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FOREVER

 GHANA  SIERRA LEONE  LIBERIA



In This Edition

Secrets of
Success

Global
Rally
2014

Importance
of digestive
health



Every Second Counts

Our Forever Family is all over the world. Every time I visit another country, I am blessed to be able to seize every moment of the trip and experience it to the fullest. Just as our Distributors maximize their time with efficient planning and leadership, I am inspired to make every minute of my visits worthwhile. Something I have noticed about our top Distributors is that they do not take time for granted. They truly feel passionate about living life to the fullest and treasure time as their most important resource. I have seen the energy and enthusiasm from our Forever Family at every event, and it inspires me greatly. Making the most of your time is truly the key to reaching your goals, whether you want to explore the world, or reach new Distributors. Are you taking full advantage of how you spend your time? Even a few extra minutes can make a difference if you use them properly. Plan how to use this extra time to your advantage and follow through! A few minutes might not seem like a tremendous amount of time, but when you are prepared to use that time effectively by making a phone

call or a connection with someone in your downline, those minutes add up, and so do the successes! When we use every minute of the day to accomplish our goals and experience life, we can express true appreciation for our opportunities. Emily Dickenson reminds us that "Forever is composed of nows." This is true of our lives and our Forever opportunity. Some of my best experiences have been on the way to the airport, in what could have been wasted time. Unforgettable moments can happen anywhere, at any time. Success comes to those who seize every opportunity. Each day has the potential for greatness, so remember to SMILE and treasure every minute

Forever Yours,

Rex Maughan
Chief Executive Officer





Unleash the POWER Within You!

Challenges

Over the past few months, we have encountered several challenges in our personal and national lives. We have had to deal with economic issues with the downward spiralling of our national currency, the Cedi, the escalating cost of water and electricity tariffs, fuel price hikes and major health issues arising from the outbreak of cholera and the Ebola scourge in the West African Sub region. These hydra-headed problems have resulted in a very difficult business climate.

In the face of these seemingly intractable challenges, it is very easy for some distributors to fold their arms and give up. Indeed, some distributors have been overwhelmed by these challenges and capitulated. However, it is in times like these that great people emerge on the scene. These are people who refuse to be cowed into submission by their circumstances; they know what they want out of life and do what is required to achieve them. It is in times of adversity that many breakthroughs are made. In fact, it is often said that 'necessity is the mother of all inventions'.

Even when you fail at a particular task, there is absolutely no reason for you to consider yourself a failure. As Les Brown puts it, "failure is not a destination. It is an invitation to unforeseen victories". Someone once said that a person, who has never failed, has never done anything. Make failure your vitamin. When you fall, especially when it hurts, be willing to pick yourself up, dust yourself off and get back in the game. You are not competing against anyone, not even yourself. Life is not a sprint. It is a marathon. Are you in it to win it?

Reject your fears. Fear is just an emotion, nothing more. It cannot hurt you, but it can stop you from achieving your goals if you let it. Face your fears head on, instead. It doesn't matter that some people are laughing behind your back...glad to see you fail, smiling in your face, while pretending to be your

friend. You are not your mistakes, your failures, or your disappointments. Beware; things will happen that you are not prepared for. Regroup; go back to the drawing board and come back with a different strategy. Every day you have the opportunity to re-launch, revive and to reinvigorate your dream. You are more powerful than you realize! Dig in, challenge yourself and hold the vision. You have GREATNESS within you! You simply need to unleash the POWER within you.

When confronted with challenges, the legendary motivational speaker, Jim Rohn advises that, "Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenge, wish for more wisdom". This means that we have to make a conscious effort to attend company training sessions and endeavour to utilise all the training materials and tools available online and at our various offices.

The need to acquire more skills and knowledge becomes more compelling as your business expands. Indeed, as your business grows, so will the demands on your skills, knowledge and experience from your team also grow. To be able to add value to your team and be the best upline you can be, you need to constantly sharpen your skills. You can do so through effective listening, reading, observing life keenly, teaching and practicing what learn.

