

ISSUE 3

aloe life

Ditch the resolutions
Be Resolute

INCREDIBLE REAL-LIFE STORIES OF INNER
STRENGTH AND DETERMINATION THAT WILL
INSPIRE YOU TO DO BIG
THINGS IN 2019.

Plus...

HEALTHY, FAST AND DELICIOUS
5 INGREDIENT MEALS

HOW TO HIT YOUR FITNESS GOALS
WITH FOREVER F.I.T.®

FINDING BUSINESS OPPORTUNITIES
OUTSIDE THE OFFICE

CREATING A WINNING MINDSET
IN THE NEW YEAR



FOREVER®

Forever's Aloe Vera drinking gels



**99.7%
PURE ALOE.
100%
REFRESHING.**

**IN 2018,
WE REINVIGORATED
FOREVER'S ALOE VERA
DRINKING GELS.
PURE, FRESH INNER
LEAF ALOE CONTAINED
IN PACKAGING MADE
FROM 100% RECYCLABLE
MATERIALS. SIX LAYERS
OF PROTECTION MEANS
LONG LASTING FRESHNESS
WITH NO ADDED
PRESERVATIVES.**

Forever Aloe Vera Gel® | sku 715
Forever Aloe Berry Nectar® | sku 734
Forever Aloe Peaches™ | sku 777

**The
Aloe Vera
Company**

FOREVERLIVING.COM



Please speak to a Forever Business Owner if you would like to place an order.

Forever is a member of the Direct Selling Association (DSA)



Be Resolute in 2019

CHARGE INTO 2019 WITH BOLDNESS AND VISION.

Be resolute. It's a theme you're going to see running through the pages of this magazine, and one we hope will shape your outlook in 2019.

We've all worked together, taken risks and made bold moves in the face of the unknown to make Forever what it is today. This is something our founder and my dad, Rex Maughan, has always encouraged us to do. Be adventurous and be bold. Now, as we embark on another amazing year, I find myself thinking about the courage it takes to be resolute, even when it means pushing past your own boundaries.

The new look of Forever Aloe Vera Gel® is a great example. When Forever decided to reinvent the packaging of our flagship product, we knew it would be a major change from the packaging we've used for decades. We also realized that some of our most dedicated customers and Forever Business Owners might be unsure about the switch.

However, everyone involved in this project knew that such an adventurous move was the right thing to do for such an important product. It allowed us to add more layers

of protection, aseptically produce Forever Aloe Vera Gel® with no preservatives and increase nutrient absorption dramatically. The bold, modern look and 100%

recyclable material helped draw new attention, reinvigorate our brand and push us forward as an innovative, forward-thinking company.

But those of us in the office were not the only ones making bold moves in 2018. All over the world Forever customers were taking the brave next step in exploring the Forever opportunity by becoming Forever Business Owners and in choosing to change their lives with our Forever products.

If you are on the fence about exploring a new opportunity, I'd like to encourage you to make a bold move in 2019. Face the unknown and embark on a new adventure with courage. There's an eagle inside each of us with a determination to reach new heights. Is this the year you'll spread your wings and soar?

Keep smiling.

Gregg Maughan
President, Forever Living Products

Track. Succeed. Repeat.

**RESEARCH SHOWS
THAT PEOPLE WHO
TRACK THEIR FITNESS
PROGRESS HAVE A
MUCH HIGHER SUCCESS
RATE WHEN IT COMES
TO ACHIEVING THEIR
GOALS.**

Forever's F.I.T.® app is engineered to do just that and so much more. We've included seamless integration with CLEAN 9, F15® and Vital® to make this intuitive app your reliable companion through every stage of the F.I.T.® journey.



- + **FREE** to download in Apple or Android store
- + Track your progress
- + Easily access supplement schedule
- + Access dozens of F.I.T.® specific recipes
 - + Find guided exercise routines
 - + Challenge your friends
 - + Unlock rewards
- + Increase your odds of success

**The
Aloe Vera
Company**

FOREVERLIVING.COM



Please speak to a Forever Business Owner if you would like to place an order

Forever is a member of the Direct Selling Association (DSA)

What's inside!

Welcome to the latest edition of Aloe Life.

In this issue, we're exploring what it means to be resolute in the face of challenges that may seem overwhelming. We hope you'll be inspired to explore your own potential and accomplish more than you've ever dreamed possible. Plus, we've packed this issue with amazing recipes that taste great, are easy to make and designed to help you reach your fitness goals. We hope this issue will help you make 2019 your best year yet!



Wellbeing

17 BE HEALTHY WITH FIVE INGREDIENT MEALS

Enjoy these healthy, great tasting meals, which are made to complement your active and busy lifestyle.

23 MIND OVER MATTER: HOW PUTTING HAPPINESS FIRST CAN INCREASE YOUR ODDS OF SUCCESS

Explore the real truth behind the correlation between success and happiness.

28 POST WORK WELLBEING

Bring some work-life balance back into your routine to look, feel and sleep better.

Lifestyle

06 SMASH YOUR FITNESS GOALS WITH FOREVER FIT.®

Get results you can see and feel in just nine days.

31 DITCH THE RESOLUTIONS. BE RESOLUTE

Real stories from people who found the strength in themselves to accomplish great things.

39 THINKING OUTSIDE THE OFFICE BOX

The next big step in your career could come from outside the office.

Discover

03 CHARGE INTO 2019 WITH BOLDNESS AND VISION

Forever President Gregg Maughan has a special message about the importance of being resolute.

14 SHAKE OFF THE SEASON

Tasty, easy to make shake recipes to get your healthy lifestyle back on track.

42 FOREVER AND YOU

We answer your questions and offer helpful tips.

Smash your

fitness goals

Looking and feeling better is a personal journey, but one that's much harder if you try to do it in isolation. Encouragement and a straightforward plan can make all the difference. The F.I.T.[®] program is designed to support you as you build the momentum and strength to rise to the next level of fitness.

The heart of F.I.T.[®] is an easy-to-follow fitness plan combined with supplements and aloe vera-based nutrition to keep you fueled and motivated. Using the F.I.T.[®] app will make it easy for you to monitor your progress, track your wins, stay on top of your supplement schedule and interact with others who have made the F.I.T.[®] commitment. Let's take a closer look at some of the ways you can hit your goals and push yourself even further with this innovative routine.

DOWNLOAD THE FIT APP!

Research shows that people who monitor their progress have a much better chance of achieving their goals. That's exactly why we developed the F.I.T.[®] app. It's your easy-to-use digital companion throughout the F.I.T.[®] journey.

- Get your supplement schedule on the go
- Monitor water intake
- Monitor calorie intake
- Track your progress
- Unlock awards

Top tip!

CHALLENGE YOUR FRIENDS!

Get your friends involved to create challenges and stay inspired! With the F.I.T.[®] app, you can start a challenge and invite your friends, family or anyone else to a fitness challenge and even have multiple challenges going at once. There's nothing like a little friendly competition to keep you motivated and focused.

Put the power of this life-changing fitness program in your pocket so you can combine, fun, accountability and progress. The F.I.T.[®] app makes it easy for you to access your workout routine and follow along anywhere.

You can also browse recipes, update your water intake, check off your supplements for the day and unlock awards. Among the features Forever F.I.T. app users can't get enough of is the functionality to challenge your friends and family. Check their progress against yours, send messages through the chat function, invite others and have multiple challenges going at once!

This intuitive app is available on Android and iOS devices. You'll easily be able to stay on track and hold yourself accountable.

Hit the reset button with C9™

There's no better time than the new year to hit the reset button and prepare your body and mind for the journey and challenges ahead. The CLEAN 9 program was designed to do just that.

An expertly selected combination of Forever Aloe Vera Gel®, supplements and meal replacements is exactly what your body needs to start looking and feeling better. You'll start to eliminate stored toxins that keep your body from absorbing the maximum amount of nutrients in your food. Not only will you begin to feel lighter and more energized, you'll develop the skills it takes to control your appetite and take your fitness to new heights.

While the steps are easy-to-follow, the journey to a leaner, healthier you will not be an easy one. You can do this. Every day you stay on track is a victory to celebrate and it only gets easier.

WHAT'S INCLUDED IN C9?
CLEAN 9™ includes a detailed, easy-to-follow nine-day program complete with recipes, exercises and helpful pointers.

YOU'LL ALSO GET:

- Forever Aloe Vera Gel® | 2 one-liter bottles
- Forever Lite Ultra® shake mix | vanilla or chocolate
- Forever Garcinia Plus® | 54 softgels
- Forever Fiber® | 9 packets
- Forever Therm® | 18 tablets
- Tape measure

NAME: SILVIA
HOME COUNTRY: MALAYSIA
PROGRAM: C9™
RESULTS: LOST 11 POUNDS

It's safe to say Silvia is results oriented. This Forever Business Owner and mother of two stayed committed to the **CLEAN 9** program and lost 11 pounds! She says the secret to her success was sticking diligently to the program, having support from her friends and putting in the daily 30-45 minutes of exercise. She kept going with **F15®**, losing another 11 pounds, all the while sharing her results on social media. Silvia inspired others to take the **C9™** challenge and has built a group of people around her who have also felt the power of taking their fitness back!

