

aloe life

ISSUE 9

Be

**Innovative. Committed.
Intentional. Wilful.**

Stories to inspire you to
make the most out of 2021.

Plus...

**BUILD CORE STRENGTH
AND FLEXIBILITY WITH YOGA**

**PERFECT PRODUCTS
TO FILL NUTRITIONAL GAPS**

**DISCONNECTING TO
UNPLUG AND UNWIND**

**BREAK DOWN YOUR GOALS
AND ACHIEVE MORE**



FOREVER



Fuel your fitness goals with ARG1+

Forever's ARG1+ packs a lot more than just delicious berry flavour into every stick pack.

This powerful formula provides your daily recommended amount of the "miracle molecule" known as L-arginine, a popular amino acid and a building block for proteins, essential B vitamins that support the nervous system, normal protein metabolism, psychological function and red blood cell formation*.

Argi+ | code 473

**Vitamin B6 contributes to normal functioning of the nervous system and normal protein metabolism. Vitamin B12 contributes to normal psychological function and normal red blood cell formation. Vitamin C contributes to the normal function of the immune system and to the reduction of tiredness and fatigue.*

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Where do you want to **BE** this year?

The beginning of another new year is ahead of us, which means a fresh start and an opportunity to focus on the goals we hope to achieve. In this issue, we're exploring the ways we can improve our lives from every angle, from work, to health, fitness and spiritual wellbeing.

Our first issue of 2021 is themed around four phrases to help you make the most of the year: be innovative, be committed, be intentional and be wilful. On **page 12**, you'll meet four people who embodied this concept in their own way, from reaching fitness goals, to taking the next step in their career or finding the right balance to promote peace of mind.

And when it comes to putting your life in balance, there's no better foundation than nutrition. On **page 24**, we've provided a comprehensive guide to help you give your body the right nutrients, even if you can't always eat a balanced meal. It's a real-world guide for everyday life.

Maybe this is the year you want to get stronger physically. There's nothing like yoga to build core strength and improve flexibility. The exercises you'll discover on **page 8** are perfect for any fitness level and only take a few minutes of your day.

The new year is also a time to reflect on your career goals. Is there something you have been thinking about changing? Whether you've been dreaming of going into business for yourself or taking your current career to the next level, the tips you'll find on **page 38** will help you chart your path.

Of course, achieving any goal is a struggle if you don't have a plan in place. Those who find success with their resolutions often do so by creating a series of small, achievable goals that offer short term victories that add up to very big wins over time. On **page 6**, you'll discover a guide to help you rethink the process of goal setting, and put you on the road to seeing your resolutions through.

I hope you'll find the inspiration to be who you want to be this year. There's no better feeling than looking to the future and knowing there's so much to enjoy, discover and achieve. From all of us at Forever, here's wishing you a happy, meaningful and productive year!



A. Asmer

Executive Director of Marketing
Forever Living Products

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Ideas on how you can disconnect from your devices and reconnect with the world around you.



Aloe your way. Every day.



Forever Aloe Vera Gel boasts 99.7% inner leaf aloe gel, lovingly extracted by hand so that you can experience the true power of nature. Aloe vera supports gastrointestinal health, digestion and immunity, and promotes health and wellbeing. This nutrient-rich and purifying drink now contains vitamin C which contributes to the normal function of the immune system and to a normal energy-yielding metabolism.

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Breaking down your goals

How starting small can help you achieve big.

You've probably heard someone say that the key to achieving a goal is to want it badly enough. If only life were that easy all the time.

After all, you can't just resolve to run a marathon this year and run all twenty-six miles the next day – no matter how much you want to. In fact, research shows that setting lofty goals is a recipe for falling short. But that doesn't mean you can't achieve big things in 2021. The secret to personal transformation is setting small, achievable goals that add up to change your life in a big and meaningful way.

Mapping your goals

You may already have a goal in mind, or like many, you may want to make a change but struggle with exactly what you want to accomplish. Goal setting in the new year is so much more than just a new fitness routine or a dedication to eating better. Here are some areas in your life to consider when mapping out how you're going to make 2021 a transformational year.



PHYSICAL

From losing a few pounds to becoming more active or building muscle, there are plenty of options when it comes to setting physical goals.



MINDSET

Think about the fears or apprehensions that have held you back and how you can overcome those things. Maybe you want to work to become more positive, take more risks or express more gratitude for what you have.



CREATIVE

Will this be the year you learn to paint? Maybe you've always felt like there's a novel inside you just waiting to come out. Think about the creative pursuits that have always been in the back of your mind and go for it.



PHILANTHROPY

Set a goal that will help you make the world a better place for others. It could involve volunteering more or donating to a new charity.



PLEASURE

Does it feel like you never take enough time for yourself? Set goals that involve making more time for you. It could be working toward that trip you've always dreamed of or setting aside a little time each week to do something you love.



EDUCATION

Is there a skill you've always wanted to develop or an area of knowledge that interests you?



CAREER

Are you looking for something more out of your job? Have you always dreamed of starting a business but never made it happen?

Deconstruct your biggest goals

Once you determine what you hope to accomplish, it's time to make a plan to put everything into play. Here are a few things to keep in mind as you get going.



1 CREATE SMALL GOALS THAT FIT YOUR VISION

These are smaller goals that can be broken down by day, week or month. Think of them as steps that will help you reach your vision. For instance, if your ambitions are health related, think of the little things you can do to build momentum. Start by replacing one meal a day with a healthy option. Once you've mastered that, cut out desserts or take a one mile walk three times a week and when that feels easy, up it to one and a half.



2 KEEP RECORDS

Use a spreadsheet, app or a white board to check off smaller goals as you go. This will help you to stay motivated and see the progress you are making.



3 BE SPECIFIC

Set precise goals, and even add dates and times when possible to create a sense of accountability. This will also provide you with a record of your accomplishments, which will really add up over time and keep you motivated to accomplish the next.



4 BE REALISTIC

Don't take on too much with your smaller goals. Make sure they are achievable at first and make them more difficult over time. Setting unrealistic goals at first will only lead to disappointment down the road because you tried to take on too much, too soon. Build momentum and celebrate the small wins along the way.

Focus on your progress, not your setbacks

The great thing about setting smaller goals to achieve bigger ones is that it's easier to rebound if you fall short. When you miss one of your smaller goals, don't be hard on yourself. Just commit to leave it in the past and try even harder as you push forward with the big picture in mind.

Improve your core strength and flexibility with Yoga

Flexibility is a key component of good physical health. Long days at the office, improper posture and stress can all play a role in causing your body to lose flexibility over time. A good yoga routine can help you maintain and improve flexibility. You'll also be increasing core strength, which helps promote better balance and stability. But the benefits don't stop there...

REDUCED TENSION

Stretching out your muscles will release stored up tension and make it easier to move more comfortably.

IMPROVED POSTURE

Tense muscles lead to strain, a primary contributor to bad posture.

LOWERED RISK OF INJURY

Promoting strength in your core and joints will help make you less prone to injury.

STRESS REDUCTION

Releasing tension in your muscles has been shown to help promote feelings of relaxation and reduce stress.

LESS PAIN

Tension in your muscles often leads to stress and pressure in certain parts of your body. Improving flexibility can help relieve pain in the back, neck and shoulders.



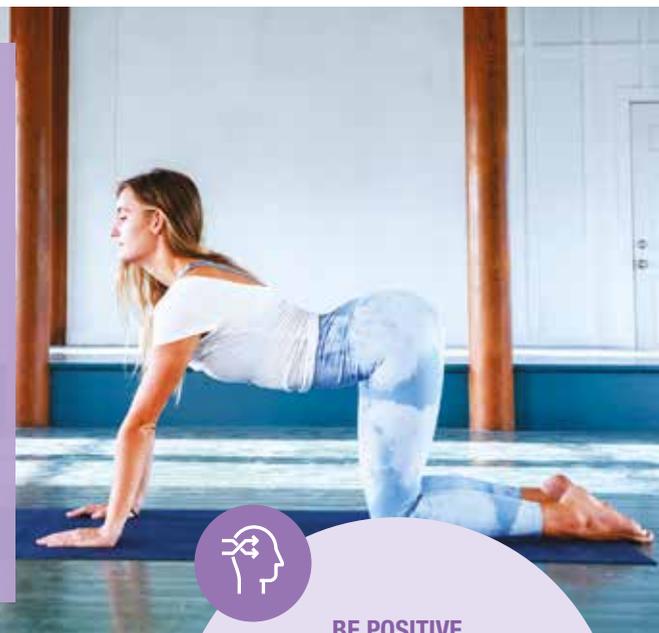
STAY HYDRATED

Make sure you are drinking enough water every day, and keep a water bottle close by when you are working on your poses.

These simple yoga poses are great to squeeze in whenever you have time, and can be done anywhere with no equipment required.

Cat-Cow

This pose is a great place to start because it's uncomplicated and very effective when it comes to engaging your core muscles and improving flexibility. Start on all fours with your hands beneath your shoulders and knees below the hips. Inhale, allowing your belly to fall toward the floor whilst raising your chest and chin. Now exhale and round your spine toward the ceiling, whilst tucking your chin into your chest. Repeat this exercise for one minute.

