

ISSUE 3

aloe life

Ditch the resolutions and **Be Resolute**

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

Plus...

EASY AND DELICIOUS RECIPES

HOW TO HIT YOUR FITNESS GOALS

THE SCIENCE BEHIND SUCCESS

WHY YOUR LIFE NEEDS ALOE VERA



FOREVER



Say hello to a slimmer you

Cleanse away 2018 with **C9**, a calorie-controlled weight management programme that delivers noticeable results in just **nine days**

C9 | code 475 (vanilla) 476 (chocolate)

The
Aloe Vera
Company

FOREVERLIVING.COM



KATE ELLICE HODGE
Editor

Let's be resolute!

I don't know about you, but every year around this time I sit there and wonder what exciting adventures I'll shortly be embarking on. Twelve whole months of opportunity and possibilities that are just crying out to be filled with new achievements, incredible holidays, amazing memories and life-changing events. The start of the year really is the perfect time to let your imagination run wild, to release buried ambitions, and to embrace all that you desire with everything you've got. However, over the years you realise that it's not enough to simply enter the wonderful world of 'what if' and 'imagine that'. As lovely as daydreams are, without action they are simply nice ideas, and before you know it, your once grand escapades will have fizzled into distant pipedreams!

That's why Forever has decided that 2019 is the year to be resolute; the year to replace the 'that would be nice if I did that' mentality with 'I'm going to do this, no matter what it takes'. Committing to do something with every ounce of your being is what's going to make 2019 your best year yet, and this issue is packed with helpful articles and inspiration to keep you grounded, focused and ready to conquer like no one has dared before. Are you ready to commit?

Happy New Year,

Kate Ellice

KATE ELLICE HODGE
Editor

LOVE ALOE LIFE?

We'd love to hear your thoughts, stories and ideas so please feel free to get in touch!

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If you'd like to find out more about Forever and its products, speak to the person who gave you this magazine or visit foreverknowledge.info or foreverliving.com.

If you are suffering from any condition or taking medication, please speak to your doctor before using any of the products featured in this magazine.

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 | code 715
Forever Aloe Berry Nectar | code 734
Forever Aloe Peaches | code 777

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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 realised 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 PROGRESS HAVE A MUCH HIGHER SUCCESS RATE WHEN IT COMES TO ACHIEVING GOALS. FOREVER'S F.I.T. APP IS ENGINEERED TO DO JUST THAT AND SO MUCH MORE.



FREE to download from the Apple or Android store

- ⊕ SUPPLEMENT SCHEDULE
- ⊕ NUTRITIOUS RECIPES
- ⊕ GUIDED EXERCISE ROUTINES
- ⊕ CHALLENGE YOUR FRIENDS
- ⊕ UNLOCK REWARDS
- ⊕ INCREASE YOUR ODDS OF SUCCESS

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FOREVER

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Smash your fitness goals with Forever F.I.T.

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. programme 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 unique supplements, aloe vera-based nutrition and healthy meal suggestions to keep you fuelled and motivated. 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 F.I.T. 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 programme 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 so that you can easily 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 C9 programme has been designed to do just that.

An expertly selected combination of **Forever Aloe Vera Gel** and supplements is exactly what your body needs to start looking and feeling better. The **C9** enables you to take back control of your body and lifestyle by adjusting your attitude towards food and exercise, as well as delivering noticeable results. Thanks to the cleansing benefits of aloe, **C9** is just the programme your body needs after the rich food you've inevitably been consuming throughout the holiday season.

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?

C9 includes a detailed, easy-to-follow nine-day programme complete with recipes, exercises and helpful pointers.

YOU'LL ALSO GET:

- FOREVER ALOE VERA GEL | X2 1 LITRE BOTTLE
- FOREVER LITE ULTRA | VANILLA OR CHOCOLATE
- FOREVER GARCINIA PLUS | 54 SOFTGELS
- FOREVER FIBER | 9 PACKETS
- FOREVER THERM | 18 TABLETS
- TAPE MEASURE
- FOREVER F.I.T. SHAKER
- MEASURING CUP



NAME: SILVIA
HOME COUNTRY: MALAYSIA
PROGRAMME: C9

It's safe to say Silvia is results-oriented. This mother of two stayed committed to the **C9** programme and says the secret to her success was sticking diligently to the schedule, having support from her friends and putting in the daily 30-45 minutes of exercise. She kept going with **F15**, 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 schedule and having support from my friends."

The thirty-nine-day routine helped Silvia lose weight and regain confidence. She's been able to maintain her weight by adopting healthy habits and keeping an eye on nutrition, and the **F.I.T.** app helps to keep herself and her friends motivated.

Featured products:

C9 | code 475 (vanilla), 476 (chocolate)





Shaun's story

Build on your fitness

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 fifteen-day programme 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 protein shake, 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 programme to intermediate and advanced, the exercises become more rigorous and challenging, helping you become a well-oiled fitness machine.

Featured products:

F15 | available in a variety of flavours and levels. Please speak to a Forever Business Owner for options.

WHO SHOULD CHOOSE BEGINNER?

If you are just starting out on your fitness journey and have finished with C9, this is a great place to start. The programme will ease you into an exercise and nutrition regime formulated to help you look and feel better. As you adapt to the programme you'll build the strength of body and character needed to move to the intermediate and advanced programmes. They say it takes twenty-one 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 programme for you. Of course, anyone who's completed C9 through F15 will be ready to take a crack at advanced.

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 to kick your fitness and nutrition into high gear. This fifteen-day programme is available in beginner, intermediate and advanced and includes recipes, exercises and crucial tips for success.

YOU'LL ALSO GET:

- FOREVER ALOE VERA GEL OR FOREVER ALOE BERRY NECTAR | X2 1 LITRE BOTTLE
- FOREVER LITE ULTRA | VANILLA OR CHOCOLATE
- FOREVER GARCINIA PLUS | 90 SOFTGELS
- FOREVER FIBER | 15 PACKETS
- FOREVER THERM | 30 TABLETS

NAME: SHAUN
HOME COUNTRY: UK
PROGRAMME: F15

Shaun is a former police officer and fitness enthusiast who puts in plenty of time at the gym. He admits that before starting the programme, 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 F.I.T. programme was to shed some excess weight and develop good nutritional habits that would keep him feeling motivated and healthy. He started with C9, which proved to be just the reset Shaun needed to get started with a clean nutritional slate. After that, he was energised and ready to hit the F15 programme 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 when I get older."

Shaun was so happy with his results that he kept going through every level of the F.I.T. programme for a full fifty-four days of fitness and nutrition. Now he says he's looking better, feeling better and hitting his goals at the gym.