"The secret was sticking diligently to the program and having support from my friends."

The 39-day routine helped Silvia lose weight, regain confidence and grow her Forever business. She's been able to maintain her weight by adopting healthy habits and keeping an eye on nutrition. The **FIT®** app allows her to keep her friends and customers motivated and seeing results.





Shaun's story

NAME: SHAUN COOPER

HOME COUNTRY: UK

PROGRAM: F15®

RESULTS: HE'S AN AVID GYMGOER WHO WAS ABLE TO GET BACK INTO HEALTHY DIETING AND NUTRITIONAL HABITS TO TAKE HIS FITNESS UP A FEW NOTCHES.

Shaun Cooper is a former police officer and fitness enthusiast who puts in plenty of time at the gym.

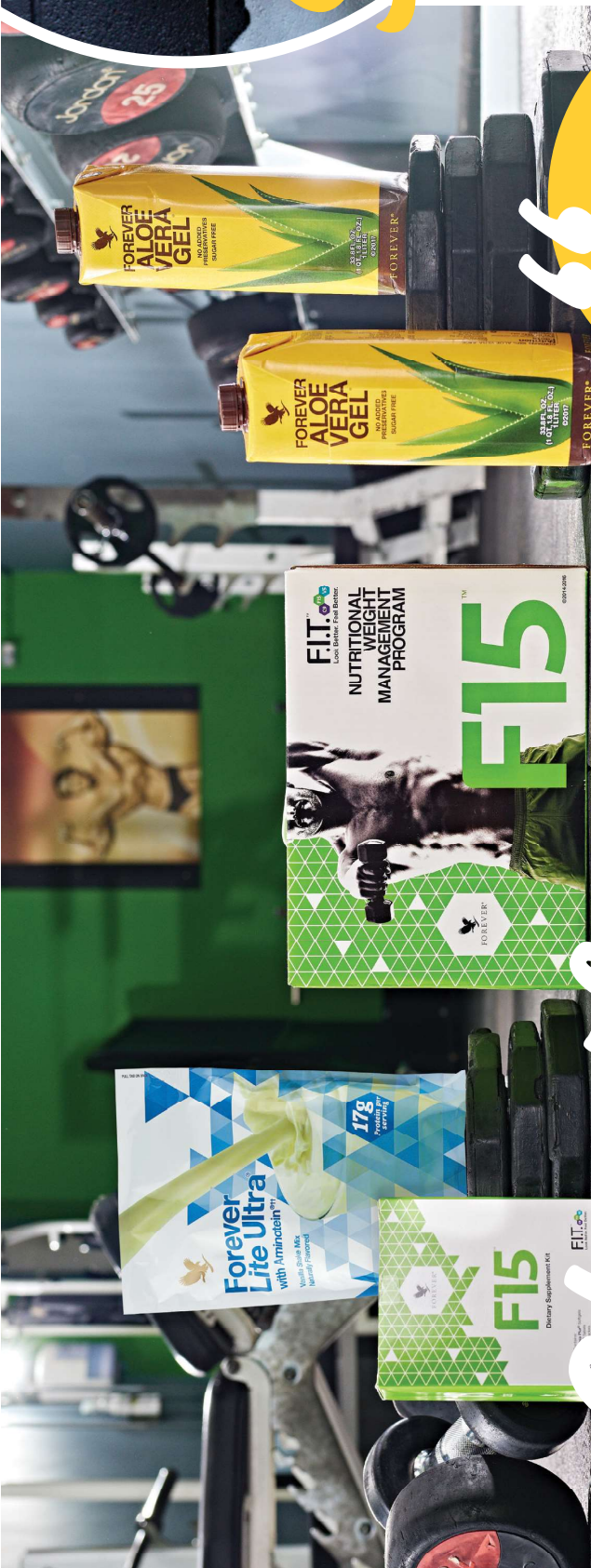
He admits that before starting the program, he'd let some bad nutritional habits seep into his life.

"I've always been very motivated to go to the gym and train hard and often, but the nutritional side always let me down," Shaun says. "This was mainly due to a lack of structure. I was constantly making the wrong food choices and feeling quite low about myself, and this caused me to become overweight."

His main goal when starting the **FIT®** program was to shed some excess weight and develop good nutritional habits that would keep him feeling motivated and healthy. He started with **CLEAN 9**, which proved to be the just the reset Shaun needed to get started with a clean nutritional slate. After that, he was energized and ready to hit the **F15®** program hard.

"My short-term goal was to lose weight," Shaun says. "But my medium-term goal is to keep that weight off and improve my fitness levels. My long-term goal is to be able to do activities with my son, William, once we both get older."

Shaun was so happy with his results that he kept going through every level of the **FIT®** program for a full 54 days of fitness and nutrition. Now he says he's looking better, feeling better and hitting his goals at the gym.



MY SHORT-TERM GOAL WAS TO LOSE WEIGHT. MY LONG-TERM GOAL IS TO BE ABLE TO DO ACTIVITIES WITH MY SON.

WHAT'S INCLUDED WITH F15®?

F15® comes with everything you need kick your fitness and nutrition into high gear. This 15-day program is available in beginner, intermediate and advanced and includes recipes, exercises and crucial tips for success.

YOU'LL ALSO GET:

- Forever Aloe Vera Gel® | 2 one-liter Terra Paks
- Forever Lite Ultra® shake mix | Vanilla or chocolate
- Forever Garcinia Plus® | 90 softgels
- Forever Fiber® | 15 packets
- Forever Therm® | 30 tablets

WHO SHOULD CHOOSE BEGINNER?

If you are just starting out on your fitness journey and have finished with **CLEAN 9**, this is a great place to start. The program will ease you into an exercise and nutrition regimen formulated to help you look and feel better. As you adapt to the program you'll build the strength of body and character needed to move to the intermediate and advanced programs. They say it takes 21 days to form a new routine and the combination of **C9™** and **F15®** runs just long enough to make good nutrition and exercise a habit!

IS INTERMEDIATE MORE YOUR SPEED?

F15® intermediate is the next step along the way. It flows seamlessly from beginner level. If you're already active and feel like you can handle everything intermediate will throw at you, feel free to challenge yourself and start there.

READY TO TURN THE HEAT UP WITH ADVANCED?

Better have your game face on for this one. If you are an athlete or looking for a new routine to take your performance to the next level, this is the program for you. Of course, anyone who's completed **C9™** through **F15®** will be ready to take a crack at advanced.

By the time you've completed **C9™**, your mind and body will be ready to kick things into a higher gear. That's what **F15®** is all about. It will change the way you look at the relationship between food and exercise.

This 15-day program is available in three levels, beginner, intermediate and advanced. This is important because no matter your fitness level, you'll be able to flow seamlessly from **C9™** to **F15®**. Each level includes a combination of **Forever Aloe Vera Gel®**, supplements and meal replacements, and is perfectly balanced to help you see results. We also include delicious shake and meal recipes to keep you eating well throughout the process.

As you move through the program to intermediate and advanced, the exercises become more rigorous and challenging, helping you become a well-oiled fitness machine.

Choose your F.I.T.® level

Find your F.I.T.®

F.I.T. HAS EVERYTHING YOU NEED TO TAKE CONTROL OF YOUR HEALTH, STAY ON TRACK AND LOOK AND FEEL YOUR BEST.

15 DAYS

ESTABLISH A ROUTINE

CREATE HABITS



INCREASE WORKOUTS

Build strength. Tone up.
F15®

THIS 15-DAY EXERCISE AND NUTRITION PROGRAM IS DESIGNED TO KICK YOUR ACTIVE LIFESTYLE INTO HIGH GEAR AND HELP YOU MAINTAIN HEALTHY HABITS. CHOOSE FROM BEGINNER, INTERMEDIATE OR ADVANCED.



9 DAYS

Reset with
C9®

IF YOU'RE LOOKING TO PREPARE YOUR BODY AND MIND FOR THE FITNESS JOURNEY AHEAD, CLEAN 9 IS A GREAT PLACE TO START.

500-600 CALORIES MEAL

CLEANSE

RESET AND TAKE CONTROL

ADJUST YOUR MINDSET



NO FIZZY DRINKS

C9® Free foods

- + Tomatoes
- + Asparagus
- + Peppers
- + Broccoli
- + Rocket
- + Apple
- + Strawberries
- + Many More

Tips for success!



WEIGH & MEASURE YOURSELF

Use the **F.I.T.**® app or the booklet provided to record your measurements at the start of each program.