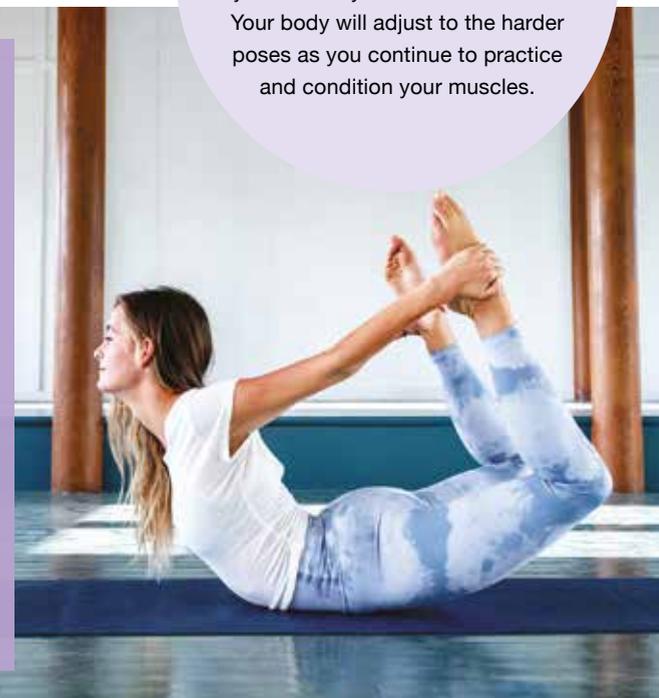


BE POSITIVE

Don't get discouraged if you have trouble with certain poses. Go back to the exercises that feel natural to you and retry the other ones later. Your body will adjust to the harder poses as you continue to practice and condition your muscles.

Bow Pose

If you spend much of your day sitting at a desk for work, this is the pose for you. The Bow Pose stretches many of the muscles that get stiff and less flexible as a result of sitting for long periods, whilst working your core muscles. Start by laying down on your stomach with your arms alongside your body. Bend your knees, reach back and grab the outside of your ankles. Now lift your shoulders and chest off the ground, pushing only as far as feels comfortable. Over time, you'll find it gets easier to stretch this pose further.





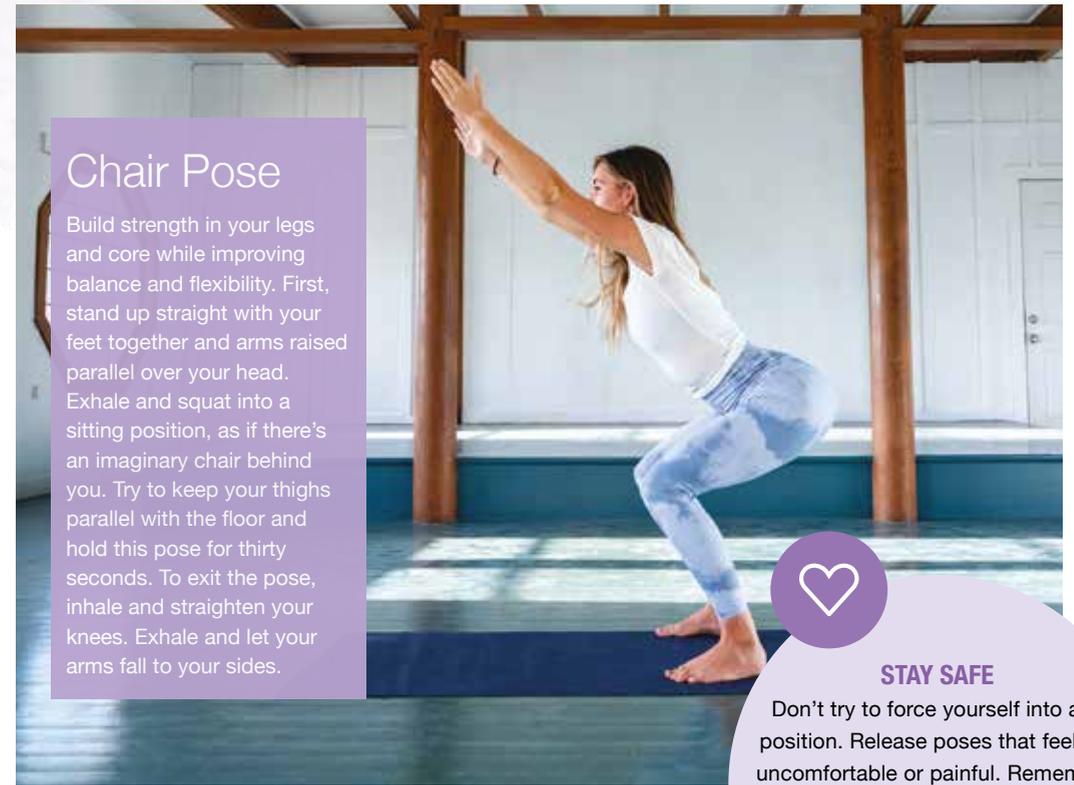
Low Lunge

This is a great pose for all activity levels to help stretch the spine, improve hip flexibility and build muscle. Start by kneeling on the floor on your left knee, while placing your right foot on the ground in front of you. Lift your arms and torso and gently push into your right hip. Hold this pose for thirty seconds before repeating on the other side.



BE IN THE MOMENT

There's much more to yoga than the physical aspects. Meditation and mindfulness are important components that will help improve your mental health, as well as your physical health. By embracing the spiritual side of yoga, you'll find a whole new level of enjoyment beyond the physical benefits.



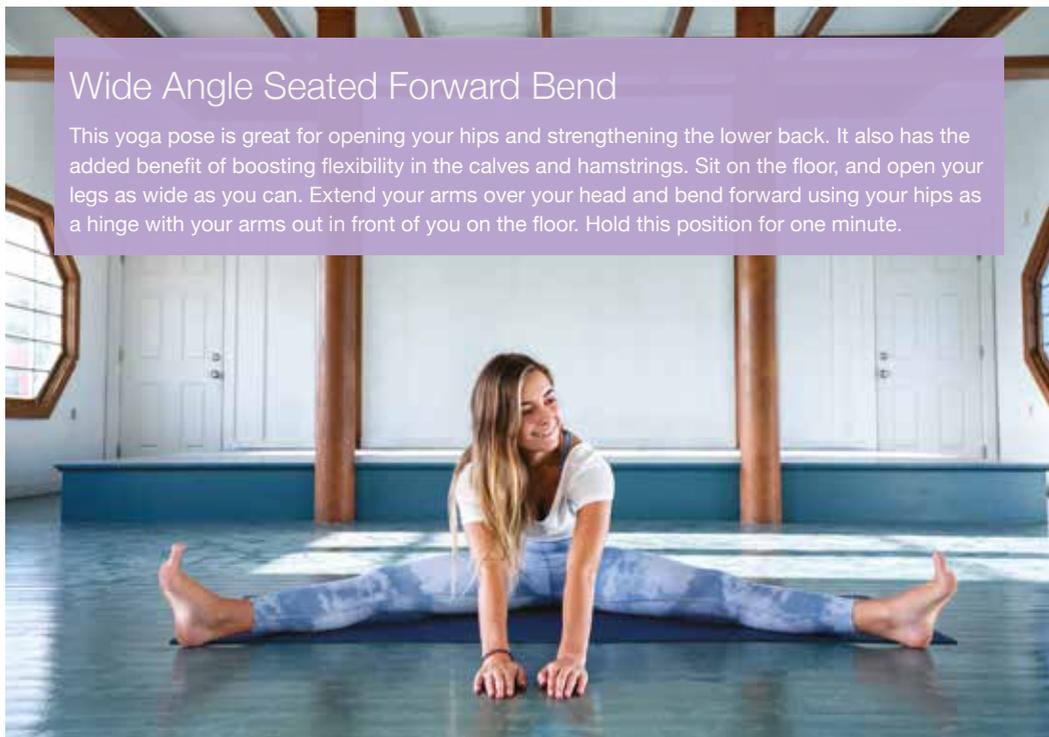
Chair Pose

Build strength in your legs and core while improving balance and flexibility. First, stand up straight with your feet together and arms raised parallel over your head. Exhale and squat into a sitting position, as if there's an imaginary chair behind you. Try to keep your thighs parallel with the floor and hold this pose for thirty seconds. To exit the pose, inhale and straighten your knees. Exhale and let your arms fall to your sides.



