

# Arbonne Conference Call

Session4

April 6, 2008

Raise Your Value

1. \_\_\_\_\_

What are you going to do, so that you never fail again?

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## Millionaire Habits in 21 Days

3520 East Brown Road :: Mesa, Arizona :: 85213

(480) 964-4463 :: [www.millionairehabitsin21days.com](http://www.millionairehabitsin21days.com)

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### **System of Success (S.O.S.)**

#### **Exercises**

First, write a problem area of your life. It could be in marriage, with kids, with finances, relationships, with yourself, your day, your job, your happiness...

Really think about what your current expectations are in this area. Maybe you don't expect your husband to take you out. You may not expect your kids to listen to you. You expect your day to be bad. Write these expectations down.

Now write down your new expectations and what action you will take to make it happen. If it is an expectation that your kids listen the first time you speak, the action should be to get Scot's "Train up a Parent" program or another really good parenting program.

If you expect to make more money, what are you going to do to make that happen? Expectation without works is dead. Expectation without action is just a want. You want to make more money. Nothing is in you driving you. When you really expect it, there is always action behind it.

You can't just want a great day. No, you must expect it by putting action behind it. My action is that I wake up happy, excited, and energized. I force a smile on my face. I come downstairs happy. I am happy all day, even if I have to fake it. If you fake it long enough, you actually become it.

For the next the next 21 days, read over your new expectations. Get them down deep inside of you. Now sit back and watch as your activated faith creates your world.

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### **Number 1:**

Problem Area:

Current Expectation:

New Expectation:

Action plan:

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### **Number 2:**

Problem Area:

Current Expectation:

New Expectation:

Action plan:

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## **Number 3:**

Problem Area:

Current Expectation:

New Expectation:

Action plan:

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## **Number 5:**

Problem Area:

Current Expectation:

New Expectation:

Action plan:

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## **Number 6:**

Problem Area:

Current Expectation:

New Expectation:

Action plan:

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## **System of Success (S.O.S.)**

### **Exercises**

I want you to list some areas in your life where you have had a bad attitude. Then let's put a twist on them to change your attitude. How can we change your expectation for that event so your attitude will change? Consciously, for 21 days, constantly remind yourself of your new expectations. In the morning, on the way to work, during the day, on the way home, remind yourself of your new expectations, over and over, until that thinking pattern becomes a habit.

If going to work is something you hate, how can we twist what you expect out of work so that you end up excited about it? "It's an opportunity to make money I can invest. If I work hard, I can get a raise and all of my raise goes to my future business. I have the opportunity to be the best at my job, do things no one else has ever done." Do this for all areas of life—marriage, failure, whatever it might be. Let's become positive people, happy people, excited-about-life people. You have the power to do so. Just give me 21 days. Also come back here whenever you find yourself with a bad attitude, and do this exercise for whatever that attitude is.

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## System of Success (S.O.S.)

### Exercises:

First, list limiting beliefs you have about yourself. Now list the new beliefs you are planning to have. For example:

I'm not book smart...I can be smart at anything I put my mind to.

Just like Daddy said, I don't have any common sense...I am very smart and I make great decisions all the time.

I'm not management material...Inside of me resides a great leader. I can manage. I can lead any team that is put before me. I have many great gifts and talents to help me lead. Anything I am lacking, I know I am a book or two away from possessing.

Go back to the Chapter 8 Exercises and do each of these exercises for this new belief.

Limiting Belief About Yourself:

Your New Belief:

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Limiting Belief About Yourself:

Your New Belief:

Limiting Belief About Yourself:

Your New Belief:

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