



# BRAND PARTNER GETTING STARTED WITH 7 IN 7

## FIRST 7 DAYS CHECKLIST

- ☐ 1. First Things First – Understanding the Power of What We Have
- ☐ 2. Most Important – Learn to Tell your Story in a Minute or Less
- ☐ 3. Rise Workbook
- ☐ 4. Names List Worksheet
- ☐ 5. Build Your Belief
- ☐ 6. Plan to Launch
- ☐ 7. Join Communication Channels
- ☐ You're Finished! Time for your Graduation Call with your Sponsor!



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# FIRST 7 DAYS CHECKLIST

It's easy - 17 minutes a day for 7 days - anyone can do it!

## FIRST THINGS FIRST

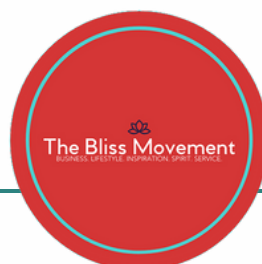
- ☐ Schedule a call with your Sponsor 7 days from your enrollment date so you are set up to win from the get go!  
Trust us you'll want to finish your checklist and the Graduation Call so that you receive a Team Bliss "Surprise and Delight" in the mail.

This business is an emotional one! You will experience many peaks of excitement and you may experience some low moments too. This is NORMAL! What's not normal is getting scared or overwhelmed and NOT sharing your feelings with your Sponsor.

- ☐ Make a pinky promise right now to yourself that if any negative emotions arise during your first 7 days you will get in touch with your Sponsor ASAP! They will support you and help get you back on track! We've all been there. We believe in you and are excited for your journey with us.



I agree to call/text my Sponsor anytime I have a negative emotion!



# FIRST 7 DAYS CHECKLIST

It's easy - 17 minutes a day for 7 days - anyone can do it!

## Let's GET STARTED!

### 1. UNDERSTANDING THE POWER OF WHAT WE HAVE

- ☐ Watch the “Unstink Your Life” video (4.29 minutes) at [www.TeamBliss.com/Unstink](http://www.TeamBliss.com/Unstink)
- ☐ Using the “Dirty Dozen” sheet (page 5) go grab your 5 favorite products in your home that are NOT Young Living.  
(One from your bathroom counter, shower, kitchen sink, laundry room & household cleaning stash).

- ☐ What's hiding in your products?  
Write down 3 things that surprised you about your personal & home care products.
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_

Keep this list - you will talk about your discoveries when you host your own class.

- ☐ If you haven't already, take the Product Swap at [www.TeamBliss.com/Swap](http://www.TeamBliss.com/Swap) Using your product swap results, create your next 3 month's Subscribe to Save orders.  
Fill in your top Wish List products for the next 3 months here.

#### Month 1

<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....

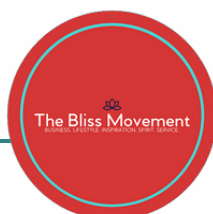
#### Month 2

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<input type="checkbox"/>	.....
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<input type="checkbox"/>	.....

#### Month 3

<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....
<input type="checkbox"/>	.....

- ☐ As a customer you may have already added the FREE Life Steps App but if you haven't yet this is the a great time to head over to your App store and download it now.

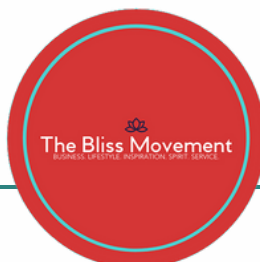


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# FIRST 7 DAYS CHECKLIST

- ☐ **2. MOST IMPORTANT –LEARN TO TELL YOUR STORY – in a minute or less.**  
Grab the outline on page 6 to create your story.  
Send an audio text of your story to your sponsor EVERY DAY for 7 days. Each day it will get easier! They will give you feedback to help you NAIL your story so you feel confident by day 7. If you don't know how to send an audio message ask your Sponsor.  
Remember, you're only sharing your story with your Sponsor until Graduation Day!
- ☐ **3. RISE WORKBOOK**  
Turn to pages 7, 8 & 9 and complete these pages from the RISE workbook.  
We encourage you to share your answers with your Sponsor by taking a picture and sending it to them via text or email.
- ☐ **4. NAMES LIST WORKSHEET**  
On page 10 make your list of the 10 EASIEST (Mom and Dad, family members, besties) and 10 BEST people you can invite (people you would LOVE, LOVE, LOVE to work with but might be nervous to ask).
- ☐ **5. BUILD YOUR BELIEF**  
Register for this free resource and choose ONE Road to Diamond call to listen to:  
[www.road2diamond.com](http://www.road2diamond.com)  
This will help you understand what's possible for YOU! Via text, share with your Sponsor what you discovered as you listened. Make sure to bookmark this link as it will be a staple in your journey with Young Living.
- ☐ **6. PLAN TO LAUNCH**  
Set your Ditch and Switch class date, time and location. Don't worry! Your Sponsor will go over all the details on your Graduation Call.
- ☐ **7. JOIN THESE COMMUNICATION CHANNELS**
  - **Team Bliss Facebook Group:**  
<https://www.facebook.com/groups/teamblisstribes>
  - **A Whole Lot More Than Just Oils Facebook Group:**  
[www.facebook.com/groups/awholelotmorethanjustoils](http://www.facebook.com/groups/awholelotmorethanjustoils)
  - **Weekly Team Huddle** –This is a weekly zoom meeting every Monday at 6pm PST/9pm EST at: [www.TeamBliss.com](http://www.TeamBliss.com)/Class Password: bliss
  - **OPT IN for Team Bliss text Updates & Reminders**  
text: TEAMBLISS to: 801 405 9525 (USA & Canada)