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.



ESTABLISH A ROUTINE

15 DAYS

CREATE HABITS

INCREASE WORKOUTS

Build strength and tone up with **F15**

ADVANCED

INTERMEDIATE

BEGINNER



NO FIZZY DRINKS

C9 Free foods

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

Reset with **C9**

9 DAYS

ADJUST YOUR MINDSET

500-600 CALORIE MEAL

RESET AND TAKE CONTROL

CLEANSE

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 programme.



KEEP DETAILED RECORDS

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



STAY HYDRATED

Drink at least eight glasses (3 litres for men and 2-2.5 litres for women) 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.



30 DAYS

Add **Vital⁵** to the mix

KEEP YOUR NUTRITION IN CHECK DURING ANY STAGE OF THE F.I.T. JOURNEY AND BEYOND. ADVANCE NUTRITION JUST GOT SMARTER AND THE F.I.T. APP NOW INCLUDES VITAL⁵ FUNCTIONALITY TO KEEP YOU ON TRACK.

WHAT'S INCLUDED WITH VITAL⁵

Vital⁵ comes with five products chosen to work together and provide your body with the nutrients it needs to look and feel better.

YOU'LL GET:

- FOREVER ALOE VERA GEL | X2 1 LITRE BOTTLE
- FOREVER DAILY | 60 TABLETS
- FOREVER ACTIVE PRO-B | 30 CAPSULES
- FOREVER ARCTIC SEA | 120 SOFTGELS
- ARG1+ | 30 SACHETS

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.

Featured products:

C9 | code 475 (vanilla), 476 (chocolate)

F15 | available in a variety of flavours and levels. Please speak to a Forever Business Owner for options.

Vital⁵ | code 456

Shake OFF the season

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 of minutes, you can make a super easy shake that tastes great and nourishes your body with just a few ingredients.

240 ml of
Milk
(or substitute)

2 handfuls
of
Fruit



1 scoop of chocolate or vanilla
Forever Lite Ultra



Add these optional
extras...

- SPOON OF FOREVER BEE HONEY
- HANDFUL OF RAW OATS
- SPOON OF PEANUT OR ALMOND BUTTER
- HANDFUL OF NUTS



Featured products:

Forever Lite Ultra | code 470 (vanilla), 471 (chocolate)

Forever Bee Honey | code 207

Add a
handful
of ice
and
blitz



Fuel for a new you



FOREVER LITE ULTRA IS A GREAT TASTING PROTEIN SHAKE DESIGNED TO HELP YOU WATCH YOUR CALORIE INTAKE. YOU CAN ALSO DRINK IT AS A FILLING SNACK BETWEEN MEALS IF YOU'RE TRYING TO GAIN WEIGHT.

FOREVER LITE ULTRA VANILLA | code 470
FOREVER LITE ULTRA CHOCOLATE | code 471

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



Fitness events around the world

During the first few months of a new year, getting into shape is likely to be at the forefront of your mind, and that means it's the perfect time for you to book onto various events that will keep you focused on fitness throughout the rest of the year. Set in beautiful locations all over the globe, these handpicked events can be tacked onto a family holiday or city break so that you can have some quality time away from home and experience new cultures whilst conquering personal challenges and achieving those weight management goals.

ROCK 'N' ROLL MARATHON, SPAIN

26th-28th April 2019 | runrocknroll.com

Perhaps you're a little tired of the bog standard runs you've been doing in your local town and you're looking for something more exciting, or maybe running a marathon has been on your bucket list but you dread the idea of being alone with your own thoughts. Whatever the excuse, the Rock 'n' Roll Marathon is the solution you've been waiting for. This run takes place in various locations throughout the world but the one in Madrid has the added benefit of being just a short flight away. The temperature is also beautiful in April and the Spanish capital is home to elegant parks, historic artefacts and stunning architecture should you wish to stay on and explore. The Rock 'n' Roll Marathon route is peppered with live music, DJ sets, drum solos and other surprises to help create a motivating and vibrant atmosphere that runners and spectators will love.

Participants in the marathon can choose to run a distance that suits them (half marathon, marathon or 10k) and everyone who finishes their chosen distance is rewarded with an impressive medal.

TELLURIDE YOGA FESTIVAL, UNITED STATES

27th-30th June 2019 | tellurideyogafestival.com

Situated in the very depths of nature in a majestic canyon that's surrounded by picturesque mountains, Colorado's yoga festival is a retreat that promises to capture the essence of mindfulness. This four-day festival offers classes in all kinds of different yoga practices – including one that takes place on a paddleboard – as well as seminars in meditation, music and juice-making! Guests are encouraged to ditch their cars in favour of gondola rides and inspiring walks, and children aged 5-12 are invited to take part in free classes that coincide with the adult sessions. If peace and tranquillity is what your family needs, Telluride Yoga Festival

offers this and more, and if your spouse isn't sold on the yoga idea, they may be interested to hear that festival-goers can also enjoy hiking, climbing, dining and social experiences whilst exploring the richness of nature.

LOVEFIT FESTIVAL, ENGLAND

16th-21st July 2019 | lovefitfestival.com

If you're looking for a festival with a fitness vibe that's a little closer to home, look no further than LoveFit. The Telegraph describes this event, which takes place in the middle of Heritage Pine Forest in Kent, as the "epitome of fitness festivals" and it really is perfect for anyone who likes to balance keeping in shape with partying the night away.

During the day you can enjoy (or endure) HIIT workouts, spin classes, kickboxing, hot yoga, wild running, mainstage aerobics and even a forest gym. When you feel like you need a break, soak your muscles in one of the wood-fired hot tubs or escape to the onsite spa, but by dusk it is time to spruce up ready for an evening of dancing in the forest, accompanied by live bands and DJ sets. LoveFit Festival is for anyone aged 18 or over and it's really taken the South of England by storm since it started in 2017.

BIKINGMAN, VARIOUS

Various dates in 2019 | bikingman.com

For a biking adventure like no other, sign up to one of the six BikingMan events that are due to take place all around the world in 2019. BikingMan was born after its founder, Axel Carion, decided to pursue his dream of starting cycling races in some of the most stunning places on the planet. His first race took place in the heart of the Ecuadorian and Peruvian Andes back in 2016, and since then Axel's dream has continued to flourish. This year, cycling enthusiasts of varying abilities will have the chance to explore Oman, Corsica, Laos, Peru, Portugal and Taiwan. As well as wildly different but breath-taking surroundings, each location offers new terrain, gradients and distances, so participants can really choose the challenge that suits them. If you want to find out more so that you know what to expect, check out our blog from adventure athlete Marcus Leach on flpuk.info/BikingManMarcus*. In October 2018, Marcus took part in the BikingMan challenge in Taiwan, a course that allowed him to explore the entire island, including the bubbling capital of Taipei and Taiwan's idyllic National Parks.