KEEP DETAILED RECORDS

Be sure to log your daily exercise, food intake and how you feel while you're on the program.



STAY HYDRATED

Drink at least eight glasses (64 oz.) of water every day, especially when on **C9**®.



LAY OFF THE SALT

Salt contributes to fluid retention that can make it harder to hit your weight goals.



+

Add Vital5® to the mix

KEEP YOUR NUTRITION ON LOCK DURING ANY STAGE OF THE F.I.T.® JOURNEY AND BEYOND. YOU'LL GET EVERYTHING NEEDED TO FILL NUTRITIONAL GAPS AND MAINTAIN YOUR PROGRESS. THE F.I.T.® APP NOW INCLUDES VITAL5® FUNCTIONALITY TO KEEP YOU ON TRACK.

WHAT'S INCLUDED WITH VITAL5®

Vital5® comes with five Forever products chosen to work together to fill nutritional gaps and provide your body with the nutrients to help you look and feel better.

YOU'LL ALSO GET:

4 one-liter bottles – choose from:

- Forever Aloe Vera Gel®
- Forever Aloe Berry Nectar®
- Forever Aloe Peaches®
- Forever Freedom®

Forever Daily® | 60 tablets

Forever Active Pro-B™ | 30 capsules

Forever Arctic Sea® | 120 softgels

ARGI+® | 30 packets

YOU DON'T HAVE TO STOP HERE. WHY DON'T YOU CREATE NEW GOALS AND CONTINUE WITH YOUR NEW F.I.T.® LIFESTYLE THROUGHOUT 2019?

IT'S TIME TO BE RESOLUTE.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Shake off the season

THESE BACK-TO-BASICS
FOREVER LITE ULTRA®
IDEAS ARE PERFECT FOR
AN ACTIVE LIFESTYLE.

Did your diet go on vacation over the holiday season? Don't sweat it. Charge into the New Year with no regrets. In just a couple minutes you can make a super easy shake that tastes great and nourishes your body with just a few ingredients.

1. *A cup of* Milk

ONE CUP OF YOUR FAVORITE BASE:

- NONFAT MILK
- ALMOND MILK
- SOY MILK
- COCONUT MILK

2. *Choose your* Fruit

• 2 HANDFULS OF YOUR FAVORITE FRUIT



3. *Forever* Lite Ultra®

• 1 SCOOP CHOCOLATE OR VANILLA



4. *Optional* additions! Go nuts!

- RAW OATS
- PEANUT OR ALMOND BUTTER
- HANDFUL OF NUTS



It's just a shake. Go ahead and eyeball the ingredients. Try new things. Throw all the ingredients in a blender and blitz on high until everything is smooth. Adding raw oats, nuts or nut butter is a great way to add some extra calories before heavy exercise.

Fuel for a New you



FOREVER LITE ULTRA®
WITH AMINOTENE® IS A
GREAT TASTING SHAKE
MIX DESIGNED TO HELP
YOU KEEP YOUR WEIGHT
MANAGEMENT GOALS ON
TRACK.

Choose from natural chocolate or vanilla
flavor and get 17 grams of protein plus
your daily value of 18 vitamins and
minerals without the carbs!

FOREVER LITE ULTRA® VANILLA | sku 470
FOREVER LITE ULTRA® CHOCOLATE | sku 471

The
Aloe Vera
Company

FOREVERLIVING.COM



“
YOU DON'T
HAVE TO BE
GREAT TO
START, BUT
YOU HAVE TO
START TO BE
GREAT.”

Please speak to a Forever Business Owner if you would like to place an order

Forever is a member of the Direct Selling Association (DSA)

SWEET POTATO CHILI SOUP (V)

SERVES 6 | 40 MINUTES

INGREDIENTS

- 1 chopped medium white onion
- 3 chopped medium sweet potatoes
- 2 cups chunky salsa
- 2 cups black beans
- 2 cups vegetable stock

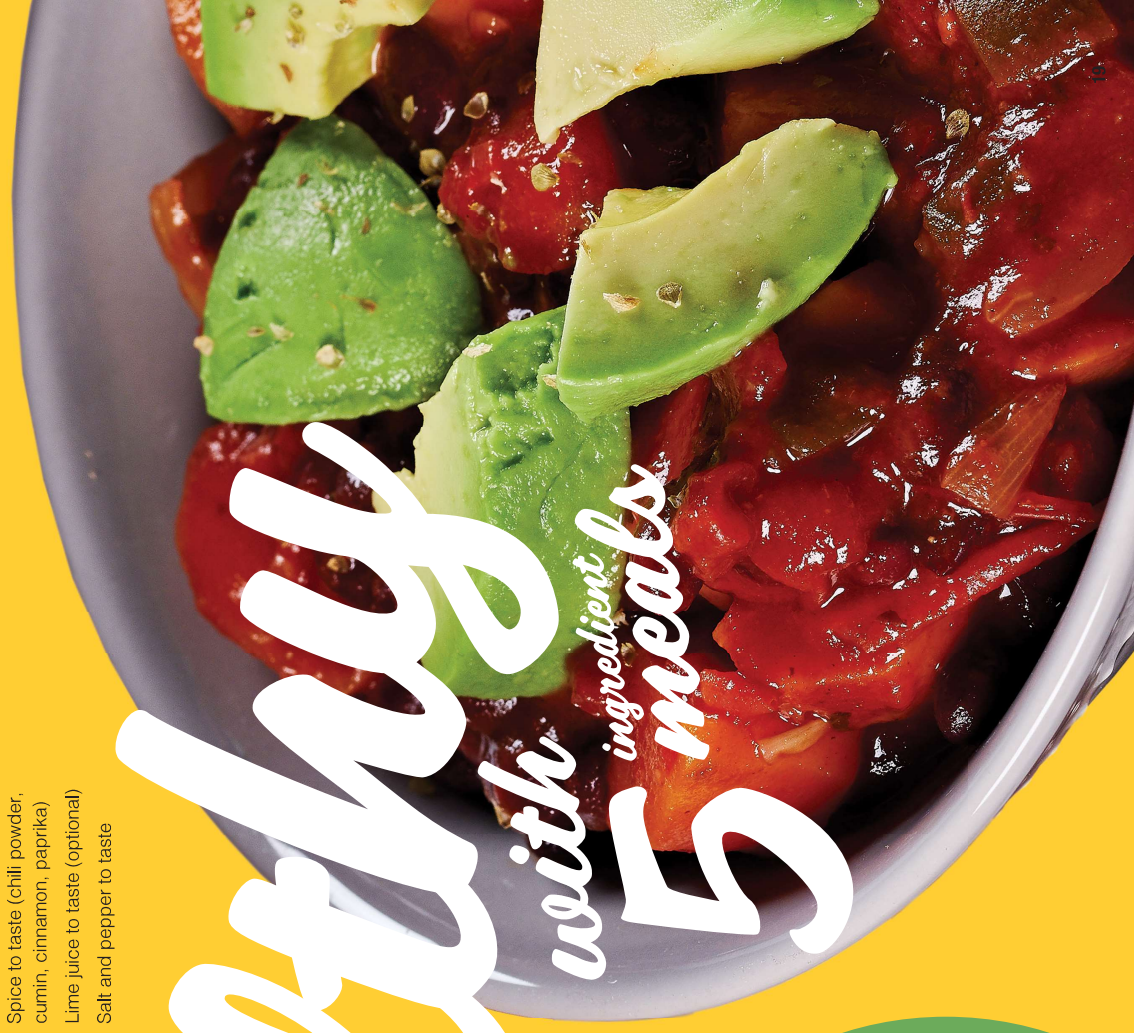
FROM THE CUPBOARD

- 1 tablespoon vegetable oil
- Spice to taste (chili powder, cumin, cinnamon, paprika)
- Lime juice to taste (optional)
- Salt and pepper to taste

METHOD

Sweat the onions in a large pot over a medium heat until they turn soft. Add the sweet potatoes and preferred spices and cook for a further 3 minutes, then add the salsa, vegetable stock and 2 cups of water. Bring the mixture to a gentle boil before reducing it to simmer and adding the black beans. Cover and cook for 20-30 minutes or until the potatoes are soft and the sauce has thickened.

Once thick, pop the mixture in a bowl and serve or allow it time to cool before refrigerating. This soup tastes amazing when it's prepared the night before as the flavors infuse, just make sure you heat it through before tucking in! If you fancy adding extra nutrients to your chili, chop up some fresh avocado and sprinkle on top – delish!



Be healthy with ingredient 5 meals

Eating healthily doesn't have to mean hours in the kitchen, expensive food bills and uninspiring recipes. In fact, we've sourced four easy, delicious and wholesome recipes that each take less than an hour and contain just five ingredients!

This means your bank balance won't suffer, your healthful-living goal is achievable and sustainable, and you can spend more time doing what matters most. These recipes are perfect for anyone who's conscious about healthy eating but restricted by the high demands of family life.

