

## 10 Tips on Being the Best You Can Be! Monday July 22, 2019

- Don't forget we are in the Recruitment Extravaganza. You can sign up your new associates for \$24.99 (50% off) and they get 50 loyalty points with a \$100 or more order.
- Next TNL, July 23rd at Mannatech Corp offices or [www.allaboutmannatech.com](http://www.allaboutmannatech.com)
- Are you in the Achievers Club?  
<https://mannatech2.s3.amazonaws.com/mtlibrary/107262904840689.pdf>
- Have you checked out your new Mannatech Personal WebPage (MPW)? Information in the library...start using it!!
- Next Saturday DFW Business Training- August 3rd from 9 AM to 12 PM at Mannatech Corp offices or [www.allaboutmannatech.com](http://www.allaboutmannatech.com)
- Top Business Builders heading out for "Trip of a Lifetime!"

By: Anne Naylor, Contributor updated Dec, 2017

What do Susan Boyle, Paul Potts and J K Rowling all have in common - apart from they happen to be British? Their success did not come about overnight, or easily. Not for any of them came instant fame, and recognition in the spotlight.

*"The soul is placed in the body like a rough diamond, and must be polished, or the luster of it will never appear"* **Daniel Defoe**

"No matter how frustrated, troubled or dispirited on the surface, deep down everyone I have met is truly extraordinary. However hidden, the human spirit, the diamond is always there; in you, in me. For many of us, these times are rough. Perhaps now we can come to know and appreciate more fully our capacity for endurance and the brightness of our human spirit. What is more, we can take the polishing more into our own hands."

Here are some tips she gave in her article that may help us all if we consider them:

### **1. Know what you want**

a. Maybe you have a talent you have longed to express and develop. If not, you probably know how you would like to be *experiencing* your life - perhaps with more happiness, better communications with the ones you love, greater fulfilment in your work.

b. Where do you want to go with Mannatech? What is YOUR DREAM?

- 1) Additional \$500-1000-2,500 per month?
- 2) Presidential Director and make \$4,000 per month
- 3) Beyond...maybe even Platinum...
- 4) Social Community...Tribe; be a part of something bigger than me

Knowing is deeper and stronger than wishful thinking or hoping. It is a conviction so solid that you can base your life on it.

*"There are three things extremely hard: steel, a diamond, and to know one's self."*

**Benjamin Franklin**

## 2. Engage with your intention

Daily nurture your vision - see, feel, hear how you will be experiencing the fulfilment of the life you want, both inwardly and in the world. Use your imagination.

J K Rowling's **Commencement Speech at Harvard** is inspiring and real:

Watch Part 2: <https://www.youtube.com/watch?v=Nm28K-Dgfoxs>

Watch Part 3: <https://www.youtube.com/watch?v=cElk8cQk2VY>

JK talked about sitting next to a guy, an African torture survivor, mentally ill after the brutal beatings for years, and when she left "he wished me future happiness..." Another man she heard scream out with horrific pain...he had just found out that his country found out he had come to speak at Amnesty Intl and they went and took his mother and killed her.

"What we achieve inwardly will change outer reality." **Plutarch**

"Our inescapable reality that we touch others merely by existing...but how much more are we able to impact lives." **JK**

"As is a tale so is life...judged not by how long it is, but how good it is." **Lucius Seneca**

## 3. Practice your passion - take action

- a. If you have a talent, keep working with it.
- b. If you would like to be happier, do things that make you happy.
- c. Better communications? Be willing to learn, practice, improve - and make mistakes from time to time. Your intention will speak volumes.
- d. Fulfillment? Adjust your attitude.

*"Nothing will work unless you do."* **Maya Angelou**

## 4. Raise your energy - turn up the heat

- a. Love yourself and be grateful for all you have in your life, right now. Pay attention to your blessings.
- b. Look up. Learn to forgive and laugh at the mistakes you make along the way.
- c. Each day feel the enthusiasm for your vision, as if it has already happened.
- d. Stay open for the remarkable to take place. It will.

*"There are two ways to live your life - one is as though nothing is a miracle, the other is as though everything is a miracle."* **Albert Einstein**

## 5. Gather positive people around you

- a. At the very least, spend time with people who are supportive and *for* you.
- b. Enrich yourself by getting to know others who are actively creating the best for themselves, and learn from them.
- c. Never be intimidated by anyone...remember, Jim Rohn says "You will become the average of the 5 people you spend the most time with."

*"If you have zest and enthusiasm you attract zest and enthusiasm. Life does give back in kind."* **Norman Vincent Peale**

## 6. Get rid of what is unnecessary

- a. Clear the clutter! Live lean with only that which you need around you. The feeling of freedom you gain will liberate you closer to what you really want.
- b. Shiny objects are everywhere...do not allow them to distract you. FOCUS on what you desire to accomplish and do not allow yourself to get distracted.
- c. Surround yourself with supportive people. Story of Marlys when I quit Mannatech after my 1st year...

## 7. Organize yourself for success

- a. Find ways of dealing with life's necessities so that you are not distracted by them.
- b. Only agree to do what you will actually do.
- c. Learn to say no to what does not fit for you.

*"If we did all the things we are capable of doing, we would literally astound ourselves."*

**Thomas A Edison**

## 8. Set no time limits

- a. Learn to live in the present moment and respond to your intuitive guidance. There are times when to act; times when to hold. You will get to know which is which.
- b. Be strategic.

*"We have time enough if we will but use it right."* **Johann Wolfgang von Goethe**

## 9. Believe in yourself - believe in your vision

- a. Feeling doubtful? In these challenging times, young children may teach us something. As adults, we can also be persistent in going for what we value.
- b. Consider the words of Imogen, walking with her father in the park, and Stephanie, her tv heroine:

*So, I'm in the park with my just-turned-three-year-old daughter when she asks:*

*Daddy, can I have an ice cream?*

*I don't think we have time. We've got to go soon.*

*There is always a way, Daddy.*

*What?*

*Stephanie says, there is always a way!*

*Who says?*

*STEPHANIE!*

*"A visionary is one who can find his way by moonlight, and see the dawn before the rest of the world."* **Oscar Wilde**

## 10. Treasure yourself

- a. Do the things that show you care for yourself: eat foods that serve your body; drink plenty of water; get enough sleep; exercise regularly; make time and space for fun; stay focused on your vision and intention. Taking care of your health is a wise investment of your time and attention.
- b. With Mannatech is this not exactly right up our alley? This is why we do what we do...

*"The diamond you are, you wear within you. You can call on its beauty and power when you want to stand forward and dazzle."*

**Random Soul 7**

*"If you would like a free pdf copy of the revised Clear Results Self-Assessment, let me know. I would love to hear from you, contact me at Clear Results: [ClearResults@mac.com](mailto:ClearResults@mac.com)."*