

Assignment #1 - Define Personal Business Targets

Only about 2 out of every hundred people know precisely what they desire from life and have a workable plan for attaining their goals. These are the people who are leaders. They have found the success that has made life pay off on their terms. The strangest thing about these people is that they have the same amount of opportunities as those who have never achieved success. If you know exactly what you want and have absolute belief in your ability to get it, you can achieve success. If you are not sure what you want from your life start now! Start this very second and decide definitely what you want, how much of it you want and when you want to have it in your possession.

What will you do with your first thousand dollar cheque?

What is the minimum monthly income you need to reach to achieve the results you want? _____

How much monthly income would you like to earn in:

3 months _____

6 months _____

1 year _____

3 years _____

How many hours per week can you commit to accomplishing your objectives?

☐ 5 ☐ 7 ☐ 10 ☐ 15 ☐ 20 ☐ 25 ☐ 50 ☐ More

Assignment #2 - What Are Your Goals?

Remember: Goals are rarely etched in stone. This assignment is a starting point, you can adjust your goals and commitments as frequently as you require. The goals you write are important but not as important as the time you will invest now to plan them, it gets your mind focused on your objective.

Identify the main outcomes or results you want from this business

- ✓ Live a privileged life
- ✓ Replace your full time income
- ✓ Create part time/second income
- ✓ Personal and business development
- ✓ Pay off debt
- ✓ Additional money to pay for children's education
- ✓ Additional money to purchase _____

Why are you starting this business? Write 2-3 sentences that explain your main reasons for starting this business.

Write 3 things that you would change in your life when you reach your income goals.

1.	
2.	
3.	

GOALS

1. PHYSICAL

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2. RELATIONSHIPS

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Assignment #3 DEFINITE PURPOSE STATEMENT

The first book you are asked to read is *Think and Grow Rich* by Napoleon Hill. Even if you have read it before, you should read it again. In that book there is a section on Auto-Suggestion. After researching the wealthiest people for many years, Napoleon Hill discovered that they all had a Definite Purpose in their life.

Create your own Definite Purpose Statement. This is a vision of how you want your life to look.

HERE ARE COMPONENTS TO YOUR STATEMENT:

1. It is written with a date 1 year from now.
2. It is written in present tense.
3. There is an exact amount of money you state that you are earning.
4. You will declare the service you will provide in order to earn the money (there is never something for nothing).
5. You can include other Be, Do, and Have goals.
6. You will end the statement with gratitude.

TEMPLATE FOR YOU TO CREATE YOUR DEFINITE PURPOSE STATEMENT

It is (date—one year out) _____, and I, (name) _____, am so happy and grateful, now that I am receiving \$ _____, per month in income from my global Nu Skin Enterprises business. I effectively accomplish my daily habits that bring me success. I experience joy each day knowing that what I am doing is being of service to others and to myself.

In the next section you will want to create a powerful and positive statement of who you are. Tap into what you already know are your strengths and also confront limiting beliefs that could be holding you back (example: disorganized, impatient, timid or shy, powerless, history of failure).

MY ATTRIBUTES AND STRENGTHS:

1.

2.

3.

MY 3 LIMITING BELIEFS:

1.

2.

3.

*NOW CREATE A POWERFUL STATEMENT INCORPORATING YOUR STRENGTHS AND
REVERSING THOSE LIMITING BELIEFS:*

I am a...

Within your statement you may want to reference a particular Nu Skin title, or a monthly total desired income.

Also in this next section, you will want to describe what you are contributing. Include qualities which you aspire to have/ be. Then add the resulting physical manifestations you're experiencing in your life.

What does life look like? Feel like? What do you have? Enjoy?

As a result of my genuine effort, I am now experiencing

Signed

Date

THE SELF-CONFIDENCE FORMULA IS STATED BELOW:

FIRST. I know that I have the ability to achieve the object of my Definite Purpose in life. Therefore, I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

SECOND. I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, I concentrate my thoughts for thirty minutes daily upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.

THIRD. I know through the principle of auto-suggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object. Therefore, I devote ten minutes daily to demanding of myself the development of SELF CONFIDENCE.

FOURTH. I have clearly written down a description of my DEFINITE CHIEF AIM in life, and I will never stop trying until I shall have developed sufficient self-confidence for its attainment.

FIFTH. I fully realize that no wealth or position can long endure unless built upon truth and justice, therefore, I will not engage in any transaction which does not benefit all whom it affects. I succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I induce others to serve me, because of my willingness to serve others. I eliminate hatred, envy, jealousy, selfishness, and cynicism by developing love for all humanity. I know that a negative attitude toward others can never bring me success. I cause others to believe in me, because I believe in them, and in myself.

I sign my name to this formula, commit it to memory, and repeat it aloud twice a day, with full FAITH that it is continually influencing my THOUGHTS and ACTIONS affirming my commitment to be a self-reliant, and successful Team Elite Leader.

Signed _____ Date _____