WHICH ONE'S ON THE MENU TONIGHT?

ROASTED VEG AND CHICKEN QUINOA

SERVES 4 | 40 MINUTES

INGREDIENTS

- 1 cup uncooked quinoa
- 1 ½ cups chopped asparagus
- 2 teaspoons minced garlic
- ½ cup diced roasted red peppers
- 4 grilled chicken breasts

FROM THE CUPBOARD

- 1 tablespoon olive oil
- Salt and pepper to taste

METHOD

Lay peppers on a baking tray lined with parchment and drizzle with oil. Roast in a 450°F oven for 25 minutes. While roasting, rinse the quinoa and add it to a saucepan full of water (approx. 2 cups). Season if required and bring to the boil before reducing the heat and leaving it to simmer for about 15 minutes. Once cooked, set the quinoa aside.

Pop your chicken on the grill for around 14 minutes (turning halfway) or until the flesh is white throughout. While the chicken cooks, sauté the asparagus and garlic with olive oil in a saucepan, stir in the quinoa and red peppers and heat through. Serve up and top with the grilled chicken – yum!

Top tip!

You can easily make this dish vegetarian by replacing the chicken with 6oz. of Quorn, tofu or seitan.

LEMONY KALE AND SPROUT SALAD (V)

SERVES 6-8 | 20 MINUTES

INGREDIENTS

- 1lb Brussels sprouts
- 1lb curly kale
- 1 cup chopped walnuts
- 1 cup grated pecorino Romano cheese
- ¼ cup fresh lemon juice

FROM THE CUPBOARD

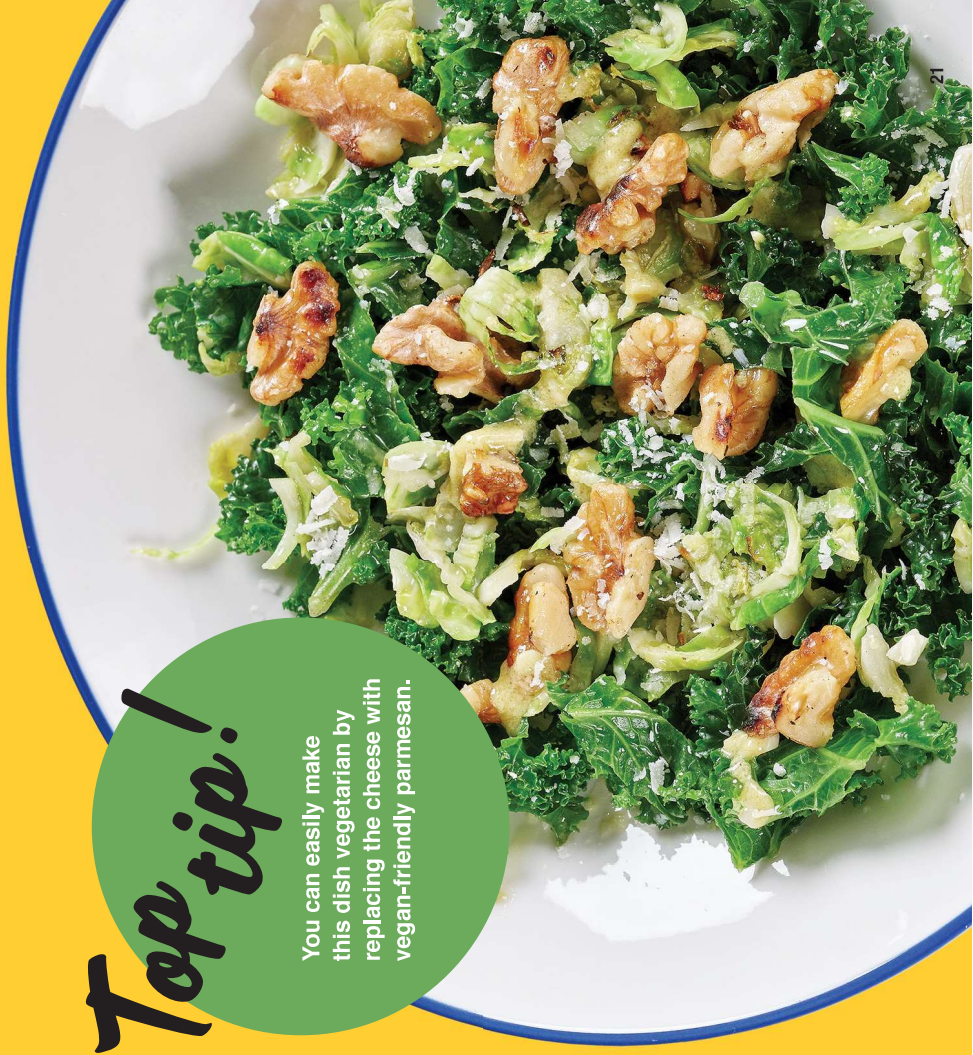
- 3 tablespoons extra-virgin olive oil
- Salt and pepper to taste
- 1 clove minced garlic
- 1 tablespoon Dijon mustard (optional)

METHOD

Using a baking tray lined with foil, roast the walnuts for 5-8 minutes in a 350°F oven – you need to keep an eye on them as they can burn quickly. Thinly slice the leaves of the sprouts and kale and discard the stalks. Fry the leaves in a little oil for a few minutes until soft, then transfer to a medium bowl. In a small jug, mix together the lemon juice, oil, garlic, seasoning and mustard (if required) and pour over the leaves. Add the walnuts and cheese and toss well before leaving for around 20 minutes so that the flavors fuse. This salad is perfect if you have sprouts leftover from the holiday season!

Top tip!

You can easily make this dish vegetarian by replacing the cheese with vegan-friendly parmesan.



OLIVE AND TOMATO FISH

SERVES 4 | 12 MINUTES

INGREDIENTS

- 1 cup chopped plum tomatoes
- 12 chopped pimiento stuffed olives
- 4 white fish fillets (sole, plaice, halibut, flounder, tilapia or turbot)
- 4 lemon wedges
- 2 tablespoons chopped fresh parsley

FROM THE CUPBOARD

- 1 ½ teaspoons oregano
- 1 tablespoon extra-virgin olive oil
- Salt and pepper to taste
- Cooking spray

METHOD

Coat a large, non-stick skillet with cooking spray and place over a medium-high heat. Add the tomatoes and heat through before transferring them to a bowl. Combine the tomatoes with the olives, parsley and some of the oregano (¾ teaspoon) and keep the bowl warm. Return the skillet to a medium-high heat and re-coat with cooking spray.

Evenly season the fish fillets with salt, pepper and the remaining oregano and fry in the pan for 3 minutes each side or until the flesh flakes and turns white. Squeeze a lemon wedge over each fillet and then top the fish with the olives and tomatoes. Enjoy with brown rice or quinoa.

*Enjoy with
brown rice
or quinoa...*



HOW PUTTING HAPPINESS FIRST CAN INCREASE YOUR ODDS OF SUCCESS

The formula seems easy enough. If you work harder, you'll achieve your goals and be successful. The next logical step on this journey is happiness.

But what if everything you've been taught about happiness and success was turned completely upside down? Imagine putting your happiness first and not only achieving your goals but doing it with far less effort.

A large background image of Shawn Achor, a man with short brown hair and a goatee, wearing a blue zip-up jacket over a white shirt and a striped tie. He is smiling and looking upwards and to the right. A small, round, white lapel microphone is clipped to his jacket near the collar.

“
SCIENTIFICALLY, HAPPINESS CAN
ACTUALLY BE A CHOICE. AND
WHEN WE MAKE THAT CHOICE,
EVERYTHING ELSE IN LIFE SOARS:
EDUCATION, SALES, ENERGY,
PRODUCTIVITY, GRIT, RESILIENCE,
PERFORMANCE AND HEALTH.

SHAWN ACHOR, PRESENTING AT GLOBAL RALLY 2018 TO FOREVER BUSINESS OWNERS

Shawn Achor, Harvard researcher and author of “The Art of Happiness,” says everything you’ve learned about the correlation between success and happiness isn’t just wrong, it’s the reason so many people fail to hit their goals.

Speaking at a global Forever event in 2018, Achor pointed out a common, but flawed mindset that has become pervasive: pinning happiness to specific goals. Have you ever convinced yourself that getting a promotion, losing 15 pounds, buying a new car or getting a raise will make you happier?

It doesn’t work because the goalpost keeps moving and you never quite get there.

“Achieving happiness means a mindset shift”, Achor said. “If we view the world through the same pattern for too long, our brain will keep that pattern even if it’s not working.”

“At Harvard we found that if someone raises their success goals for the next five years, happiness levels flatten,” Achor said. “However, happiness levels rise when you deepen someone’s social connections, increase their optimism and raise their levels of gratitude.”