Congratulations, you did it!  
Time for your Graduation Call with your Sponsor!



# 12 Toxic Chemicals Hiding in Your Home



## The "Dirty Dozen" of Personal Care & Household Cleaning Products



**BHA and BHT:** Endocrine Disrupter Carcinogen, Bioaccumulation  
Used Mainly in cosmetics as preservatives



**Coal Tar Dyes:** Carcinogen and heavy metal toxin  
In processed foods, lipstick, hair dyes



**DEA - Related Ingredients:** Carcinogen and heavy metal toxin  
In processed foods, lipstick, hair dyes



**Dibutyl Phthalate:** Endocrine disrupter and reproductive toxicant  
Used in nail care products



**Formaldehyde-Releasing Preservatives:** Carcinogen  
Used in cosmetics as preservatives



**Parabans:** Endocrine disruptor, may interfere with male reproduction  
Used in cosmetics as preservatives



**Fragrance:** Carcinogen, Neurotoxicity, Allergies and sensitivities  
Use in cleaning supplies and beauty products



**PEG Compounds:** Can be contaminated with 1,4-dioxane - may be a Carcinogen  
Used mainly in cosmetics as preservatives



**Petrolatum:** Carcinogen  
Used in hair products for shine, moisture barrier in lip balm and lipstick



**Siloxanes:** Endocrine disrupter, reproductive toxicant  
Use in cosmetics to soften, smooth and moisten



**Sodium Lauryl Sulfate:** Carcinogen  
Used mainly in foaming cosmetics, shampoos, cleansers and bubble baths

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### Side Effects of Toxic Chemicals are known to:



- Disturb hormone function
- Lead to cancer
- Trigger allergies, asthma long-term and headaches
- Impact fertility
- Damage kidneys
- Contribute to hyperactivity and ADD/ADHD

How many of the dirty dozen did you find in your favorite products?

# Your Story

Until you graduate...only share your story with your Sponsor. Once you've completed this worksheet, take a picture and send it to your Sponsor.

1

What was the problem that had you say YES to Young Living. Identify it.

- Was it a money thing?
- A time thing?
- A health thing?
- Looking for low-tox solutions?

(Remember, you can not make medical claims)

You will always start with this problem! People will lean in when you share this concisely.

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2

What does Young Living have that solves that problem?

- A certain product?
- A person who inspires you in Young Living?
- A glimpse of what you could create financially?

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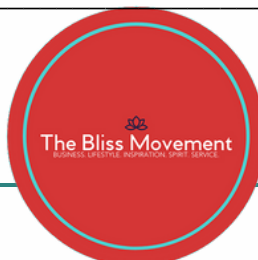
What are you planning to build with Young Living?

- Is it alongside your current job, which is \_\_\_\_\_?
- Just trying to get your products for free?
- Community?

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# CONDUCT SUCCESS HOT WORDS

Wondering which words to avoid when promoting and selling Young Living products? In order to help all Young Living members remain compliant with federal regulatory authorities, we compiled a list of hot words to avoid when promoting and selling Young Living products. Please remove all of these words and any implications, restatements, or descriptions of them from personal websites and business websites used to promote and sell Young Living products. Also, remember to review any social media platforms you use, including Facebook, Twitter, Instagram, YouTube, Pinterest, blogs, or any other marketing pages you produce or control.

This is not an all-inclusive list, so if you have any questions about other words or claims, please see section 5.3 in the Policies and Procedures for more information or contact our Conduct Success team at [conduct@youngliving.com](mailto:conduct@youngliving.com). For more educational tools and resources, follow the Conduct Success team on Facebook.