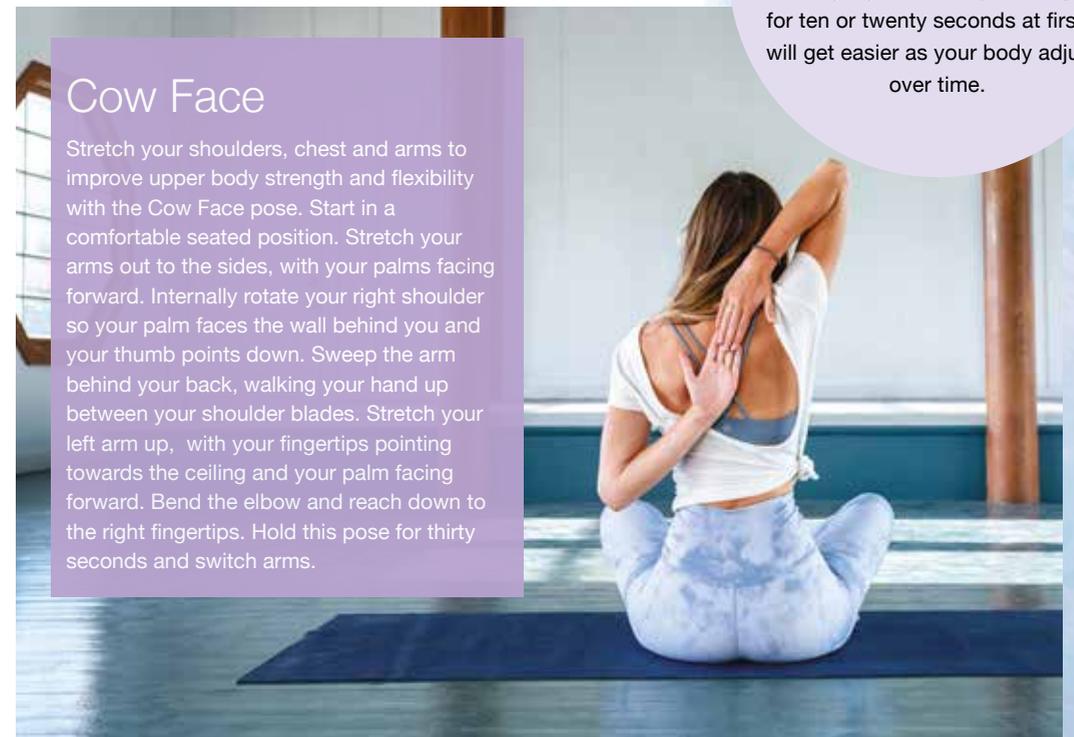
STAY SAFE

Don't try to force yourself into any position. Release poses that feel too uncomfortable or painful. Remember, it's okay if you can only hold a pose for ten or twenty seconds at first. It will get easier as your body adjusts over time.



Wide Angle Seated Forward Bend

This yoga pose is great for opening your hips and strengthening the lower back. It also has the added benefit of boosting flexibility in the calves and hamstrings. Sit on the floor, and open your legs as wide as you can. Extend your arms over your head and bend forward using your hips as a hinge with your arms out in front of you on the floor. Hold this position for one minute.



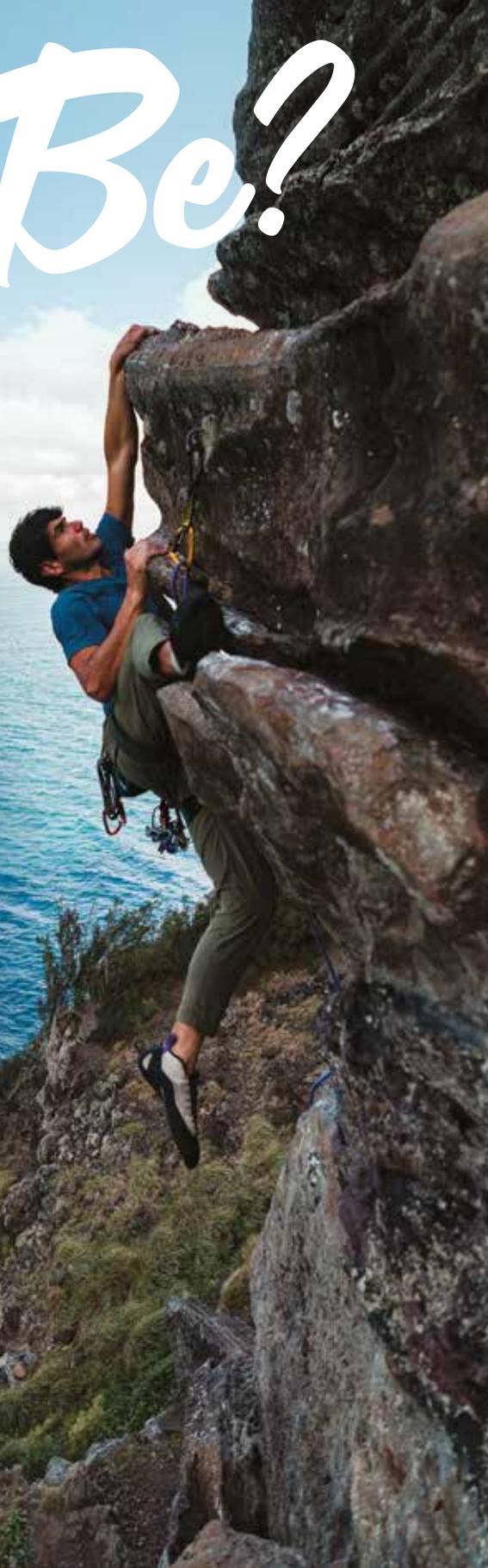
Cow Face

Stretch your shoulders, chest and arms to improve upper body strength and flexibility with the Cow Face pose. Start in a comfortable seated position. Stretch your arms out to the sides, with your palms facing forward. Internally rotate your right shoulder so your palm faces the wall behind you and your thumb points down. Sweep the arm behind your back, walking your hand up between your shoulder blades. Stretch your left arm up, with your fingertips pointing towards the ceiling and your palm facing forward. Bend the elbow and reach down to the right fingertips. Hold this pose for thirty seconds and switch arms.

What do you want to Be?

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Get motivated to dig deep and realise your ambitions this year. In the following pages, you'll find the real-life stories of people who challenged themselves to push past their own limitations and strengthen their lives. Whether you are looking to get stronger, eat healthier or take your professional life to the next level, you'll find four stories and four reasons to get inspired to be your best this year.



Be Innovative

Finding success through dedication and constant learning.

 Gergely Almasi and Barbara Bakos
Velenca, Hungary



When you're building a business from the ground up, your greatest asset can be having the strength to say no. For Gergely and Barbara, that meant saying no to anything that could distract them from the dream of having a successful business.

The couple started their business as direct sellers for Forever Living in 2012 and haven't looked back. The early days were marked by big ups and downs, victories and disappointments, but they knew they were onto something that could change their lives.

"For the first three years we committed ourselves completely to our work and our business," Barbara remembers. "We knew our work ethic would make all the difference."

Barbara and Gergely focused their energy on reading up about the business and attending trainings. Their business was growing steadily, but the turning point came when they embraced online marketing and social media. "Our dream was coming true, we went from living in a small flat in eastern Hungary to buying our own home in western Hungary in one of the most beautiful cities." They say a combination of staying focused and being willing to innovate played a key role in shaping their business. That, combined with a healthy dose of patience.

“...WHEN MANY BUSINESSES WERE STRUGGLING AND EVEN FOLDING IN 2020, BARBARA AND GERGELY WATCHED THEIR BUSINESS GROW.”

"We knew it would not come overnight," Barbara says. "But we continued to work hard and stay focused on our future, knowing that if we kept doing what we were doing we would succeed."

Once the momentum started building, things happened fast. Between 2016 and 2019, Gergely and Barbara watched their business grow rapidly. During this time, they were travelling all over the world, from London to the United States and beyond.

And when many businesses were struggling and even folding in 2020, Barbara and Gergely watched their business grow. The time they put into online marketing and sales was paying off.

"We don't have to go into work because our office is here," Gergely says. "We have absolute freedom, personally and financially. We look at life in a completely different way now."

Now that they are raising their two-year-old son, Muki, Gergely and Barbara have seen just how much that freedom means. The extra time they can spend watching their child grow up is priceless. Before he was even a year old, Muki travelled to ten countries on three continents with his parents.

"You have to ask yourself if you are willing to do whatever it takes to create the life you want," Barbara says. "If you have the motivation and are willing to learn and try new things, that is what matters most."



Be Wilful

Shaping better health with better nutritional choices.

 **Athanassios Zotos**
Athens, Greece

Sometimes personal transformation comes from redefining your limitations and making the best out of a tough situation. Athanassios in Zotos from Athens, Greece, made huge strides toward his nutritional goals when his city was in lockdown.

“Others found it hard to stay home and complained about the lockdown,” Athanassios says. “But I decided to look at it positively and turned it into something that could work for me, not against me.”

At the time, Athanassios felt like he was losing control of his body. He was experiencing heart issues and weighed more than he wanted to. After doing some research and talking with friends, he was determined to get his nutrition on track and build a foundation for the change he wanted to see.

He began eating more fresh fruits and vegetables and creating meal programmes. Whilst it wasn't always easy to stay on track, a whole new world of food options started to open up.



“In the beginning it was hard, but I took it day-by-day,” Athanassios remembers. “I started feeling better quickly and became a better cook by finding new recipes and experimenting with different spices. Now I have more inspiration to cook and try new things.”

It was that willingness to not only embrace, but seek out change that helped keep Athanassios motivated. They say variety is the spice of life, and that is certainly true when it comes to charting new territory through food.

Athanassios also credits Forever with helping him stay on top of his new nutritional routine. Products like **Forever Fiber**, **Forever Lite Ultra** and **Forever Supergreens** provide the assurance of knowing that even with certain dietary restrictions, he's still getting all the protein, vitamins and fibre he needs to keep his body fueled and feeling healthy.

Today, he doesn't feel that sense of sluggishness. Making more of an effort to improve nutrition gave him the energy to get outside and exercise more. He enjoys walking, biking and swimming and is in the best shape of his life, but is still setting goals to take his progress even further.