Achor and his team of researchers found that happiness can actually be a choice. More importantly, when you choose to be happy, every conventional indicator of success improves as a result.

The power of gratitude

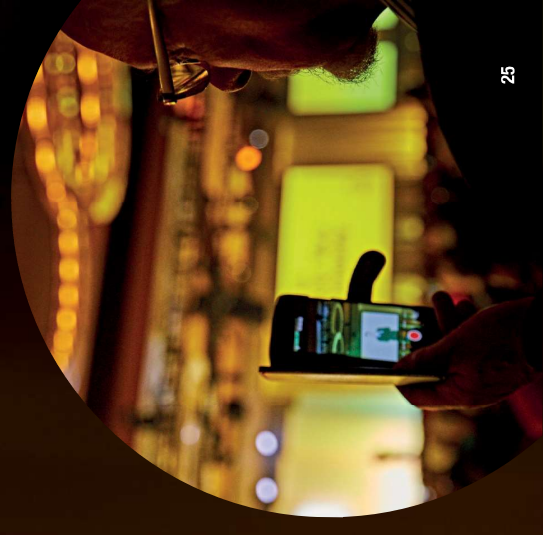
Achor and his team spent years looking into how people can raise their happiness levels and as a result, their odds of success. This led to a stunning discovery: the immense power of gratitude.

“We asked a group of people to write down three things they were grateful for every day,” Achor said. “By day three people were repeating the same three things so there was no change. However, if you think of three new and different things every single day for a period of 21 days, it works!”

Participants wrote down not only three things they were grateful for every day, but why. Achor says writing down the “why” is just as important as the “what”.

The exercise showed that simply taking some time to be grateful can move people higher up on the happiness scale than expected. For instance, a low-level pessimist could become a low-level optimist in just 21 days. By continuing the gratitude exercise, that low-level optimist can become highly optimistic.

Prior to this experiment, the conventional wisdom was that if you’re born a pessimist, you’ll die a pessimist. The gratitude test shows that’s just not the case.





**HAPPINESS, JOY,
MEANING, OPTIMISM,
WE DON'T OWN THOSE
FEELINGS. THOSE ARE
THINGS WE SHARE
WITH OTHER PEOPLE.**

Gratitude in practice:

- **Ask yourself where you are on a scale of very pessimistic to very optimistic**
- **Write down three things you are grateful for and why every day for 21 days**
- **Think about the small wins and the people who helped you get there**
- **Keep a journal to log your progress**
- **How has your optimism improved?**

The power of connectivity

Happiness is not something that happens in isolation. That does not mean however, that people with more friends or extroverted people are happier. The simple act of expressing joy or compassion can raise the spirits of those around you.

"Our brains are designed to be wirelessly connected," Achor said. "We don't just process the world, we are co-processing the world with other people. Happiness, joy, meaning, optimism, we don't own those feelings. Those are things we share with other people."

Achor and his team were able to confirm what they already suspected about the power of connectivity. People become more creative when they are around creative people. They are funnier around certain people. Introverts who are surrounded by more introverted people act like an extrovert in that group. The traits we view as individual are actually deeply interconnected.



"If you were to scan my brain while I was smiling, portions of my brain would show that I'm smiling," Achor said.

"But if you scan my brain when I'm not smiling, but then you flash up an image of someone else smiling, small portions of my brain will start to activate as if I'm smiling. But I'm not smiling, the person on the image is smiling. However, before I can stop myself, when I see the image, my brain drops a chemical called dopamine into my system and this raises my levels of happiness, causing me to smile."

While smiles are contagious, so is stress, negativity and anxiety. Just like second-hand smoke, second-hand stress can take a toll on your health. On the other hand, second-hand optimism can help raise the spirits of those around you.

In one experiment, Achor and his team chose people who express a high level of joy, compassion and happiness and put them in a group with people showing signs of depression. The results were remarkable. People showing signs of depression smiled more and became more upbeat.

This showed that trying to fight against unhappiness or apathy is far less effective than introducing positivity. An act as simple as smiling when walking into a room can change the whole dynamic of a situation.

"We put happiness books in the self-help section of a bookstore," Achor said. "But happiness, when you try to create it yourself, is limited. The only way to see the majority of your potential is to connect with other people. Choose to shine brighter together rather than in competition and comparison with others. When you do this, your success rate will be so much better."

Celebrate the small wins and make this your best year yet

Your brain receives 11 million pieces of information every second of your life but can only process 40 bits of information per second. Achor says if you're scanning for the negatives, hassles, complaints and threats, you're stealing from the part of your brain that deals with gratitude, connection and optimism.

Luckily, your daily gratitude list, emphasis on teamwork and increased connectivity has already put you on the path toward a dramatic mindset shift. Keep your goals in mind but celebrate the small wins along the way. Did you run an extra mile, nail that business presentation or make a new connection? Give yourself the acknowledgement you deserve.

More importantly, don't let setbacks put you back in the mindset of scanning for negatives. Be grateful, open to others and smile more. This could be your best year yet!



**KEEP YOUR GOALS IN
MIND BUT CELEBRATE
THE SMALL WINS
ALONG THE WAY...**



Post work Wellbeing

Our world is full of so much opportunity that it's easy to pack out your schedule with activities, trips and mini adventures, but sometimes doing so much on top of a working week can leave you feeling overwhelmed, over-stretched and exhausted. If you're feeling overwhelmed or stretched thin, it's time to introduce a little post-work wellbeing to your routine. The following steps will help you to relax and recoup so that the goals you really want to focus on remain appealing, exciting and achievable.

EXPLORE NEGATIVITY THROUGH EXERCISE

If your brain seems to dwell on what happened in the office three hours ago, it's time to hit the gym and switch off. It doesn't really matter if your forte is swimming, running, weights or yoga, focusing on exercise will help you to release that negative energy before you head home.

Exercise is an excellent distraction, but it also helps to promote a feeling of calmness thanks to endorphins that release in the brain and energize your spirit. Introducing mindfulness to your exercise routine can also help. You can do this simply by focusing on your breathing, the rhythm of your steps, the wind on your face, anything that helps you to break that train of negative thoughts.

FEATURED PRODUCTS: ALOE HEAT LOTION | SKU 64
FOREVER® ESSENTIAL OILS LAVENDER | SKU 506
FOREVER B12 PLUS® | SKU 188

TO PURCHASE FEATURED PRODUCTS, CONTACT YOUR FOREVER BUSINESS OWNER TODAY OR VISIT [FOREVERLIVING.COM](https://foreverliving.com)

RELEASE THE PRESSURE WITH A WARMING MASSAGE

Massages have been used throughout the world as a healing technique and stress reliever for centuries, and today the benefits of massage are still seen to impact physical and mental health.

If you carry your stress on your shoulders figuratively, your back muscles are likely to feel the strain physically, and a post-work massage really will work wonders.

Aloe Heat Lotion can offer you a warming massage that provides blissful relief from everyday stresses and strains thanks to deep heating agents that relax muscles and pure aloe vera that soothes and rejuvenates.



GIVE YOURSELF SPACE TO UNWIND

Even the most outgoing of people occasionally need time away to reenergize, which is why it's important to recognize that giving yourself space to unwind is not a selfish want but a necessity that's required for improved wellbeing. Try soaking in a hot bath with luxurious bubbles or salts, reading a gripping novel wrapped in a blanket on your favorite chair, or meditating in a dimly lit room.

According to John Hopkins University, just thirty minutes of meditation a day can help to reduce anxiety and depression, but to be effective in the long-term, it's helpful if you try to set aside the same time slot each day – it's much easier to form new habits if you have a rigid routine in place. Find a comfortable place to sit, free from distraction, and begin by concentrating on your breathing. This will help you to drift to that peaceful place.

DITCH THE JUNK

If you're feeling rubbish and a little bit down post-work, adopting equally rubbish eating habits is the worst thing you can do. That junk food will only make you feel more depressed and that coffee will make you jittery which isn't great if you're feeling a little bit anxious.

What you actually need is to feast on foods that are high in vitamin B. In fact, if you're feeling irritable or apathetic, it's quite likely that you are deficient in this mighty vitamin. Cereal grains, beans, peas, nuts, eggs and dairy are all excellent sources of vitamin B and including such foods in your diet could be just what you need to lift your mood. Many adults are deficient in vitamin B, especially vegans and vegetarians, which makes **Forever B12 Plus®** a great supplement to fill nutritional gaps.



MAKE TIME FOR A DECENT NIGHT'S SLEEP

It's amazing how large a problem can seem when you're tired. A night of quality sleep can really refresh your mind and help you to adopt a new perspective on situations. If you are struggling to get decent shut eye, consider your bedtime routine to see if you can make any changes.

