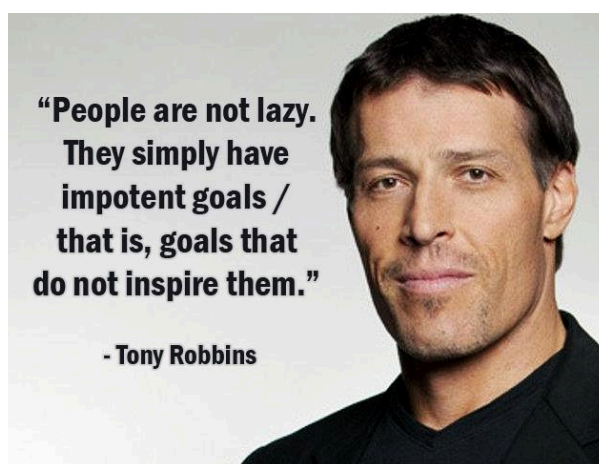


"People are not lazy, they simply have impotent goals..."

Monday, March 3, 2014

- Weekly Mission Live Stream Monday at 8 PM EST, 9 PM EST, 10 PM EST, 11 PM EST www.m5mlive.tv or 24/7 www.m5mlive.com
- Building Champions Call – Saturday 10 AM CT - 800-768-2983 – Access code 4717458
- Mannafest 2014.... Be there. register at events.mannatech.com
- Association of Professional Network Marketing Professionals Conference March 27-30. For more info: <http://anmp.com>

Insure the best results in your Mannatech business by avoiding these very common mistakes!



1. Time to Set Inspiring Goals!
 - a. Why Goals?
"We all must suffer from one of two pains the pain of discipline or the pain of regret. The difference is discipline weighs ounces and regret weighs tons." Jim Rohn
 - b. Review the ones you have now (if you do)
 - c. Why don't you have any?
 - d. New day in Mannatech...make sure you have laid the foundation for your success
 - e. "Success is the progressive realization of a worthy goal." Earl Nightingale
2. Never set goals in a vacuum
 - a. Values must be the base

Do a Value exercise...what are your top 3-5?

If you do not KNOW these...goals will not "work for you"

Review the value exercise (see attached list of values)

Work through the Value Exercise (approx 1 hour)

b. Vision: Your Why must come through them...

Finding your Vision

Vision exercises are found in many places

Four questions/exercises many times used in this discovery process:

1. If you received \$3 million after tax, what would you do? How would your life change?
2. If you were given 1 year to live, what would you do with it?
3. What do you enjoy so much in life that you would do it without getting paid?
4. Build your Ideal Day (using every one of your senses in the description)

Again, this is not a "quick exercise"

c. Review Chart attached: Goals are not enough; Plan is not enough; Action and consistent action is reflective of who you are.

"Success is neither magical nor mysterious. Success is the natural consequence of consistently applying basic fundamentals." Jim Rohn

3. The Path to goals working for you

a. Rules for goals:

1. Start with "I"
2. Written
3. Multiple categories (2-3 in each)
Income, Spiritual, Health, Spiritual, Educational.
4. Present Tense
5. Personally written...so never give goals to another person

b. They must be SMART

Specific

Measurable

Attainable

Risky

Time-bound

c. Share them with Upline/Coach/Mentor

Share them as well with someone important to you personally

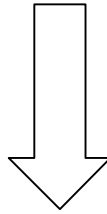
Share them as well with someone who will be a great encourager, and accountability partner.

1. Abundance
2. Acceptance
3. Accessibility
4. Accomplishment
5. Accuracy
6. Achievement
7. Acknowledgement
8. Activeness
9. Adaptability
10. Adoration
11. Adroitness
12. Adventure
13. Affection
14. Affluence
15. Aggressiveness
16. Agility
17. Alertness
18. Altruism
19. Ambition
20. Amusement
21. Anticipation
22. Appreciation
23. Approachability
24. Articulacy
25. Assertiveness
26. Assurance
27. Attentiveness
28. Attractiveness
29. Audacity
30. Availability
31. Awareness
32. Awe
33. Balance
34. Beauty
35. Being the best
36. Belonging
37. Benevolence
38. Bliss
39. Boldness
40. Bravery
41. Brilliance
42. Buoyancy
43. Calmness
44. Camaraderie
45. Candor
46. Capability
47. Care
48. Carefulness
49. Celebrity
50. Certainty
51. Challenge
52. Charity
53. Charm
54. Chastity
55. Cheerfulness
56. Clarity
57. Cleanliness
58. Clear-mindedness
59. Cleverness
60. Closeness
61. Comfort
62. Commitment
63. Compassion
64. Completion
65. Composure
66. Concentration
67. Confidence
68. Conformity
69. Congruency
70. Connection
71. Consciousness
72. Consistency
73. Contentment
74. Continuity
75. Contribution
76. Control
77. Conviction
78. Conviviality
79. Coolness
80. Cooperation
81. Cordiality
82. Correctness
83. Courage
84. Courtesy
85. Craftiness
86. Creativity
87. Credibility
88. Cunning
89. Curiosity
90. Daring
91. Decisiveness
92. Decorum
93. Deference
94. Delight
95. Dependability
96. Depth
97. Desire
98. Determination
99. Devotion
100. Devoutness
101. Dexterity
102. Dignity
103. Diligence
104. Direction
105. Directness
106. Discipline
107. Discovery
108. Discretion
109. Diversity
110. Dominance
111. Dreaming
112. Drive
113. Duty
114. Dynamism
115. Eagerness
116. Economy
117. Ecstasy
118. Education
119. Effectiveness
120. Efficiency
121. Elation
122. Elegance
123. Empathy
124. Encouragement
125. Endurance
126. Energy
127. Enjoyment
128. Entertainment
129. Enthusiasm
130. Excellence
131. Excitement
132. Exhilaration
133. Expectancy
134. Expediency
135. Experience
136. Expertise
137. Exploration
138. Expressiveness
139. Extravagance
140. Extroversion
141. Exuberance
142. Fairness
143. Faith
144. Fame
145. Family
146. Fascination
147. Fashion
148. Fearlessness
149. Ferocity
150. Fidelity
151. Fierceness
152. Financial independence
153. Firmness
154. Fitness
155. Flexibility
156. Flow
157. Fluency
158. Focus
159. Fortitude
160. Frankness
161. Freedom
162. Friendliness
163. Frugality
164. Fun
165. Gallantry
166. Generosity
167. Gentility
168. Giving
169. Grace
170. Gratitude
171. Gregariousness
172. Growth
173. Guidance
174. Happiness
175. Harmony
176. Health
177. Heart
178. Helpfulness
179. Heroism
180. Holiness
181. Honesty
182. Honor
183. Hopefulness
184. Hospitality
185. Humility
186. Humor
187. Hygiene
188. Imagination
189. Impact

