

Thought for the Month ...

Have you ever considered how some people become good recruiters or excellent Distributors who grow a big business?

"Practice your habits daily"

There is a saying that goes... If you would like to develop a good habit, then practice doing that habit every day for 21 days and you will have set a new habit.

How did Ernie Els become a great golf player? How did Alan Donald become one of the best bowlers of his time? How did Bruce Fordyce manage to win comrades nine times? They practiced every day. When you practice every day, when you develop good habits every day you become that habit... Have you ever heard someone say ... He is a terrific golfer! Or... What an Athlete! How did that person become that... By practicing good business habits every day, you will become a successful Distributor, having built a big business and earning huge incomes.

Good Habits to Practice.

Draw up that list of Names (Contacts)... with telephone numbers, addresses, email addresses etc. Look at trying to add names to this list every day! This will become an extremely valuable asset in your business. If you have exhausted everyone you know, then run adverts, do knock 'n drops, hand out Opportunity / Product flyers and most of all talk to people.

Have a Power Hour every day.

Set aside at least one hour every day whereby you are phoning people to set up appointments to show your opportunity and your products... This is an extremely good habit to form. Do it every day and watch your business explode! Don't worry about failure or rejection! Some people will say no but some will say YES to your OPPORTUNITY and PRODUCT. Keep the no's for later... People do change their minds. Worry about the chances you miss when you don't even try!

Attend every GNLD Event

... Every training, etc. Get into the habit of attending things and you will expose yourself to motivation, inspiration and SUCCESS.

Know your Goals.

Write your goals down. Things that you would love to achieve as a result of growing your business. This could include paying off your debt, your bond or growing a Savings Account. Perhaps you would like to buy a new home or a new car or travel overseas or even begin some sort of studies. Then the habit you want to form is to read it every day and to visualize achieving it.

"Life is great"

Life is great! Have you ever noticed how some people always seem to be "full of life"? How everything they do, and everything they say, radiates a joy of being "truly alive"? It's so refreshing when you meet someone like that - isn't it? You want to be around them because they have a way of helping make you feel good yourself. This is the way to build a strong foundation to your business as well as building good friend and family relationships?

Everyone wants to feel good and to look good... With GNLD we have the products to help us feel and look our best! We have products that slow down the ageing process both internally and externally. With sharing "Feel Good" "Look Good" products and opportunity with others we can help them to feel good and look good too. One always feels good making a great income too.

Yes, it's true: with GNLD life is great! We feel better, we look better and we are even better off and the future always looks brighter when there is hope.

It is so important to be positive and enthusiastic, particularly in our kind of industry. We are dealing with people from all walks of life, from different cultures and different religions.

Although people can be different in so many ways, they can also be so similar... Everyone wants a beautiful home... Everyone wants what is best for their children – A Great education, decent clothes, sports, Arts and culture. Everyone wants to be financially secure and to be able to afford wonderful holidays. Everyone wants a financially secure and happy future for themselves and their families. So you see we are so.... "The same" ... in many ways! It should be our purpose to assist as many people as we can to reach their goals and in so doing, this will ensure our success. When you help your team to look good and feel good – believe me – so will you!

HIV/AIDS

We would never suggest any nutritional supplementation instead of ARVS...

But we would highly recommend nutritional supplements to ensure that you are getting optimum nutrition. ... Please see the attached article...

We are not Doctors - We do not prescribe - We only recommend – If you have any medical condition, please consult your Medical Practitioner... Do not stop or substitute any medication for supplements.

Understanding Your Immune System: How Stress, nutrition & exercise affect your health.

The immune system is responsible for protecting the body against infection. Its major components include lymph nodes, bone marrow, spleen, thymus gland, and tonsils. The immune system creates antibodies, which react to specific infectious agents. In most cases, an antibody is created the first time that the body encounters a germ. The antibody then remains in the body, preventing a second infection by the same germ.

Some diseases, including HIV and Lupus, weaken the immune system. Antibodies do not form normally, and infections easily overtake the body. In some cases, medications can help counteract weakened immune systems but can deplete the body of vital nutrients.

Only in the last ten to twenty years has there been any real understanding of the complexity and importance of the immune system. Scientists have come to realize that stress and improper nutrition can lead to a breakdown in the immune system. The best way to form a strong immune system is through maintaining a healthy lifestyle. Controlled weight, healthy diet and regular exercise can keep the body in the best shape possible to fight infections. Cleanliness, especially regular hand washing, can also help keep germs from invading the system.

