

From Ruth Bell posted in Sharing Shaklee

CLEVELAND GLOBAL CONFERENCE.

If you are part of this awesome community in Sharing Shaklee, that means that you are an active distributor.

I assume that means that you are committed to going to the Global Conference as part of keeping up with all the new stuff, being part of making history with our 100th year celebration of innovations and more.

And unless you just sponsored in yesterday. I'm sure you will agree that there has been a lot of time and suggestions on how to save up for the other expenses.

And if you did sponsor in as a gold "yesterday" then you have in your hand some free tickets to get you going. Check the back office.

DO NOT MISS THIS! Put both feet into the pool and be part of it.

Adjust your mind set, your inner game, do a special global conference special packet and raise your pv, have a garage sale, give up cable TV for the summer...

If you are a teacher with school starting, donate some \$\$ to a team member to be your 'substitute'... Dr. Shaklee never gave up and you deserve to be part of this solid-packed week that Shaklee has been planning for us!!



Jack Walsh

Before you are a leader, success is all
about growing yourself

Once you become a leader, success is all
about growing others

Sometimes good things
fall apart so better things
can fall together.

Once you become
FEARLESS
life becomes
LIMITLESS.

“Be truthful,
gentle, and
fearless.”

Gandhi
11 Jan 2014 5:06 am

“LEADERS ARE VISIONARIES WITH A POORLY
DEVELOPED SENSE OF FEAR AND NO CONCEPT
OF THE ODDS AGAINST THEM.”

ROBERT JARVIK

THE PHRASE:
“DO NOT BE AFRAID.”
IS WRITTEN IN THE
BIBLE 365 TIMES.
THAT'S A DAILY REMINDER
FROM GOD TO LIVE EVERYDAY
FEARLESS.

 Shaklee

Distributor Summer Reward Program

Skill Up!

Participate in any of the following activities.

Record your activity/points on the “Skill Up Calculator” attached .
Achieve 25+ points/month and RECEIVE A SPECIAL Gift at Shaklee Style Store!

- Earn 4 points --Schedule a strategy session with upline for July
- Earn 3 points for each archived 8 Weeks To Director Training (Shaklee Summer School 2014 at bobsfiles.net) or any other archived Thursday trainings
- Earn 5 points for an in-home meeting with 3 or more people.
- Earn 3 points for a FaceBook party.
- Earn 2 points for a 3-way call with upline.

Earn Prizes as You Grow Your Business

You learn skills when you do events.

What prize interests you?

Shaklee Baseball Cap

Shaklee pink T-Shirt

Shaklee notebook

Shaklee car trunk bag

Shaklee cooler tote bag

Can't decide? Get 2 with 35 points!



Our Businesses Grow .. As We Grow

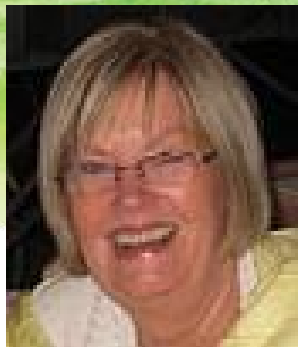
Shaklee Leadership, Coaching and Personal Development

Summer 2015 # 6 July 9, 2015

Lessons in Leadership

With Key Coordinator Margaret Trost

Master Coordinators
Jo Coogan & Barb Lagoni



Senior
Coordinator
Becky Choate



Senior Executive
Coordinator
Lisa Anderson



 Shaklee



Margaret's Story

Chapter One

A Journey in Overcoming Fear to Find Her Purpose and Her Voice

Go to: Whatiffoundation.org for information on the foundation Margaret founded to provide food and educational opportunities to underserved children in Port-au-Prince, Haiti

Fear – A Powerful Indicator of Where We Have The Opportunity to Grow

- A useful natural human emotion --- Be grateful for fear...

Example -- SEE BEAR . FEAR BEAR. Get in SUV and drive away from bear !



- Shows up when we step outside comfort zone When we take risks.
- Result of fear --- we often stop

Fear at the beginning of my Shaklee business
held me back for three years.

The goal had been to be Director by time Luke was born ...



And here he is ... and I'm no where near Director.