TRYGFONDEN COPENHAGEN SWIM, DENMARK

31st August 2019 | copenhagenswim.com

Copenhagen may not be the first place that springs to mind when you fancy taking a swim, but the TrygFonden Copenhagen Swim event offers you the chance to explore this iconic city through the canals that surround Danish Parliament. Copenhagen is proud of its squeaky-clean canals that weave throughout the city's centre and the course – two kilometres of open water – is one that has been praised by its participants for the last thirteen years. The canals are closed to swimmers the rest of the year, so this annual event really does offer a unique experience to all who wish to brave the challenge! If 2,000m sounds a little daunting, you can instead choose to race as a team of four by taking part in the Krüger Relay. This option offers each participant the chance to swim 500m along the same course as the individual swim, passing the baton to their team member at set points.

*post coming soon

Your fitness fuel

Whether you're already reaching for the diary to book one of the featured fitness events, or you're a regular down the park for the Saturday morning run, your fitness endeavours need to be properly fuelled in order to ensure success. Here are four products that are guaranteed to help you power on through...



ALOE MSM GEL

Even the most accomplished athletes experience a few aches and pains but anyone who is serious about fitness should also respect rest days to give their muscles and joints time to heal. **Aloe MSM Gel's** powerful formula soothes joints and muscles and relieves stresses and strains.



FOREVER MOVE

If you're familiar with the latest breakthroughs in fitness nutrition, it's likely you've heard all about the benefits of natural eggshell membrane and curcumin turmeric when it comes to your body coping with an active or strenuous lifestyle. **Forever Move** is a unique supplement that combines both these ground-breaking ingredients, and that's why sports and fitness enthusiasts need to add them to their daily supplement schedules.

FOREVER FAST BREAK

Any exercise challenge that depends on you powering through should be accompanied by the **Forever Fast Break** bar. This chocolate and peanut protein snack is packed with fibre and offers just what you need to finish that race!



ARGI+

Most people don't expect the delicious berry flavour to accompany an energy drink, but **Argi+** is all about exceeding expectations! Each pack of **Argi+** contains thirty individual sachets so you can easily chuck a few in your luggage or gym bag. Mix the powder with fresh water and drink a glass before or during your workout for a boost of vitamins including vitamins C, K, D, B6, B12 and folic acid. Vitamin D assists with normal muscle function while vitamin C helps fight tiredness, and the hero ingredient, L-arginine, is an amino acid that helps the body build protein.

Featured products

Argi+ | code 473
Aloe MSM Gel | code 205
Forever Move | code 551
Forever Fast Break | code 520

Forever is the largest grower, manufacturer and distributor of aloe vera in the world.



The Aloe Vera Company

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

Why you should become an aloe vera champion

Using products containing natural ingredients has become a hot topic of late, and that's because advancements in science are identifying hugely beneficial properties tucked away within the fruits and flora that decorate our earth. Aloe vera is one of these miracle plants and although it is one that has been recognised for centuries already, its status as king of the succulents is a title it will uphold for as long as it graces this planet! If you're yet to discover the outstanding benefits of aloe, you really are in for a treat, and since the New Year is all about trying new things and taking on challenges, we challenge you to put aloe to the test.

SO, WHAT'S EVERYBODY SAYING ABOUT ALOE VERA?

"I have studied aloe vera since 1980 and I think aloe is a miracle plant. The more I research aloe vera, the more I love aloe vera."

– **BANH PHAN, VICE PRESIDENT OF RESEARCH AND DEVELOPMENT AT ALOE VERA OF AMERICA**

"I was first introduced to the wonders of aloe as a child. My mum used to keep an aloe vera plant on her kitchen window ledge and whenever we had a graze as kids, she would cut open one of the leaves, squeeze out the gel and put it on our skin. Boy did it sting but it always healed quickly! My entire

family have now been drinking and using aloe topically for over eighteen years, and I absolutely could not live without my daily shot of goodness! I also love using aloe on my skin as I find it cooling and calming; my skin is highly sensitive but aloe always helps. My 77-year-old mum drinks it to help with her digestion and my 4-year-old great niece has been drinking aloe for over a year to support her immune system – she calls it her magic juice!"

– **AMANDA, PERTH**

"Like most people I thought aloe was just something you used for cuts and burns, so when I discovered that it was packed with nutrients, I decided to give drinking it a go. As a busy mum of three

and a teacher, I thought it was just the thing I needed and after my second bottle, I began to feel and notice some huge benefits. People started to comment on how I looked and when they asked me what I was doing, I found myself recommending the aloe drink. I soon discovered other flavours, including one containing glucosamine, MSM and chondroitin, and I knew my husband needed to try this one. After twenty-four years in the Royal Navy up and down ladders and playing a lot of football, I knew he needed an aloe drink with extra ingredients that could support his active lifestyle."

– **EMMA, PRESCOT**

"I have been drinking aloe for eleven years and I now also drink a peach flavoured one as it's so delicious. Starting the day with an aloe shot helps keep me fit and healthy and since it's packed with vitamins and minerals (including vitamin C for added energy), I know I'm giving my body the nutrients it might not otherwise get. Staying fit and healthy means I can enjoy playing golf and being active, and I don't have to worry about slowing down as I've just turned 50!"

– **CHRISTINA, WORKSOP**

"My grandmother in Russia would always make some sort of medicine with aloe vera. If I had a cough, a sore throat or something like that she would mix the inner gel from the leaf with some honey and give that to me. She'd also put it on a bruise or a scratch, so I always grew up with the idea that aloe is a great plant to have thanks to its natural healing properties. That's why Forever's products were so appealing to me; I always gravitate towards products that are natural and that's why I was so drawn to Forever's products – I just love aloe and I know it works!"

– **KRISTINA RIHANOFF, PROFESSIONAL DANCER AND CHOREOGRAPHER**

"When we were first introduced to aloe vera as a drink sixteen years ago, I decided to learn as much about aloe as I could, and I soon found out that Forever uses the best aloe available. Andrew always makes me smile when I think back to his first sip. He said, "Why on earth am I drinking this?" I told him it would do him good and to get on with it. Three days later he said to me, "What are these lumps on my cheeks under my skin?" and we soon realised it was connected to the cleansing aspect of aloe. Aloe is great for skin and it wasn't long before his complexion was glowing. I honestly couldn't imagine a life without aloe and after sixteen years of benefits, it's clear that this daily tonic is incredible!"

