

Jan-Feb 2014 / Issue 66

# FOREVER

Ghana | Sierra Leone | Liberia



**2014**  
*Managers Retreat*

## INSIDE THIS EDITION



*ARG1+ your key to a traffic free  
nutrient superhighway Out of time!!*



OUT  
of  
TIME



Productivity



# THERE'S NO TIME LIKE THE PRESENT

The beginning of a new year is always a time for reflection. Reflecting on our choices and how they led to successes or failures is an incredibly valuable step for moving forward. If you repeat the same mistakes, you can't expect the end result to be any different. However, if you're able to learn from your successes and duplicate those steps that got you there, 2014 will be full of opportunity.

We had so many wonderful successes in 2013 to build off of! I'm so proud of all of you for making a difference by sharing the Forever business and pursuing your own dreams and ambitions. 2014 is a blank page and only you can determine what your goals will be, and how you will work to achieve them.

There are several paths to achievement. Regardless of the path that is right for you, the driving message stays the same: there's no time like the present to get started.

#### Get Inspired.

Spend some time with the people you admire. I'm constantly surrounded by inspiring employees, Distributors, family and those whose lives have been changed by Forever. I can't tell you how energized I am and encouraged by the people around me! Creating strong, supportive relationships can help you build the confidence it takes to succeed. Schedule a time to meet with your

sponsor regularly, and to meet with those that you have sponsored into Forever. Through this continued and collaborative communication you will help each other to achieve your goals.

#### Get Organized.

After you reflect on 2013 and determine your goals for 2014, dedicate some time to planning out what it will take to achieve them. Whether your goal is to bring in a little extra income or to receive a Chairman's Bonus check, map out what it will take to get there. How many follow up phone calls or new connections will you need? Be sure to create a checklist so you don't miss your next potential Eagle Manager. Planning these things out will help to ensure that you stay on course to achieve your goals.

#### Get Going.

Once you have built that road map to your goals, get started! Just planning is not enough. Build off the momentum of a successful 2013 and

the motivation of the steps you've laid out in front of you. Whenever I am stuck or procrastinating, I remember something called "The Two Minute Rule". The two minute rule states that if something can be done in less than two minutes, you should do it now. By making a phone call or sending an email, you are setting down the path to success for 2014. The more of these "two minute tasks" you can achieve, the greater your confidence will become and the more likely you are to meet your goals.

If you follow these simple tips you will be surprised by how prosperous 2014 will be. I challenge each of you to make a plan and stick to it! Together let's make 2014 the best year yet!

Forever Yours.

  
Rex Maughan  
Chief Executive Officer

**Get Inspired, Get Organized, Get Going, and have a wonderful 2014!**



# It's All About Your "Why" and People



## Your "Why"

There is absolutely no doubt that the opportunity presented by Forever Living Products to enable individuals attain better health, more wealth and a secure future is the best in the multi-level-marketing industry and indeed, the greatest in the world. Millions of distributors worldwide have been enjoying more fulfilling, healthier and wealthier lives through the sharing of our exclusive and beneficial aloe-based wellness products with others.

However, a number of distributors at the slightest sign of a challenge in their businesses decide to quit or fade away. Such distributors easily succumb to the "dream-killers" or supposedly "close friends" who feel threatened when they see the distributors taking a passionate step for success and they will often complain, criticize and literally try to suck the life out of the distributors.

A careful study of this trend seems to indicate that such distributors do not have a very strong reason or "why" for joining the business in the first place. It is critical for any prospective or existing distributor to have a "burning desire" or "compelling reason" for joining the business. That "why" should be so crucial that it should be the fundamental motivation that makes you get up from bed every day even when you don't feel like it. That "why" must have a strong emotional connection with you and should define your very existence on this earth.

Though everyone needs a goal, your "why" cannot be a goal. A goal may be to get more money, buy a new car, go on a trip overseas, etc. However, your "why" must be about who you really are. It should be the driving factor that keeps you going through thick and thin, rain or shine, flood, pestilence, or even the criticism of a "loved" one! That "why" must underscore why you are on this planet. Your "why" in one form or the other may be about changing lives, touching lives and helping people. That "why" must be written down as this provides a constant reminder and increases the rate of success.

## People

Multi-Level-Marketing is a relationship business. It's a people business. It is not direct marketing! It is about you and me working together to create an effect that is much greater than the sum of the parts! As Zig Ziglar put it, "You can have everything

Whilst most people are motivated by the mouth-watering compensation plan, the incentives, the rich history, the huge assets base, the fantastic and unique products, the experience of the management team, etc. of the company, the real reason why people join your team is "you". People are drawn to you for what you represent or stand for. For many years before and many years to come, people will continue to crave for love. People want passion in their personal and professional lives. People want self-satisfaction and good health, security and achievement, freedom and trust, fun and financial independence. Consequently, those who are able to make people feel so valued and cared for will always attract more people into their teams.

One sure to do this is to study people, understand people, effectively listen to people and coach people. You need to get to know your people. Learn and understand what they really want and help them to get it. To understand people, you must listen to them to spot their personality type or colour type. Yellows are 35% of the population and are interested in the products, family, kids and helping people. Blues are 15% of the population and are interested in the travel and incentive trips. Reds are 15% of the population and are interested in the compensation plan and the money. Greens are 35% of the population and are very analytical with interest in everything that the company has to offer. Understanding the four colour types helps in identifying the real needs of your people in order to help, coach and be a mentor for them.