I Was Stuck

- I was afraid to talk to people.. To pick up the phone.
- I thought that if it were meant to be, it would naturally happen.
- I blamed factors outside of myself for the reason my business didn't grow – no one was interested in WI, too far away from my upline, needed to study more to become an expert
- I decided I didn't have the right personality for the business, didn't have enough time, didn't know the right people, and that it was just too hard – almost quit.
- Finally, I realized the need for self-reflection to understand my fears and to learn what was behind them.



Lesson Learned – When stuck, look inside first.

Step 1 – Invite Fear to the Table

What I discovered about myself--

- Strong fear of rejection
 - Need for people to like me
 - Need for approval
- Valued others' opinions more than mine.
- Strong Fear of Conflict --Wanted everything to be peaceful and "nice"
- Fear of Rejection
- Issue with earning money ... even though I needed money!
- Was running my business as a non-profit !



Lessons Learned – Awareness is first step to healing,
the light of insight.

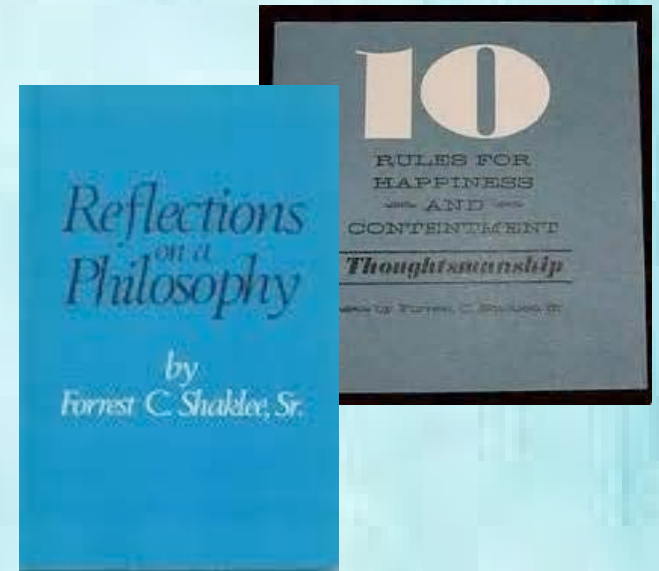
A Shaklee business grows from the inside out and requires a
commitment to personal development

Step 2-- Decide to Take Charge of Thoughts and Develop Mental Discipline

- Fear is fueled by the imagination
- So I stopped feeding mine worst-case scenarios and substituted with BEST-CASE scenarios !
- Visualized conversations, building relationships, events.
- Paid attention to my thoughts throughout the day and wrote affirmations and read them daily.
- Created word pictures of what I wanted ... NOT what I was afraid would happen
- Lou Tice – kindergarten example

Lesson Learned -- What we think about ...
matters A LOT !

What You Think, You Look.
What You Think, You Do.
What You Think, You Are.
Dr. Forrest C Shaklee



So much of our experience is determined by where we focus our attention.

If we think no one is interested, talk about no one being interested, expect that no one is interested...

don't be surprised when no one is interested.

But if our purpose is worthy, our commitment strong, and our thoughts focused on a positive end result, we'll behave as if people are interested and will be more likely to draw this to us.



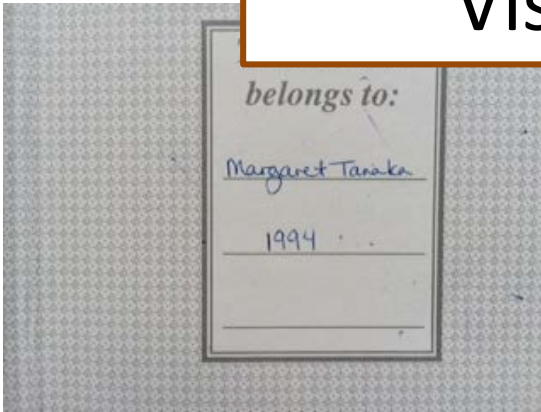
Step 3-- Create a Strong Personal Vision and Mission Statement

- For me -- a network of moms
- Came to understand why my voice could matter... matter to moms who would otherwise never know about this wonderful way of doing business, and the impact on their health and health of their families.. And the difference we could make collectively!
- I was drawn to Shaklee by Barb's vision, and Dr Shaklee's mission ... but it wasn't enough to engage my heart at the level needed to overcome my fears ... until it came to feel like a calling.