– **ANGELA AND ANDREW, NOTTINGHAM**

"Four vegetables are indispensable for the wellbeing of man: wheat, the grape, the olive and the aloe. The first nourishes you, the second raises the spirit, the third brings you harmony, and the fourth cures you."

– **CHRISTOPHER COLUMBUS**



Will any aloe do?

Absolutely not. There are around 400 species of aloe on this planet and they are definitely not all fit for human consumption or topical use, so, unless you know your aloe, please don't squeeze your local garden variety all over your skin. In fact, only a handful of species are said to carry any noteworthy benefits, including Aloe Ferox and Aloe Arborescens, but the only one you should really pay any attention to is called Aloe Barbadensis Miller. This is the variety believed to carry the most benefits and nutrient value for humans and animals.

Now that we've cleared that one up, it's also important to mention that not all parts of the aloe plant are equal on the benefits scale. Each aloe leaf is made up of four components: rind, sap, mucilage and parenchyma gel. The rind is a waxy outer layer that acts as protection and just inside the rind is a fluid called sap, this is neither sweet nor particularly sticky and it's actually quite bitter. Below the sap is mucilage containing acemannan – acemannan carries beneficial properties relating to immune health – and this layer is usually filleted to reveal inner gel known as the parenchyma, a clear, gel-like substance. Scientists have identified more than 75 active nutrients in the leaf gel and these compounds work synergistically to provide soothing and therapeutic benefits. These compounds include amino acids, enzymes, saponins, minerals, vitamins and fatty acids, and it is this inner leaf gel that's responsible for aloe's glowing reputation.

There are a lot of aloe products popping up on the market and its global marketplace value is now worth in the region of \$465 million according to IMARC Group¹, but if an aloe product doesn't use pure inner leaf aloe vera gel, its beneficial integrity is somewhat questionable. There are many different aloe juices and gels out there, and the taste and purity can depend upon what part of the aloe leaf is used. Aloe vera juice is often made from the whole leaf, including the outer leaf that contains a bitter yellow substance known as aloin. The bitter part of aloe is often used in special nail varnish used to deter biters; it's used because it tastes vile! For many companies, removing the unpleasant parts of aloe and extracting just the inner-most gel is a time-consuming and costly process, but thankfully Forever has mastered and patented this process to ensure its products contain the purest and highest quality aloe possible in today's market.



Did you know that you should only trust aloe products that display the International Aloe Science Council's seal of approval? IASC only approve aloe products that meet their stringent standards for quantity and quality.

What can aloe do for you?

Inner leaf aloe gel from an Aloe Barbadensis Miller plant is beneficial for humans and animals when consumed as a drink or when used as a topical product, so what exactly can aloe do to boost your lifestyle?

IT SUPPORTS DIGESTION

Digestion is an essential bodily process that takes place in the gut. The process involves the body breaking food down into other substances that are then absorbed into the bloodstream or distributed around the body. However, increasing emerging evidence tells us that the

size and complexity of our gut plays a vital role in more than just nutrient absorption; it's also connected to our immune system and general wellbeing.

It is therefore essential that you take your digestive health seriously, and there are many things you can do to assist digestion such as healthy eating and regular exercise. Many of these options can however take time before you start seeing results, so while you wait, consider introducing **Forever Aloe Vera Gel** to your diet. Aloe vera is highly absorbent, and this means it can get to work straight away!

Aloe has been highly acclaimed for its cleansing and purifying properties which is why Forever's **c9** programme revolves around **Forever Aloe Vera Gel**. **Forever Aloe Vera Gel** is Forever's reformulated drinking gel and it now contains a staggering 99.7% pure aloe, and this means it's the perfect digestive aid. The aloe gel used in this aloe drink is carefully hand-filleted and processed within six hours of its harvest which is why it's so pure, plus the final formula is preservative-free and contained in recyclable packaging. Drink 60-120ml of **Forever Aloe Vera Gel** every morning to support gastrointestinal health and to keep your digestive processes in check. This gel is also available in peach (**Forever Aloe Peaches**) or in cranberry and apple flavour (**Forever Aloe Berry Nectar**) if you fancy something a little fruitier.

If you drink **Forever Aloe Vera Gel** daily, did you know that it's now available in a handy tripack? Choose to have three of your favourite flavour by selecting the **Forever Aloe Vera Gel Tripack**, **Forever Aloe Berry Nectar Tripack** or **Forever Aloe Peaches Tripack**, or, if you prefer to mix up your flavours, try the **Forever Aloe Mixed Gel Tripack** and you'll get a bottle of each!

IT IMPROVES SKIN HYDRATION

You can also tackle skin from the inside out with our trusted **Forever Aloe Vera Gel**. Aloe can benefit skin, hair and nails, and since this gel is 99.7% pure, its purifying properties can work from within to give you that aloe glow.

Aloe has also been praised for its ability to elevate skincare thanks to its gentle but powerful ability





to provide natural moisturisation. Did you know that a global survey in 2017 identified that hydration and moisturisation are the most sought after benefits that people look for from skincare? That's why Forever decided to harness the power of aloe and combine it with scientifically-proven ingredients to create products that go above and beyond, and these products actually contain ingredients that enhance the efficacy of aloe!

What better way to increase skin hydration than with an aloe-infused face mask that literally seeps aloe goodness directly into your pores? The global market for face masks is predicted to reach \$8.8 billion by 2021 and we believe the new **Aloe Bio-Cellulose Mask** is going to make a significant impact in its market this year. Unlike traditional masks, this premium fabric mask fuses aloe and seagrass between bio-cellulose fibres to ensure deep moisturisation that penetrates every fine line and wrinkle, soothing and conditioning skin. This environmentally-friendly mask has also been enriched by a moisturising serum of green tea and horse chestnut that rejuvenates dull skin by combatting the signs of ageing and reducing the appearance of redness. This mask is easy to apply and the fibres fuse to the contours of your face. Leave it on for twenty minutes then dispose of it in the garden to add nutrients to the soil. There's no need to rinse your skin after removal, simply rub any

remaining residue into your complexion to unveil soft, supple and radiant skin.

IT SOOTHES IRRITATION

The aloe vera plant has been given many colloquial names over the years. You may have heard it referred to as the 'burn plant', 'miracle plant' or 'first aid plant', and this is because of its innate soothing properties and the fact that it has been used in traditional medicine for thousands of years. Forever has captured aloe at its best in **Aloe Vera Gelly**, a topical gel that is essentially identical to aloe vera's inner leaf, delivering 84% of pure aloe to the skin. This thick gel can be used to safely lubricate sensitive tissue and to calm irritation. Use it on minor irritations to moisturise, soothe and condition skin without staining clothes. Every household and every first aid kit should contain a tube of **Aloe Vera Gelly**!