Your first commitment must be to your people, not to personal profit. In their pursuit of personal profit, some people even go the extent of selling anything and everything without ever trying those products themselves! You must avoid a focus on personal profit and rather build trust by consistently doing what is best for your people. If your team members see you as a special trusted friend and confidante, you are on the right track to success. Indeed, when you become a mentor with a servant's heart, people will literally beg you to sponsor them into your business!

## Smile

Let's continue to smile and be cheerful at all times. People are attracted to those who constantly smile and display cheerfulness. Keep up the great work!

**Dinah & Michael Boabo**

Country Manager



# move up LIST 2013/14

OCTOBER 2013



## SUPERVISORS

1. KWADWO BIOH NAPOLEON & OSEI BIOH FELICIA
2. ANGELA-KWAWU AMENYO & EBENEZER KUJO AMENYO
3. AYIQUAYE EDMUND ARYEE
4. DOROTHY AHIAMOE
5. JULIET UBADATU MAHAMA & EMMANUEL K AWUNI
6. VERA NAA SHORMEH SEGBEFIA & SAMUEL AGBEKO

## SPONSOR

1. CLEMENT ATSU ATISO
2. KWADWO BIOH NAPOLEON
3. NII TETTEY EDWIN ADDO
4. FLORENCE CHIDINMA GAIUS
5. DOROTHY AHIAMOE
6. JULIET UBADATU MAHAMA

NOVEMBER 2013



## ASSISTANT MANAGERS

1. WILLIAM TOAH & FAUSTINA OFOSUWAH AHWIRENG

## SUPERVISORS

2. MOHAMMED OUATTARAH ABUBAKAR
3. HELLEN LAMPTEY
4. STANLEY KOFI ANSAH & ROSEMOND BAIDOO
5. MONICA KANLAWIBA
6. TAJUDEEN ABUBAKAR
7. DANIEL OKANTEY
8. ABASS ZAKARIA & ABASS ASIATU

## SPONSOR

1. ERIC ODEI WIAFE

## SPONSOR

1. IBRAHIM SULEYMAN BAMBA
2. FLORENCE CHIDINMA GAIUS
3. LIGHT KWESI OFORI
4. WILLIAM TOAH
5. CAROLINE DELALI SCHROEN
6. CHARLES OLADIPUPO TAY
7. MONICA KANLAWIBA



DECEMBER 2013



## SUPERVISORS

1. BERNARD KWEI-MENSAH ACKAH
2. BAFOUR KYEI
3. GEORGE EDUAH
4. GABRIEL ADU-ASARE & MARGARET GYIMAH
5. ELVIS AMOAKO & LUCY ANTWI
6. AGNES ANN WAIRIMU GITU
7. FEIMATTA KANNEH DOE & DOE SAHR
8. ABU BAKARR KANNEH & NALLO ELIZABETH
9. EBENEZER ZIORKLUI & CHARLOTTE AGYAPONG

## SPONSOR

1. JOACHIM ANVO MOCHIAH
2. BERNARD KWEI-MENSAH ACKAH
3. BAFOUR KYEI
4. GEORGE EDUAH
5. GABRIEL ADU-ASARE
6. ROAR HAMRE
7. AGNES ANN WAIRIMU GITU
8. FEIMATTA KANNEH DOE
9. ELVIS AMOAKO

JANUARY 2014



## MANAGERS

1. AGNES ANN WAIRIMU GITU

## ASSISTANT MANAGERS

1. FEIMATTA KANNEH DOE & DOE SAHR
2. ABU BAKARR KANNEH & NALLO ELIZABETH

## SUPERVISORS

1. PRINCE BOATENG OKYERE
2. NYAMEKYE ABENA AKYEAMPONG
3. MICHAEL OFORI
4. ISRAEL HANSEN AYERTEY
5. POKU CHRISTINA KONADU
6. SAMUEL UDOTUK WILLS
7. MARGARET OWUSU-ASARE & MILES DAVIES AKOTO
8. ZACHARIA KAMARA
9. ELIZABETH WILSON ISATU
10. GIFTY WIAFE-AKENTEN & PRINCE WIAFE-AKENTEN
11. MARIAN GUDIE KPUNDEH & GODRED DANQUAH

## SPONSOR

1. ROAR HAMRE

## SPONSOR

1. AGNES ANN WAIRIMU GITU
2. FEIMATTA KANNEH DOE



1. EMMANUEL LARYEA QUARSHIE
2. EMMANUEL LARYEA QUARSHIE
3. NYAMEKYE ABENA AKYEAMPONG
4. MARK COLLINS AYEH
5. SAMUEL WIAFE
6. POKU CHRISTINA KONADU
7. ANTOINETTE OKLU
8. ABU BAKARR KANNEH
9. ZACHARIA KAMARA
10. JOYCE NANA AMA BANAHENE
11. AGNES ANN WAIRIMU GITU

# Simply the Best top10's

OCTOBER 2013

## DISTRIBUTORS (PERPERTUAL CC)

1. ALHASSAN, HAMZA
2. ADJEI, HAYFORD
3. AYIMASU, JULIUS
4. SOMOLU-WRIGHT, GLADYS AMAJU
5. BAMBA, IBRAHIM SULEYMAN
6. AMUAH, ELIZABETH ESI
7. MORRISON, JUSTICE ABBAN
8. AJAVON, EMMANUEL
9. GETERMENAH, ARTHUR SUNDAY
10. AGYEI, MENSAH JOSEPH

## NON-MANAGER'S CASE CREDITS

1. BAMBA, IBRAHIM SULEYMAN
2. WIAFE, SAMUEL
3. MENSAH, PROSPER K
4. QUARSHIE, EMMANUEL
5. DJABATEY, ERIC
6. GAIUS, FLORENCE CHIDINMA
7. KUSI AMPOFO, REYNELL
8. AGYEI, MENSAH JOSEPH
9. MOCHIAH, JOACHIM ANVO
10. KOFI, PATRICK ANABA