As an independent distributor of Forever Living Products, you must never forget that you are the CEO of your team. This means that you must at all times take full responsibility for your business and the results that your business generates. Critically, you ought to see yourself as the President of your own sales company. You must unflinchingly accept 100% responsibility for the success or otherwise of your business. Never ever blame some other distributor or the FLP office. The authority to unleash the POWER within you is all yours. You control it. The levers are in your hand!

You have the power to live an extraordinary life or to live a life of misery. It's all up to you.

Global Rally

We have only a few months left for distributors to qualify for the Global Rally in Singapore next year. It is an all-expense paid gathering of great minds from around the world in an exotic location to learn, share ideas and build networks amidst awesome entertainment. The last Global Rally in London this year was simply breathtaking with 20,000 distributors in attendance. Every distributor therefore needs to work extra hard to generate the requisite case credits to qualify for this fantastic trip. To qualify for this incentive, a distributor must accumulate a minimum of 1,500cc from January 1st to December 31st 2014.

Eagle Manager Incentive

As we are all aware, the race to qualify for next year's Eagle Manager Incentive in Cancun, Mexico is still on. It's running from May 1st 2014 to April 30th 2015. To qualify, you must be a Manager, be active with 4cc, be leadership bonus qualified every month of the period and accumulate 720cc including 100cc from new personally sponsored downlines with 2 of them achieving Supervisor status during the qualification period. If you work hard, you can definitely qualify for this all-expense paid exotic vacation for you and your spouse or guest.

Smile

How many times have you smiled today? If you can count the number of times on your fingers, then you haven't smiled enough today. Let's continue to smile and be cheerful at all times so you can attract success to yourself. Keep up the spirit of Forever and fly high the flag of Forever!

Dinah & Michael Boafo

Country Manager

Move Up

LIST 2014 FEBRUARY

Managers

1. TOAH, WILLIAM AND AHWIRENG, FAUSTINA
2. ABU BAKARR KANNEH & NALLO ELIZABETH
3. ZACHARIA KAMARA

Assistant Managers

1. MONICA KANLAWIBA
2. ABASS ZAKARIA & ABASS ASIATU
3. ELIZABETH WILSON ISATU
4. MARIAN GUDIE KPUNDEH & GODRED DANQUAH

Supervisors

1. SAMUEL ASANTE
2. PETER CHUKWUNALU ENELUWE
3. MILLICENT AMANDOH
4. BENJAMIN ANGENU
5. JOSEPHINE AGBEMADU
6. BENEDICTA YAWA GBORTSU & MARYANN YAYRA
7. AGNES ABA ABAKAH
8. JENEBA SUSAN KALLON & JOSEPH BOB KPOSOWA
9. KADAY NETTEH KAMARA & MOHAMMED SHEKU TURAY
10. BAKKAR SACCO ABU
11. MARY ABA OSEI-BAIDOO
12. DAVID SANTIGIE KARGBO
13. ESTHER AMA ADOMA SEKYI

Sponsor

1. ERIC ODEI WIAFE
2. FEIMATTA KANNEH DOE
3. ABU BAKARR KANNEH



Sponsor

1. WILLIAM TOAH
2. MONICA KANLAWIBA
3. ZACHARIA KAMARA
4. AGNES ANN WAIRIMU GITU



Sponsor

1. EMMANUEL KOFI AHU
2. SAMUEL ASANTE
3. PETER CHUKWUNALU ENELUWE
4. ISRAEL HANSEN AYERTEY
5. MILLICENT AMANDOH
6. JOSEPHINE AGBEMADU
7. LIGHT KWESI OFORI
8. ABU BAKARR KANNEH
9. ELIZABETH WILSON ISATU
10. ZACHARIA KAMARA
11. CHARLOTTE SEKYI
12. KADAY NETTEH KAMARA
13. CHARLOTTE SEKYI



