**Action Items for Young Living Members**

* Be a product of the product.
* Educate yourself. Personal growth is necessary for success.
* Emulate someone who has already reached the goal you wish to achieve.
* Smile when you speak to people…whether on the phone or in person…people feel it.
* Be confident in your presentation and talk to everyone.
* Practice with friends and family.
* Track your progress. Share your progress with others.
* Think team Young Living rather than an individual race.
* If you feel you are plateaued, push yourself beyond your current limits. The limits are only in your head.
* Interview someone that is currently enjoying success, how do they feel about their job? Their clients? How are you similar, or different?
* Make a list of the qualities that you see in the most successful people. What qualities can you work on?
* Start each morning seeing yourself accomplishing your daily goal. At the end of the day, review, critique, and visualize tomorrow.

**Taking Action!!!**

* What actions do you need to take to create your desired results?
  + Develop a plan, a road map to get your goal.
  + Ask others to assist you in designing this map.
  + When you need directions to go somewhere, is it beneficial to ask someone who has been there?
  + Who do you know who has reached your desired location?
  + After your plan is written, study it to discover if you have any resistance.
  + When you think about those actions, how do you feel?
* Write Goals!
* Meditation and visualization
* Mind mapping
* Treasure mapping

**Rules for Goals**

* Must be measurable.
* Break apart into small bites.
* Must have a time frame.
* Must be a true goal, not a dream.
* Commit to paper and tell others.
* Gather any additional information you need to achieve your goals.
* Review and adjust monthly, weekly, or daily.
* Celebrate each milestone.
* Keep a successful attitude!

“Don’t be against things so much as for things” – Colonel Sanders