## TOP 10 RETAILERS

1. VENWULLU, CLETUS AANOMAH
2. SEKYI, CHARLOTTE
3. TOAH, WILLIAM
4. AGGREY, JANET AMOANIMAH
5. SOMOLU-WRIGHT, GLADYS AMAJU
6. ANSAH, STANLEY KOFI
7. AMEDORME, JOYCE DZIFA
8. OBENG-ATIEMO, MARY
9. SAGOE, ATO KWAMINA ADAMS

## 4CC Achievers for Sept-Oct (A/S)

1. AMEYAW, EBENEZER JOSEPH
2. OHEMENG, DANIEL JOHANNES
3. SALIFU, ABDUL-FATAWU
4. OCANSER, ERNEST KOFI
5. OWUSU, REGINA

## NOVEMBER 2013

## DISTRIBUTORS (PERPERTUAL CC)

1. ALHASSAN, HAMZA
2. ADJEI, HAYFORD
3. AYIMASU, JULIUS
4. SOMOLU-WRIGHT, GLADYS AMAJU
5. AMUAH, ELIZABETH ESI
6. BAMBA, IBRAHIM SULEYMAN
7. MORRISON, JUSTICE ABBAN
8. AJAVON, EMMANUEL
9. GETERMENAH, ARTHUR SUNDAY
10. BOATENG, GEORGE

## NON-MANAGER'S CASE CREDITS

1. BAMBA, IBRAHIM SULEYMAN
2. WIAFE, ERIC ODEI
3. MENSAH, PROSPER K
4. WIAFE, SAMUEL
5. TOAH, WILLIAM
6. GAIUS, FLORENCE CHIDINMA
7. DJABATEY, ERIC
8. KOFI, PATRICK ANABA
9. ALHASSAN, HAMZA
10. HAGAN, JOHN

## TOP 10 RETAILERS

1. ZAKARIA, ABASS
2. LAMPTEY, HELLEN
3. SEKYI, CHARLOTTE
4. TOAH, EMMANUEL ODE
5. AMOAH, EMMANUEL
6. PEPRAH, ALEX
7. OKLU, ANTOINETTE
8. ANSAH, STANLEY KOFI
9. ONYESO, DAVID CHIBUIKE
10. GAIUS, FLORENCE

## 4CC Achievers for Oct-Nov (A/S)

1. AMEYAW, EBENEZER JOSEPH
2. EFFUM, CINDY NANA ADWOA
3. ARMAH, MARY
4. MORRISON, HERBERT ANDOH
5. SALIFU, ABDUL-FATAWU
6. AGBOVI, MILLICENT
7. UNAMADU, OYEKA

## DECEMBER 2013

## DISTRIBUTORS (PERPERTUAL CC)

1. ALHASSAN, HAMZA
2. ADJEI, HAYFORD
3. AYIMASU, JULIUS
4. SOMOLU-WRIGHT, GLADYS AMAJU
5. AMUAH, ELIZABETH ESI
6. BAMBA, IBRAHIM SULEYMAN
7. MORRISON, JUSTICE ABBAN
8. GETERMENAH, ARTHUR SUNDAY
9. AJAVON, EMMANUEL
10. BOATENG, GEORGE

## NON-MANAGER'S CASE CREDITS

1. MOCHIAH, JOACHIM ANVO
2. BAMBA, IBRAHIM SULEYMAN
3. AMOAKO, ELVIS
4. WAIRIMU GITU, AGNES ANN
5. MENSAH, PROSPER K
6. DOE, FEIMATTA KANNEH
7. DJABATEY, ERIC
8. BOATENG, GEORGE
9. NEN-NOME, GLADYS

## TOP 10 RETAILERS

1. ZIORKLUI, EBENEZER
2. HAGAN, JOHN
3. AMEDORME, JOYCE DZIFA
4. BANAHENE, JOYCE NANA AMA
5. BOAFO, MICHAEL
6. CUDJOE, ERIC PRINCE
7. SOMOLU-WRIGHT, GLADYS AMAJU
8. OFORI, LIGHT KWESI
9. GAIUS, FLORENCE CHIDINMA
10. AYEY, MARK COLLINS

## 4CC Achievers for Nov-Dec (A/S)

1. OBENG ATIEMO, PHILIP KOFI ADU

## JANUARY 2014

## DISTRIBUTORS (PERPERTUAL CC)

1. ALHASSAN, HAMZA
2. SOMOLU-WRIGHT, GLADYS AMAJU
3. WAIRIMU GITU, AGNES ANN
4. ADJEI, HAYFORD
5. SEKYI, CHARLOTTE
6. TANKO, AYUBA
7. AYIMASU, JULIUS
8. GETERMENAH, ARTHUR SUNDAY
9. BAMBA, IBRAHIM SULEYMAN
10. MORRISON, JUSTICE ABBAN

## NON-MANAGER'S CASE CREDITS

1. WAIRIMU GITU, AGNES ANN
2. DOE, FEIMATTA KANNEH
3. KANNEH, ABU BAKARR
4. WIAFE, SAMUEL
5. BAMBA, IBRAHIM SULEYMAN
6. KAMARA, ZACHARIA
7. WIAFE, ERIC ODEI
8. QUARSHIE, EMMANUEL LARYEA
9. DJABATEY, ERIC
10. ISATU, ELIZABETH WILSON

## TOP 10 RETAILERS

1. WIAFE-AKENTEN, GIFTY
2. OSEI-BAIDOO, MARY ABA
3. SEKYI, CHARLOTTE
4. OWUSU-ASARE, MARGARET
5. AGGREY, JANET AMOANIMAH
6. GAIUS, FLORENCE CHIDINMA
7. BANAHENE, JOYCE NANA AMA
8. NETTEY, MARK JUSTICE
9. HAGAN, JOHN
10. ZAKARIA, ABASS

## 4CC Achievers for Dec-Jan (A/S)

1. OBENG ATIEMO, PHILIP KOFI ADU
2. KWAKYE, GIFTY AGYIN





This month's **4 CORE** focus is on Productivity which is the distribution of product to the end consumer, otherwise known as **retailing**.