Lesson Learned – We can be inspired to join a Shaklee team by the vision of Dr. Shaklee, of our upline, etc ..

But to create our own business organization, our own business team ... We need our own compelling vision... And I found mine.

Step 4 – Reinforce The Vision Through Visualization and Affirmations



People want to know what I'm doing + want to work with me.
I have 10 people on the changing boards/coloured board program.
New customers are referred to me daily.
I share the sales plan weekly by a clear, effective, non-threatening manner.
My business builders catch the vision through my example and enthusiasm.
I attend the UK as a Coordinator with 4 per cent goals.
Stacy Tharty works with me.
Vicki Rust works with me.
Dagala Pegel works with me.
My company grows daily. It is multi-cultural.
Thank you God for the opportunity to send you through this journey.

Rich + me				
Laura	Louise	Faye	Gail	Val
Tessy	Angela	^{nephew} Julie	—	—
Audrey	Natalie	Steli		
Hostey	Tammy	Dibbie		
AnnJim	Kelly's mom	D's niece		
Laura K.				

- I wrote, read and visualized Daily Affirmations
- Visualized and drew out my vividly imagined but not- yet- created dynamic organization

Step 5 --Set Short and Long-Term Goals

- Detailed written plan – out of my head and on to paper.
- Now I knew what to do, who to call, to what to invite, etc
- I learned the balance of creating goals that helped me stretch and that I could integrate into a busy life with a toddler.

Lou Tice --*You want goals that are both challenging and attainable.*



Step 6 --Take Action .. Even If Still Afraid

“Courage is action in the presence of fear”.



Lesson Learned

Vision without action is only a dream...

Action without vision simply passes time

But Vision with action ... can change the world!

Joel Barker

To Summarize My 6 Steps To Overcoming Fear

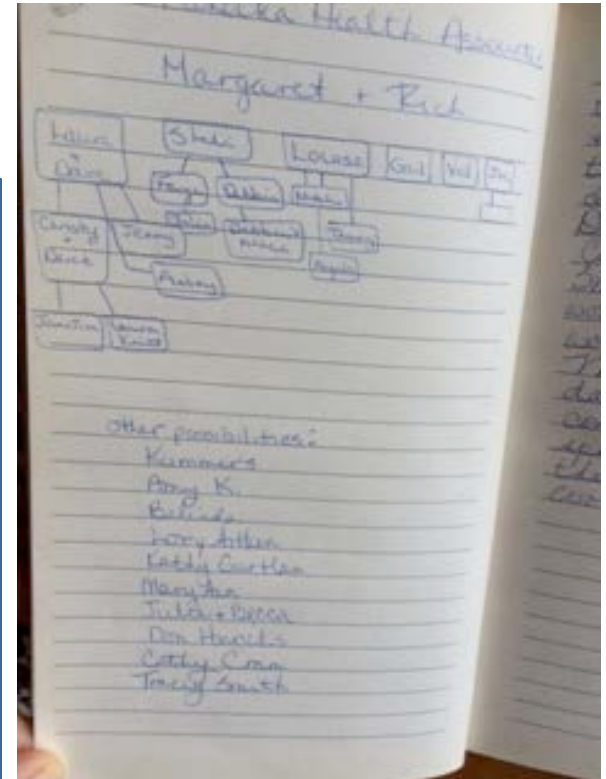
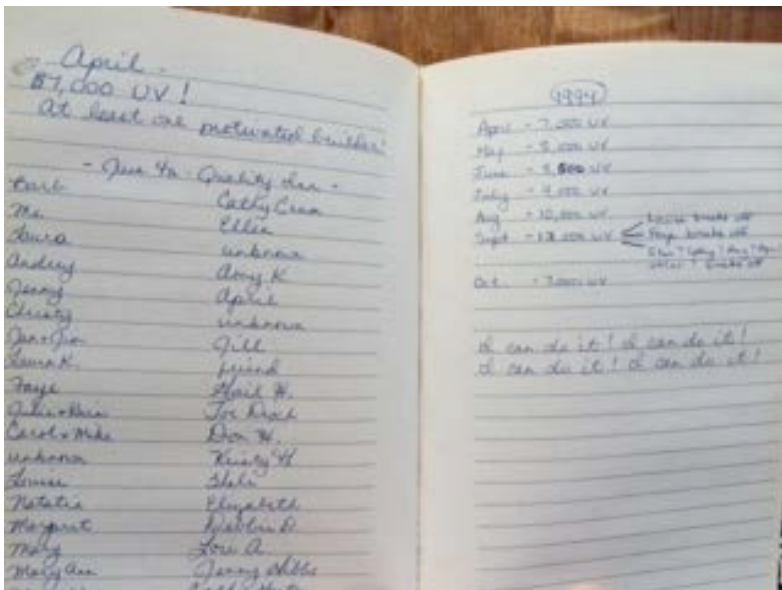
1. Invite fear to the table
2. Decide to Take Charge of Thoughts
and Develop Mental Discipline
3. Create a Strong Personal Vision and Mission Statement ...
4. Reinforce The Vision Through Visualization and Affirmations
5. Set Short and Long-Term Goals
6. Take Action .. Even If Still Afraid