Routine is not a loose term when it comes to superior slumber, it's actually the foundation that informs your brain that sleep is forthcoming. In other words, if you adopt a bedtime ritual that becomes habitual, your brain will learn that it's time to wind down and fall asleep, and this means you are already in the zone before you've turned off the bedside lamp!

This can't be any old routine though, you need to have ditched sugary foods, heavy exercise and intense screen time long before and replaced these activities with more soothing options like a warm bath and some light reading. **Forever® Essential Oils Lavender** is another great way to wind down before bed. Keep a diffuser by your night stand and add a few drops before bedtime. The aroma will invoke feelings of calm and relaxation.

We hope these tips will help you to keep your post-work wellbeing in check. Your overall wellbeing can impact every other aspect of your life and positive wellbeing will help you to stay strong, to persevere, to finish well and achieve all that you desire in life. Whatever it is that you want to be on top form for, don't let work or anything else get in the way – you've got this!



Give yourself[®]
a boost with
argi⁺



**YOU'RE ONLY ONE
PACKET AWAY FROM
A KILLER WORKOUT.
FOREVER'S ARGi+[®]
PACKS A LOT MORE
THAN DELICIOUS
BERRY FLAVOR INTO
EVERY SERVING.**

This fast-dissolving beverage mix will supercharge your workout by helping to support circulation and cardiovascular health, immunity, athletic performance, muscle function, energy and so much more.

ARGi+[®] | sku 715

**The
Aloe Vera
Company**

FOREVERLIVING.COM



FOREVER[®]

Please speak to a Forever Business Owner if you would like to place an order

Forever is a member of the Direct Selling Association (DSA)

*Ditch the
resolutions.*

Be Resolute

WHAT DOES IT MEAN TO BE RESOLUTE?

IT'S A COMBINATION OF PERSISTENCE AND COURAGE THAT KEEPS YOU BALANCED WHEN YOU'RE WALKING A RAZOR'S EDGE BETWEEN FAILURE AND GREATNESS. BEING RESOLUTE HAS NOTHING TO DO WITH WRITING GOALS ON A LIST AND EVERYTHING TO DO WITH CHARGING INTO THE UNKNOWN TO DISCOVER YOU ARE CAPABLE OF SO MUCH MORE THAN YOU EVER COULD HAVE IMAGINED.

In the following pages, you'll meet people who embody the spirit of being resolute. They have the determination to keep the big picture in sight and the grit to inch a little closer to exceptional every day.

Panagiotis Kotronararos:



The summit of Everest taunts climbers from camp four. It's the last stop before teams make their push for greatness to stand atop the highest peak on earth. Camp four is also a gateway to the death zone, an elevation so cold, harsh and devoid of oxygen that nothing can live here. In the death zone, your body turns on you. Even while you rest, every breath is a struggle. Delirium sets in at a critical point of the climb, where one wrong decision could kill you. Your gait becomes unsteady and you slowly start to lose consciousness as your brain swells.

By the time Panagiotis Kotronararos hit the dead zone on Mount Everest, he was still more than 3,000 feet below the summit. The winds were beyond brutal, and the threat of a freak storm was a constant worry. The 200-plus dead bodies still scattered across the mountain served as a constant reminder: people don't belong here.

The winds had already battered his team into retreat on their first summit attempt and he knew if the second attempt didn't pan out, it could mean defeat for the Greek expedition.

At 20,000 feet, every part of Panagiotis' body was telling him to turn around. At 26,000 feet however, it was telling him to lay down and die. How did he get there and how could he possibly push forward?

AN UNLIKELY CLIMBER WITH AN IRON WILL

Pursuing his dream of becoming a climber required a whole different type of perseverance. Panagiotis grew up in Athens. His family didn't have a lot of money and were not keen on sports.

"Neither me nor my two siblings were close to nature or close to the mountains," Panagiotis remembers.

"Touching Everest was a dream. For me, initially, it was an unattainable goal, especially if you take into consideration my background – no climbing experience, no financial resources, and coming from an urban zone."

But Everest had what he calls a "magnet" effect on him. As a teenager, he created a dream board for a school project depicting the first climbers to reach the summit of Everest. That project set him on an unwavering path to stand on the roof of the earth.

A MOMENTOUS PUSH THROUGH OVERWHELMING ODDS

On May 14, 2004, Panagiotis and his team set out from camp four at 25,900 feet for their final push to the summit. They'd already abandoned a first attempt from camp four the previous night due to high winds and everyone on the team was beginning to realize this could be the last opportunity to make their move.

The team set out at night and headed straight into the death zone, where they would spend the next nine hours making their way toward the summit. Every foot of elevation gained made it harder to breathe, concentrate or even move.

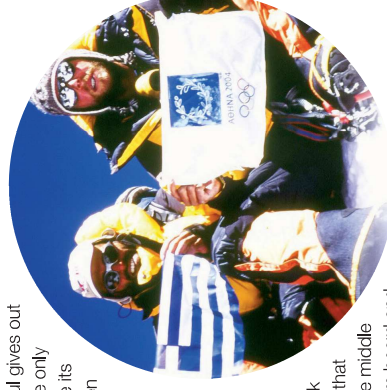
The risk of frostbite, brain hemorrhaging, retinal hemorrhaging and falling unconscious only intensified the longer the Greeks remained above 26,000 feet. If any members of the expedition lost consciousness, no one else would have the strength to carry them down. Passing out was a death sentence.

"When your body gives out, the soul helps you to keep moving forward," Panagiotis says of climbing in the death zone. "When your soul gives out as well, then you have only your willpower to take its place. And that's when you realize there are no limits to what you can achieve."

Around 9 a.m. on May 15, Panagiotis reached the summit of Everest. All five members of the Greek expedition summited that day. The team from the middle of Athens with a dream board and an iron-will had grown up to lead the first successful Greek expedition on Everest.

"When your body gives out, the soul helps you to keep moving forward."

Today, Panagiotis works as a certified mountain guide and has led more than 40 mountain expeditions across the planet's largest mountain ranges. He says he'll always consider leading the Greek expedition to the top of Everest his greatest accomplishment.



WHAT ASPECTS OF THE COMPANY DO YOU ADMIRE AS AN ATHLETE?

The big impact and the significant difference that the products could have on your wellbeing and daily lifestyle! It is the superior quality standards of the products coupled with a positive approach that embraces your inner entrepreneur. Passion, positivity, teamwork, vision and mission are values that I share and values that also determine Forever's philosophy.

WHAT ADVICE WOULD YOU GIVE SOMEONE WHEN IT COMES TO ACHIEVING GOALS THAT MIGHT SEEM IMPOSSIBLE?

Just ask yourself the following question: Is this the one thing that I want the most and is it going to drive me forward? Is the goal really challenging? Then, just set your clear goal, define the reasons why you like to work hard to use it as your driving force. Mindset is the most important part, be patient and be prepared for the ups and downs that will come in your way and be sure that the outcome will prove you right.

Q&A with Kotronararos Panagiotis

HOW DID YOU LEARN ABOUT FOREVER?

I met Forever in 2008, as a guest speaker during a recognition day, a Success Day. My very first thought was: What is the one thing that a mountain guide could have in common with people who master the art of business-building? Are you also wondering the same thing? The answer is that every one of us fights his own "Everest," getting to grips with a new business and working on your own is not always plain sailing. You face many challenges during your journey, just like a new venture or your next "mountain top".

Catherine Un.

Choosing to fight when the battle comes to you



THERE ARE SOME FIGHTS YOU JUST CAN'T TRAIN FOR. STAGE 3 BREAST CANCER IS DEFINITELY ONE OF THOSE BATTLES AND CATHERINE UN ALREADY HAD PLENTY ON HER PLATE WHEN SHE GOT THE DIAGNOSIS IN 2014.

Seven years earlier, she'd come to Dubai from the Philippines in search of a new, wealthier life. The largest city in the United Arab Emirates is a playground for the young and upwardly mobile with a lifestyle that can be as excessive as its glimmering skyline. It draws people from all over the world who hope to strike it rich and live it up in the process.

Catherine Un was certainly having no trouble acclimating to the fast pace of the city and did what many expatriates do: party on the weekends, meet new friends and explore the region.

She also did what many of her fellow Filipinos do when they move to Dubai: jump from job to job trying to find the right opportunity. For Catherine, that meant being the first member of her family to move so many miles away. She was completely on her own.

This made her employment situation a little rockier than her social standing. She bounced around from a real estate office to a construction company to an oil and gas conglomerate, a total of five jobs in her first eight years in Dubai.

Salary wasn't ideal either, and Catherine often found herself frustrated and spinning her wheels. She knew there was opportunity here, she just didn't know how long she'd have to wait for it. Still, her new home mixed in enough excitement that she continued to stick it out.

A MIGHTY HAMMER COMES DOWN

Uncertainty in her work and social life paled in comparison to what came next. She had just started as the secretary to the oil and gas CEO when she received news that would isolate her even further in her journey. Breast cancer, stage 3.