**Productivity** = Your Active Case Credits  
(products purchased for your personal consumption + those purchased by your Clients + those purchased by your personally-sponsored New Distributors.)

## The bottom line of retailing is higher earnings!

By emphasizing a strong retailing ethic in your business, you earn more in three ways:

1. Immediate Retail and New Distributor Profit
2. The ability to develop potential, new Distributors
3. When concentrating on your Active Case Credits, you stay focused on the activities that contribute directly to the growth and stability of your business: the personal use and selling of product, and the personal sponsoring of new Distributors.

Next, let's discuss three ways to optimize your Active Case Credits.

### Be a product of the product

It is extremely important to use as many of the products as possible, and experience their health and beauty benefits. Among other things, you will notice more energy, a smoother skin, and an improved sense of well-being. Plus, you will gain one of your most valuable business assets, product knowledge, from the most effective teacher: first-hand experience! Remember, the more products you use, the more knowledge you acquire, and more knowledge translates into more product sales and more Active Case Credits. As your health and appearance improve, you become the best advertisement for your business. Others will notice and will want to buy products because of your confident and enthusiastic product testimonials.

### Continue to Personally Retail the Product

No matter how big your business grows, you must continue to personally retail the product. This will not only generate more income for you as your group grows, but it will also help you to remain Active as a Distributor on a monthly basis. There are many ways to retail, including the product showcase, the one-to-one conversation, through an online presence with a MyFLPBiz website, and the exhibition or show.

### Business Builders and Product-Users

New Distributor purchases, up to the point that they become wholesale qualified, are considered part of your retailing activity. Even though they have sponsored into the Marketing Plan, you still earn a profit of 15% on their purchases. The New Distributors you sponsor fall into one of two categories: business builders or product-users. Usually, the business builder will purchase a Combo Pak, hold a product showcase, and earnestly attempt to retail product and sponsor Distributors right away. On the other hand, the product-user Distributor is willing to purchase enough to exceed the minimum purchase requirement, usually for personal use; and is not ready to dive into the business. This person will remain your product-user Distributor until they purchase two case credits within two consecutive months. Until that happens, you will earn the 15% profit on their purchases, conceivably for years to come. It is important that you continue to treat them as you would your non-distributor clients.

# 4 FOREVER core

## RECRUITMENT

Be braver as you share your business with one more person everyday.  
Ask everyone for a referral for product sales and new distributors.  
Remember it is always better to sponsor with an order.

## DEVELOPMENT

**Audit your group** by identifying the movers and focus on them.

Extend a day or two at the Global Rally or Eagle Manager's Retreat to recruit or have fun.

Fight for a higher level in Chairman's Bonus, Eagle Manager or Global Rally.

## PRODUCTIVITY

Contact your customers with creative ways to share more products with them.

Try a product you have never used before, or replace your "ZERO cc" products with FLP products!

Learn about the products.

## RETENTION

Commit your team to be 4cc active every month, and lead by example.

Follow up more effectively.

Now you know how to maximize your productivity by increasing your Active Case Credits. Your Active Case Credits are literally the foundation of your business. Your future strength and stability in FLP will be determined by the quality of the foundation you build. We encourage you to never stop your personal retail activities, no matter how big your group becomes. It not only increases the

cash in your pocket, but also teaches by example to your downline Distributors. Just imagine what would happen to your monthly income if each of your downline Distributors increased their productivity by even a couple of case credits each month... We look forward to seeing you on stage at the 2014 Global Rally in London!

# Congratulations

to Advisory Committee Members (ACM)- 2014

| South |                        | North |                     |
|-------|------------------------|-------|---------------------|
| 1     | Ajavon Emmanuel        | 1     | Adjei Kodom         |
| 2     | Amuah Elizabeth        | 2     | Amoah Emmanuel      |
| 3     | Getermenah Sunday      | 3     | Amoquandoh Joseph   |
| 4     | Hamza Alhassan         | 4     | Ayiku Erasmus       |
| 5     | Ibrahim Bamba S.       | 5     | Ayimasu Julius      |
| 6     | Mensah K. Prosper      | 6     | Hounkponou Edmond   |
| 7     | Mills Oscar            | 7     | Nen-Nome Gladys     |
| 8     | Morrison Justice Abban | 8     | Nodjo Francis       |
| 9     | Oklu Antoinette        | 9     | Obeng Paul          |
| 10    | Quarshie Emmanuel      | 10    | Oladimeji Elizabeth |
| 11    | Somolu Moses           | 11    | Reynell Ampofo      |
|       |                        | 12    | Sarpak Paul         |

Earned Incentive Bonus

Volume Bonus Qualification

Global Rally Qualification

Gem Bonus

Chairman's Bonus

Diamond Manager

Eagle Manager Recognition

Leadership Bonus Qualification

What will  
**2014**  
bring for you?

Go to [discoverforever.com](http://discoverforever.com) and set your goals for 2014!





