

To Achieve Your Dreams... Remember Your A,B,C's!

Avoid negative people, things,
habits

Believe in your self

Consider things from every
angle

Don't give up

Enjoy life today, yesterday is
gone, and tomorrow may
never come

Family and friends are hidden
treasures; seek them and value
them.

Give more than you planned to
give.

Hang on to your dreams.

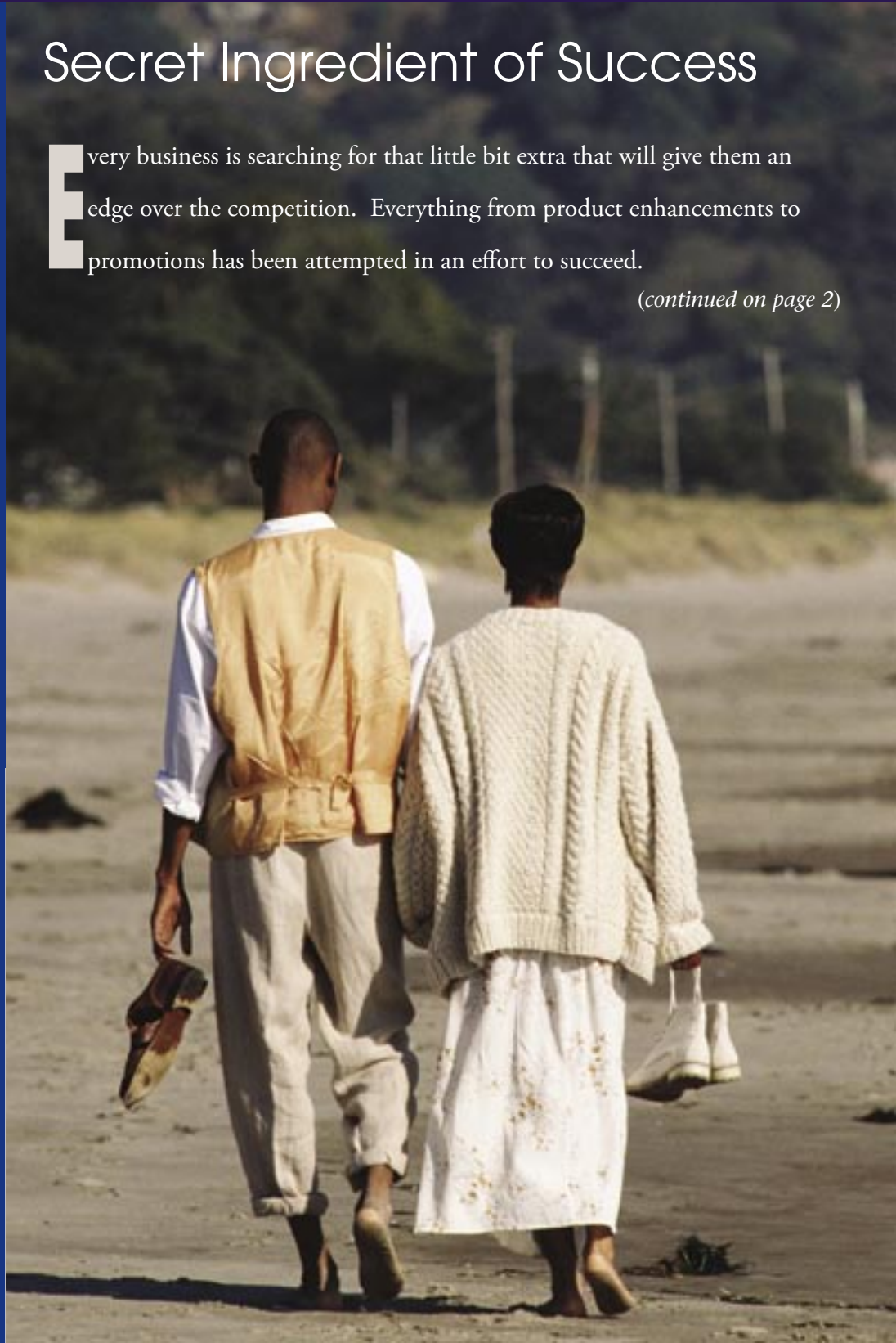
Ignore those who try to
discourage you.

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Secret Ingredient of Success

Every business is searching for that little bit extra that will give them an edge over the competition. Everything from product enhancements to promotions has been attempted in an effort to succeed.

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- J**ust do it!
- K**ee on trying, no matter how hard it seems, it will get better.
- L**ove yourself first and foremost.
- M**ake it happen.
- N**ever lie, cheat, or steal. Always strike a fair deal.
- O**pen your eyes and see things as they really are.
- P**ractice makes perfect.
- Q**uitters never win and winners never quit.
- R**ead, study and learn about everything important in your life.
- S**top procrastinating.
- T**ake control of your own destiny.
- U**nderstand yourself in order to better understand others.
- V**isualize it.
- W**ant it more than anything.
- X**ccelerate your efforts.
- Y**ou are unique amongst all of nature's creations; nothing and NO ONE can replace YOU!
- Z**ero in on your target, and go for it!