It was a devastating diagnosis, but one that Catherine couldn't afford to sit back and wait on for treatment. Her medical insurance through her job was all she could count on to foot the bill, so she was scared to tell her boss about her condition for months.

She thought he might view her as unfit to work, which would mean having to give up the Dubai dream and returning to the Philippines. Without saying a word to anyone, Catherine routinely drove two hours away to endure radiation in the morning before clocking in at the office.

Catherine couldn't fight this alone forever. Shortly after she began treatment in February of 2015 her mother, Guandoline, flew out from the Philippines to help take care of her. Chemo did its worst on Catherine, zapping her energy and strength and giving her a crippling case of trembling knees that made it difficult to stand up and support herself at the office. At times her immune system was so weak that chemo sessions had to be canceled altogether.

FINDING FRIENDS, HOPE AND THE WILL TO FIGHT

Guandoline hated seeing her daughter in such pain and spent her days looking for any remedy that would make this experience bearable.

Off a tip from someone she met in Dubai, Guandoline found Forever without knowing anything about the business. Catherine was in her fifth month of chemo at the time and was skeptical of adding a new obligation to her already exhausting schedule. Nevertheless, her mother insisted she go to the local Forever office and at the very least meet some new people.

Without the support of her mother, Catherine would never have found Forever.

It turns out she didn't have to go far. The Dubai Forever home office just so happened to be in the same building as her work, and Catherine only needed to travel a few floors to check out her first team meeting. Her skepticism came with her, however, and she was prepared to hear business pitch after business pitch from people just trying to make a sale.

She realized she couldn't have been more wrong when one story struck a familiar chord. A woman began talking about her battle with cancer and how the treatment, not just the disease, wore her down mentally and physically. She also shared how her Forever network gave her back the strength and hope to fight again.

The woman's name was Lovely and she also hailed from the Philippines. She shared how alone had helped her feel better during her own treatment and promised to be

there for Catherine with whatever she needed. Catherine was thankful for the advice but nervous about where the money would come from to pay for a new supplement regimen.

Once again, Guandoline was there to help, signing herself up for the business on Catherine's behalf and bringing home the first few months of products.

Catherine finished up her last session of chemotherapy in 2015 and the victory in the bout with cancer

gave her a new perspective on her purpose in Dubai. The nights out became a thing of the past, replaced with a duty to share good health with others just as Lovely had shared with her. She continued to make the short trek down to the Forever office every day to listen (really, this time) to the amazing success stories of Managers. Every meeting left her feeling more alive and inspired, and pretty soon she was encouraged to share her own powerful testimony.

Through a blog and social media posts about her story, Catherine was able to bring friend after friend into the Forever office. That she became a Manager after only three months isn't what filled her with positive energy; it was promoting healthy living that became her true calling. Catherine knows first hand how difficult it is to get sick in a foreign country, and she now lives to inspire the foreign community of Dubai to take charge of their health before it's too late.

Life is a little less lonely, too. Forever has become a true family affair for Catherine — Guandoline stayed in Dubai and has a successful Forever business of her own.

Catherine's brother also made the move to share in the opportunity.

Without the support of her mother, Catherine would have never found Forever. Without Lovely's testimony, Forever may not have had the impact it did on Catherine's life. Dubai is more fun than ever now that Catherine is more conscious about what she eats and how she treats her body. She's been cancer free for over two years and has been touching lives for just as long.

Health has become Catherine's wealth, and she's enjoying both like never before.



Andy Young:

Fighting his way to greatness



There's no shortage of hard knocks on the road to becoming a professional MMA fighter. While the sport is steadily growing in popularity globally, a career in mixed martial arts isn't exactly lucrative for most fighters. But life is good at the top for a lucky few.

Andy "Taz" Young has never been in it for the money. He has no illusions about the fact that he's been training his whole life for a career that could come crashing down with a single injury. But with a few big wins on his record, including a world championship, the top is in sight.

At his level, he's only facing elite fighters. He's racked up some big wins and felt the sting of some hard losses. Andy says the thing that keeps him going is perspective. He's learned to embrace pain, and there's plenty of that to go around in his line of work.

"I have the opportunity to achieve this goal and so many others don't," Andy says. "I have an opportunity to change my life, to change my family's life and to positively impact the lives of others. I think about the people I have lost and I can feel them willing me to live life to the fullest."

CHASING A LIFELONG DREAM

Andy started training in martial arts at the age of five. He wanted to be strong like the superheroes on TV. Andy's older brother Chris was also enthusiastic about martial arts and the two spurred each other on and pushed each other to progress.

"I was very lucky to have a great childhood," Andy says. "My parents and family were very loving, caring and made sure I had everything I needed. I grew up close to the coastline of Northern Ireland with a plentiful supply of forests nearby, so we always made the most of that and got outdoors, enjoying plenty of hikes and being active."

Andy also drew inspiration from his grandfather who was a boxer with the army. His stories about boxing in Africa, tough training and passion for the sport influenced Andy to train harder.

He studies various forms of martial arts, devoting himself to his training and envisioning his dream. While his friends were socializing or relaxing after school, Andy was training well into the night. He was passionate and dedicated to art, but wasn't yet sure how his future would manifest itself.

Andy was first exposed to the sport of mixed martial arts at the age of 18. MMA was just starting to gain a small foothold and a passionate cult following.

"It was a natural fit for me," Andy remembers. "I could combine all the styles I'd learned and use them together. It was a true test and I knew in my gut that this was what I was meant to do. I'd always dreamed about one of the best martial arts fighters as a kid and this was the perfect way to do that."

He worked his way up through the amateur circuit and before too long, found himself fighting at the professional level. Here, the stakes are higher and the risk of physical injury greater. Andy feels like this is where he was meant to be and is confident he'll take his fighting career to the next level.

THE KEY TO COMPETING AT THE HIGHEST LEVEL

Strength and technical skill will only take someone so far in the professional fighting game. Andy says mindset is the most powerful weapon in his arsenal.



"Building a proper belief system in yourself is the foremost priority," Andy says. "Next is putting in the physical work. This takes discipline. There are times you are sore, tired and don't want to keep going, but it's that small difference of making yourself do it that matters."

Small acts of persistence add up over time to make someone stronger, more intelligent and more disciplined, Andy believes. Whether it's an extra round on the pads, doing stretches after practice, eating the right foods or mindfulness practice, the benefits add up.

"It's the small edges you gain that let you win the race," Andy says. "My striking coach says the difference between a winning race horse and last place is only fractions of a second."

It isn't the strongest, most technically-skilled fighter who comes out on top, but the most disciplined, persistent fighter with the right mindset and self-belief.

With MMA growing in popularity, the crowds are bigger, the competition tougher and the potential greater than ever. Andy Young is hitting his stride at just the right time, a fact that isn't lost on him.

"One day I will die," Andy says. "Why should I complain? Any temporary discomfort I'm going through won't last forever. When it goes away it is replaced with greatness and success. I am living out my passion right now."

Q&A with Andy Young

HOW DID YOU LEARN ABOUT FOREVER?

I was introduced to Forever through a fellow fighter. I could see the benefits he was experiencing and asked him how to get in touch with the company. After I tried some of the supplements for myself I could feel the difference. I am always careful what supplements I use and critical of them.

Once I tried Forever, I knew they were legit and knew I was getting a huge benefit. Injuries went down, performance went up and I felt great knowing I was giving my body the very best.

WHAT ASPECTS OF THE COMPANY DO YOU ADMIRE AS AN ATHLETE?

As an athlete, quality is a huge element for me. That includes quality in training, in recovery and in people around me. Forever is all about quality. The company embodies this not only in its products, but also through work ethic. The people in Forever desire to achieve, grow and they care about helping others improve their health and wellbeing.

WHAT ADVICE WOULD YOU GIVE SOMEONE WHEN IT COMES TO ACHIEVING GOALS THAT MIGHT SEEM IMPOSSIBLE?

So much has been achieved that others said was impossible. People thought no one would ever run a four-minute mile. Once Roger Barnister broke that barrier, lots of people started doing it. If something hasn't been done, then you get the opportunity to be the first to do it and inspire others to do the same. Any goal can be achieved with enough desire, focus, discipline and persistence.

Write down a story where you imagine yourself in the future having already achieved your goal. Explain all the things you did to achieve this goal and everything you gave in return. It makes it more real and ups the belief it will happen. Now follow what you have written.