One of Time magazine's 'Most Influential Business Geniuses of the 20th Century', Estee Lauder, stated, "I never dreamed about success. I worked for it."

We all have a "why" for joining Forever. For some, it's a little extra income to make life a little better for us and those we love. For others, it's to achieve financial independence and become your own boss. Regardless of why we joined, we all share a common path to achieve our goals.

We step onto this path by setting goals for the upcoming year. The Forever Marketing Plan shows us the way with objectives to help you set your goals: advances in position, Volume and Leadership Bonus qualifications, Earned Incentive Bonus, Eagle Manager recognition, Gem Bonus, Global Rally qualification and the Chairman's Bonus. The first step is to decide which goals we want to achieve in 2014.

After determining your goals, make a written plan of what you will do each day, week and month to achieve them. For example, if your goal is to move up to the level of Supervisor,

you need a total of 25cc within a two-month period. This could be accomplished with a group of 3-4 Distributors who each do 4cc per month. In order to sponsor 3-4 Active Distributors, you would need to present the opportunity to 3-4 prospects per week.

Next, you need a target date. If you present the opportunity to 3-4 people per week, it should take about 5-6 weeks to sponsor your Active Distributors. Giving them another 4 weeks or so to generate the required 25cc, your goal could be accomplished in 2-3 months. If you were setting your goal at the first of the year, a reasonable target date for completion would be March 31st.

With a goal and a target date, make the commitment to follow through and do whatever it takes to achieve it. This means doing what you planned to do, when you planned to do it, whether or not you happen to be in the mood to do it. It means

adjusting your plan, if necessary, when it takes you in the wrong direction. It means putting aside less important distractions and keeping your energy focused on your goal. Finally, make a written plan of each day's tasks and keep a daily record of your progress toward your goal.

At the end of the day, take a few minutes and write down the things you did that brought you closer to achieving your goal and those things you did (or didn't do) that slowed your progress. Then, write down the things you will do tomorrow to make it better than today.

This goal-setting process is so simple, that just about anyone can use it. We encourage you to make full use of it to build your Forever business in the coming year.

What will 2014 bring for you? Only you can determine the answer. What is your goal? What is your plan? Are you willing to work to achieve it?

Make the year 2014 your own by using the

# Forever Goal Sheet

Now that the year 2013 is over, it is time to review the past and plan ahead for 2014. Many people make New Year's resolutions each year but how far do we achieve it? This sheet will help you set your goal for 2014 and will serve as a reminder of what you have committed to yourself to achieve. If you haven't already set goals, do so by starting now. As you make this technique a part of your life, you will find your business increase higher and you'll wonder how you would be without it!

Name \_\_\_\_\_ Date \_\_\_\_\_

I will achieve Earned Incentive Level \_\_\_\_ (1, 2, 3)  
by \_\_\_\_\_ 2014

Pin Level \_\_\_\_\_ (Senior...Diamond)  
by \_\_\_\_\_ 2014

Monthly Income GH¢ \_\_\_\_\_  
(GH¢5,000, GH¢15,000, GH¢50,000, GH¢100,000)  
by \_\_\_\_\_ 2014

Eagle Managers Retreat by \_\_\_\_\_ 2014  
(May 1<sup>st</sup> to April 30<sup>th</sup>)

Chairman's Bonus Level \_\_\_\_ by \_\_\_\_\_ 2014  
(January 1<sup>st</sup> to December 31<sup>st</sup>)

Global Rally qualifications by \_\_\_\_\_ 2014  
(January 1<sup>st</sup> to December 31<sup>st</sup>)

Why do I need to achieve this? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Tip: Place this sheet in front of your mirror, or in your car, or someplace you look at quite often so that you can remind yourself of the goals you have committed to achieve.*





# FLP CLUB QUALIFIERS November 2013

## CLUB 50

- 1 MOCHIAH, JOACHIM ANVO
- 2 ADU-POKU, FRANCIS
- 3 ADRAH, GODFRED KOFI
- 4 TAHIRU, ABDUL-KARIM



## CLUB 25

- 1 BAMBA, IBRAHIM SULEYMAN
- 2 ACKAH, BERNARD KWEI-MENSAH
- 3 KYEI, BAFOUR
- 4 EDUAH, GEORGE
- 5 ADU-ASARE, GABRIEL
- 6 AMOAKO, ELVIS
- 7 MENSAH, PROSPER K
- 8 HAMRE, ROAR
- 9 WAIRIMU GITU, AGNES ANN
- 10 WIAFE, SAMUEL
- 11 HAGAN, JOHN
- 12 DOE, FEIMATTA KANNEH
- 13 NEN-NOME, GLADYS

- 14 BOAFO, MICHAEL
- 15 BOATENG, GEORGE
- 16 DJABATEY, ERIC
- 17 GAIUS, FLORENCE CHIDINMA
- 18 ZIORKLUI, EBENEZER
- 19 KANNEH, ABU BAKARR
- 20 QUARSHIE, EMMANUEL LARYEA
- 21 KOFI, PATRICK ANABA
- 22 DADZIE, ALBERT
- 23 MAWUNYAGAH, ISAAC AGBEKO
- 24 TEYE, NOAH TEKUTEY
- 25 GEDEMATU-KAIZER, EMMANUEL NARTEH
- 26 GEDEMATU-KAIZER, AMOS KORBLAH
- 27 AYORNU, LAWRENCE AMA NORTEY
- 28 AGBOVE, GABRIEL KWAME
- 29 AYEH, MARK COLLINS