“My advice to anyone making a change like this would be to listen to your body,” Athanassios says. “When you treat your body right it makes you feel happier and healthier in your body and mind. There will be days when you want to quit, which is why it's important to surround yourself with people who support and encourage you.”



Be Intentional

Making the right changes to balance your mind and find peace.

 **Helen Overton**
London, UK

When it feels like you're running on empty, every day can take a toll on your mental health. That was the situation that Helen Overton found herself in just a few years ago. She was working in retail as a sales manager with three children at home.

The pressures of work and family had her thinking about how she could make some changes to restore balance and feel like herself again. She knew certain areas of her life would need significant adjustments if she wanted to be in a better place with her mental health, but where to start?

Helen discovered that looking better and feeling better had a direct correlation with mental health. That seemed like a good place to begin. Helen soon discovered that some light exercise and positive changes in her diet were having a noticeable impact, not only in terms of mood, but her energy levels and motivation were up.

She was feeling better mentally, but still had a way to go. Helen took a step back and started thinking about the areas of her life that were causing her to feel stressed. She determined that introducing some balance into her life could help her get over the feeling of being overwhelmed. The pressures of her job combined with growing responsibilities at home left Helen with very little time to focus not only on her family, but on herself as well.

“I knew if I could be at home with my three children and have a business I could do from there, it could help eliminate what remained of my stress and anxiety,” Helen says. “So I decided to give it a try.”

Helen found her answer in a career she could do from home, direct selling. She started selling products and enjoyed the flexibility of working on her own time and at her own pace.

Taking away the pressures of her previous job helped Helen find the kind of balance she needed. Not only did she have more time to spend with her family, but she also spent more time with herself, practicing mindfulness, and embracing the peace that was missing.

“**...LIGHT EXERCISE AND POSITIVE CHANGES IN HER DIET WERE HAVING A NOTICEABLE IMPACT, NOT ONLY IN TERMS OF MOOD, BUT ON HER ENERGY LEVELS AND MOTIVATION**”

“Now, I wake up at 6:30 every morning excited to start the day,” Helen says. “I take all my supplements, get the kids ready and drive them to school. I can use the time during the day to work on my business, or to take a walk and enjoy the world around me.” Helen says the most important lesson she learned about finding a mental balance was to do right by her body first. She focused on nutrition and exercise, and made sure to get enough sleep every night. After that, she kept a daily diary to track her progress and reflect on the things she needed to change to make her feel happy and more fulfilled.

Be Committed

Digging deep to find strength through fitness.



Hannele Huida
Tampere, Finland

Adapting your approach to fitness can change your whole life. Perhaps no one knows this as well as Hannele Huida from Finland. In 2012, she had her first child at the age of 42.

“During the pregnancy I had to start measuring my blood pressure and blood sugar.” Hannele remembers. “So I had to eat more healthily and also exercise regularly. I started gaining weight after my baby was born and I had started breastfeeding, and I needed a nap every day when the baby was sleeping. I was very happy to be a mother, but the sleepless nights began to take their toll. I did not quite have the balance in my body and did not get enough exercise.”

Hannele and her husband were visiting an autumn fair when she ran into an old friend. She learned that her friend had become a Forever Business Owner, selling products directly to customers. After talking for a while, Hannele became determined to take control of her fitness and get her body back in the shape she wanted to be in.

“I started drinking **Forever Aloe Vera Gel** every morning,” Hannele says. “After a while I noticed that I did not always need to take a nap when my baby was sleeping during the day. And that was the beginning of my journey with Forever.”

Taking that first step helped Hannele realise she was ready to do more. She completed the nine-day **C9 Programme**, a nutritional programme that helped her build better habits and provided ideal amounts of nutrients. Hannele also started working out more. “When I first started the workouts, I did not know what a ‘plank’ or ‘burpee’ was,” Hannele says.



It was difficult at first but got easier over time. It felt good to notice how quickly I saw results and started feeling better and looking better.”

Hannele says the trick to staying motivated during tough workouts is having some good music to keep you going. Listening and singing along helped fill her with the emotions she needed to keep pushing – courage, strength, power and joy. Now Hannele is heading into 2021 with her sights set on even more fitness goals. One of those goals includes completing Forever’s **F.I.T. Programme** at the advanced level. That means sticking to a strict nutritional routine and completing a series of physically demanding exercises each day.

“I have many goals and dreams that I am working towards,” Hannele says. “As a 53-year old woman I feel better, more fit, stronger physically and mentally and more confident than ever before.”



Sip of the season

The Gold standard

A delicious shake that’s packed with plant-powered protein is worth its weight in gold. This incredible shake also combines golden **Forever Bee Honey**, bananas and turmeric to not only taste great, but also provides your body with protein and vitamins.

Directions

For a traditional smoothie consistency, omit the ice. Blend all the ingredients together until smooth. Garnish with banana slices and a sprinkle of cinnamon.

Forever Lite Ultra vanilla | code 470
Forever Bee Honey | code 207



Ingredients

- 125ml milk or your favourite plant-based alternative
- 140g cup plain Greek yoghurt
- 1/2 tsp turmeric (start with 1/4 tsp, taste, then increase to your taste)
- 1/2 tsp vanilla extract
- 1 small banana
- 1/4 tsp cinnamon
- 1 tbsp **Forever Bee Honey** to taste
- 1 scoop **Forever Lite Ultra** vanilla
- 1/2 cup ice (optional)

Unplug and unwind

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It isn't hard these days to feel overwhelmed by the digital world.

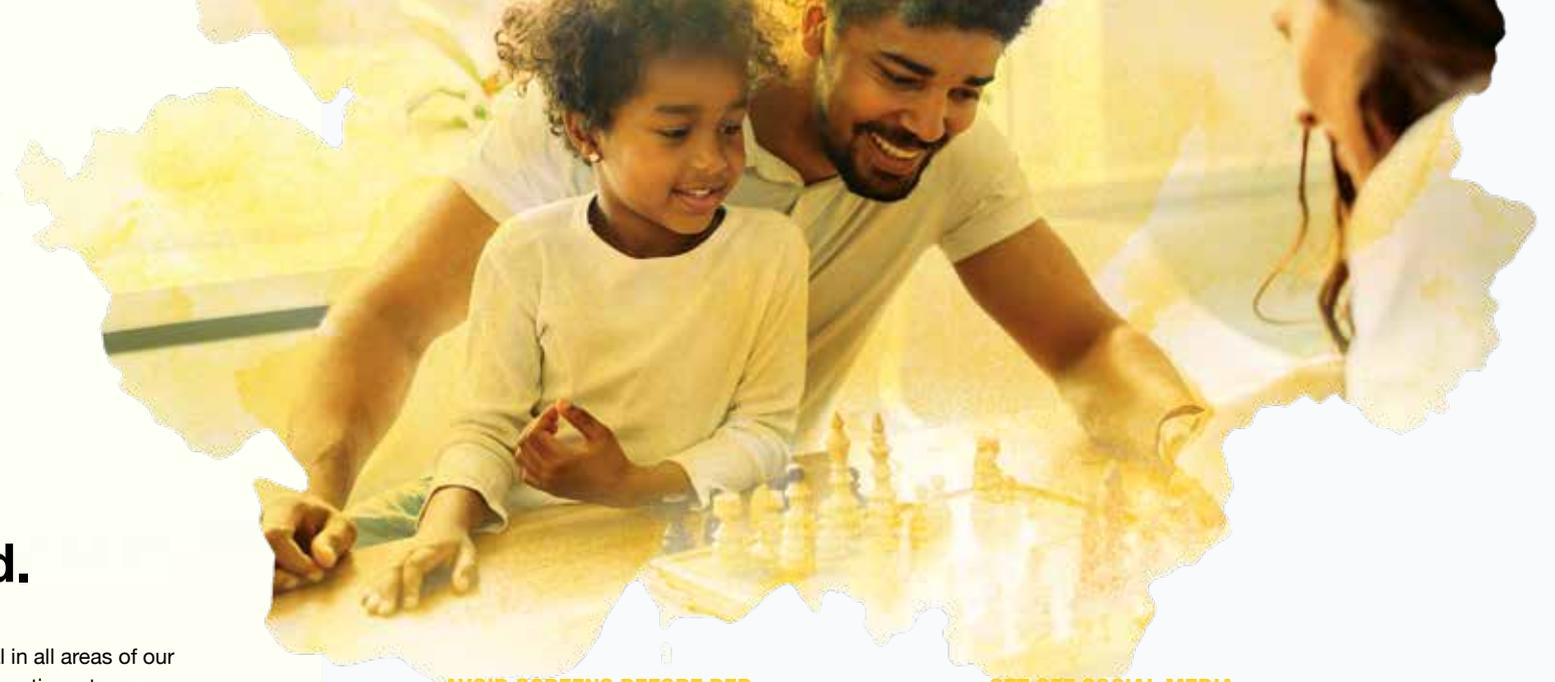
Between work, social media and even the urge to watch just one more episode of your favourite show, the virtual world is increasingly becoming an indispensable part of reality.

Whilst there's a clear upside to being able to connect with anyone, anywhere, it's easy to lose track of the hours spent answering emails, catching up on work projects, attending Zoom meetings and keeping up on social media.

