1. Explain the importance of new habits (Daily, weekly, monthly, half-yearly)

Reading books is a great way to gain knowledge and stimulate creativity

Practice reading books before bedtime-sleeps better

Reading books help me to create new ideas and motivate myself

Practising gratitude is a great way to create positivity, reduce stress and improve physical health. From now onwards, I am going to start a gratitude journal, I will take time to appreciate my loved ones.

Make time for exercise: spend 20 minutes every day on exercises to improve my physical health, and enhance my cognitive skills.

Master the art of listening: spend 10-15 minutes on motivational audios, listen to 10 minutes to successful people stories on network marketing

All these activities practice daily, reviewed weekly, monthly and half years.

2.Ditto - scheduled ordering program is a convenient shopping and shopping option available to Amway independent business owners

The mindset of first-day auto shipping is to avoid running out of products, time and money savings(instead of ordering weekly) and delivered on time on a monthly basis

Easy to add favourite products, we can set recurring delivery date

3. Distractions

1. financial hardship: not enough income to buy products initial months.

2. Relationship: Attending meetings every week is not possible(two people)

3. Commitment: we have set a goal for savings at the end of the financial year

To overcome the above distractions we will cut back on spending on entertainment( for example, prime videos, dining out at a restaurant)

We will try to attend at least one person at the meetings

To reach our goal we will work extra hours whenever we get some free time

4. Difference between the Atlantis leadership and Amway

Atlantis leadership is the factory for making leadership and entrepreneurs around the world in developing Asset based income by network marketing through a community platform

Mainly focused on leadership development, coaching and mentoring

Amway is a vehicle for Atlantis leadership, one of the world's largest direct selling businesses, having been there for 60 years in more than100 countries. Mainly sells products for nutrition, beauty, personal care and home. Amway touches millions of people around the world based on principles, people and products.

5. Right now I am in the comfortable zone of the employee quadrant, I have the capacity to build wealth for the next 2 to 5 years and move to the business quadrant.

Doing an MBA program will get some financial knowledge, and will plan for asset-based income moving from E quadrant to B quadrant

Whereas the employee mindset gets instant gratification and lives in a comfortable zone like the traditional way of life-get good grades, a better job, saving some money, buying a house -retire with some debts.

6. My goals over the next 5 years

Business: create an asset-based income of 20000 months at the end of 2027

Career: I am going to be financially independent at the end of 2027, I am no longer working for money, money is going to work for me.

Relationship: spend at least 3 to 4 weeks travelling with my family and friends by exploring the world

Life: stress-free life by achieving goals through financial independence

7. yes there are some challenges for businesses owners like any other business

1. attending meetings every week might be a big challenge for us because of our work schedule.

2. Adding a new IBO might be another challenge because people’s mindset is different from individual to individual.

Strengths

1. I will make a plan to attend the meetings by adjusting my daily work routine
2. I will try to convince the people by explaining the mentorship, coaching, and leadership qualities of the Atlantis leadership programme and that it’s not about buying and selling products.

8. Negative people

I will try to convince someone to stop being negative. I will take a charge of the conversation like asking positive questions like what are some good things that came out of that experience? What would you like to see happen next time?

Reframing the negative things helps them focus on how to achieve a brighter future in a positive way. And also please correct me if I am wrong, but it sounds like you are upset because you have gone with different approaches when you are trying to achieve goals.

9. when we are working as a team I will bring some values like a positive attitude, problem-solving skills, a quick thinking ability, able to work well with others, ability to convince others of my skills and capability, I will be initiated, if team face any challenges, build trust within the team, encourage clear and frequent communication with other team members and I will show enthusiasm to learn about product features and benefits.

10. Legacy: I have courage, confidence and self-motivation, inspired by good leaders, and educate by reading books and attending meetings. I want to be remembered as hard-working and dedicated to achieving target goals and respected in society. As a business partner my legacy would be help others in the team, and share my success, I take responsibility for any challenges that comes up in the team, I do not blame other people and outside circumstances when some things went wrong. I see the role I played and also see treat others professional and exercise the same kind of care.

It’s all about how I showed up to every one of them and I have helped and mentored and taught.

In order to have a legacy I must have a good message worth spreading, which could be a mindset, way of being or actual words. I will try to make positive changes in our lives. These changes are infectious

Everyone lives and dies, is more and finally leaves behind a legacy.

11.(i) Integrity/Accountability

Establishing accountability in any largescale business by using the simple formula[S.I.M.P.L.E] can help at many levels.

Set expectations: we need to know our core values and communicate with team members

Invite commitment: everyone in the team member is committed to doing their best and understands how this contributes to the bigger picture

Measure progress: I recommend all the business owners implement a key performance indicator system, this will indicate the performance of the business on a weekly, monthly and half-yearly basis.

Provide feedback: feedback will provide to the whole team, so we know where we are performing in relation to expectations and where we can improve.

Link to consequences: as a business owner, it s our job to motivate everyone in the team by attending meetings.

Evaluate effectiveness: evaluating always helps to measure where we are, and what are the steps to be taken as moving forward.

(ii) coachability: being open to asking for and receiving feedback, looking inward at how we can move forward and being interested in growth.

12. leverage: leverage in network marketing comes from building a team, a network of people, who all use the products, sell the products and build a team of their own. network marketing is about a lot of people each doing a little bit, not one person doing a lot.

There are a couple of reasons why network marketing is an opportunity to earn extra cash, residual income, high demand for good products, and live a rewarding life. few things we need to concentrate on leverage in network marketing, we grow the people, people will grow the business, attend events, look for leadership, solid training and provide recognition, encouragement and support to the team.

13. yes, I do have the finances to launch the Atlantis leadership business, financially it’s hard for me to pay every month 60$ because of other commitments, but I will reduce the unnecessary expenses.