Begin Every Day Right
Monday, March 20, 2006

Incentive: You still have 1 week and 2 Periods left: No Hill for a climber
Mannafest: Many are already on there way! Where are you? This is going to be an awesome event. Special guest: Haru Naito, the fellow who discovered the new non-chemical water treatment to make the water non-bacterial, which is the basis for our new skin line.

1. Why do I need to start off my day right?
    a. Start out fast and peppy and your whole day will be that way! set the stage with your first hour of every day.
    b. You will never get this day back...so if you start valuing every day this way, maybe this will cause you to treat it as incredibly important.
    c. Time is your only limited asset.
    d. Change the way you look at things and the things you look at will begin to change.
    e. You increase dramatically your ability to motivate people to do what you want them to do if you come from being very positive. Leadership is critical in this business.

2. How do I start every day off right?
    a. Always have an attitude of gratitude.
        I always thank the Lord for giving me yet another day to go out and impact the world in a significant way. There is no guarantee you are going to get another day.
    b. Listen to great music
        Pick some great "pick me up" music like 1812 Overture, soundtrack from Chariots of Fire, great praise and worship music, whatever gets your blood flowing.
        This is what Jett does every morning at 4:00 a.m. piped throughout his entire house.
        You can alternate with great motivational tapes.
    c. Affirmations
        These are very positive statements about your present beingness. See attached for examples. They are not goals which are statements about your future. Most assuredly if people concentrated on the positive things in their lives and relationships, we would not be looking at the incredible divorce

rate in our country today.

Draft affirmations for yourself and read them every morning.

d. Psyche yourself up with your own words...

Read Shad Helmstetter's book, "What you should say when you talk to yourself"

Make your own motivational tape in your own words i.e. "Today is the most beautiful day I have ever had. Today I am going to meet the right people in the right place for the betterment of all. If it's going to be it is up to me!"

e. Keep positive books around

In fact, have one on your nightstand to not only read first thing in the morning, but before you go to bed at night.

e. Exercise

Physically, we know exercise causes the body to excrete endorfins which help us be happy.

Also, everyone needs to be in a regular exercise regimen... this is a self-honoring practice that will set the stage for your state of mind every day!

Contract to keep yourself physically and mentally sharp.

Easy to do...but as Jim Rohn says, easy not to do which is why we don't. Start today.

Another favorite excuse...don't have time. This is another big lie we tell ourself. The truth is that you can not afford not to! Brain power and self discipline grow out of physical activity. If you are disciplined in exercise, it will carry over to your business life.

SO, GET A GRIP ON LIFE...TAKE BACK CONTROL BY STARTING EVERY DAY OFF RIGHT!

DARE TO BE GREAT!

Example of Affirmations

1. I like myself unconditionally because I am a child of God and He loves me unconditionally.

2. I think, listen, look, speak, and act in ways that honor the Lord of Lords, King of Kings, my personal Savior.

3. I am happily married to a loving, handsome, sexy man and we are compatible in many, many ways.

4. I do all things required of me today and every day because through Christ I am strengthened, empowered and inspired to succeed.

5. I think, eat, drink water and exercise like the thin, trim, fit person I am.

6. Everyday in many ways I attract health, wealth, and happiness to myself, my family, and my friends.

Note:

Good affirmations have five basic ingredients:
>   They are personal
>   They are positive
>   They are present tense
>   They are visual
>   They are emotional