It can all feel a little exhausting after a while and sometimes, all we want to do is unplug from the chaos, and relax for a while.

Disconnecting can be beneficial in all areas of our lives, from work and social connections, to our personal goals and dreams. Our productivity levels increase leaving us feeling more fulfilled, and life becomes more meaningful.

It's time to focus on unplugging from the digital world in order to plug back into the real world around you.



AVOID SCREENS BEFORE BED

Have you ever wondered why you find it harder to get a full night's rest, and always wake up feeling tired? Blue light transmitted from using our devices in the dark can severely disrupt our sleep, and our brains are less likely to switch off, making it harder to relax and drift off. Kick-start your digital detox by distracting yourself from your gadgets thirty minutes before you go to bed, and put some physical space between yourself and your phone so you are less likely to check it in the middle of the night or first thing after opening your eyes.

CREATE A TECHNOLOGY-FREE SPACE

Ensuring you have a dedicated room for all your gadgets means that you are less likely to absentmindedly check them. Putting your laptop and phone charger in an allocated room will not only create a space for you to be more productive, but it also means that you will have to physically get up and move to use them.

TRY NON-DIGITAL ALTERNATIVES

Smart devices have replaced tangible activities such as reading, creative writing, and playing sports or games. If you're in the habit of watching TV every night, try to give yourself a few nights a week where you do something else. There are a multitude of different activities to choose from - why not play a board game, learn a new musical instrument, do yoga, read a book, or meditate? You'll find it easier to separate your passions from your busy work and digital life.

GET OFF SOCIAL MEDIA.

Disconnecting yourself from the world of social media can be tricky, but small steps make a big difference. It can be tempting to check every time we get a notification, so try turning them off and setting a dedicated time each day that you can check anything important. If you are really struggling, why not consider installing an app that blocks you from accessing social media apps for certain periods of time each day.

BE MORE AWARE OF YOUR SURROUNDINGS

Making an effort to be more aware of what is going on around us is truly important in order to be present in the here and now. Take a moment to really tune in to the sights and smells surrounding you, or even try meditating - as little as ten minutes a day can really help you to set a positive mind frame for the day ahead. Or why not try putting your phone in your pocket and taking a walk without any distractions. It is amazing how much more of the world we notice when we really pay attention.



Keeping it close to home

If this isn't the right time for you to set out on a globe trotting adventure, there are still plenty of ways to unplug and recharge by getting closer to nature.

TAKE A RURAL BIKE RIDE

There's nothing like enjoying some time outside by taking a leisurely bike ride on slow, quiet backroads. Find out where all those little roads lead and pack a picnic to enjoy in a nice spot off the beaten path.

EXPERIENCE NATURE

Whether you prefer strolling through tranquil woods, exploring wide open fields, or lazy lakeside meanders, walking in nature is a great way to reconnect with the world around you, enjoy some fresh air and get away from the hum and hustle of life in the city. There's nothing like blue skies and the sounds of nature to help you escape the pressures of a connected world.



LOOK NO FURTHER THAN YOUR OWN BACK GARDEN

You can also reconnect with the great outdoors without even having to leave your home. Garden camping can be a great way to bring the family together without all the digital distractions lurking around inside. Leave the gadgets indoors and bring out some board games to spend some quality time together. If you really want to get the vibe right, build a fire pit and enjoy a delicious hot chocolate after the sun goes down.

The truth about constant connection

Research shows that technology has altered our physiology in dramatic ways. We think differently, feel differently and even sleep and dream differently. Experts agree there's a give and take when it comes to the benefits of technology in our lives.



WE SLEEP LESS

Do you take your tablet to bed to stream your favourite show or read a couple of chapters of your favourite book?

Neuroscientists believe that exposing your eyes to blue light just before bed can mess with your sleep cycle. It can fool your brain into thinking it is daytime, and as a result, your body releases fewer sleep-inducing hormones. If you suffer from insomnia, your phone or tablet could be a culprit.



MEMORY AND ATTENTION SPANS ARE GETTING WORSE

A downside to having so much information at our fingertips is that we don't have to remember as much information. Back when people had to memorise phone numbers and research topics by reading library materials, we engaged in memory-building activities. A few years ago, researchers found that younger generations had a harder time remembering things like phone numbers, relatives' birthdays and even their own personal information.



TECHNOLOGY CAN LOWER PRODUCTIVITY

Most technological advancements are designed to make life easier and more productive, but it's a double-edged sword. Research published in Scientific American shows that most people are not as good at multitasking as they believe. The truth is, trying to toggle between emails, social media and work tasks usually has a negative impact on performance and productivity.



Getting fit in 2021: What you need to know



It's that time of year again, when we put our fitness and nutrition into focus. But before you immerse yourself in a new routine, make sure you are prepared for the change in your lifestyle. We spoke with Peter Pressman and Roger Clemens from Forever's Scientific Advisory Board to discuss the first steps you should take to help get your fitness on track.



1. What should people consider before they start an exercise routine or change their diet?

Being physically active is safe and recommended for everyone. If you have any injuries or health conditions, it's a good idea to speak with your doctor before you begin a new exercise regimen. The important thing is to tailor your diet and exercise to the goals you want to accomplish. If your diet and exercise routine aren't aligned with your goals, you won't see the results you are looking for.

2. Aside from the nutritional aspect, what can people do to keep their bodies healthy enough to engage in exercise?

Avoid over-doing it! Injuries associated with excess are a common reason that keeps us from enjoying regular exercise. Avoid doing only a single form of exercise; mix it up and cross-train to make sure you are taking a whole-body approach and not overworking some muscles whilst ignoring others.

3. In what ways can nutrition and physical health promote mental and overall wellbeing?

In general, good nutrition and physical exercise decreases your risk of developing serious conditions like high blood pressure, diabetes, cardiovascular disease and some types of cancer, to name a few. A diverse and balanced diet combined with regular exercise has emotional benefits as well, improving your mood and helping you feel better about yourself.

4. How can someone avoid falling back into old habits and stay on target?

First and foremost, do not deprive yourself of your favourite foods, just try to make better choices. If you do fall back, don't worry, you are allowed to have setbacks. You are human! Try to learn from the experience and use it to refresh your motivation. You may want to adjust and vary your routine, keep things interesting, create incentives for keeping on track, invite a partner to join with your efforts, and set achievable goals. Share these goals with a friend or family member to improve relationships and accountability.

5. What are some key things people should consider when tailoring their nutrition to their fitness goals?

Staying hydrated and replacing electrolytes is always very important. Make sure you are also getting enough vitamins and minerals, whilst including protein, varying sources of carbohydrates and healthy fats in your diet. Seek guidance from your physician and personal trainer if you aren't sure how to best tailor a routine to your goals. Different things work for different people, so seeking outside advice can help you make the right choices.

6. Why do people have nutritional gaps, and are there certain gaps that are more common?

Modern lifestyles often put us at odds concerning habits that promote health. We often work too hard, miss meals, and play too hard when we have the opportunity. Diversity in our diet is lacking, stress takes a toll, we engage in heavy workouts and don't properly replace the nutrients we lose. Even though we enjoy a readily available and abundance of wonderful food, we sometimes require nutritional supplements to make up for the gaps our lifestyles may create.

“
A DIVERSE AND BALANCED
DIET COMBINED WITH REGULAR
EXERCISE HAS EMOTIONAL
BENEFITS...”



Bringing balance to your nutrition

....

Good nutrition comes from a spectrum of sources. It starts with the food you eat every day, but even well-balanced diets could leave you with nutritional gaps to fill. A meal that is high in vitamins could be lacking in minerals, or a high protein option might not have the healthy fats you need to keep you feeling your best.

With advancements in nutritional supplements, it's easier than ever to make sure you are giving your body the nutrients it needs to support your health. We've come up with a few examples to help you look at your meals a little more critically to identify nutritional gaps.

Breakfast

A CLASSIC BREAKFAST

Turning to a reliable breakfast of eggs, toast and bacon, or something similar, is a great way to provide the energy you need to power through until lunch. Whilst this type of meal has plenty of protein, it is missing some important vitamins and phytonutrients that help support health.

Try – Forever Daily

Forever Daily is a perfectly balanced blend of fifty-five nutrients to help make sure you get all the vitamins and phytonutrients your breakfast is missing. This powerful daily multivitamin combines our exclusive AOS Complex with fifty-five perfectly balanced aloe-coated nutrients including vitamins A, C, D and B12, iron, calcium and zinc.



A HEALTHY BREAKFAST ALTERNATIVE

Maybe you prefer a heart healthy breakfast with a lower calorie count, such as porridge with fresh fruit. This is a great way to get energy boosting complex carbs without a lot of fat, and pairing it with fruit provides vitamins to keep you feeling healthy. One thing a meal like this is missing however, is a good source of protein.

Try – Forever Lite Ultra

Forever's delicious shake mix provides 24 grams of protein when mixed with semi-skimmed milk, to compliment your breakfast and keep you feeling strong. This plant-powered protein also contains vital vitamins and minerals, and is available in vanilla and chocolate flavour. **Forever Lite Ultra** mixes easily with milk or your favourite plant-based alternative.