IT BALANCES YOUR COMPLEXION

Skin is a very sensitive organ which is why a very fine, slightly acidic film sits on its surface. This is known as the acid mantle and it works as a barrier to protect skin against bacteria and viruses. Although fluctuations can occur naturally, sometimes the acid mantle is overly sensitive, and it's thrown completely out of balance. This can be due to harsh cleansers or environmental

exposure. Now, we already know that aloe is an amazing skincare ingredient, and one of the reasons it's so good is because its natural pH is around 5.5, the same pH-value assigned to healthy skin. Aloe also assists other ingredients so that they can absorb into the skin. These natural benefits of aloe, along with the skin-loving nutrients it blesses us with, have inspired Forever's gel-based skincare collection, **Sonya Daily Skincare**. **Sonya Daily Skincare** works to balance combination skin – that's

skin that's sometimes dry, sometime oily, sometimes both and sometime neither (often referred to as 'normal').

Sonya Daily Skincare consists of four gel-based products that work together to balance skin fluctuations. The products can be used by anyone aged 12-45 who is looking for a skincare range that doesn't strip the skin of its natural oils. This advanced skincare range uses gel-encapsulation technology to combine ingredients that would otherwise separate, keeping them tight together until they hit the skin. Once on the skin, these ingredients disperse to where they are needed most, melting into the skin like butter. The collection includes a non-drying cleanser (**Refreshing Gel Cleanser**) that cleans skin with rich antioxidants, an **Illuminating Gel** that enhances your natural glow by brightening skin tone and minimising pores, a **Refining Gel Mask** that deeply moisturises

and balances skin while you sleep, and a lightweight moisturiser (**Soothing Gel Moisturizer**) containing hydrolysed collagen to help improve skin bounce.

It's easy to see why many people adore aloe vera now that you know how it can benefit you, and that's why we're challenging you to put it to the test. **Forever Aloe Vera Gel**, **Aloe Bio-Cellulose Mask**, **Aloe Vera Gelly** and **Sonya Daily Skincare** all contain the very best of aloe's inherent properties, and we guarantee you'll be impressed. Will you take on the challenge?



FEATURED PRODUCTS

- Forever Aloe Vera Gel | code 715
- Forever Aloe Berry Nectar | code 734
- Forever Aloe Peaches | code 777
- Forever Aloe Vera Gel Tripack | code 7153
- Forever Aloe Berry Nectar Tripack | code 7343
- Forever Aloe Peaches Tripack | code 7773
- Forever Aloe Mixed Gel Tripack | code 7333
- Aloe Bio-Cellulose Mask | code 616
- Aloe Vera Gelly | code 61
- Sonya Daily Skincare | code 609
- Refreshing Gel Cleanser | code 605
- Illuminating Gel | code 606
- Refining Gel Mask | code 607
- Soothing Gel Moisturizer | code 608
- C9 | code 475/476

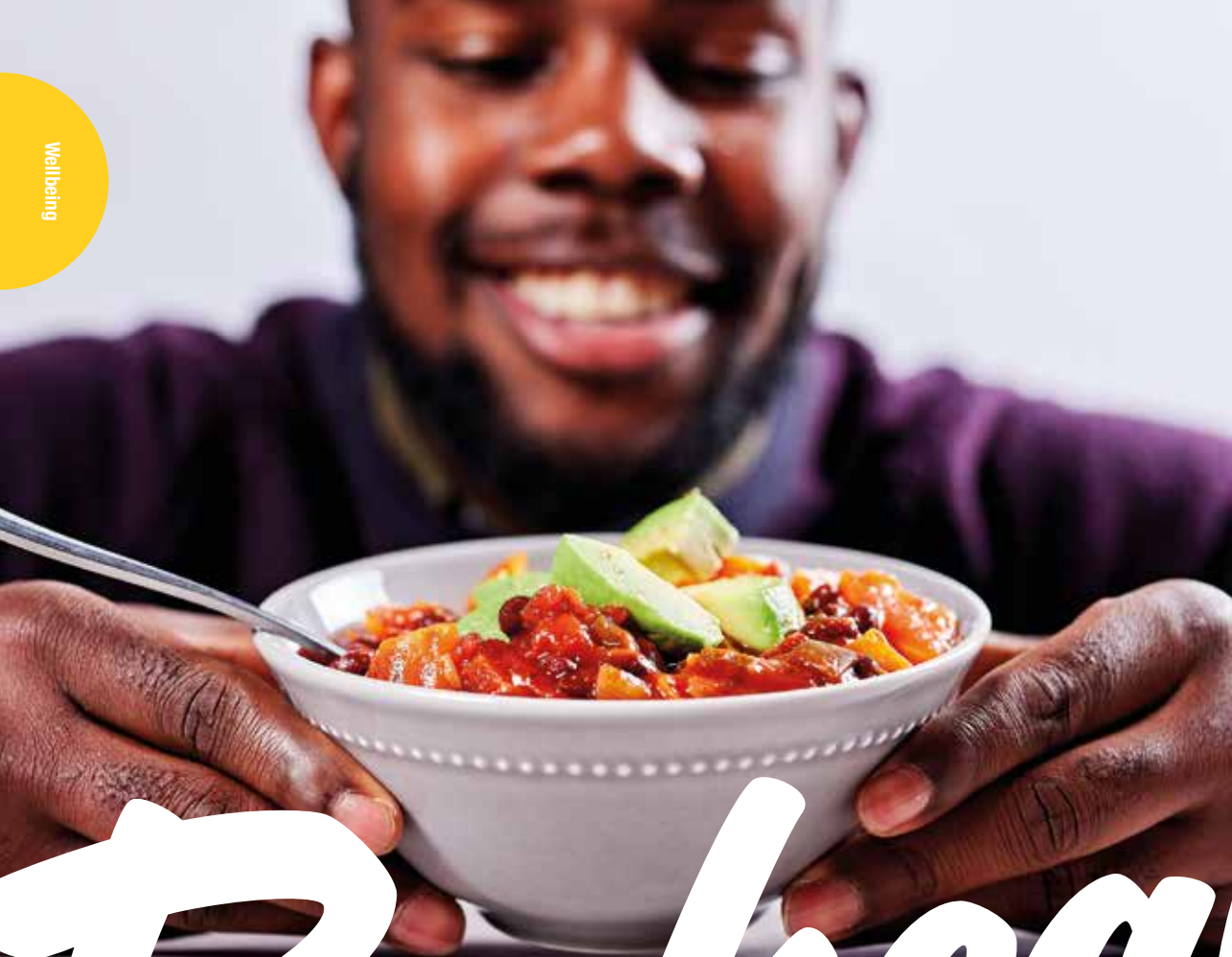
References: IMARC Group¹, a leading market research firm | imarcgroup.com



"The skincare products I use from Forever contain pure aloe, and that means they also contain the inherent properties of aloe. Recently I tried the incredible **Aloe Bio-Cellulose Mask** which was absolutely fantastic. I love special face masks anyway so now that there's one like this from Forever, it's like the cherry on top of the cake! Now I have a complete skincare regime with products I can believe in."