LIST 2014 MARCH

Managers

1. ELIZABETH WILSON ISATU
2. MARIAN GUDIE KPUNDEH & GODRED DANQUAH

Assistant managers

1. KADAY NETTEH KAMARA & MOHAMMED SHEKU TURAY
2. DAVID SANTIGIE KARGBO

Supervisors

1. KOFI MATHEW DADZIE
2. DUKE CHARLES NKURUMAH APPAIH
3. MERCY SACEY & WILLIAM SACEY
4. ABRAHAM BENSON
5. SAMUEL OBODAI
6. MABEL SARPOMAAH
7. MAGDALENA EFUA WALKER
8. THOMAS EWUSI QUAYE
9. JOYCELYN TANDOH & DAVID NAAWU
10. PRINCE KWESI ANNAN
11. BERNARD YAMOAH
12. ADOLF KOFI YAWENEY
13. MILLICENT EDEM ZORANU
14. DUNSTANT ERIC WILLIAMS
15. ESTHER THERESA TURAY & MUSTAPHA BAMORIE
16. SAMUEL MOMOH BAWGURA & BAWGURA ISATU

SPONSOR

1. ZACHARIA KAMARA
2. AGNES ANN WAIRIMU GITU



SPONSOR

1. ELIZABETH WILSON ISATU
2. KADAY NETTEH KAMARA



SPONSOR

1. ISHAQUE KWEKU MENSAH
2. KOFI MATHEW DADZIE
3. GEORGE LIHO APAU
4. ERIC DJABATEY
5. ABRAHAM BENSON
6. AYIQUAYE EDMUND ARYEE
7. DUKE CHARLES NKURUMAH APPAIH
8. BRIGHT MENSAH
9. MAGDALENA EFUA WALKER
10. THOMAS EWUSI QUAYE
11. PRINCE KWESI ANNAN
12. BERNARD YAMOAH
13. ADOLF KOFI YAWENEY
14. BAKKAR SACCO ABU
15. DAVID SANTIGIE KARGBO
16. DAVID SANTIGIE KARGBO



Move Up

LIST 2014 APRIL

Managers

1. KADAY NETTEH KAMARA & MOHAMMED SHEKU TURAY
2. DAVID SANTIGIE KARGBO

Assistant managers

3. PEACE CHIDINMA OKEOMA
4. MAUREEN ADAKU OKEOMA & INNOCENT OKEOMA
5. FATIMA TAQI & AGYEMAN TAQI
6. BAKKAR SACCO ABU
7. LUCY ROSABELLA PEELER

Supervisors

1. GODWILL DOCTOR ODAME TANDOH & ADWOWA
2. VINCENT MENSAH
3. ROBERT AYERE DALTON & ALLIA SHAMSEBBINE
4. ALFRED MOHAMMED MULLAI & LOWMBE SELY
5. JULIANA KAMARA
6. FRANCIS PESSIMA LAMBOI & OLABISI HENRIETTA
7. EDWINA AUDREY DURING
8. RUKIATU KORNYA KAMARA & ABU GASKIN KAMARA
9. ABIBATU BARNES & FANIEH BARNES
10. JUSTINE NEN-NOME
11. SAO MARY SEIWOH & CHRIS JUNIOR LANSANA
12. AMINATA JALLOH
13. WILLIETTE MIRIAM LAWSON & MAURICE ABOU
14. ROSAMOND IYATUNDE JONES-WILLIAMS
15. JOSPHINE COLE MOFORLORUNSO
16. EMMA SEKYI & NOAH OSEI
17. MANSARAY ADAMA & MANSARAY ABASS

Sponsor

1. ELIZABETH WILSON ISATU
2. KADAY NETTEH KAMARA



Sponsor

1. DAVID CHIBUIKE ONYESO
2. PEACE CHIDINMA OKEOMA
3. CORA MCKEOWN
4. ZACHARIA KAMARA
5. AGNES ANN WAIRIMU GITU



Sponsor

1. JOYCELYN TANDOH
2. GABRIEL KWAME AGBOVE
3. ZACHARIA KAMARA
4. ELIZABETH WILSON ISATU
5. ROBERT AYERE DALTON
6. JULIANA KAMARA
7. DUNSTANT ERIC WILLIAMS
8. AGNES ANN WAIRIMU GITU
9. SAMUEL MOMOH BAWGURA
10. GLADYS NEN-NOME
11. EDWINA AUDREY DURING
12. ALFRED MOHAMMED MULLAI
13. LUCY ROSABELLA PEELER
14. DUNSTANT ERIC WILLIAMS
15. LUCY ROSABELLA PEELER
16. CHARLOTTE SEKYI
17. ROAR HAMRE