Forever Daily | code 439
Forever Lite Ultra vanilla | code 470

What it means to eat a balanced diet

Healthy eating isn't necessarily a game of subtraction. The truth is, there is room for all of the foods you enjoy as long as you are keeping things in balance. The food we eat contains essential nutrients which are vital maintain good health.

Lunch

FAST FOOD SPECIAL

Eating a balanced lunch isn't always possible. On those busy days when it feels like you just can't catch up with everything on your to-do list, grabbing a quick bite from the drive-thru seems like a great idea. Whilst this type of meal will keep you from running on empty, it will also lack important nutrients like vitamins, antioxidants and phytonutrients that you get from fruits and vegetables.

Try – Forever Supergreens

Mix one stick pack of **Forever Supergreens** with water to boost your body with nutrition you won't find in a drive-thru. This powerful formula features over twenty fruits and vegetables with vitamins C, E and magnesium. Supercharge your active lifestyle with the ultimate blend of powerful greens.

Fats

Not all fat is bad for you. Healthy fats support vitamin and mineral absorption, building cells, and muscle movement. While some fatty foods are high in calories, those calories provide an important source of energy for your body. Healthy sources include Omega-3 fatty acids and unsaturated fats from nuts, seeds, fish or plant-based oils like olive oil and coconut oil.

Minerals

Minerals are a lot like vitamins in terms of being essential for many of your body's functions. They help with the maintenance of normal bones, regulate metabolism and help you stay hydrated. Calcium, iron and zinc are among the most common minerals in the body. Minerals can be found in dark leafy greens, dairy and whole grains.

Protein

This important nutrient makes up the building blocks of your body. Muscles, cells, bone, skin and even hair contain protein. White meat, fish and eggs are all healthy sources of protein, there are plenty of plant-based options as well.

A RELIABLE MAKE-AHEAD LUNCH

If you like to prepare lunch ahead of time, you're probably going with an option like chicken with white rice and cooked carrots. While it has a good blend of protein from the chicken, and nutrients from the cooked vegetables, it doesn't have a lot of fibre.

Try – Forever Fiber

Add some fibre to your lunch with **Forever Fiber**. Fibre is a vital part of any healthy balanced diet and **Forever Fiber** makes it easy for you to add additional fibre to your daily intake. The convenient sachets contain a mild tasting, quick-dissolving powder, which can effortlessly add 5g of fibre – the equivalent of almost two slices of whole wheat toast – to any beverage.

Forever Supergreens | code 621
Forever Fiber | code 464



Dinner

A HEALTHY, BALANCED OPTION

A go-to, healthy dinner like salmon with rice pilaf and salad is healthy and simple to prepare. Even better, it provides Omega-3 fatty acids, vitamins and phytonutrients, though it is lacking in calcium.

Try – Forever Calcium

Make up for this nutritional gap with **Forever calcium**. **Forever Calcium** contains a high source of calcium, an essential mineral needed for the maintenance of normal teeth and bones, but it's also high in vitamin D and magnesium.



HEALTHY GRAIN BOWL

There's nothing like a healthy, colourful grain bowl when it comes to doing dinner right. You can pack in all your favourite vegetables and grains to load up on vitamins, minerals, fibre, protein and calcium in one meal. And even if you're not missing any key nutrients, you can help ensure your body makes the most of this healthy option.

Try – Forever Aloe Vera Gel

Make the healthiest meal even better with the help of **Forever Aloe Vera Gel**. Aloe vera supports gastrointestinal health, digestion and immunity, and promotes health and wellbeing. It's always made with pure, inner leaf aloe vera from Forever's own aloe fields.



PASTA NIGHT

A go-to pasta option like fettuccini alfredo is delicious, but also high in lactose, which can be hard on your digestive system. Even people without a sensitivity to lactose can still feel the impact of a rich, dairy heavy meal, but that doesn't mean you have to give up on your favourite foods.

Try – Forever Active Pro-B

Fuel your healthy digestion with **Forever Active Pro-B**. With over 8 billion CFU of healthy, clinically studied bacteria, **Forever Active Pro-B** is the perfect high-quality friendly bacteria supplement to complement your gut flora and assist with your diet and lifestyle goals.

Forever Calcium | code 206
Forever Active Pro-B | code 610

Kids

It's not always easy to get kids to eat a balanced meal, and plenty of the food that's made specifically for children is lacking when it comes to nutrient content. Chicken nuggets, macaroni cheese, hot dogs and pizza are all food that kids love, but aren't always the healthiest options.

Try – Forever Kids

These fun, delicious, chewable multi-vitamins provide children with the nutrients they need each day, including vitamin A, C, D and B12, calcium, iron and zinc. They contain no aspartame, no artificial colours or preservatives, and adults will love them too!

Forever Aloe Vera Gel | code 715
Forever Kids | code 354

Vitamins

Your body needs a wide array of vitamins to support the normal function of your immune system. Many people do not get enough of many essential vitamins, which are needed for healthy vision, skin and bones. Healthy sources include fruits and vegetables.



Carbohydrates

Don't be fooled by anyone who tries to tell you that all carbs are bad. According to the Mayo Clinic, carbs play an important role in helping you maintain energy and even support your central nervous system and brain function. The key is to get your carbs from healthy sources and keep an eye on the portions. Whole grains, beans and fruit are good sources of healthy carbohydrates.

C9 Programme: Forever Lite Ultra Chocolate /
Forever Aloe Vera Gel | code 476
Forever Lite Ultra Vanilla / Forever Aloe Vera Gel | code 475
Also available featuring Aloe Berry Nectar or Aloe Peaches

Push Forward

Be the best version of you this year with the help of Forever's C9.

This nine-day programme includes advanced nutrition and routines to let you define success on your terms. C9 is designed to help adjust your mindset and get your nutrition on track so you can achieve your personal best. Challenge yourself. Redefine your limits. Set the foundation for whatever comes next.

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)

Start Stronger



Get the most out of the C9 by downloading the free app! It's loaded with helpful features to keep you on track. You can even connect with other people taking the C9 challenge for some friendly competition and accountability.



How to make the most of your fitness goals with the C9.

If you've got plans to be your personal best in 2021, it's important to start off on the right nutritional foot. The people who achieve their resolutions will be the first to tell you that having a plan in place makes all the difference. You can't just get out of bed and run a marathon, which is why you need to think of your goals this year as a steady race to success – not a sprint.

Forever created the C9 programme to help you set the stage and prepare your body and mind for the challenges ahead.

What goals do you hope to accomplish this year? Maybe you are looking to lose a few pounds, sleep better, elevate your fitness routine or cut down on indulgences like sweets and alcohol.

No matter what goals you set, C9 can provide the jump start you need to break away from bad habits and make the good ones feel like second nature.

How does the programme work?

Think of the **C9** as a reset button for your body. To make the most out of your routine, you need to set a strong nutritional foundation that empowers you to make strides towards feeling your best.

This programme won't just fuel your body with advanced nutrition, it will help you develop the mindset to stay committed and make better choices every day. You'll learn how to conquer cravings, push past your limitations and stay motivated to reach your goals.

Five powerful Forever products make up the foundation of this programme. The **C9** provides the perfect starting point for transforming your diet and fitness habits.

ALOE VERA GEL DRINKS

Forever's aloe vera gel drinks are the foundation of a healthy routine, and contain up to 99.7 percent pure inner leaf aloe gel. Aloe is great for skin, the immune system and it's an ideal digestive aid, and now this purifying gel also contains vitamin C which contributes to the normal function of the immune system and to a normal energy-yielding metabolism. Go with the classic Forever Aloe Vera Gel or try Forever Aloe Peaches or Forever Aloe Berry Nectar for a burst of cranberry, sweet apple and vitamin C.



C9 PROVIDES A ROAD MAP TO GUIDE YOU STEP-BY-STEP AS YOU BREAK BAD HABITS..."

FOREVER FIBER

Fibre is an essential part of any diet. It supports digestion and the growth of healthy bacteria to keep your gut going strong. Every packet of **Forever Fiber** provides the same amount of fibre as a cup-and-half of brown rice or two slices of whole wheat toast without the calories or carbs! The quick-dissolving powder can effortlessly add 5g of fibre to any beverage.

FOREVER THERM

Forever Therm is a carefully created formula containing a special combination of vitamins, including B6 and B12, which contribute to the reduction of tiredness and fatigue; and vitamin C which contributes

to a normal energy-yielding metabolism. **Forever Therm** also delivers caffeine from natural sources like guarana and green coffee beans.

FOREVER GARCINIA PLUS

Garcinia Cambogia is a tree, native to Southeast Asia, which produces fruit prized for its culinary and beneficial purposes. As well as the fruit's extract, **Forever Garcinia Plus** contains chromium which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.

FOREVER LITE ULTRA

This delicious shake mix provides your body with crucial muscle-building protein along with a complex blend of vitamins, minerals and amino acids. It's low in carbohydrates and calories, but high in nutrition to help keep those cravings in check and satisfy your taste buds with delicious chocolate or vanilla flavour.

What will your C9 journey look like?

The products are only part of the programme. **C9** provides a road map to guide you step-by-step as you break bad habits and start incorporating better choices.

The first two days are challenging, but immensely rewarding. You'll kickstart the process of eliminating stored toxins and preparing your body for the next stage of the programme. You'll replace some of your meals with a **Forever Lite Ultra** shake and have a list of healthy free foods to choose from to help manage cravings between meals.