- Kristina Rihanoff





Be healthy

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?

SWEET POTATO CHILLI SOUP (V)

SERVES 6 | 40 MINUTES

INGREDIENTS

- 1 chopped medium white onion
- 3 chopped medium sweet potatoes
- 450g chunky salsa
- 425g black beans
- 480ml vegetable stock

FROM THE CUPBOARD

- 1 tablespoon vegetable oil
- Spice to taste (chilli 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 480ml 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 flavours infuse, just make sure you heat it through before tucking in! If you fancy adding extra nutrients to your chilli, chop up some fresh avocado and sprinkle on top – delish!

with
five
ingredient
meals



ROASTED VEG AND CHICKEN QUINOA

SERVES 4 | 40 MINUTES

INGREDIENTS

- 185g uncooked quinoa
- 185g chopped asparagus
- 2 teaspoons minced garlic
- 85g 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 230°C oven for 25 minutes. While roasting, rinse the quinoa and add it to a saucepan full of water (approx. 480ml). 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 under 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 Quorn, tofu or seitan.

LEMONY KALE AND SPROUT SALAD

SERVES 6-8 | 20 MINUTES

INGREDIENTS

- 450g Brussels sprouts
- 450g curly kale
- 125g chopped walnuts
- 120g grated pecorino Romano cheese
- 60ml 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 175°C 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 flavours 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

- 200g chopped plum tomatoes
- 12 chopped pimento stuffed olives
- 4 white fish fillets (sole, plaice, halibut, 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*



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.



“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

”

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.

Achor points 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 weight, 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 says. “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 flatline,” Achor says. “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 says. “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 twenty-one 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 twenty-one 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.

**BE
grateful
AND give
thanks**



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

- SHAWN ACHOR

”



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 twenty-one 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 says. “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.”

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 says, “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 round 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. 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 says, “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.”

CONNECTIVITY IN PRACTICE:

- **Be the first one to smile when you walk into a tense situation and watch the dynamic shift**
- **Think about new ways to work together with people and share in their success, as opposed to competing with them**
- **Seek out positive, funny and creative people and see what their presence sparks in you**

CELEBRATE THE SMALL WINS AND MAKE THIS YOUR BEST YEAR YET

Your brain receives eleven million pieces of information every second of your life but can only process forty 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 towards 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.

FEATURED PRODUCTS:

ALOE HEAT LOTION | CODE 64

ARGI+ | CODE 473

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

REPLENISH LOST ENERGY

You've conquered the working day and all of a sudden all that appeals is flopping on the sofa. In your head the day is over and all you want to do is sit quietly and have an early night. Aside from the fact there's still many wonderful hours to be explored, life does not stop at 5pm and other commitments demand your attention and energy. While a stressful day can leave you deflated and demotivated, it's important to ensure you don't let it ruin your evening as well. As soon as you are home, reach for **Argi+**; this delicious berry-flavoured energy drink is packed with vitamins like B6 and vitamin C to combat tiredness and fatigue, as well as B12 to wake up psychological functions and vitamin D to help your muscles.

EXPUL 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 energise 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.



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 re-energise, which is why it's important to recognise 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 favourite 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.



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!

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!



Finding your vision

By Brian Mayne

International author and speaker Brian Mayne reveals how you can transform your goals from dreams to reality...

Living on autopilot

Have you ever had the experience of driving somewhere you often go and drifting into a bit of a daydream? Before you know it, you arrive at your destination, yet you can't really remember much of your journey. This happens because your subconscious mind works like your own personal autopilot, doing the driving, walking, cycling, or anything else you do on a regular basis, for you. Maybe you've also had the experience of intending to go somewhere, but you don't strongly picture it in your mind, and instead of taking that important turn you needed, your subconscious autopilot followed an old route that is dominant in your mind, perhaps to a place you regularly used to go like the children's old school, an old workplace, or even an old home. Your subconscious autopilot always follows your strongest thoughts, and often your strongest thoughts are not what you want. Learning how to programme your subconscious autopilot to steer you towards what you want, rather than what you don't want, is the key to success if you want to see change in certain areas of your life. Personally, I've had that autopilot experience many times, but it was only when my life crashed at around 30 years old that I began to understand how my subconscious autopilot worked, and what I learnt after this moment completely changed every aspect of my life for the better.

It's time to re-programme

I had grown up in a travelling funfair family and only went to school for about five months in any year. I dropped out of education completely at 13 with no qualifications and I was unable to read or write properly – this was actually quite normal for funfair children of my generation! As was expected, I started working full-time for my father, helping to run the family's amusement business on the Isle of Wight as well as the travelling funfair. At 19 I took the family

business in a new direction by opening a disco and I became the youngest person at that time to be granted an entertainments and alcohol license. The disco was a huge success, I became very wealthy and life was very good!

Then, around ten years later, everything started to go wrong. Tourism on the Isle of Wight went into decline, the UK economy went into recession and the family business went into bankruptcy. My life changed dramatically, and I soon found myself in a million pounds of debt, divorced, homeless, unemployed, with no qualifications and unable to read or write. My life looked dark and I was scared, but actually this was the beginning of a wonderful new chapter of success.

I found a job in direct sales and I was introduced to the science of positive thinking. When we choose to hold a positive thought in our mind it triggers the release of serotonin, the chemical that gives us a happy feeling, creates a winning attitude and influences powerful behaviours. Serotonin is also the chemical that helps connect the brain cells that enable good ideas and problem-solving, so, by setting goals, we help strengthen our brain cell connections, hold onto bright ideas and follow through our desires.

Once I learnt this simple science and how to set goals correctly, all the areas of my life started improving. I set and achieved a goal to overcome my learning barriers and I taught myself to read and write well when I was 30 years old – this was an amazing achievement for me. My work performance rose from the lowest in the team to the highest and I started teaching others what I'd learnt. I created the Goal Mapping System which uses a unique combination of words and pictures to help activate your whole brain and this has since helped thousands of people around the world.