Some foods appear to interfere with the body's immune function. Sugars inhibit white blood cells in their attempts to destroy bacteria. Alcohol and high dietary fat also interfere with immune function.

Allergies can also weaken the immune system. Many ear infections are caused by allergic reactions, especially to dairy and wheat. In these cases, antibiotics may treat the infection, but it will recur almost immediately. When allergies are affecting immunity, it may be necessary to discover which food or environmental agent is causing the problem, and avoid it as much as possible.

Nutrient Facts and Recommendations: HIV/Aids... We cannot promise a cure but we can offer quality of life by building up the immune system... We are not Doctors - We do not prescribe - We only recommend – If you have any medical condition, please consult your Medical Practitioner... Do not stop or substitute any medication for supplements.

GNLD Nutritional Recommendations...

- Nutrishake/Protein Powder/GR2 shake - enhances immune function. Produces T-Cells. Repairs and maintains all the cells. Contains a high, whole protein consisting of all 22 Amino Acids. Phytodefense - 1-3 sachets per day - Massive Immune enhancer
- Vitality Pack - 1 sachet per day - All nutrients are necessary for building the immune system. Or the Formula IV (incl. In the Vitality Pack) which contains all vitamins, minerals, Protein, Essential Fatty Acids and Digestive enzymes
- 3-6 Omega 3... Also recommended for boosting the immune system
- Garlic - Powerful immune-stimulant that also aids in digestion, endurance, and strength. It is a natural antibiotic, anti-viral and anti-fungus and is good for conditions such as Candida infection
- 2-4 Betaguard - Detoxifies the system. Powerful Free radical scavengers and boosts the immune system

Interesting Facts....

- Vitamin A helps to strengthen skin and mucous membranes, preventing germs from penetrating these. Supplementation may help prevent infection and speed recovery from certain illnesses, such as measles and diarrhoea.

- Vitamin C acts as an antiviral agent, elevating the body's interferon levels. Even taken in small amounts, it appears to reduce the duration and severity of illnesses. In some studies, Vitamin C has helped reduce the risk of hepatitis infection as well.
- Zinc supplements appear to increase immune response. Taking Zinc lozenges when a cold starts often shortens the duration and severity of the infection. It is unclear whether Zinc also acts to prevent infection.
- The lung is a major target of attack in HIV-positive and AIDS patients because the human immunodeficiency virus inhibits the body's ability to defend itself against infections and some kinds of cancer. People with HIV or AIDS are at a greater risk for contracting "opportunistic" lung diseases such as Tuberculosis (TB), pneumonia, influenza and fungal infections of the lungs. These diseases take advantage of the body's lowered defenses. In addition, the virus itself may cause lung damage... That is why the Carotenoid Complex is so very important.

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10 Points to Achieving a Great GNLD Business.

1. Develop a positive mental attitude and avoid negative people and situations. Read positive books...
2. Use your GNLD products every day and develop a strong belief in them.
3. Grow your knowledge - Study your manual... Study the GNLD videos... Read up on your products and get to know your opportunity and the marketing plan.
4. Know your next step in the business and set yourself a target every month that you can strive for.
5. Know your Goals. Things that you would love to achieve as a result of building your business and earning money. Visualize your Success!
6. Stay focused on your opportunity. Many people do not make it in GNLD because they are constantly looking around for something bigger and better. Be Loyal and committed. Don't let anyone tell you that they have something better – they don't. Make a decision, and then be committed to your GNLD Opportunity and to your success.
7. Develop Good Habits. Develop your contact list (list of names). Talk to people about your products and opportunity every day. You can only have a strong business by building a retail/customer base and by developing a strong team. Develop the good habit of having a POWER HOUR every day... and watch your business grow.
8. Honesty and integrity. Always be honest, sincere and ethical in all your dealings. Always be transparent, truthful and open and you will earn enormous respect from your team and leaders in the business. TRUST and RESPECT are so important when dealing with people.
9. Communication is one of the keys to developing good relationships and hence a great business! Communicate positively and often with your leaders, team and customers.

10. Learn to have fun. Life can be so serious and laden with the burdens of living. You will attract people, money and success when people seeing you enjoy what you do.