LIST 2014 MAY

SENIOR MANAGERS

1. KAMARA, ZACHARIA
2. WAIRIMU GITU, AGNES ANN

MANAGERS

1. ABU, BAKKAR SACCO
2. NETTEY, MARK JUSTICE AND BEATRICE SEFAK
3. PEELER, LUCY ROSABELLA
4. TAQI, FATIMA, AGYEMAN
5. WILLIAMS, DUNSTANT ERIC

ASSISTANT MANAGERS

1. REINDORF BAAH
2. SARAH AMA ANDOH
3. NUHU ZAK
4. NAOMI YEBOAH
5. GODWIN KWABENA ASUBONTENG
6. RICHMOND DANSO
7. BEATRICE OFORI
8. JUSTICE ASMAH OTOO
9. JANET AMOANIMAH AGGREY & AUGUSTINE ATTA
10. RAFATU NAA AYEELEY ARMAH
11. ROBERT AYERE DALTON & ALLIA SHAMSEBBINE
12. SAMUEL MOMOH BAWGURA & BAWGURA ISATU
13. EDWINA AUDREY DURING
14. BRIDGET KLUTSE & GODWIN HESSE

SPONSOR

1. ABU BAKARR KANNEH
2. ROAR HAMRE

SPONSOR

1. ZACHARIA KAMARA
2. VERA ESIME ASIMENU
3. AGNES ANN WAIRIMU GITU
4. CORA MCKEOWN
5. BAKKAR SACCO ABU



SPONSOR

1. PROSPER K MENSAH
2. REINDORF BAAH
3. SARAH AMA ANDOH
4. NUHU ZAK
5. NAOMI YEBOAH
6. GODWIN KWABENA ASUBONTENG
7. RICHMOND DANSO
8. BEATRICE OFORI
9. JOSEPH AMOQUANDOH
10. JUSTICE ASMAH OTOO
11. ZACHARIA KAMARA
12. DAVID SANTIGIE KARGBO
13. DUNSTANT ERIC WILLIAMS
14. MARK JUSTICE NETTEY



Move Up

LIST 2014 **MAY**

SUPERVISORS

1. CLARE ALANGEA KANYOKE E. & BRUCE KANYOKE
2. NURUDEEN A RAUF ALIDA
3. ABDUL MANANU MOHAMMED & ZILKER
4. PRISCILLA MANKO LARTEY
5. BEATRICE ESAABA KAMASA
6. MILLICENT MAKU KWETEY
7. MOSES ABAYATEYE
8. BRIGHT FIATUXO
9. GYAN FERDINAND ABRAHAM
10. UBaidatu BASHIRU
11. NOAH ASIGBEY
12. JAMES ADJABEN
13. REUBEN DORWODOE
14. FRANCISE MENSAH MORKLI
15. MABEL EDZOR
16. EMMANUEL AZAGLO
17. KOFI JAMES ALANDU & ESTHER COLETTE ALANDU
18. MELVIN COLE CAMPBELL
19. MARIE KAMARA & SORIE KAMARA
20. JUNISA JONATHAN M VANDI
21. SHOLER KADIJATU
22. JULIANA KAMARA
23. GABRIEL IBRAHIM KANNEH & JANET
24. JAMES JULIAN BOYE-CAUCKER
25. PHILIP OFOSU YAW & OFOSU MARGARET
26. JAMILA NUHU & SAHID MUSTAPHA IDDRISU
27. JOSEPH AUGUSTUS A KARGBO
28. CHRISTIANA AGNES ONYX-FANGOWA & LAWRENCE
29. ANABEL EMOMOTIMI PARM
30. AGNES MAGALINE COLE
31. ABDUL RAHMAN SHOUR & BINTA JALLOH
32. KELLY HAJANATU & KELLY PATRICK
33. ISAAC BERKYE ANTWI & RITA DOE KLUTSE
34. PATRICIA KLUTSE
35. AGNES SEYRAM KLUTSE & CARLOUS DE GRAFT
36. PATRICK SELASI KLUTSE & BELINDA KLUTSE
37. ABDUL RAHMAN Z DEEN NEINLAND