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These types of strategies can be successful in the short term, but they are not the key to the long-term success we all want. That key ingredient is love.

For many, the thought that love is the key to success in business is ludicrous. Well, consider this...what happens if we don't love our preferred customers? What if we don't love our downline organization? What if we don't love our upline mentors?

Attempting to create a long-term business relationship without love is a mistake waiting to happen. We have to understand that love is more than just a warm feeling on the inside. Love is an attitude and a lifestyle that puts the needs of others above our own.

In ForMor, love is more important than virtually any other element. People join your organization when they feel that you genuinely care about them and their success. People stay when they know that you care about them and their success. No one is attracted to a business where they feel like some else's meal ticket.

In order for your business to really explode, focus your attention on how you can serve those around you. Look for ways to demonstrate your love and concern to your upline mentors and your downline organization.

February is a month we celebrate love in our life. This year include those people in your life that are helping you achieve your dreams. Become a person of love and watch your business explode.

ForMor University

FEBRUARY 16-18

ForMor University is designed to give you the tools you need in order to accomplish your goals with ForMor. Do you want to transition into a full-time network marketing career and become one of the top leaders and money earners in ForMor? Or, do you want to improve your skills, increase your income and spend more time with your friends and family? Whatever your goals, FMU is for you.

During your visit you will:

- Tour our 60,000 square foot business complex
- Meet the ForMor staff
- Experience Phase II Training
- Set S.M.A.R.T. goals
- plus much more...

Call VP of Marketing Chris Gingrasso today for all the details and to register for the next class.



FORMOR UNIVERSITY

Special HEALTH DISCOVERIES RADIO SHOW WITH TODD BATES AND DR. J. JOSEPH PRENDERGAST

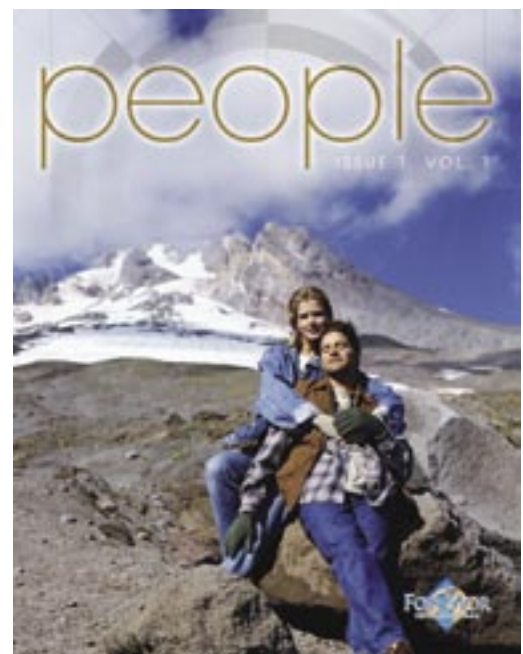
Get this highly informative audio CD from a recent Health Discoveries interview by Todd Bates. Listen as Dr. Prendergast shares his experiences and research of arginine. Everyone should hear this powerful message.

ITEM #694
1 CD FOR \$5
ITEM #695
100 PACK FOR \$100



ForMor People Magazine

We are proud to introduce *ForMor People* magazine. This publication is dedicated to the distributors of ForMor. You will read the inspirational stories from ForMor distributors all over the world. *People* is filled with pictures, articles and recognition. *ForMor People* makes a great addition to your marketing packages. Be sure to check your February Autoship for your complimentary copy.



Conference Call Schedule

MONDAY

Spanish Leadership Call 7:30 pm CST

Join Double Diamond Steve Moretta and other Hispanic leaders on this weekly leadership call.

TUESDAY

New Distributor Call 8:00 pm CST

Join Diamond Elite Roger Pineda for a fun interactive call. This is a great call for guests and newcomers.

WEDNESDAY

Spanish Opportunity Call 7:30 pm CST

Join Double Diamond Steve Moretta and other Hispanic leaders on our weekly business opportunity call.

Distributor Call 8:30 PM CST

Join Platinum Diamond Elite Ragon Moore. Ragon has been full-time in network marketing over 10 years and is a million dollar earner in ForMor.

THURSDAY

Business Opportunity Call 8:00 PM CST

Join Platinum Diamond Todd Bates for an overview of the ForMor International opportunity. Todd will also explain the financial plan and take questions.

SATURDAY

Spanish Training Call 10:30 am CST

Join Double Diamond Steve Moretta and other Hispanic leaders on our weekly business opportunity and basic training call.

Conference Call number:
620-294-3000 pin # 9683

I N F O R M A T I O N

Member Service: 888-270-4794

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FREEEDOM

ATLANTA, GEORGIA

APRIL 7-8, 2006

AIRPORT SHERATON