190. Impartiality
191. Independence
192. Industry
193. Ingenuity
194. Inquisitiveness
195. Insightfulness
196. Inspiration
197. Integrity
198. Intelligence
199. Intensity
200. Intimacy
201. Intrepidness
202. Introversion
203. Intuition
204. Intuitiveness
205. Inventiveness
206. Investing
207. Joy
208. Judiciousness
209. Justice
210. Keeness
211. Kindness
212. Knowledge
213. Leadership
214. Learning
215. Liberation
216. Liberty
217. Liveliness
218. Logic
219. Longevity
220. Love
221. Loyalty
222. Majesty
223. Making a difference
224. Mastery
225. Maturity
226. Meekness
227. Mellowness
228. Meticulousness
229. Mindfulness
230. Modesty
231. Motivation
232. Mysteriousness
233. Neatness
234. Nerve
235. Obedience
236. Open-mindedness
237. Openness
238. Optimism
239. Order
240. Organization
241. Originality
242. Outlandishness
243. Outrageousness
244. Passion
245. Peace
246. Perceptiveness
247. Perfection
248. Perkiness
249. Perseverance
250. Persistence
251. Persuasiveness
252. Philanthropy
253. Piety
254. Playfulness
255. Pleasantness
256. Pleasure
257. Poise
258. Polish
259. Popularity
260. Potency
261. Power
262. Practicality
263. Pragmatism
264. Precision
265. Preparedness
266. Presence
267. Privacy
268. Proactivity
269. Professionalism
270. Prosperity
271. Prudence
272. Punctuality
273. Purity
274. Realism
275. Reason
276. Reasonableness
277. Recognition
278. Recreation
279. Refinement
280. Reflection
281. Relaxation
282. Reliability
283. Religiousness
284. Resilience
285. Resolution
286. Resolve
287. Resourcefulness
288. Respect
289. Rest
290. Restraint
291. Reverence
292. Richness
293. Rigor
294. Sacredness
295. Sacrifice
296. Sagacity
297. Saintliness
298. Sanguinity
299. Satisfaction
300. Security
301. Self-control
302. Selflessness
303. Self-reliance
304. Sensitivity
305. Sensuality
306. Serenity
307. Service
308. Sexuality
309. Sharing
310. Shrewdness
311. Significance
312. Silence
313. Silliness
314. Simplicity
315. Sincerity
316. Skillfulness
317. Solidarity
318. Solitude
319. Soundness
320. Speed
321. Spirit
322. Spirituality
323. Spontaneity
324. Spunk
325. Stability
326. Stealth
327. Stillness
328. Strength
329. Structure
330. Support
331. Success
332. Supremacy
333. Surprise
334. Sympathy
335. Synergy
336. Teamwork
337. Temperance
338. Thankfulness
339. Thoroughness
340. Thoughtfulness
341. Thrift
342. Tidiness
343. Timeliness
344. Traditionalism
345. Tranquility
346. Transcendence
347. Trust
348. Trustworthiness
349. Truth
350. Understanding
351. Unflappability
352. Uniqueness
353. Unity
354. Usefulness
355. Utility
356. Valor
357. Variety
358. Victory
359. Vigor
360. Virtue
361. Vision
362. Vitality
363. Vivacity
364. Warmth
365. Watchfulness
366. Wealth
367. Willfulness
368. Willingness
369. Winning
370. Wisdom
371. Wittiness
372. Wonder
373. Youthfulness
374. Zeal

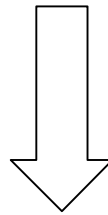
Values

The Core



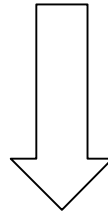
Vision

The Why



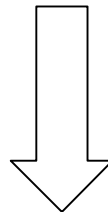
Goals

Strategic Direction



Business Plan

Action Steps



Daily Action Tracker

Accountability