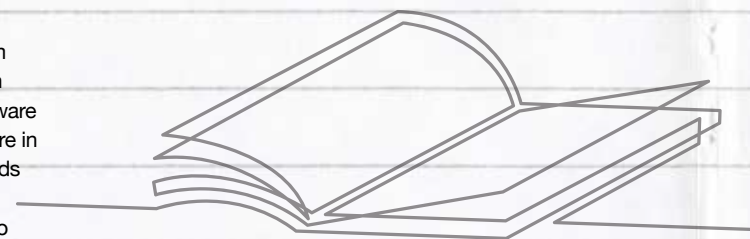


Owning your vision

Whatever your big dream for 2019, whether it's in business, education, sport or wellbeing, the Goal Mapping System can help you follow through and achieve the success you desire. Use the templates in this mag and create your own personal goal map in words and pictures by following the seven simple steps below. You can also create your goal map online and use personal images by using the free goal mapping software at www.goalmapping.com/register.

Step one - dream

What do you want to achieve? We all dream in pictures and we all think in pictures. Even though many people are not consciously aware of it, whatever we think about forms a picture in our mind. These pictures become commands to your subconscious for your future. The starting place of creating the life you want to live is to dream that you're already living it. Let your mind run free – you can do, be or have anything you truly desire. Close your eyes and imagine your life exactly as you wish it to be. Now make a list of what you want to achieve.



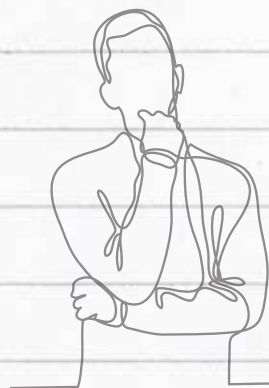
Step two - order

Which goals take priority? Look again at your list and identify your main goal, the one that will automatically assist in the attainment of your other goals once it's been achieved. Now rewrite it using personal, positive and present tense in the centre box marked 'Main Goal' on the 'Left Brain Goal Mapping Template'. Next select four other goals (ideally from different areas of your life) and write them into the boxes marked 'Goal', once again using personal, positive and present tense.



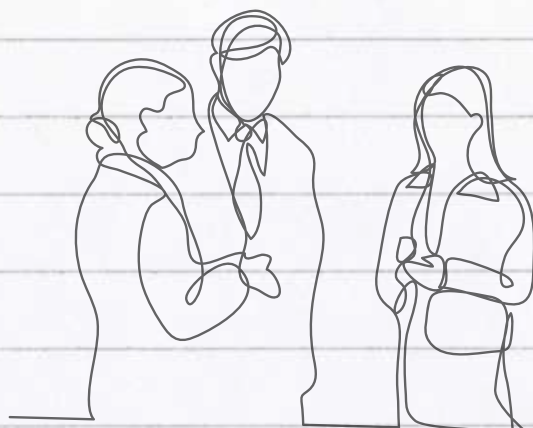
Step three - draw

Communicate your goals to your subconscious by turning them into pictures. This is absolutely vital in order to stimulate your right brain and impress the goals on your subconscious, as drawing is the language of the right brain. It doesn't have to be a masterpiece – stick men or even simple symbols will do, but please use as much colour as possible. Using the 'Right-Brain Goal Mapping Template', place your main goal picture in the centre, with pictures or symbols of your sub-goals on either side.



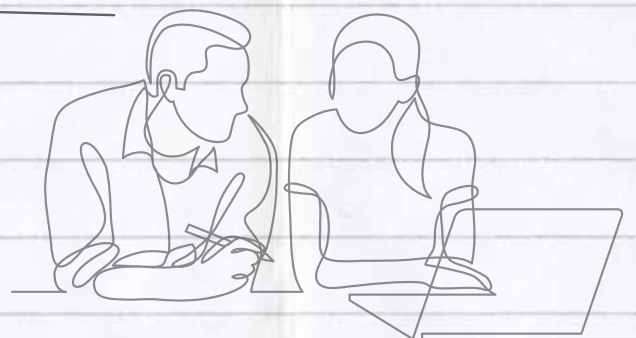
Step four - why?

Identify your emotional drivers. All thoughts are equal until emotion is added as emotion gives a thought its impact and acts as the fuel for motivation. We are never motivated by logic but always by emotion. Your next step is to identify the emotional reasons why you simply must achieve your goals, such as love, freedom or family. Write these reasons in the boxes marked 'Why' on the left-brain template and then draw pictures as before on the right-brain template.



Step five - when?

Define your timeline. Goals without deadlines are just wishes and lack the magic of commitment but it's important to have balance between courage and consideration when choosing a date for your goal. Once you've identified your achievement date, write it in the space below your main goal and then write today's date in the space at the bottom of the page. The two parallel lines connecting the dates act as your timeline.



Step six - how?

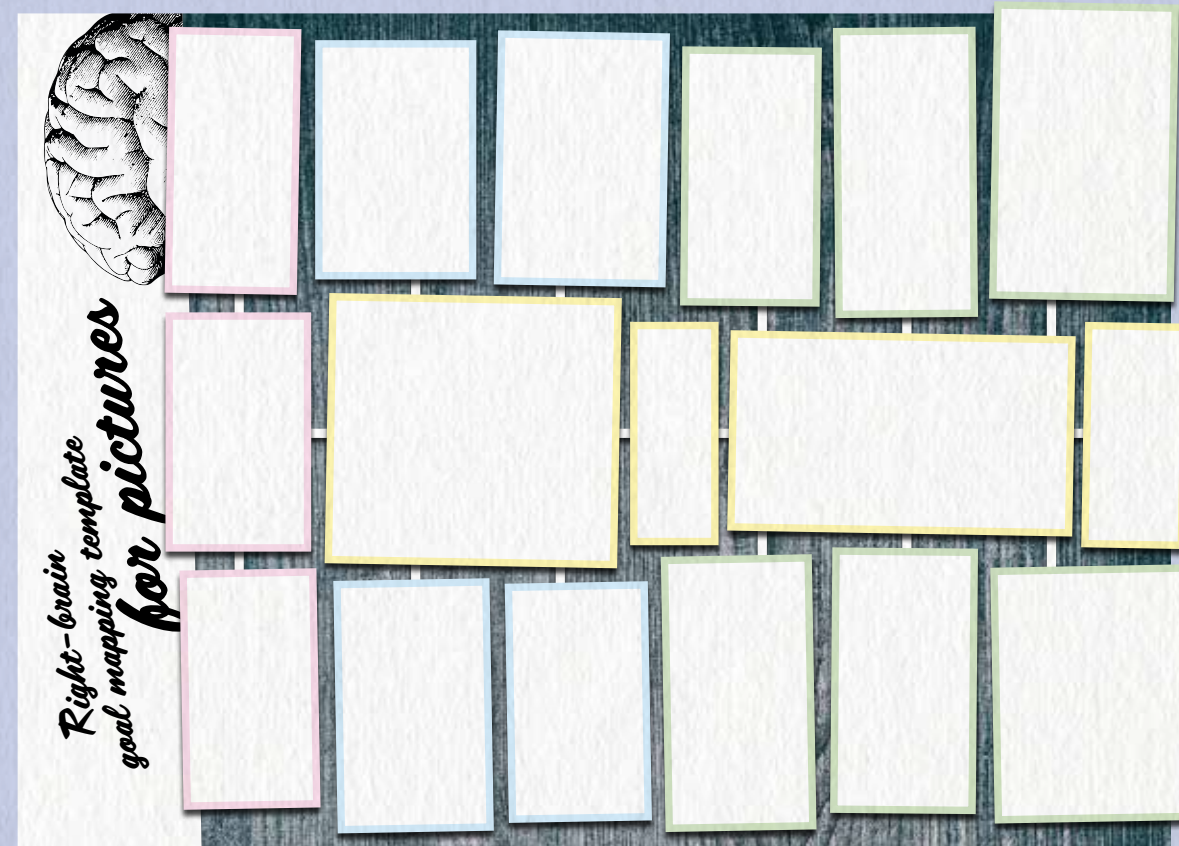
Determine the actions you need to take in order to achieve your goal. This could be studying, saving, or learning new skills. Place them on the branches stemming from the right of the timeline, with those that you can begin soonest at the bottom.



