



**Strong and Smart
With Modicare**

Strong and Smart

Financially strong

- Survival
- Financial Freedom
- Stability and Security
- Retirement Plan

Strong and Smart

Financially strong

- Strong Belief
- Work Ethically
- Width and Depth
- Strong team building
- Duplication

Strong and Smart

Emotionally Strong

Are you emotionally weak or strong?

Do you influenced by others very easily?

Can you handle your Fear, Anger and Stress?

Do you accept others Criticism and Anger?

Do you Empathize with others?

Strong and Smart

Emotionally Strong

Emotionally Weak Person:

- Negative thought and talk
- Easily change decisions
- Can't Handle Challenges
- Strongly Blame Others
- Quit very easily to get easy solution

Strong and Smart

Emotionally Strong

Emotionally Strong Person:

- Always Positive
- Firm Decisions
- Always look for solutions to handle any challenge
- Take Responsibility
- Work till goal is achieved (never quit)

Strong and Smart

Emotionally Strong

How to be Emotionally Strong:

- Never talk negative
- Control your emotions (Don't express)
- Always spend time with positive people (Trainings)
- Read books (Connect and other self help books)

Strong and Smart

Physically Strong

- Take care of your health
- Your Diet (You are what you eat)
- Food Supplements
- Exercise Regularly
- Work Hard (You will get strong)

Strong and Smart

Strong Knowledge

- Lear Modicare Business plan
- Product Knowldege
- Sales Training
- Business Basics
- Show the Plan

Strong and Smart

Strong Relationship

- Faith and belief
- Be honest
- Strong Character
- Forgive and Forget
- People Skills

