

WE ARE
WINNERS

A Newsletter for our Life Force International Community

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We Are Winners!!

Life Force's two Crown Diamond women recently had a few days of wonderful fun together! We spent a lot of that time dreaming and creating our next phase of life. We asked ourselves the question we ask all our new people.....when money, time and health are in abundance, then what is our heart's desire? We have both got to that place where everything is handled.....so now what? It's a very exciting place to be in, and it is wonderful to be able to share all the insights and challenges and victories that we both have gone through to get here. One of the things we both agree on is that we are now role modeling for others what it looks like to be in this place of being spiritually-based, highly successful women.



Building Your Business—Fun With Goals

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.

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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 have whatever the goal is.

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 5 years?
- c. Short-range goals – What do I want in the next 6-12 months? (These short-term goals are 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! Here 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.



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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 it 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. This is the magic of goal setting.

**If you don't know where you're going,
you'll probably end up somewhere else!!!**

More Ways Life Force Products Work in our Bodies

Diet...that is, eating food... 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 temperatures can produce huge numbers of free radicals. Improperly synthesized protein is another way to produce free radicals. This happens a lot, as most people have a compromised digestive system and do not digest protein properly.

So what we are looking at is using antioxidants 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 (alpha linoleic acid). True Greens is extremely antioxidant-rich. It contains such things as bilberry, grape seed extract, SOD (superoxide dismutase), as well as heaps of flavinoids. Also, amino acids such as glutathione and cysteine are powerful antioxidants when properly assimilated and utilized. With Amino Charge, people can get fully bioavailable amino acids properly assimilated and utilized into their system.