Forever

LOVINGLY NURTURED ALOE	CONSIDERATE OF THE ENVIRONMENT	NO ARTIFICIAL COLORS OR FLAVORINGS
HIGH QUALITY PRODUCTS	A PASSION FOR PEOPLE	FOUNDED ON FAMILY VALUES
WORKING WITH CHARITIES TO COMBAT POVERTY	INGREDIENTS = BEST OF SCIENCE AND NATURE	FLEXIBLE OPPORTUNITY = TIME FOR WHAT MATTERS
INTEGRITY, EMPATHY AND FUN	ETHICAL AND ANIMAL FRIENDLY	THE LARGEST GROWER, MANUFACTURER AND DISTRIBUTOR OF ALOE VERA



Thinking outside the office box

ADVANCE YOUR CAREER IN 2019

Are you hoping this is the year that you pull yourself out of that career rut and start advancing professionally? It probably isn't going to happen from behind your desk.

51% **40%** **50%**

OF WORKERS ARE LOOKING TO LEAVE THEIR CURRENT JOB, ACCORDING TO A RECENT GALLUP POLL

ARE CONSIDERING EMPLOYMENT OUTSIDE THEIR CURRENT COMPANY WITHIN THE NEXT YEAR

OF MILLENNIALS SAY IF THEY WERE GIVEN A CHOICE, THEY'D LEAVE THEIR EMPLOYER IN THE NEXT TWO YEARS

The days of digging in at one company and working your way to the top in a traditional sense are long gone. In other words, stop waiting around hoping that a promotion or raise is just going to fall into your lap. But what if everything you've been taught about happiness and success was turned completely upside down? Imagine putting your happiness first and not only achieving your goals but doing it with far less effort.

The key to your career advancement is more likely to come from outside the office. Develop new skills, explore new opportunities and increase your personal fulfillment. That's the ticket to getting what you want out of your professional life. Here are a few ways you can get ahead in any job by making yourself smarter, happier and more motivated.

1. Gain side experience

Put in some legwork outside of work to earn a little extra cash and reignite your motivation.

Side jobs are a great way to ease into a new experience without the immediate pressure of having to support yourself.

This is also a great time to build professional skills in areas outside of your normal scope. Maybe you want to improve your networking abilities or get better at giving presentations. Think about what type of part-time opportunity could help you accomplish this.

In the consumer market, grassroots, person-to-person marketing is growing rapidly. Everyone is so bombarded with advertising messages online and on TV, that a recommendation from a friend is viewed as far more credible and trustworthy. Forever Living Products is the perfect example of the impact this business model can make. It could be just the opportunity you are looking for.

2. Find a mentor

It's great to have a mentor at the office, someone who guides you, inspires and challenges you to do your best work.

It's just as important, if not more so, to seek out advice from an outside perspective.

We live in the age of the entrepreneur. You don't have to look very hard to find someone who has started their own business.

Have you ever spoken with a Forever Business Owner? They are some of the most generous entrepreneurs you'll ever meet. They'll not only share their success story with you but help guide you through the process of building a business yourself. That type of bond is hard to come by indeed.

3. Do well by doing good

The simple act of doing good for others can be an immense source of fulfillment and happiness.

If you can envision yourself working in the nonprofit sector, start by volunteering on your free time. Of course, you'll be making a big difference in the lives of others.

You'll also meet people who can give you advice on getting your foot in the door. As a regular volunteer at a charity or nonprofit, you've got a much better shot at being shortlisted when a paid position becomes available.

But the nonprofit sector is far from your only option. Environmental responsibility, skincare products that aren't tested on animals, products that improve people's lives by helping them look and feel better; these concepts are important to people. They are also at the very heart of Forever Living Products.



4. Cater to your personal fulfillment Don't settle for less

Leaving work at work can feel like an impossible task, but it is an essential one.

When work stress seeps into your personal life, you not only suffer, but so does everyone around you. Studies show people who bring pressures from work home are less productive, more irritable, pessimistic and even depressed.

Take some time to unplug after work. Schedule some time every day that's just for you. Something as simple as a nature walk or a night out with friends can add some much-needed balance to your life.

If the stress from your work is really taking a toll on your physical health, relationships and your ability to sleep, it's probably time to start exploring new opportunities.



6. Let courage be your guide

Courage. That's what it takes to put your life under a microscope and really decide to make a change. And that's exactly what

Forever Living Products' founder and CEO Rex Maughan did four decades ago when he left a successful career in real estate and dedicated his life to making products that help people look better, feel better and reach their financial potential.

He knows as well as anyone that you can get out what you put in and more, all while helping others rise alongside you. Is 2019 your time to be brave?

Does it ever feel like your employer is getting more out of the relationship than you?

You're not alone. According to Forbes, many people quit as a result of feeling unappreciated, overworked or undervalued. To sum it up, they feel as if they aren't getting back what they put in. Sound familiar?

Another issue is that people with leadership skills may not have an opportunity to practice those skills in an office setting.

You deserve to have your hard work and determination rewarded through both higher pay and advancement. Don't settle for less.

THE TOP 5 REASONS PEOPLE LEAVE THEIR JOBS ARE*:

- Insufficient or unfair pay
- Lack of honesty, integrity or ethics
- Lack of trust in leaders
- Lack of work-life balance
- Lack of recognition/support

*According to a survey of Canadian workers by Monster.com

Did you know?



Forever and you



Forever staff love snooping on social media to see whether you've tagged us in posts, and we also love answering your questions. With the fitness season upon us, we wanted to advise you on a few products that will help you to start and finish strong next time you're working out...



Q I'm trying to find a snack that requires minimal preparation so that I can eat it quickly between work and going to the gym. What would you recommend?



A If you're about to embark on physical exercise and you're short on time, what you need is a nutritious bar you can just chuck in your gym bag and eat on the way. **Forever Fast Break®** is high in 21 vitamins – yes 21 – and this includes vitamins A, C and E, eight B vitamins and ten essential minerals. This scrummy chocolate-covered peanut butter energy bar also boasts 11g of protein which contributes to the growth in and maintenance of muscle mass – no wonder it's the perfect companion during exercise!

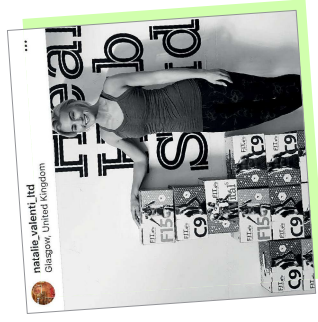
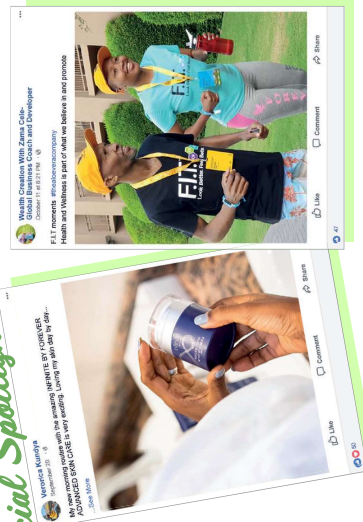


Q I love physical exercise but I've recently noticed that my knees are struggling to keep up with my energy. What would you recommend?



A Naturally occurring chondroitin in cartilage and joints and glucosamine, a sugar and building block of cartilage, can diminish as you age. If you're suffering from aching knees, it could mean that you need to replace what's been lost. **Forever Freedom®** is an orange-flavored aloe drinking gel that supports immunity and overall wellbeing, but it also contains chondroitin and glucosamine to get you up and moving. Use this alongside **Aloe MSM Gel** to soothe joints after exercise and **Forever Move®**, a state-of-the-art supplement that contains two patented ingredients (natural eggshell membrane NEM® and curcumin turmeric BioCurc®) proven to enhance joint comfort and flexibility.

Social Spotlight...



Featured products: **Forever Fast Break** | SKU 520, **Forever Move** | SKU 551, **Forever Freedom** | SKU 196, **Aloe MSM Gel** | SKU 205
To purchase featured products, contact your Forever Business Owner today or visit foreverliving.com | [#TheAloeVeraCompany](https://www.instagram.com/TheAloeVeraCompany)

Pure inner leaf Quality

GROWN WITH CARE AT OUR OWN PLANTATIONS.

HARVESTED AND FILLETED BY HAND.
ONLY FOREVER TAKES SUCH EXCEPTIONAL
MEASURES TO ENSURE ONLY THE
PUREST, HIGHEST QUALITY ALOE VERA
NOURISHES YOUR BODY INSIDE AND OUT.

The
Aloe Vera
Company

FOREVERLIVING.COM



FOREVER®

Please speak to a **Forever Business Owner** if you would like to place an order

Forever is a member of the **Direct Selling Association (DSA)**

The fast track to your best self



**FOREVER'S F.I.T.® PROGRAMS INCLUDE
EVERYTHING YOU NEED TO LOOK
AND FEEL YOUR BEST.**

Get a fresh start with **C9™** and continue
the journey with **F15®** and **Vital5®**.

C9™ | sku 547-550
F15® | sku 528-539
Vital5® | sku 456-542

**The
Aloe Vera
Company**

FOREVERLIVING.COM



FOREVER®