SPONSOR

1. KOFI JAMES ALANDU
2. ABDUL-KARIM TAHIRU
3. NURUDEEN A RAUF ALIDA
4. DAVID KAKU
5. PRISCILLA MANKO LARTEY
6. BENJAMIN ANGENU
7. MILLICENT MAKU KWETEY
8. BEATRICE ESAABA KAMASA
9. MOSES ABAYATEYE
10. BRIGHT FIATUXO
11. RAFATU NAA AYELEY ARMAH
12. NOAH ASIGBEY
13. JAMES ADJABEN
14. REUBEN DORWODOE
15. UBaidatu BASHIRU
16. FRANCISE MENSAH MORKLI
17. EDMOND CODJO HOUNKPONOU
18. ESTHER THERESA TURAY
19. ABIBATU BARNES
20. SAO MARY SEIWOH
21. JOHN HAGAN
22. FRANCIS PESSIMA LAMBOI
23. JUNISA JONATHAN M VANDI
24. WILLIETTE MIRIAM LAWSON
25. MABEL EDZOR
26. MARK JUSTICE NETTEY
27. AGNES ANN WAIRIMU GITU
28. MELVIN COLE CAMPBELL
29. ROSAMOND IYATUNDE JONES-WILLIAMS
30. GABRIEL IBRAHIM KANNEH
31. ABU BAKARR KANNEH
32. AGNES ANN WAIRIMU GITU
33. BRIDGET KLUTSE
34. ISAAC BERKYE ANTWI
35. PATRICIA KLUTSE
36. AGNES SEYRAM KLUTSE
37. KELLY HAJANATU



EARNED INCENTIVE QUALIFIERS

MARCH 2014

LEVEL 1

AGNES ANN WAIRIMU GITU

APRIL 2014

LEVEL 1

KAMARA, ZACHARIA

LEVEL 2

AGNES ANN WAIRIMU GITU

Top 10

TOP 10'S FEBRUARY

DISTRIBUTORS (PERPETUAL CC)

1. ALHASSAN, HAMZA
2. WAIRIMU GITU, AGNES
3. SOMOLU-WRIGHT, GLADYS
4. ADJEI, HAYFORD
5. SEKYI, CHARLOTTE
6. GETERMENAH, ARTHUR SUNDAY
7. AYIMASU, JULIUS
8. KANNEH, ABU BAKARR
9. MORRISON, JUSTICE ABBAN
10. BAMBA, IBRAHIM SULEYMAN

NON-MANAGER'S CASE CREDITS

1. WAIRIMU GITU, AGNES ANN
2. WIAFE, ERIC ODEI
3. KANNEH, ABU BAKARR
4. KAMARA, ZACHARIA
5. WIAFE, SAMUEL
6. TOAH, WILLIAM & FAUSTINA
7. KANLAWIBA, MONICA
8. BAMBA, IBRAHIM SULEYMAN
9. ISATU, ELIZABETH WILSONKOFI,
10. PATRICK ANABA

TOP 10 RETAILERS

1. ZAKARIA, ABASS & ASIATU
2. WIAFE-AKENTEN, GIFTY
3. SEKYI, ESTHER AMA ADOMA
4. AGGREY, JANET AMOANIMAH OKLU,
5. ANTOINETTE & DELALI
6. TOAH, WILLIAM & FAUSTINA
7. HAGAN, JOHN
8. KPUNDEH, MARIAN GUDIE
9. ABAKAH, AGNES ABA
10. BOAFO, MICHAEL & DINAH

