



Monday Night:

John: Session 2

Part Two goDésana 5 PATHS

Best Head Start in Building Your goDésana Business.

How To Nail Every Goal You Set: The Best Advice You've Probably Never Heard to Getting Your Best Head Start in Building Your goDésana Business.

Whatever your personal or goDésana goals—find confidence, get comfortable. Seems like a lot of people are at a loss when they start out regarding where to begin, even people who are marketers, you name it—establishing the right environment for yourself is the foundation for your sustainable success.

It's so easy to fall prey to the idea that every goal has a simple, linear solution; "contacting people to see if the problems they have fit your goDésana solutions, equals working more, and worrying less; doing a WBA for friends means you will sign on more new product users, and business builders; accomplishing this equates to you assuming you have the right skills." While there is some truth to these approaches, they're only part of the puzzle.

The first step on any new journey is to step back and consider the bigger picture of your environment. Your environment—all the facets of your life that impact your ability to achieve and sustain your goals and to live the life you deserve and desire—is built around four core areas: beginning with what do you personally need to GET A HEAD START? For the belief, you are seeking that you can do it, and your understanding of what you do not know so you can face whatever it is and overcome what is holding you back. Most people will admit to help themselves they first need the answers to get over themselves is the key to a successful head start.

Most of the time unspoken barriers like no family support, work, serious time management issues, family issues, too many priorities and no return on your time, have you in a state of mind, that everything is all wrong and justify your conclusion it's not the right time to begin working your goDésana business. Therefore, you tell yourself doing a few posts everyday on Face Book, texting, e-mail chats killing a few hours each day is a reasonable alternative.

By looking at each of these, you can determine whether you are operating in survival mode or in a thriving state. (Spoiler alert: Social Media and performance goals are not priorities if you're in some form

of a survival mode. In other words, your attitude and body doesn't care that your mind wants to find as many distractions as possible to justify your feelings, as every goal has a simple, linear solution; "contacting people to see if the problems they have fit your goDésana solutions, equals working more, and worrying less;" "doing a WBA for friends means you will sign on more new product users, and business builders." Your mind doesn't care what you want when you're lacking the answers to some very important questions that are critical for you to move forward with confidence, positive attitude, enjoy helping people, and forget selling. So what does survival mode looks like, when you are operating in a thriving state?

Unfortunately, it's probably very familiar: eating on the run, not getting enough sleep, relying on coffee and energy drinks to make it through the day, not making the time to decompress, engaging in negative self-talk, and putting you last. Can you achieve success in an environment of these conditions? Possibly, but I would ask, at what cost will your success come? More importantly, are you interested in making a fundamental change to your environment or just a short-term tweak that will result in a short-term gain.

On the other hand, when you're operating in a thriving state, you wake up with ease, feeling refreshed from a restorative night's sleep. You enjoy a nourishing breakfast without feeling rushed, and you even have time to digest your food and enjoy a cup of coffee. You have a reservoir of energy—not the kind of excess energy that makes you feel jittery or anxious; rather, the kind that makes you feel vital and confident enough to deal with the demands of life. You are actively engaged in life and being "confident you have the personal skills fit" specifically and more to do with how you're living your life overall. Your schedule is focused and priorities are set straight, and you're making decisions consistent with your life values.

Here's 5 Paths 5 Steps Head Start in a Nutshell:

It's 100% all about YOU!

*Number two most frequently asked question. [STEP TWO]

(Is to strategize your future actions.) "If you want to achieve this result, how are you or we going to make it happen?" What do you need to do differently, why, commitment, prepared to sacrifice?

(Help you master your psychology) Helping you release your fears, doubts, limiting beliefs, and your insecurities and help you to create confidence and new empowering beliefs.

(YOUR Breakthrough one-step at a time)

More Solutions for You...

What works best in 3-5 minute roll plays with you on the phone at your convenience where in the roll plays work thru the issues, like on the job training but confidential. These roll plays are critical for you to moving forward and helping yourself.

Will even record sessions with your written permission only for you to have as your personal training tool to play whenever you feel you need a quick 3-minute tune up?

Any challenge you faces is because one or more of these five things is missing.

Everyday issues discussed with solutions that will fit you. (Listening for signs of work ethic, attitude, self-starter, people skills, honesty, fears, poor self-esteem, confidence, fear of rejection, ego, afraid of phone, lack of focus, "I" personality, talks to much, doesn't listen, can't change, fear of success, won't follow thru, won't move to action, doesn't believe, no priorities.

5 steps and relate them to what it is that the YOU ARE trying to achieve and what YOUR challenges are.

This way if YOUR challenge is that YOU don't have a clear plan, then you talk about how we're going to strategize your actions.

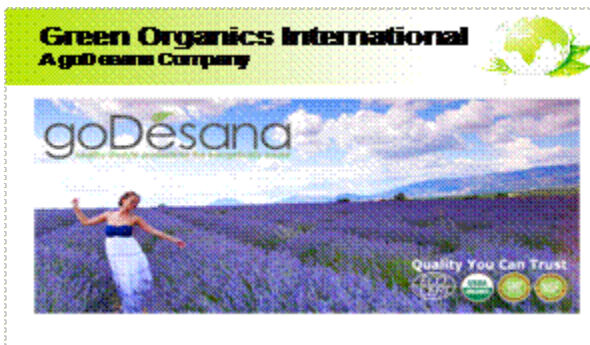
That's exactly what YOU need. You just keep connecting YOUR needs.

Confirm YOUR interest and commitment in proceeding.

SHORT EASY STEPS 10 minute OR LESS session weekly thereafter.

Your schedule is focused and priorities are set straight, and you're making decisions consistent with your life values.

SESSION #2



*Number two most frequently asked question. [STEP TWO]

(Is to strategize your future actions.)

“If you want to achieve this result, how are you or we going to make it happen?”

What do you need to do...?

*** Differently,

*** Why,

*** Commitment,

***What are you prepared to Sacrifice?

Do differently:

To do differently, identifying what is not working for you. If you're not sure, consider a private session to brainstorm and explore. If you're not sure what your issues are or what's causing them and need validation of my ability to discover what is behind your issues please call me and I'll give you phone numbers of members who have experienced the process and were pleased with the experience.

Personally evaluate your skills between 1-10 on the following.

- *** Your commitment to yourself to get over yourself so you can get a head start helping yourself.
- *** Percentage of time with prospect talking no more than 30% of your time and the prospect 70%.
- *** Listening skills, do you equally focus on what they mean as well as what they say?
- *** Evaluate how much time you are in a telling mode when working with your down line or perspective new member?

If you're not achieving the results you need, and your evaluation numbers are over 4, then more than ever you would benefit from a private session.

Why:

Do you have issues with...

- *** Confidence
- *** Fear of rejection
- *** Self starting
- *** Poor self-esteem
- *** Impatience
- *** Afraid of phone
- *** Hate following up
- *** Lack of focus
- *** Time management
- *** Afraid to ask for the order
- *** Fear of asking tough questions
- *** Poor work habits
- *** Stress out easily

*** Have little or no priorities

Commitment:

*** Can't follow a plan

*** Excuses

*** Blames others

*** Not accountable to yourself

Prepared to sacrifice:

Make a 5-column chart.

In column one state your issue

In column, two state your solution

In column, three state what you're willing to sacrifice to accomplish your solution.

In column, four state the consequences of your failure.

In columns, state how you will let go and mean it, move on, get over yourself, and believe in yourself and you can do it.