# FLP CLUB QUALIFIERS December 2013

## CLUB 50

- 1 BAMBA, IBRAHIM SULEYMAN
- 2 ADU-POKU, FRANCIS
- 3 ADRAH, GODFRED KOFI
- 4 TAHIRU, ABDUL-KARIM
- 5 WIAFE, ERIC ODEI
- 6 GAIUS, FLORENCE CHIDINMA
- 7 TOAH, WILLIAM
- 8 MENSAH, PROSPER K

## CLUB 25

- 1 WIAFE, SAMUEL
- 2 DJABATEY, ERIC
- 3 ALHASSAN, HAMZA
- 4 HAGAN, JOHN
- 5 KOFI, PATRICK ANABA
- 6 BOATENG, GEORGE
- 7 ONYESO, DAVID CHIBUIKE
- 8 AGYEI, MENSAH JOSEPH
- 9 AMUAH, ELIZABETH ESI
- 10 KANLAWIBA, MONICA
- 11 DADZIE, ALBERT
- 12 MAWUNYAGAH, ISAAC AGBEKO

- 13 TEYE, NOAH TEKUTEY
- 14 AYEH, MARK COLLINS
- 15 EFFUM, LAURENCE
- 16 GEDEMATU-KAIZER, EMMANUEL NARTEH
- 17 GEDEMATU-KAIZER, AMOS KORBLAH
- 18 AYORNU, LAWRENCE AMA NORTEY
- 19 AGBOVE, GABRIEL KWAME
- 20 AMOAH, EMMANUEL
- 21 QUARSHIE, EMMANUEL
- 22 SARPAK, PAUL
- 23 MOCHIAH, JOACHIM ANVO
- 24 ZAKARIA, ABASS
- 25 ZORYIKU, DAVID KWEKU
- 26 PEPRAH, ALEX

# FLP CLUB QUALIFIERS JANUARY 2014

## CLUB 100

1. WAIRIMU GITU, AGNES ANN

## CLUB 75

1. HAMRE, ROAR
2. DOE, FEIMATTA KANNEH

## CLUB 50

1. KANNEH, ABU BAKARR
2. WIAFE, SAMUEL
3. BAMBA, IBRAHIM SULEYMAN
4. KAMARA, ZACHARIA
5. WIAFE, ERIC ODEI

## CLUB 25

- 1 KOFI, PATRICK ANABA
- 2 BANAHENE, JOYCE NANA AMA
- 3 SEKYI, CHARLOTTE
- 4 QUARSHIE, EMMANUEL LARYEA
- 5 OKLU, ANTOINETTE
- 6 ADU-POKU, FRANCIS
- 7 ADRAH, GODFRED KOFI
- 8 TAHIRU, ABDUL-KARIM
- 9 TOAH, WILLIAM
- 10 GAIUS, FLORENCE CHIDINMA
- 11 DJABATEY, ERIC
- 12 AMOQUANDO, JOSEPH

- 13 ISATU, ELIZABETH WILSON
- 14 ONYESO, DAVID CHIBUIKE
- 15 DADZIE, ALBERT
- 16 MAWUNYAGAH, ISAAC AGBEKO
- 17 TEYE, NOAH TEKUTEY
- 18 AYEH, MARK COLLINS
- 19 AGYEI, MENSAH JOSEPH
- 20 NEN-NOME, GLADYS
- 21 KONADU, POKU CHRISTINA
- 22 BOATENG, GEORGE
- 23 SARPAK, PAUL
- 24 MENSAH, PROSPER K
- 25 QUARSHIE, EMMANUEL
- 26 WIAFE-AKENTEN, GIFTY
- 27 WILLS, SAMUEL UDOTUK
- 28 KPUNDEH, MARIAN GUDIE





# 2014 Managers Retreat

In Picture **Beige Village –New Abirem**















Celebration of Success  
Golden Tulip Hotel-Kumasi



# Celebration of Success

January 18 2014

(Univ. of Ghana Business School)- Accra





# COMPANY POLICY UPDATE

## It's getting better all the time!

The team here at the Home Office in Scottsdale is constantly looking for ways to improve and upgrade our company policies to help you build your business. Of course, we couldn't do this alone. So we work closely with a group of our top Distributors from around the world. As you know, we call this group the Global Leadership Team (GLT).

Some time ago, the GLT asked us about a possible upgrade to the NEW Case Credit policy and we are excited to let you know that we can make it work!

### So what is changing?

Currently, when you sponsor a new Distributor, their case credits count as NEW only until the end of the current incentive period.

For example, let's suppose that you are working toward Chairman's Bonus and/or Eagle Manager and you meet and sponsor John in October 2014. John becomes successful and starts to build a business. Under our old policy, John's case credits would have counted as NEW for the 3 months until the end of December 2014 for Chairman's Bonus and for the 7 months until the end of April 2015 for the Eagle Manager Incentive.

Under this new policy upgrade, John's NEW Case Credits will count until John has been in the business for 12 processing months, or until he reaches Manager, whichever comes first. In our example, if John does not reach Manager level in his first 12 months in the business, his Case Credits will count as NEW cc's for:

1. **2014 Chairman's Bonus:** October – December 2014 (3 months), **AND 2015 Chairman's Bonus:** January – September 2015 (9 months).
2. **2015 Eagle Manager Qualification:** October 2014 – April 2015 (7 months); **AND 2016 Eagle Manager Qualification:** May – September 2015 (5 months).

Basically, this new policy makes sure you receive 12 months of NEW Case Credits for every new Distributor that you sponsor, regardless of the month in which you sponsored them, or until that distributor achieves Manager! Now, there is no reason to put off sponsoring your next Superstar.

We are so excited about this new policy and thought you'd like to get it started ASAP. So, we have decided to make the new policy retroactive to January 1, 2014.