4CC ACHIEVERS FOR JAN-FEB (A/S)

1. AMEYAW, EBENEZER JOSEPH
2. EGWUANIMKWU, MARTINS
3. MORRISON, HERBERT ANDOH KYERE,
4. ERIC AGYEI
5. GYAMFI-NUAMAH, ERNESTINA
6. OBENG ATIEMO, PHILIP KOFI
7. KARIM, MARY ROGERS
8. AFORVE, EDITH
9. LAMBOI, FRANCIS
10. BAWGURA, SAMUEL MOMOH

TOP 10'S MARCH

DISTRIBUTORS (PERPETUAL CC)

1. WAIRIMU GITU, AGNES ANN
2. ALHASSAN, HAMZA
3. SOMOLU-WRIGHT, GLADYS
4. ADJEI, HAYFORD
5. SEKYI, CHARLOTTE
6. KAMARA, ZACHARIA
7. AYIMASU, JULIUS
8. GETERMENAH, ARTHUR SUNDAY
9. BAMBA, IBRAHIM SULEYMAN
10. MORRISON, JUSTICE ABBAN

NON-MANAGER'S CASE CREDITS

1. WAIRIMU GITU, AGNES ANN
2. KAMARA, ZACHARIA
3. ISATU, ELIZABETH WILSON
4. KPUNDEH, MARIAN GUDIE
5. KAMARA, KADAY NETTEH
6. WIAFE, SAMUEL
7. BAMBA, IBRAHIM SULEYMAN
8. KARGBO, DAVID SANTIGIE
9. MENSAH, PROSPER K
10. ONYESO, DAVID CHIBUIKE

TOP 10 RETAILERS

1. AGYEI, MENSAH JOSEPH
2. TOAH, WILLIAM
3. ALHASSAN, DAWUDA & ABU
4. OBENG ATIEMO, PHILIP KOFI
5. DUGBAZAH, ALEX
6. TANKO, AYUBA & FAUZI
7. EFFUM, CINDY NANA ADWOA
8. AYEH, MARK COLLINS
9. KWAKYE, EVANS NYARKO
10. OBENG, PAUL & AFUA

4CC ACHIEVERS FOR FEB-MAR (A/S)

1. ABRAHAM, GYAN FERDINAND
2. BARNES, ABIBATU & FANIEH
3. KAMARA, MARIE & SORIE
4. LAMBOI, FRANCIS PESSIMA
5. MORRISON, HERBERT ANDOH
6. OBENG ATIEMO, PHILIP KOFI
7. PETER, KPUNDE & JOSEPHINE

TOP 10'S APRIL

DISTRIBUTORS (PERPETUAL CC)

1. WAIRIMU GITU, AGNES ANN
2. ALHASSAN, HAMZA
3. KAMARA, ZACHARIA
4. SOMOLU-WRIGHT, GLADYS
5. ADJEI, HAYFORD
6. SEKYI, CHARLOTTE
7. AYIMASU, JULIUS
8. GETERMENAH, ARTHUR SUNDAY
9. BAMBA, IBRAHIM SULEYMAN
10. MORRISON, JUSTICE ABBAN

NON-MANAGER'S CASE CREDITS

1. WAIRIMU GITU, AGNES ANN
2. KAMARA, ZACHARIA
3. PEELER, LUCY ROSABELLA
4. KAMARA, KADAY NETTEH
5. KARGBO, DAVID SANTIGIE
6. ONYESO, DAVID CHIBUIKE
7. ABU, BAKKAR SACCO
8. BAMBA, IBRAHIM SULEYMAN
9. WILLIAMS, DUNSTANT ERIC
10. MENSAH, PROSPER K

TOP 10 RETAILERS

1. HAGAN, JOHN
2. OKEOMA, MAUREEN ADAKU
3. TAQI, FATIMA & AGYEMAN
4. SEKYI, EMMA & OSEI, NOAH
5. KAMARA, KADAY NETTEH
6. NEN-NOME, JUSTINE
7. VENWULLU, CLETUS AANOMAH
8. AGGREY, JANET AMOANIMAH
9. TOAH, WILLIAM
10. AMEDORME, JOYCE DZIFA

