

CAPTAIN AND CREW 90 DAY CHALLENGE!



This simple tool could very well be the thing that turns your life around.

- 1. Write out your Heart's Desire.** Make a list of whatever your heart desires. Don't worry about whether or not you can afford it, know how to get it or any other obstacle, just list what you want.
- 2.** What would you like to have, do or be? Write everything in the present tense, as if you already were in possession of the good you desire.
- 3.** Write out all your desires for each area of life. (Emotional, spiritual, vocational, physical, relationships, travel, material. Be balanced. Write it all.
- 4.** Write it out in your **own hand writing**. We think in pictures. This exercise involves causing you to think about wonderful images of what you earnestly desire. Don't fret about "how" these things will come to you. Your job is simply to hold the image. **It must be written in your handwriting.** Don't photocopy it.
- 5.** Start each day by rewriting your Heart's Desire. Use a new sheet each day. You need to convince your CREW (your subconscious mind) that you seriously desire these things. They will interpret them as a command from you (CAPTAIN). They will respond with the ONLY word they know, "YES" and go to work to produce those images in your life by the Law of Attraction. Remember Your mind is more Powerful than you realize and attracts whatever corresponds to its ruling state.
- 6. Carry your Heart's Desire with you at ALL times.** Men should reserve their front right pant pocket for carrying this list. Nothing else should ever go into that pocket and you should ALWAYS carry it with you. ALWAYS!!! Ladies should find a similar place to keep the sheet. The location should never change. It should be loose and not amongst a bunch of other items, like a wallet. You want to touch it and read it several times a day, so what you have written on it will pop on the screen of your mind frequently throughout the day. The more you do that, the more you will attract those images into your life. Keep your daily sheets in a folder. That will be a good reminder for you.
- 7. Identify your A1 Goal.** What one goal from the list stands out as the most important or the one you are most passionate about? Once you have folded the sheet to fit in your pocket, write your A1 goal on the outside of the sheet. This will further focus you.
- 8.** If you miss a day - **start again** from the beginning. This is also about forming new mental habits. Don't beat yourself up if you forgot a day, just start again at day #1 and continue on until you have successfully reached 90 Days in a row!

Do this for 90 days and it will change your life.

Winners Circle Awards Goals Affirmations

AWARDS QUALIFICATIONS

12-Week Challenge #1 Information

Start: Sunday, August 19, 2018 | End: Saturday, November 10, 2018

Registration Deadline

Must be registered by 11:59 PM CT, October 31, 2018
to qualify for the Winners Circle Awards.

WINNERS CIRCLE AWARDS CATEGORIES

Sales Leaders for Team Builder, Regional Builder,
National Builder, and Marketing Director
New Regional Builders*
New National Builders – New recognition debuting at the Las Vegas event
New \$10,000 & \$50,000 Bonus Earners
New Marketing Directors
First Time \$1,000 Bonus Earners*
Level Up Team Builder Promotions
Rookie of the Quarter
MVP of the Quarter

“LEVEL-UP” WINNERS CIRCLE AWARDS TO ACHIEVE BY OCTOBER 30 DEADLINE

WHAT PASSION (WHY) WILL DRIVE YOUR ACTIONS TO ACHIEVE YOUR GOALS?

WRITE PERSONAL “I AM” AFFIRMATIONS TO REINFORCE YOUR ACTIONS