Step seven - who?

Choose the people or organisations that can support you. Any goal worth striving for will almost certainly require the assistance or support of others. Whether it is family, friends or professionals, the chances are you will need some help in achieving your goal. Once you have thought of the people whose help you may need, place their names on branches on the left side of the timeline. Always place the name of the person opposite the step you need help with. Once your left-brain and right-brain goal maps are complete, take a few moments to look at them every morning; this will reinforce them on your subconscious.

You can find out more about Brian Mayne and his work at brianmayne.com. Why don't you use his Goal Mapping System to help you to Be Resolute in 2019? #beresolute



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to your
best self*



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EVERYTHING YOU NEED TO LOOK
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Lifestyle

*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
GOES BEYOND WRITING GOALS ON A LIST;
IT'S ABOUT CHARGING INTO THE UNKNOWN
AND DISCOVERING THAT 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 Kotronaros

*Making history for Greece
at the top of the world*



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 Kotronaros hit the death 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's 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.

"Climbing strikes the right balance of fitness and contact with nature," Panagiotis says. "The thing that really got me with climbing is that you set a specific goal and this triggers the process of handling the single parts of it."

Panagiotis worked with what he had available to him to begin his training. He started running, hiking, swimming and cycling. He was thinking more about nutrition and studied everything he could about the technical aspects of climbing. He sought out sponsors willing to help him get the equipment needed for professional mountaineering.

His first expedition came in 1995 when his group summited Shishapangma in the Himalayas. At 26,289 feet, Panagiotis would get his first taste of the death zone.

"Because it was our very first expedition, we knew it would be a challenging venture," Panagiotis says. "The ever-changing weather conditions, the lack of experience and know-how, the glaciers, the difficulty of the body to adjust to extreme conditions – all those were factors that could cost your life."

That first expedition gave Panagiotis the strength and confidence to keep pushing towards his goal of summing Everest. By 2004, he was not only ready to attempt Everest, he was leading the five-climber Greek expedition.

A MOMENTOUS PUSH THROUGH OVERWHELMING ODDS

On 14th May, 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 realise 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 towards 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 realise there are no limits to what you can achieve."



Around 9am on 15th May, Panagiotis reached the summit of Everest. All five members of the Greek expedition summited that day. The teen 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 forty 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.

Panagiotis's top tip

to help you #beresolute

Mindset is the most important part, be patient and be prepared for the ups and downs that will come your way and be sure that the outcome will prove you right.

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 5 years old. 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 studied various forms of martial arts, devoting himself to his training and envisioning his dream. While his friends were socialising or relaxing after school, Andy was training well into the night. He was passionate and dedicated to the 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 becoming 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 is 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. 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."

Andy's top tip

to help you #beresolute

People thought no one would ever run a four-minute mile but once Roger Bannister broke that barrier, lots of people started doing it! Any goal can be achieved with enough desire, focus, discipline and persistence. If you have a goal, write down a story where you imagine yourself in the future having already achieved your goal. Explain all the things you did to achieve it and everything you gave in return. It makes it more real and ups the belief it will happen. Now follow what you have written.

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 working in an estate agents 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 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 cancelled 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 sceptical 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 scepticism came with her, however, and she was prepared to hear business pitch after business pitch from people just trying to make a sale.

She realised 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 aloe 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 and, with Guandoline's support, she decided it was time to join the business.

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. Every meeting left her feeling more alive and inspired, and pretty soon she was encouraged to share her own experience.

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 story, 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.





The heart of Forever

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NURTURED ALOE

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FOR PEOPLE

FOUNDED ON
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WITH CHARITIES
TO COMBAT
POVERTY

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BEST OF
SCIENCE
AND NATURE

FLEXIBLE
OPPORTUNITY =
TIME FOR WHAT
MATTERS

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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? Well, it probably isn't going to happen from behind your desk!

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!

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...

51%

OF WORKERS
ARE LOOKING
TO LEAVE THEIR
CURRENT JOB

40%

ARE CONSIDERING
EMPLOYMENT
OUTSIDE THEIR
CURRENT COMPANY
WITHIN THE
NEXT YEAR

50%

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

Statistics from a recent Gallup Poll

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 for yourself. That type of bond is hard to come by.

3. Do well by doing good

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

If you can envision yourself working in the nonprofit sector, start by volunteering 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 fulfilment

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.

5. Don't settle for less

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 practise 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.

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 property 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 the while helping others rise alongside you. Is 2019 your time to be brave?

THE TOP FIVE 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?

If you're interested in finding more out about Forever and its business opportunity, speak to the person who gave you this magazine or visit foreverliving.com.



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'm beginning to find it more of a struggle. What would you recommend to help me with my active lifestyle?

A

Naturally occurring chondroitin in cartilage and joints and glucosamine, a sugar and building block of cartilage, can diminish as you age. It could mean that you need to replace what's been lost, so try **Forever Freedom**, an orange-flavoured aloe drinking gel that supports immunity and overall wellbeing. 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®).

Social Spotlight...



Featured products: **Forever Fast Break** | code 520, **Forever Move** | code 551, **Forever Freedom** | code 196, **Aloe MSM Gel** | code 205

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