Acne	Cough*	Obsessive-Compulsive Disorder (OCD)
Attention- Deficit/Hyperactivity Disorder (ADD, ADHD)	Chronic Obstructive Pulmonary Disease (COPD)	Over the Counter (OTC)
Allergies	Cysts	Pain*
Alzheimer's	Depression	Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANDAS)
Antibiotic	Diabetes	Planter Fasciitis
Anti-Inflammatory	Eczema	Prescriptions
Antiseptic	Fever	Post-Traumatic Stress Disorder (PTSD)
Anxiety	Fibromyalgia	Rosacea
Arthritis	Flu	Scars
Asthma	Headache	Sciatica
Autism	Heartburn	Shingles
Burns	Hypothyroid	Sickness
Bursitis	High Blood Pressure	Sore Throat*
Candida	Hyperthyroid	Stomachache
Carpal Tunnel	Irritable Bowel Syndrome (IBS)	Vertigo
Cholesterol	Illness	Virus
Chronic Fatigue	Infection	Wounds
Cold*	Infertility	
Comparison or Substitute for Any Over-the-Counter or Rx Drugs	Insomnia	
Congestion	Lyme Disease	
Constipation	Migraine	
	Nausea	

\*These words may be used only to promote and sell Young Living products with over-the-counter labeling such as Young Living's Thieves<sup>®</sup> Cough Drops and Cool Azul<sup>®</sup> Pain Relief Cream. Please refer to the product label for proper use. This educational tool is consistent with labeling requirements for the United States only.





## 01: LIVE IT

# What's your inspiration?

To live a life of purpose, it's important for you to understand what inspires you. What is your purpose? What is the cause or belief that drives you? Why do you get out of bed every morning? What sets you apart from everyone else? Your driving force, or why, is what inspires you to take action. Let's start by helping you hone in on your unique inspiration.



What inspired you to become a business builder?

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What are your top three passions in life?

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What do you love about Young Living and Young Living products?

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Why do you want to share these products with others?

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What does success look like to you?

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What would success mean to your family?

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What life will you create?

How will you feel?

Six months \_\_\_\_\_

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One year \_\_\_\_\_

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Two years \_\_\_\_\_

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Using your answers from above, think of one sentence that defines your why.

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(Hint: If it makes you emotional, you've nailed it.)

### ACTION



Share your inspiration with someone close to you  
(spouse, friend, family, enroller, support team).



## Values that inspire

As you build your business, it's important to stay true to who you are. After all, it's what will attract others to you. Use this list of values to figure out the five core values that are most important to you. These values become your guiding principles in how you treat others and conduct yourself in your business.

Abundance	Discipline	Integrity	Stability
Achievement	Effectiveness	Knowledge	Status
Adventure	Excellence	Love	Success
Authority	Fairness	Loyalty	Tolerance
Beauty	Family	Peace/Tranquility	Tradition
Be of Service	Financial Well-Being	Perfection	Trust
Change	Freedom	Personal Growth	Truth
Commitment	Fun	Power	Wisdom
Communication	Generosity	Punctuality	_____
Compassion	Good Health	Relationships	_____
Competition	Happiness	Religion/Spirituality	_____
Cooperation	Harmony	Resourcefulness	_____
Courage	Honesty	Safety	_____
Creativity	Humor	Simplicity	_____
Decisiveness	Independence	Sobriety	_____



**My top five core values are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

**Reflection:** Now take a moment to reflect on the Young Living products, culture, business, and community. Where are your core values affirmed?

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### ACTION



Display your top five core values where you can see them every day, like in your office, car, bathroom, etc. Share them with your enroller or support team as well. When you're faced with a decision, ask yourself, "Am I being true to my values."

# YOUR FIRST TWO GOALS IN BUILDING

**\*FIRST AS A STAR**

**\*NEXT AS A SENIOR STAR**

COMPENSATION PLAN				
QUALIFICATIONS	BRAND PARTNER		STAR	SENIOR STAR
PV	50	100	100	100
OGV			500	2,000
PGV				
LEG (VOLUME PER EACH LEG) OGV				
COMPENSATION	UNILEVEL COMMISSION PERCENTAGES			
LEVEL 1		8%	8%	8%
LEVEL 2		5%	5%	5%
LEVEL 3			4%	4%
LEVEL 4				4%
LEVEL 5				

YOUNG LIVING OFFERS FAST CASH BONUSES WITH THE SILVER BOUND PROGRAM WHEN YOU MAKE CERTAIN MILESTONES WITHIN CERTAIN TIME PERIODS.

OUR GOAL IS TO HELP YOU HIT SENIOR STAR WITHIN YOUR FIRST 3 MONTHS. BY DOING THIS YOU EARN AN ADDITIONAL **\$275** FAST CASH

(\$25 of that for hitting STAR on the way)

FROM SENIOR STAR YOUR **SPONSOR** WILL HELP YOU UNDERSTAND GETTING TO THE NEXT RANK OF EXECUTIVE.

IF YOU WANT TO JUMP AHEAD, WATCH THE FULL SILVER BOUND TRAINING HERE:

Reflect on your goal conversation with our Sponsor on your Graduation Call.

[www.TeamBliss.com/SilverBound](http://www.TeamBliss.com/SilverBound)

## ACTION



Share your first goal and date with your **Sponsor** or upline support team so they can help you achieve it!

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# Your 10 + 10 Names List



List the 10 easiest people to invite (Mom & Dad, Family members, Besties)

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List the 10 people you would LOVE, LOVE, LOVE to work with but might be nervous to ask!

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