On days three through nine, you'll really start building your progress to help you feel stronger and healthier. This is when healthy, balanced meals and light exercise are introduced to the programme. After day nine, you will not only feel renewed, but have the tools you need to keep pushing forward.

The **C9 programme** has everything you need to jumpstart your journey. From delicious, healthy recipes to exercises and supplement schedules, you'll always have all the tools you need to track your progress and stay motivated.

C9 program with a choice of:

Forever Lite Ultra Chocolate / Forever Aloe Vera Gel | code 476

Forever Lite Ultra Vanilla / Forever Aloe Vera Gel | code 475

Forever Lite Ultra Chocolate / Aloe Berry Nectar | code 626

Forever Lite Ultra Vanilla / Aloe Berry Nectar | code 625

Forever Lite Ultra Chocolate / Aloe Peaches | code 630

Forever Lite Ultra Vanilla / Aloe Peaches | code 629



Are you ready to set yourself up for success?

Make this the year you break bad habits and smash your resolutions. Whether your goals this year are to lose a few pounds, gain lean muscle or simply look and feel your personal best on your own terms – the **C9** is here to put you on the right track.

Why resolutions fail and how C9 can help

To get on the right path when it comes to achieving your goals, it helps to know why so many resolutions fail, and how **C9** can help you avoid these common mistakes.

TREATING A MARATHON LIKE A SPRINT

Many people try doing too much too soon by jumping into a tough new workout routine before their body is ready for a full-throttle approach. With **C9**, you'll start by resetting your body and mind – then start focusing on nutrition before engaging in light exercise and gradually increasing your daily calories. After nine days, you'll not only feel better about taking the next step in your exercise routine, your body will be ready for the challenge.

HAVING A LACK OF SOCIAL SUPPORT

No matter what your goals are, you'll have a much harder time achieving them if you try to go it alone. With **C9**, you're never far from a support network to help you push and meet your goals. You can start the programme with friends or join an online challenge with other **C9** users to help keep each other accountable.

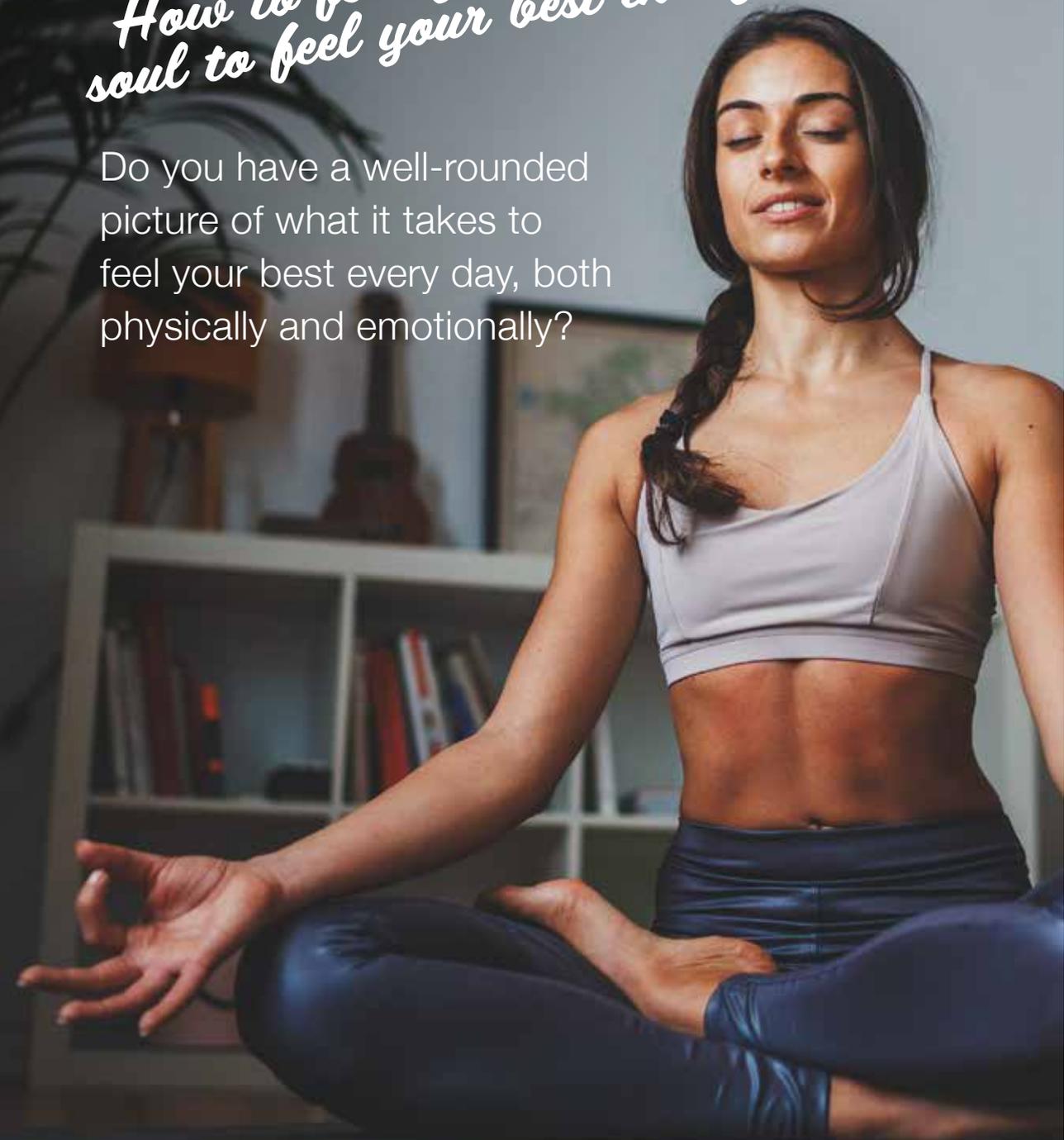
IMPLEMENTING A NEW DIET WITHOUT THE RIGHT BALANCE

Many popular diets work by omission. It could be low carb or low fat, but when you are looking to break bad habits and feel healthier, the key is balance. Eating the right kind of carbs and healthy fats, and using nutritional supplements will help you fill in the gaps and keep you feeling strong. **C9** takes out the guesswork by helping you reset your diet and putting you on the right path with a combination of healthy recipes and the supplements you need to get the most out of your nutrition.

Mental Nutrition:

How to feed your mind and soul to feel your best this year

Do you have a well-rounded picture of what it takes to feel your best every day, both physically and emotionally?



Wellness isn't a two-dimensional concept based exclusively on diet and exercise. What you feed your mind matters just as much. Even a great diet and plenty of exercise isn't always enough to leave you feeling balanced, productive and happy. You need to take a 360-degree approach to wellness by nourishing your mind, and your soul.

FEED YOUR SPIRIT WITH MEDITATION

Meditation has been around for thousands of years. This practice was originally used to help people deepen their understanding of mystical and spiritual forces. While many people still practice meditation from a place of spirituality, it also has researched and documented health benefits. Meditation can provide a deep state of relaxation, a tranquil mind and promote overall health, along with emotional benefits.

FEED YOUR CALM WITH A CLEAN ENVIRONMENT

Balance at home is a key ingredient when it comes to creating a sense of peace and balance in your mind. Research shows that clutter and disorganisation at home can increase feelings of anxiety, depression and fatigue. Don't wait until spring to start the cleaning. Organise your clutter and pare down your belongings. Clearing the clutter from your personal space can work wonders when it comes to freeing your headspace. You'll feel happier and more relaxed in a clean, organised environment.

FEED YOUR SENSE OF CONNECTION WITH MEANINGFUL RELATIONSHIPS

Humans are social creatures. The people we surround ourselves with help shape our outlook on the world and provide support when we need it most. Studies show that people who feel more connected to others have lower rates of anxiety and depression. A healthy social life can also increase self-esteem, empathy and make people more trusting. All of this, of course, depends on the quality of your relationships. Seek out the people who bring joy and positivity to your life.

FEED YOUR KNOWLEDGE WITH A GOOD BOOK

Everyone loves a good book, but you get a lot more out of those pages than a good story. Reading any kind of book strengthens your brain. MRI scans have shown that brain activity increases and lasts for several days, even after you finish reading a book. Studies also show that reading increases empathy, builds vocabulary and plays a key role in helping to prevent age-related cognitive decline. There's a whole range of benefits to reading that go beyond the hours of entertainment a good book provides.

