

**Heart of Thankfulness:**  
**Transform your Life**  
**Monday November 25, 2013 Call**

- Weekly Mission Live Stream Monday at 8 PM EST, 9 PM EST, 10 PM EST, 11 PM EST. <http://www.m5mlive.tv> or 24/7 <http://www.m5mlive.com>
- Welcome Home Calls extended 1 more BP
- Check out the Black Friday sale on November 29th
- PointAcross free trial has been extended to December 10th

*“One of the main reasons that we lose our enthusiasm in life is because we become ungrateful..” Joel Olsteen*

*“We can only be said to be alive in those moments when our hearts are conscious of our treasures. –Thornton Wilder*

1. How does Gratitude play a role in your Network Marketing Business?
  - A. It is one of the Nine Unbreakable Laws of Network Marketing:  
Law 3: the Law of Appreciation
    - 1) This principle can Single Handedly Transform Your Networking Business (and Your Life!)  
State of Being: You are either in a growth mode or a decay mode.  
This Law is the same; it just applies to your attitude as well.
    - 2) When you are in the mindset of appreciation, your life is increasing in value.  
Appreciating your life = investing in your life  
An attitude of appreciation always means an increase in the quality of our lives.

Psychologist William James wrote, “The deepest principle in human nature is the craving to be appreciated.” Appreciation needs to be poured into your downline, your product line, your prospects and your business.

- B. Depreciating your networking business will cause a downward spiral in your income and your business
  - 1) The price of the blame mode...a price you don't want to pay.  
People/companies make mistakes...the fact is you do to. Appreciate the efforts. Hang through the tough times.
  - 2) Depreciation breeds discouragement, blame and negative thoughts

How to recognize a Depreciation Mindset:  
blaming, demeaning, complaining, criticizing

2. Marion Head, Presidential in Mannatech, wrote a book, "Revolutionary Agreements"

A. Presents a tried and true path to personal freedom

3 Unifying principles and one of them is GRATITUDE: appreciating the gift of this moment.

1) **I agree to give and receive thanks**

Trend at an early age to say thank you...many of us blank the natural cycle out of also receiving thanks

Need to be good at receiving thanks and the rewards of your giving as well as giving thanks.

(as you sow so shall you reap)

2) **I agree to see the best in myself and others**

Belief in ourselves and our teammates lies at the core of a great network marketing organization.

Free yourself from self-judgment and empower others as well.

3) **I agree to look for blessings in disguise**

Stuff happens to all of us and will always happen...it is your choice how you view it, what your experience is around it.

Become aware and seek out the good in everything.

Example of the man who was robbed:

4) **I agree to lighten up**

Through it all, it is important to maintain a sense of humor.

Enjoying your moments and not taking life so incredibly seriously will contribute to expanded feelings of personal freedom.

Like a fine tuned fork, we attract like-minded, like hearted people to our organization and to our lives.

3. Ways to increase the gratitude and appreciation in your business

A. Affirmations on gratitude every morning

B. "Thank you" in writing and orally at every opportunity

C. Appreciation even when a prospect says "no"

D. Monthly certificates or recognition to all top enrollers in your group, and other mechanisms of appreciation/acknowledgment

E. Believe in your people as well as yourself. Believe in your team!

4. Five ways you can add gratitude to your life and feel better everyday

A. Choose your friends wisely. If you strive to be spiritually strong, supportive, empowering, intelligent, energetic, and positive, seek those characteristics in others.

B. Help your friends cultivate gratitude. Before you say anything about a friend's situation, remember that everyone's situation is unique. I've seen it happen to myself and to my friends. They'll be perfectly happy until someone tells them they're being mistreated. Suddenly, they're upset.

C. Give the gift of gratitude to your children. Help your children to be satisfied with the simple things while giving them the innate power and ability to achieve whatever they want in life...by living in such a way yourself.

D. Say "Thank You." Whom in your life do you appreciate? Let them know, whether it's your mom, your kids, your friends, your husband, your child's daycare provider or the helpful woman behind the cosmetics counter.

E. Be mindful of the little things. Today, strive to be aware of all the aspects of your personal, professional, and family life for which you are thankful.

“Develop an attitude of gratitude, and give thanks...” Brian Tracy

“God gave you a gift of 86,400 seconds today. Have you used one to say “thank you?” William A. Ward

“When eating bamboo sprouts, remember the man who planted them.”  
Chinese Proverb

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” John F. Kennedy

**1 Thessalonians 5:18 “In everything give thanks: for this is the will of God in Christ Jesus concerning you.”**

“Entrepreneurs must learn to combine Ambition with Thankfulness”

JIM ROHN

## **The Following was found on the Internet:**

### **I am Thankful for My MLM Business**

Today I was reflecting on my life and how much I have been blessed and I am thankful for my MLM Business and the opportunity to work from home. I have made it a habit of expressing thankfulness on a daily basis, because when the expression of thankfulness is done I spend less time and energy focusing on the things that are imperfect and challenging. I am thankful for many things but there are three reasons why I am thankful for my MLM Business.

### **3 Reasons I am Thankful for my MLM Business**

#### **1. Work From Home**

The first reason why I am thankful for my MLM Business is the fact that it provides me with the opportunity to work without leaving my home. Before I became a full-time Network Marketer or an MLM business owner, I would have to set my alarm clock for 5:30AM, fight with the traffic on two major highways, drive in my car for at least one hour and a half to my work place, and then I would have to drive around for another half an hour looking for parking space before I could settle down to work. At times when I got to work, I felt as if I had already put in an eight hour day.

#### **2. Time Freedom**

The second reason why I am thankful for my MLM Business is the time freedom. I like the opportunity to work at my own pace and time and create my own work schedule. By working as an MLM Business owner I can schedule my own day off or take vacation without the approval of someone else. I can spend time with family as I choose without the restrictions. I remember working as an employee and wanting to take time off for family week-end trips or vacation and could not go because someone who had seniority requested the same time off and they have priority.

#### **3. Empowering Others**

The third reason why I am thankful for my MLM business is because it gives me the opportunity to empower others and to create a significant difference in their lives. I love people and enjoy working, coaching, supporting and empowering others to improve their quality of life in every aspect. As a network marketer, online marketer, affiliate marketer and MLM business owner, it gives me the opportunity to work with people from all walks of life, nationalities, race culture and languages.