



The 10 Step Pattern of MonaVie Success

Step 2 (WHAT)

SET SOME GOALS

J. Paul Getty said long ago that in life, if you don't know where you're going, you're sure to end up somewhere else.

Very little in life is gained without setting goals. Those goals are the steps that will lead you to realizing your dreams and your ultimate success. **Success is built upon success.** The level to which you succeed will be determined by the goals you set for yourself personally and for your business.

In order for a goal to be attained, it must be:

- 1) written down
- 2) specific
- 3) measurable
- 4) realistic yet challenging (believable)
- 5) dated

You should set goals that are **obtainable and measurable**, and then set a realistic date for their accomplishment. For instance, you can set goals for **how many people** you will share the opportunity with during the course of a week or month. How many you will **personally sponsor and get activated** in your business during a specific time period? What rank you want to reach in the coming months-STAR, STAR 500, STAR 1000, Bronze, Silver, or Gold Executive? How many "ITS" meeting and or appointments are you willing to set in order to achieve your goals? You can also set personal **educational and development** goals, such as how frequently you will participate in teaching and training calls or meetings. Listen to or watch teaching and training calls or meetings, listen to or watch teaching CD's and DVDs, and how much time you will read each day.

It is important that you set some **short-term goals that are achievable**, so you can create the momentum necessary to accomplish your medium and long-range goals. There is nothing more motivating than reaching specific milestones on the way to your BIG dream. Your first short term goal should be reaching "STAR and STAR MAKER" rank in the Mona Vie compensation plan. Remember, this happens as soon as you **personally sponsor 2 people**, one on your **left** side and one on your **right** side, who become active, and then help one of those two Distributors to do the same (by helping both of our Distributors become STARS, you'll even be further ahead !) It is important that short-term goals are **achievable** and thus lead to accomplishing your medium and long range goals. Your sponsor and your upline are available to assist you (step 9 Counsel Upline) in setting goals that you can achieve.

Remember that your "Why" leads to Goals, which lead to action, which leads to Success, which leads to achieving your **ultimate dreams** through Mona Vie!

Love Life – Dream Big – Drink Juice!