FEED YOUR CREATIVITY WITH JOURNALING

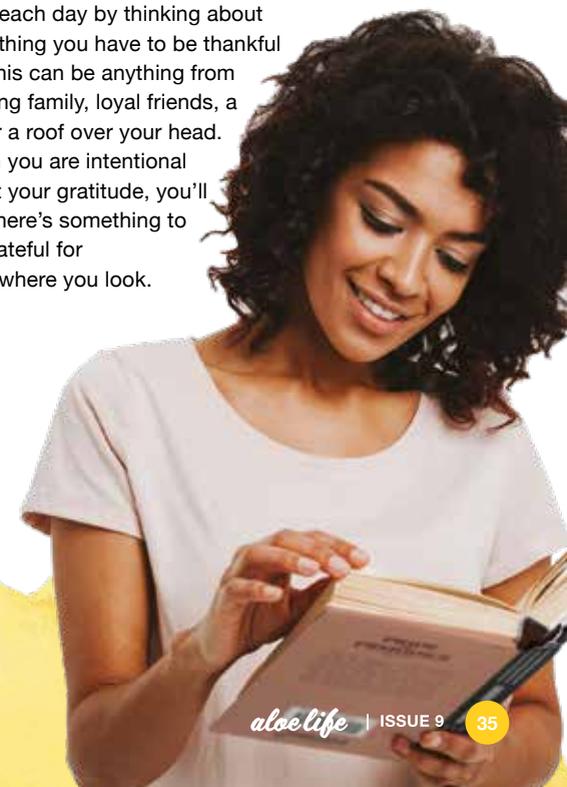
The simple act of sitting down in a quiet place with a pen and paper can have a powerful impact on your mind. Even freeform writing of anything that comes to mind has been shown to improve organised thought, relieve stress, improve memory and boost creativity. Write in any structure you choose and about any topic you want. You'll find that this practice helps you self-reflect and solidify ideas and thoughts that seemed intangible before.

FEED YOUR SOUL BY HELPING OTHERS

When sociologists tracked more than 2,000 people over a five-year period, they found that those who spent more than five hours a month volunteering described themselves as "very happy." Helping others provides a sense of meaning and satisfaction while strengthening communities and relationships. Science shows that it can be good for you physically as well by reducing stress, lowering blood pressure and alleviating feeling of loneliness and depression. The best part is that you don't only improve your life, but the lives of the people you help.

FEED YOUR CONTENTMENT WITH GRATITUDE

Pursuing what you want becomes a lot harder when you aren't grateful for what you have. Start each day by thinking about everything you have to be thankful for. This can be anything from a loving family, loyal friends, a job or a roof over your head. When you are intentional about your gratitude, you'll find there's something to be grateful for everywhere you look.



Does your brain **need a diet?**

Whilst it's important to feed your body and mind with healthy habits, you may also need to limit influences that could bring negativity into your life. Things that are fine in small doses can start to take a toll on your mental health, creativity and productivity.



SOCIAL MEDIA

Experts agree that, like many good things, social media is best when used in moderation. Research has shown that scrolling through your feed releases dopamine, which is linked to feelings of pleasure. On the downside, these platforms are designed to keep you scrolling, and overuse has been linked to increased anxiety, depression and even physical ailments. If you have a hard time setting limits on social media, you are not alone. Try using apps that set daily limits on social media use. You can also use browser extensions that block social media websites after an allotted time limit.



TELEVISION

Watching television can be good for you. Educational programming and current events help keep you informed, and your favourite shows can provide a much-needed source of escape or entertainment. But watching three or more hours a day can lead to behaviour issues, sleep difficulty and health issues. In the age of binge-watching, research shows that television can become as addictive as social media, making it important to set time limits. You should also try to avoid TV right before bed because it can make it much harder to fall asleep.



WORK

Our digital lifestyles make it easier than ever to stay connected to our work. But this can be a double-edged sword. If you find yourself answering work emails at all hours of the night, or checking in on projects, you could be doing more harm than good. According to Mayo Clinic, spending too much time connected to work can lead to burnout, which can cause fatigue, irritability, a lack of motivation and lower the quality of your work. The cure for burnout is balance. By drawing a line between your work and personal time, you'll not only feel happier, but improve the quality of your work.

A little time goes a **long way**

Spending just a little time each day feeding your mind and soul will pay dividends that last a lifetime. Improving your mental diet will help you feel more motivated, less stressed and help you see the world from a more positive perspective. What area will you focus on this year?

Heard around the world

Get involved in the conversation!

UK socials:



Our Forever family stretches around the world to over 160 countries. Take a look at what our customers and Forever Business Owners are doing to live big and enjoy every moment. Want to share your experiences? Don't forget to use the hashtag **#ForeverProud** or **#LookBetterFeelBetter**



Shoayb Hamdi
We will achieve our targets through whole life. Like when we walk towards a lovely beach, mountain climbing and trying to have a fit body.
#foreverlivingaloevera
#foreverlivingcompany **#foreverliving**
#lookbetterfeelbetter



aloeveraofarmer.bbsr
Do you really need to use sunscreen in the winter? Absolutely!
#wecare #savelives #healthcomesfirst
#safe #spf #softskin #sootheregimen
#topical #livelife #stayfit #healyourself
#healyourskinnaturally #sunprotection
#lookbetterfeelbetter



Samson Maluki
Have you done a body cleansing program before..? If NO, our world class #C9detox pack got you covered! Lose excess weight, cut huge tummy, remove toxins from your body, improve digestion and get in shape in only 9 days!!
#Lookbetterfeelbetter #9detox



Steve Pickles
Taking **#AloeAroundTheWorld** on a **#classicyacht**
#healthylife #AloeAroundTheWorld2020
#aloevera #LookBetterFeelBetter



Admir Kovac
Još jedan osvojen vrh uz Aloe Vera Gel
#aloearoundtheworld #aloevera
#befreeforever #multilevelmarketing
#networkmarketing



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How to switch things up in your career and stay motivated



Have you ever had one of those moments where you wonder if the career path you are on is the right one for you?

You are not alone. Every day, people are taking a closer look at their careers and considering ways to make a change. That could mean anything from seeking out a promotion, going back to school or pursuing freelance opportunities.

When you find yourself at a crossroads, consider the steps you can take to switch things up and stay motivated, whether you are looking to change careers or grow in your current role.

Evaluate what you need to be happier

Research shows that nearly half of the workforce is seeking a career change at any given time, and nearly 90 percent would be open to a change, even if they are not actively looking. Yet there are plenty of people who are very happy with their career, but occasionally feel stagnant. Which camp do you fall into?

YOU WANT TO TAKE YOUR CURRENT CAREER TO THE NEXT LEVEL

Are you happy with your career, but sometimes feel like you are stuck in one place? Maybe you've become comfortable where you are, and haven't really pushed yourself lately. Would switching things up, taking on more responsibility or learning new skills help make you feel more inspired each day? Look into ways you can grow your skillset, and create a plan with specific goals and targets that will help you get more out of your career.

YOU WANT A NEW OPPORTUNITY

Does your current path feel like it might not be for you? An important part of any career is a sense of fulfillment and purpose. Everyone wants to take pride in what they do, and work toward something they believe in. As we grow and progress through our lives, our goals, passions and interests change and sometimes this can lead to pursuing a new career path. Think about some of the opportunities you've considered. Weigh the pros and cons of each and get an idea of what feels like the right direction for you.

YOU WANT TO BE YOUR OWN BOSS

Many people are drawn to the idea of working for themselves. Research shows that nearly everyone considers becoming an entrepreneur at some point, but not everyone follows this path. Whether it's the start-up costs or a sense of stability in their current job, a lot of people who are drawn to entrepreneurialism are apprehensive to take that first step. If you keep coming back to the thought of starting your own business, make a list of the things holding you back and you'll probably discover that the barriers are not as high as you think.

Once you determine which direction will make you feel most fulfilled, it's time to take action and start working toward your goals.

Grow in a way that feels right for you

No matter which direction you choose, getting the most out of your career might require a change in mindset. You have to stop looking at a career in the traditional sense and start thinking about what you want for your future self. The workforce is always changing, and if you're willing to adapt along with it, you will be rewarded professionally.

DON'T FOCUS ON THE CAREER LADDER

Today's career trajectory isn't just up or down. It's multidirectional and multifaceted. Maybe the road to get where you want to go isn't a straight line. Talk to other people who are at a point in their career that they are happy with, and you might just find inspiration to take a creative or unconventional path to the top.

BRUSH UP ON YOUR TECHNICAL SKILLS

The upside of having so much information at your disposal means you can take meaningful steps to improve your skillset. Want to learn social media marketing or website design? There's a class for that. Basically, any skill you want to improve upon or learn is right there at your fingertips. There are a multitude of worthwhile options when it comes to online classes geared toward improving someone's skill set. The great thing about online learning is that these courses are self-paced, so you can squeeze in the learning when time allows.

TRY OUT A SIDE HUSTLE

If you want to change career direction but aren't entirely sure where you want to go, a side hustle can be just the thing. It's an opportunity to develop new skills and earn some extra income without having to do anything like quit your job or invest heavily in your own business.

Have you heard of direct selling?

The business model is based on selling exclusive products that are not available in stores directly to customers. It offers flexibility and low start-up costs, and makes the perfect side hustle – one that you can grow on your own terms. Talk to the person who gave you this magazine to learn more about how direct selling as a Forever Business Owner could be the right opportunity for you.

What are you going to switch up in your career this year?

Make this the year you take the first steps in getting more out of your career. With more resources at your fingertips than ever before, there's never been a better time to take control of your future and have the type of career you've always wanted.



Build your future with **Forever**

Achieve your business dreams this year as a Forever Business Owner.

If you've ever thought about starting your own business, this is the year to make it happen. Forever offers the freedom and flexibility to set your own goals and decide how much time you want to invest. Whether you are looking to earn some extra income or qualify to attend events all over the world, there's no better time to begin your journey. Just talk to the person who gave you this magazine to get started.

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