

(Continued on page 2)



A Newsletter for our Life Force International Community

Page 2

(Continued from Building Your Business, page 1)

confidence builders. Part of the fun is to be able to check things off. Celebrate your victories!

Following is an exercise to help clarify your goals. Write these questions on separate sheets of paper: What do I want to do? What do I want to be? What do I want to see? What do I want to have? Where do I want to go? What do I want to share?

Write down as many things as you can in three minutes on each piece of paper. Now put the number of years beside each one, or the amount of time before you are ready for each answer. The next step is to check to see if your goals are in balance. If you have more long-term goals, it could mean you're putting off having to act now. If you have more short-term goals, it could mean you haven't gotten your desires yet. The key is balance.

If you want to go further, divide your lists into the three categories (long-term, mid-term and short-term). Now choose one thing from each category and write a paragraph on each including a detailed description and why you want to achieve this goal. Eventually do this with all of them. You may discover some are not so important. Reflect, refine and revise. When you have it down, keep your goals handy so you can see them constantly. And update them as required, because some of them will change.

What if I'm not achieving my goal?... and I'm doing everything! There are a couple of suggestions: 1) Activity level is too low. You need to do something every day. Daily action is a must if you are to achieve what you want. 2) Look at the question "Do I believe achieving my goal is possible?" If our belief in ourselves is not there, it's not likely to happen. 3) Working with incorrect knowledge. Keep a daily journal of your ideas, thoughts, actions, etc. and review with your upline on an ongoing basis. Ask questions.

A last reminder – don't get overwhelmed. Relax. Your ability will grow to match your dreams.

Product Of the Month – Sunbright

Human Growth Hormone affects almost every cell in the body. It helps to regenerate skin, bones, heart, lungs, liver and kidneys to their former healthy and youthful state. The immune system is revitalized. Heart attack and stroke risk factors are diminished. Emphysema patients have found their oxygen intake improved. Osteoporosis can be prevented. Wrinkled skin can be restored to a youthful vibrancy, sexual potency restored or increased, hair color restored.....and that is just part of what this important hormone does in the body. It is also responsible for the muscle to fat ratio in the body. It revs up the metabolism, reducing excess fat deposits, while at the same time increasing lean muscle mass. It is a mood elevator and restores a youthful sense of wellness and zest for life.

Approximately 95% of HGH, or Human Growth Hormone (also called somatotrophin), is produced in the anterior of the pituitary gland. Production peaks at adolescence when accelerated growth occurs. It is one of the many endocrine hormones whose production declines with age. While many of these hormones can be replaced to deter some of the effects of aging, HGH reaches far beyond the scope of any of them. Not only does it slow down biological aging, but it acts to significantly reverse a broad range of signs and symptoms associated with the aging process.

In 1990, groundbreaking research by Dr. Daniel Rudman shook the medical world (published in the prestigious New England Journal of Medicine) with the announcement that 12 men, aged 61 to 81, had reversed up to the equivalent of 20 years of aging in six months with growth hormone injections.

Until recently, growth hormone therapy has only been available in the form of injections of the actual hormone

(Continued on page 3)

A Newsletter for our Life Force International Community

Page 3

(Continued from Product Testimonial, page 2)

itself, that have been prohibitively expensive and difficult to use. There is also the possibility of known side effects.

More interesting are the HGH precursors or releasers known as secretagogues. These nutrients are designed to coax the pituitary gland to release its own growth hormone in a totally safe and natural way, at the level each individual body requires it. Scientists have found that as we grow older, we still produce HGH, but levels in the body drop because the pituitary gland does not release it. What has been found is that the more stressed the body is, the less HGH is secreted. Secretagogues reverse this process naturally. According to researchers, these natural secretagogues may have the ability to more closely mimic the body's youthful HGH secretion patterns than any other therapies previously available.

In a process called "stacking" (that is, packaging the right nutrients in the right proportions) we can derive optimal benefits - without using synthetics and needles. We are simply feeding the body the food it needs to function optimally. The amino acid stack releases insulin as well as growth hormone. Generally when HGH levels are rising....and this has been one of the adverse factors of injections....insulin levels are falling. However, if it is possible to raise insulin levels at the same time as growth hormone, it has a very high anabolic effect. And this is what we have seen. According to research, you don't need to increase growth hormone very much to get a significant rise in IGF-1 levels. (Insulin-like Growth Factor type 1 is at the other end of the growth hormone chain. It is the substance that actually produces most of the effects associated with HGH).

It has more recently been discovered that HGH is also made and released by the lymphocyte cells of the immune system.....approximately 5%; hence Sunbright's added herbal factors. In its sublingual liquid form, the delivery system addresses the gastric absorption problem. (The reason HGH has traditionally been an injectable preparation is that the IGF-1 factor is largely broken down in the stomach by the bile acids). As the product works by assisting the body's own ability to secrete HGH naturally, there are no reported complications or side effects.

It is recommended that Sunbright be used on a daily basis.

Acknowledgements

We'd like to introduce you to our office manager, Lori Hansen, in case you ever stop by and/or call. Lori has been with us since November, 2003 and comes with 20+ years of varied management and office experience. In addition to working for us, she runs a transcription, editing and word processing business out of her home, having done this for 15 years in order to be ever-present for her children. Lori also has been a professional dancer (ballet and jazz), actress and singer on and off for 33 years, although we're keeping her too busy to do much of that at the present time. She's a wonderful asset to our business and we're thrilled to have her as part of our team.

Upcoming Events!

In October the leaders of Life Force Marketing are coming together in the mountains of Colorado to co-create our future. This is going to be a very exciting event for Platinums and Diamonds, and the first time (apart from Convention) that we have come together, crossline, as a Life Force team. It will be hosted by the Crown Diamonds and we have people registered from all over the U.S., as well as overseas. This will be a gathering of leaders to mastermind, co-create and develop a universal training plan, and to identify our 5-year goals. We hope to do this annually, and it is open to anyone in Life Force who is Platinum or above. We are committed to taking this company to \$100 million!