So many things have happened... and there is loads of information and exciting news in this newsletter ... so take the time to read it and make YOUR PLANS FOR YOUR FUTURE. Think about your future positively today! We had another wonderful month but the Friendly Team is capable of awesome achievements... In April, this month, lets show the rest of them that we are certainly the best of them.

Yesterday is history, tomorrow is a mystery, and today is a gift. That's why it is called the present...-Unknown

The only way to find the limits of the possible is by going beyond them to the impossible...- Arthur C. Clarke

Here's to having a fantastic April ... This month always promises great results, so write up your goals and targets for the month i.e. Your Production in points, recruiting and upgrading. Plan your action and get started right away. Remember the saying ... If it is to be, it is up to me.... And "Action takers are Wealth Creators. Failure will never overtake you if your determination to succeed is strong enough... Good Luck and God's richest blessings be with you... Lyn Banks... (The Friendly Team).

A true friend never gets in your way unless you happen to be going down...Arnold Glasgow

Man has his future within him, dynamically alive, at this present moment! ... Abraham Maslow ...

What is happening right now in your life is not happening to you because of chance. Your past consciousness, your past thoughts have helped to create it. Your 'now' has its causes and roots in your past thinking.

Consider the following analogy: When you look up into the sky and see the stars, what you are actually seeing is the past because some of those stars may longer exist. It is possible because stars are hundreds and thousands of light years away, meaning that it takes their light, travelling at 186000 miles a second, hundreds or thousands of years to reach the earth. Thus, the light we see from a star a hundred light years away is actually light it emitted a hundred years ago... That particular star could have exploded and disintegrated 25 years ago, but we still see its light, and will continue to see its light, for another 75 years even though the star itself has long ceased to exist. This analogy is crucial to keep in mind when using mind power techniques to change your reality for even when you change your thoughts, your new reality will not immediately follow.

There will always be a certain time lag during which you will be in a position of developing a new consciousness, but still stuck with your old reality. This "waiting for it to happen" period is critical because how you react during this waiting period will either quicken or hinder the new reality you are attempting to create. You may doubt things are changing. You may feel discouraged and wonder if you

are wasting your time. Your mind will try to fool you by telling you nothing will happen - this will not work. These thoughts are natural; they happen to us all. Do not pay them any heed; just continue with your exercises, being patient and diligent in your efforts. It helps to remember that reality is a process, a continuous, happening and not something fixed and rigid.

Everything in existence is continually in the process of becoming something else. Your circumstances, too, are forever changing and becoming something else, so how could your new thoughts, if persisted in, do anything but bring you a new reality? Think about it. Relax and enjoy your exercises, ignoring any negative thoughts. Your life will change naturally and effortlessly. You do not have to force it.

The possibilities of thought training are infinite, its consequences eternal, and yet few take the pains to direct their thinking into channels that will do them good, but instead leave all to chance.... Marden. Affirmations are probably the easiest and simple technique we know to influence and affect the conscious mind. They have been used for centuries throughout the world in such spiritual and magical practices as prayers and mantras to replace negative thoughts with more positive ones. Now they are being used by people from all walks of life to close business deals, heal ailments, meet people, win tournaments, and in countless other applications.

Here is an Example... Repeat this to yourself everyday as many times as you can remember to.

“Everyday, in every way, I am becoming better and better at what I do and am becoming more successful in every aspect of my life.”

“Everyday I am getting closer to my dream, my goal of being a Diamond Director in my GNLD business.” “I see myself as a Successful Presidents Team Member!

Keep these points in mind:

Be conscious of what you are doing. You are creating your future experiences with your "now" thoughts.

Change your reaction to any undesirable conditions in your life. If you are struggling in your career, without a relationship, sick, unemployed, or nothing seems to be working for you, the first thing you must do is accept the situation. Do not try to pretend it is not happening. It is. Do not waste time feeling sorry for yourself or fighting it; work through it with mind power. How you decide to think and react during this period determines what is going to happen to you.

Establish a daily inner "creating" period for yourself free from everyday demands and distractions. It is this inner creating period that gives you power.

“There is no thought in my mind but it quickly tends to convert itself into a power and organizes a huge instrumentality of means”... Emerson
What is it that makes a person a winner?
What distinguishes those who succeed from those who fail...?
“It’s all in the mind,” says movie star and body builder Arnold Schwarzenegger...
A multi millionaire, successful real estate tycoon, movie star, body builder, five time winner of Mr. Universe, Governor of Californian, Arnold has it made... However, it was not always so... Arnold can remember back when he had nothing except a belief that his mind was the key to getting where he wanted to go

Change is a cumulative process

Those who practice this process half-heartedly soon fall by the wayside, but nothing is beyond the reach of those who have vision, understanding and commitment.