For questions on the new policy, please contact your Country Manager.

# Congratulation to all

## PROMO WINNERS!!

ASSISTANT SUPERVISOR – SUPERVISOR (LAPTOP PROMO)

SEPTEMBER- DECEMBER: ANSAH, STANLEY KOFI WESTERN REGION

NOVEMBER - OCTOBER: BIOH NAPOLEON, KWADWO - KUMASI

## SUPERVISOR – ASSISTANT MANAGER (LED PROMO)

OCTOBER – NOVEMBER  
TOAH, WILLIAM NSAWAM

## 1CC PROMO

SEPTEMBER  
VENWULLU, CLETUS AANOMAH  
OCTOBER-NOVEMBER  
GETERMEHAH, ARTHUR SUNDAY

## 4CC PROMO (OCT-NOV 2013)

AMEYAW, EBENEZER JOSEPH  
EFFUM, CINDY NANA ADWOA  
ARMAH, MARY  
MORRISON, HERBERT ANDOH  
SALIFU, ABDUL-FATAWU  
AGBOVI, MILLICENT  
UNAMADU, OYEKA

## 4CC PROMO (NOV-DEC 2013)

OBENG ATIEMO, PHILIP KOFI ADU



# Out of time

Ever felt as though you've been rushed off your feet all day, but not achieved anything that you set out to do? Don't fret; simply follow our top three time management tips and you'll be whizzing through that 'to do' list in no time.

## **Multi-tasking is a myth – so don't do it!**

Research has shown that very few of us can actually multi-task effectively. David Strayer, a researcher at the University of Utah, found in a recent study that only two percent of people have the ability to efficiently complete more than one task simultaneously.

Psychiatrist Edward M. Hallowell has even gone so far as to describe multitasking as a "mythical activity". The brain can't fully focus when multitasking, it takes longer to complete tasks in this way, and we are more predisposed to making errors. So, why waste precious time trying to do this? Instead, make a list and tackle each task individually.

## **Prioritise, don't procrastinate**

In 1941, management consultant and author, Dr. Joseph Juran, developed what he called the "vital few and trivial many" law of time management. This theory suggests that 20% of tasks should be prioritised, as they require 80% of our time to complete, while the remaining 80% of less important tasks require only 20% of our time. Identifying these vital tasks – especially if working your Forever business around a full-time career – is crucial to ensuring you get the most out of every day. This involves being disciplined and completing the most pressing tasks first, even if they aren't the most interesting. So, that means not putting off your tax return to choose a colour theme for your new flyers.

## **Taking a break is not a waste of time**

It's impossible to be at your most productive if you're overworked and overtired. Tony Schwartz, CEO and founder of The Energy Project, which helps companies to achieve sustainable high performance, says that the human brain can only concentrate for around 90-120 minutes at a time before the quality of work begins to deteriorate. After this, a 20-minute break is needed in order to restore energy and concentration levels. "The importance of restoration is rooted in our physiology," wrote Schwartz in a recent article for The New York Times "Human beings aren't designed to expend energy continuously. Rather, we're meant to pulse between spending and recovering energy." You can only be at your best if you have had time to rest and recharge, so taking regular breaks is absolutely imperative to maintaining good productivity levels throughout the day.



6  
5  
8

10

3





**Assistant  
Supervisors  
Special  
Recognition  
and Training**

14th  
December  
2013





# ARGI<sup>+</sup><sup>®</sup>

## Your key to a traffic-free Nutrient Superhighway!

We often talk about the Nutrient Superhighway, and how essential it is for us to support the components of this important, unofficial “system” in the body. The Nutrient Superhighway carries the nutrients – the vitamins, minerals, antioxidants, amino acids, and other co-factors and building blocks – from the foods we eat and the supplements we consume to our cells and tissues. These nutrients are then used to support the optimal functioning of our cells. In addition, the Nutrient Superhighway carries away waste products – normal byproducts of cellular metabolism – so they can be eliminated by the body. In short, the Nutrient Superhighway directly impacts our health, well-being and energy levels.

One of the major body systems that is an essential part of the Nutrient Superhighway is the circulatory system. Without an optimally functioning circulatory system, the Nutrient Superhighway becomes like a freeway during rush hour...nutrients and waste products are hindered from going where they need to go. We feel sluggish, with low energy levels, and our cells don't get what they need to support us through our daily, fast-paced lives.

**ARGI<sup>+</sup>® L-Arginine & Vitamin Complex (#320)** was designed

to support the circulatory system and provides high levels of Arginine – a semi essential amino acid. We do obtain some Arginine from our diets, but not in high enough levels in many cases, especially with the modern diet being what it is. Arginine is converted into nitric oxide in our bodies, and nitric oxide, in turn, helps to relax the walls of blood vessels. For example, when the walls of a hose or flexible tube are constricted, not much will flow through easily, unless there is a lot of pressure forcing it through.