Lesson Learned – Follow the 6 Steps and
... REPEAT

I Can Do It ... I Can Do It ... I Can Do It



I continued to update my list of people to invite to join my business team.



Example of preparation for my first large training meeting ...
scheduled at a local hotel.
I listed LOTS of people whom I invited.

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.”

Eleanor Roosevelt

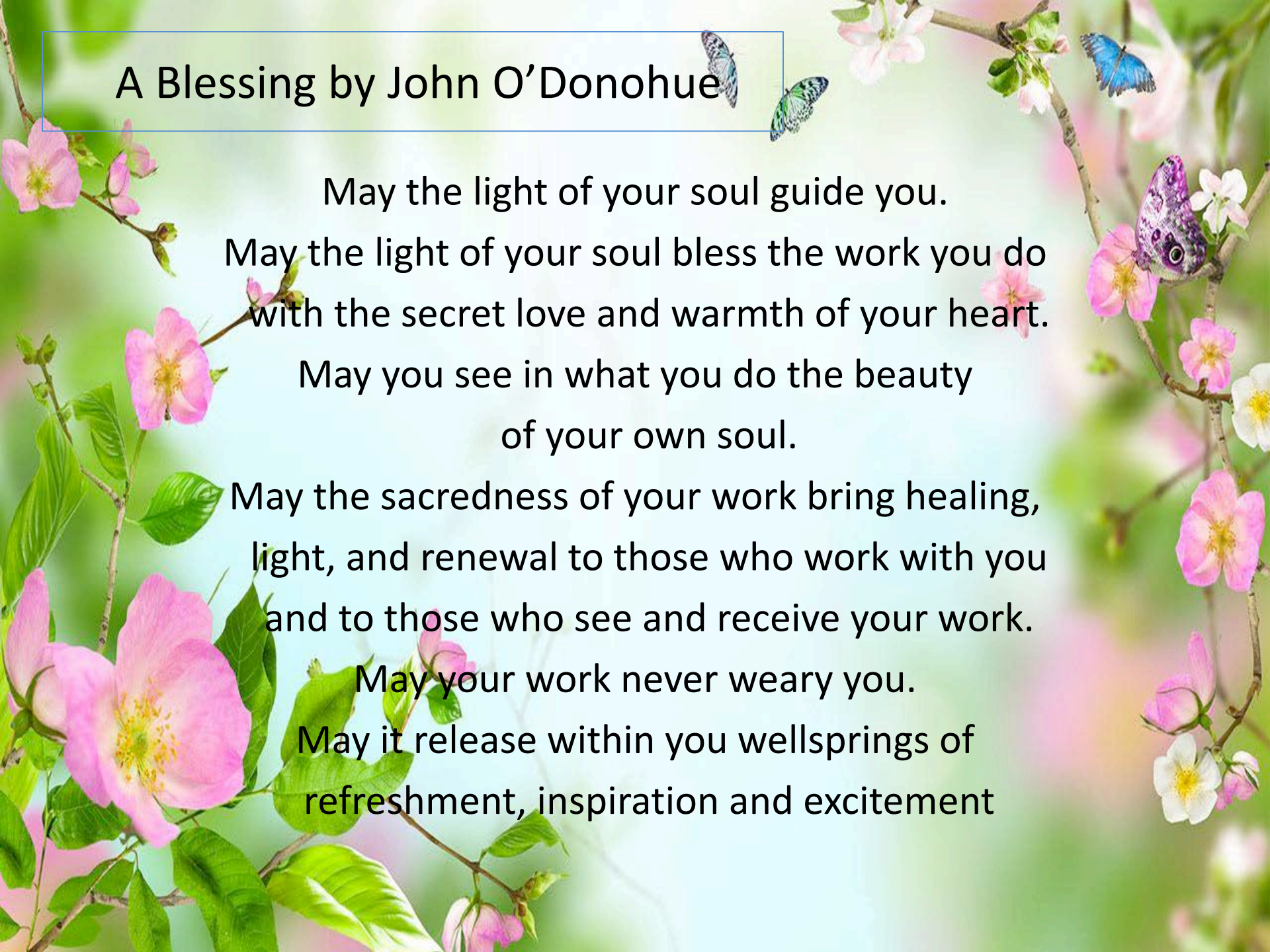


Action Steps




- Get in touch with any fears that may be lurking ... And getting in the way of our dreams and goals.
- Review these 6 steps to see how they relate to ourselves and those we are coaching.
- Review /Create a vision statement for our life ... and our business... Make a vision board or post our visions in prominent location so we see them everyday.
- Draw our business organization ... even if it has not yet manifested. Think about it ... Visualize it ... Feel the emotions we will experience when being recognized on stage at the Shaklee Regional Conferences ... And the big Global Conference.

A Blessing by John O'Donohue

The background of the slide is a soft-focus image of pink cherry blossoms and green leaves. Several butterflies are scattered throughout: a blue and white butterfly near the top left, a green and blue butterfly near the top center, a blue butterfly near the top right, and a purple butterfly with white spots on the right side.

May the light of your soul guide you.
May the light of your soul bless the work you do
with the secret love and warmth of your heart.
May you see in what you do the beauty
of your own soul.
May the sacredness of your work bring healing,
light, and renewal to those who work with you
and to those who see and receive your work.
May your work never weary you.
May it release within you wellsprings of
refreshment, inspiration and excitement



Blessing Continued

May you be present in what you do.

May you never become lost in
the bland absences.

May the day never burden.