- ◆ Will you dare to believe in your vision as being stronger and more potent than present circumstances?
- ◆ Are you willing to infuse yourself daily, without fail, with thoughts of your desired reality?
- ◆ Will you persevere, trusting in your daily practise and refusing to believe otherwise, even in the seemingly unchanged or contradictory conditions?
- ◆ If you can, then you shall have whatever you desire. You will step forward boldly into the world and the world will give you whatever you ask.

This is a chapter extracted out of the book written by John Kehoe... Mind Power... Imagine yourself being a Fully Qualified Director in one year or what about being a Ruby Director....Imagine yourself being a Diamond Director. Imagine having a business that will sustain you and your family for all your future.... Imagine being able to achieve your dream... Think it, Believe it, Live it!

THE GREATEST OPPORTUNITY IN THE HISTORY OF THE WORLD!

As you may have guessed, The Greatest Opportunity in the History of the World is Network Marketing or Multi Level Marketing.

Network Marketing and Residual Income ...

If you're like most people, you probably earn your income in one of three ways.

1. You can become an employee. This is what most people do, whether they're paid by the hour, by commission, or by a salary. Either way, with the exception of some paid holidays and vacations, you only earn money when you do the work. And it's an accepted fact that employees, no matter how good they are, can only earn a maximum of twenty-five percent of their true value. The company needs the rest to operate the business. This is called having a job. Have you ever heard motivational Speaker Zig Ziglar say what the word "job" stands for? **JUST OVER BROKE!**

2. You can own your own business. Everyone's Dream. Truth is it's more like Everyone's nightmare! According to the Small Business Administration, ninety percent of all small businesses fail in the first two years. Of those that make it, eighty percent of will fail within the next five. How many businesses do you know of that are ten years old, or Twenty? And as most small business owners will tell you their business really owns them. Seventy to eighty-hour work weeks are all too common for these busy entrepreneurs. Many of them actually own their own Jobs.

3. You can earn income from your investments. It's true that you can earn \$5,000 a month or more from wise investments of your capital... The challenge is you've got to have a small fortune to start with. About \$500,000 to \$750,000 will

yield the kind of income you want from stocks and bonds, CDs or real estate. Most people don't have that kind of money.

4. There is another way of earning money. Inventors, singers, writers and actors have known this for years. It's called residual income. Basically, this allows you to earn from your initial efforts even though you are no longer directly involved on a day-to-day basis. It's like the royalties a singer receives on an album which continues to sell.

This is the kind of income Network marketing offers. Sound interesting?

Here's how it works.

The 1st step is to choose a Network Marketing Company. One with products that you think are fantastic, Management you respect and trust, and a solid business development program.

You begin by using the products yourself and sharing them with your family and friends, just as you would with a good movie or a book you enjoyed. We call that consumer advocacy. With Network Marketing, however, each time you recommend a product you receive a retail commission. Gradually, as you share the products with others you'll find a number of people interested in the business opportunity—just like you. You then sponsor these people by working with them; training and helping them build Networks of their own. For each person you sponsor, you receive a commission on each sale that they and everyone in their networks, produce. This does not come from their profits but is paid by the Company itself...

In twelve to forty eight months, you can build a business that actually earns \$5,000 to \$10,000 or more monthly residual income. The best part is that you don't have to show up every day to continue to earn those commissions. Beats punching a time clock, doesn't it?

This is the advantage of RESIDUAL INCOME! **Why ...GNLD?**

GNLD INTERNATIONAL

- Is a professional company offering professional backup and support!
- Has been in business since 1958 and operates in 55 countries world wide.
- Is the largest of its kind in Africa and has been operating in South Africa successfully since 1971.
- Have their own SCIENTIFIC ADVISORY BOARD of working Scientists, Biochemists and Doctors.
- Is a risk free company ... Your start up fee is R300 and you can make that back very quickly! There is no pressure or need to carry huge amounts of stock like other companies.

Man improves himself as he follows his path; if he stands still, waiting to improve before he makes a decision, he'll never move. -Paulo Coelho