However, when the walls of the tube are relaxed, the result is a

To find out more about ARGI<sup>+</sup>® and other products visit [foreverliving.com](http://foreverliving.com)

# Vital<sup>5</sup>

Advanced Nutrition Made Simple





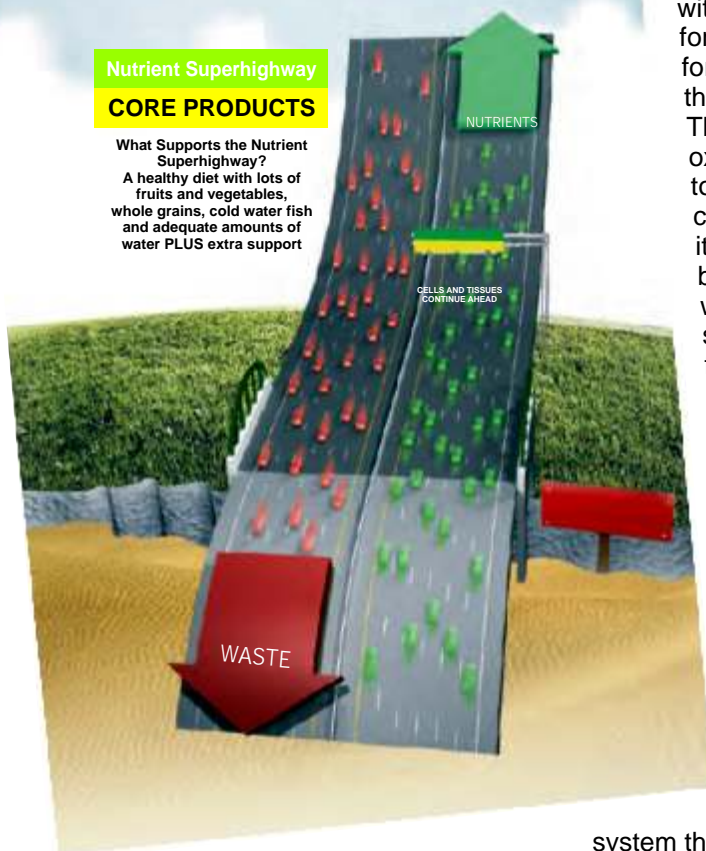


### Nutrient Superhighway

#### CORE PRODUCTS

What Supports the Nutrient Superhighway?

A healthy diet with lots of fruits and vegetables, whole grains, cold water fish and adequate amounts of water PLUS extra support



much easier flow, without the need for high pressure to force it through the system.

This is how nitric oxide functions to support the circulatory system; it acts to relax the blood vessel walls, thereby supporting blood flow. This means nutrients are also more readily carried to our cells, and waste products are more easily taken to their appropriate destinations to be removed from the body. Nitric oxide is so important to the function of the circulatory

system. In addition, it includes our Proprietary Forever® Fruit Blend – a combination of polyphenols from Grape Skin, Pomegranate and Red Grape extracts, plus a blend of dark berries and fruits such as Elderberry, Raspberry and Black Currant. The polyphenols from these fruits act as antioxidants to support the health of the circulatory system, and they also support the elimination of metabolic waste by attacking free radicals that can occur during the metabolic process.

\*\*\* This is what sets ARG1+ apart from other Arginine products on the market today.\*\*\* Yes, ARG1+ provides Arginine but it also provides the vitamins and antioxidants that act as co-factors to foster the pathway of nitric oxide production and support the overall structure and function of the circulatory system!

ARG1+ is the perfect means to help carry the nutrients we need along that Nutrient Superhighway to our cells and tissues, and carry metabolic waste products away for excretion. This means better utilization of the nutrients from the foods and supplements you consume, to support your overall health and energy levels throughout every day, plus support for your overall cardiovascular system.

system that scientific research on its benefits has even received the Nobel Prize! But, is Arginine all we need? ARG1+ also provides B vitamins and Vitamins C, D and K to assist in the conversion of Arginine to nitric



# Vital<sup>5</sup>

Advanced Nutrition Made Simple





## Assistant Supervisors

## Special Recognition and Training

18th January 2014





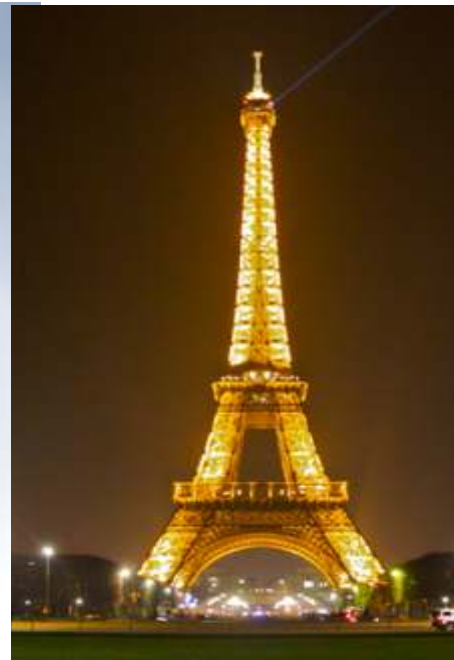


# *EAGLE MANAGER INCENTIVE qualification for 2015 is still in progress!!*

1

*When is the qualification period?*

EAGLE MANAGER INCENTIVE  
qualification started from **MAY THIS YEAR**  
and runs till the end of **APRIL NEXT YEAR!!**



2

*How do you qualify?*

- Be a Recognized Manager.
- Accumulate at least a total of 720 CC ,  
100 CC comes from new personally  
sponsored down lines.
- Personally sponsor and develop at least  
2 new supervisors.

3

*What is your Incentive  
as an Eagle Manager?*

- Eagle Managers are awarded with an  
exclusive Eagle Manager Pin.
- Enjoy an all expenses paid trip for 2 to the Eagle  
Manager's Retreat with 3 nights lodging.
- An invitation to attend exclusive Eagle Manager  
trainings conducted at the Retreat

*Are you going to be an Eagle this year?*





# HIGH FLYING?



## EAGLE MANAGERS RETREAT LAKE TAHOE 2014

The Eagle Manager Incentive closes  
on the 30th April. Make sure your business  
keeps soaring to earn the trip of a lifetime  
to Lake Tahoe & Dallas.

[www.discoverforever.com](http://www.discoverforever.com)



FOREVER