May dawn find you awake and alert,
approaching your new day with dreams,
possibilities and promises.

May evening find you gracious and fulfilled.

May you go into the night blessed,
sheltered and protected.

May your soul calm, console and renew you.


“
Fear is an
idea-crippling,
experience-crushing,
success-stalling
inhibitor
inflicted
only by yourself.”

Stephanie Melish - Sales Barista

The background of the slide is a soft-focus image of pink cherry blossoms on thin branches. Several butterflies are scattered throughout: a blue and white one in the top right, a purple and black one on the right side, and a green and blue one near the top center. The overall color palette is light and airy, with pastel pinks and greens.

Books on Personal Development

- *Personal Coaching for Results: How to Mentor and Inspire Others to Amazing Growth* - Lou Tice (available in used books on Amazon)
- *Playing Big: Find Your Voice, Your Mission, Your Message* - Tara Mohr
- *The Confidence Code: The Science and Art of Self-Assurance - What Women Should Know* - Katty Kay & Claire Shipman (New York Times Bestseller)
- *Feel the Fear... and Do It Anyway* by Susan Jeffers



Criticism is something we can
avoid easily
by saying nothing,
doing nothing,
and being nothing.
Aristotle

The background of the slide is a soft-focus image of pink cherry blossoms on dark brown branches. Several butterflies are scattered throughout: a blue and white butterfly in the top left, a green and black butterfly in the top center, a blue butterfly in the top right, and a purple butterfly with white spots on the right side. The overall color palette is light and spring-like, with pinks, greens, and blues.

Thursday Morning Training Resumes

Thursday August 27, 2015

With

Report from the 100th Anniversary
Celebration at Shaklee Global Conference
in Cleveland

Use this time off to catch up on past webinars
or review 8 weeks to Director with New
Distributors.

See you in Cleveland !