4CC ACHIEVERS FOR MAR-APR (A/S)

1. OWUSU-ANSAH, ISAAC
2. MORRISON, HERBERT ANDOH
3. YAW, PHILIP OFOSU

TOP 10'S MAY

DISTRIBUTORS (PERPETUAL CC)

1. WAIRIMU GITU, AGNES ANN
2. KAMARA, ZACHARIA
3. ALHASSAN, HAMZA
4. SOMOLU-WRIGHT, GLADYS
5. AYIMASU, JULIUS
6. HAMRE, ROAR
7. SEKYI, CHARLOTTE
8. BAMBA, IBRAHIM SULEYMAN
9. MORRISON, JUSTICE ABBAN
10. GETERMENAH, ARTHUR SUNDAY

NON-MANAGER'S CASE CREDITS

1. WAIRIMU GITU, AGNES ANN
2. KAMARA, ZACHARIA
3. KARGBO, DAVID SANTIGIE
4. NETTEY, MARK JUSTICE
5. MENSAH, PROSPER K
6. WILLIAMS, DUNSTANT ERIC
7. MCKEOWN, CORA
8. TAQI, FATIMA
9. ABU, BAKKAR SACCO
10. AMOQUANDOH, JOSEPH

TOP 10 RETAILERS

1. HAGAN, JOHN
2. KLUTSE, BRIDGET
3. AGGREY, JANET AMOANIMAH
4. KLUTSE, PATRICK SELASI
5. ABU, BAKKAR SACCO
6. VENWULLU, CLETUS AANOMAH
7. GAIUS, FLORENCE CHIDINMA
8. ONYESO, DAVID CHIBUIKE
9. AMOAH, EMMANUEL
10. NUHU, JAMILA

4CC ACHIEVERS FOR APR-MAY (A/S)

1. KYERE, ERIC AGYEI
2. DECKER, CHRISTABELLE ADAMA
3. BUNTING-GRADEN, JOSEPH
4. KARGBO, INGRID C.Y
5. KARGBO, AMINATA
6. PAGSANA, IDDRISU
7. DIABA, AGNES BEDU
8. KAMARA, ETTA
9. AMARA, VICTORIA MIATTA
10. DECKER, CHRISTABELLE ADAMA
12. COLE, ADENKE ANTONIA
13. ATIAMOA, PROSPER KOMLA

SECRETS OF SUCCESS

contributed by Sunil Gupta, Sapphire Manager

I have been very privileged to enjoy great success in FLP India over the years through the best platform for success in the world and as a result many distributors ask me about the secrets of my success. So here are the 3 secrets of my success. In fact they are not secrets at all;

Secret 1 is Trainings, Secret 2 is Trainings and Secret 3 is more Trainings.

Trainings begin by first understanding the company, the products and the marketing plan thoroughly to be more successful in the business. Let us discuss these points here.



a) Company: There is a saying that goes “The FIRST impression is the LAST impression.” So it is very very important that you have thorough knowledge of the company so that you can share this knowledge with your customers or prospective networkers. This will help build your first impression. You should make it a point to share key details like this: e.g. Forever Living is an American company over 35 years into the business, operating in over 155 countries, having a turnover of approximately over 15,000 Crore in Indian Rupees and has also been recognized as a INC500 company.

b) Products: Knowledge of the products is a must. But you cannot talk about a product you haven’t used, which means that you need to Use the Products before talking about it. The more products you use the greater the advantage in talking about them. You may even focus on your Top 10 Favourite Products and let your customers know why with your personal testimony.

c) Marketing Plan: You have to be thorough with the Marketing Plan as this is very important to get your prospects into the business. Moreover, it helps you understand what you need to do to get to the next level.

What do YOU want: It should be clear to you what are you looking for in FLP. Your WHY has to be clear

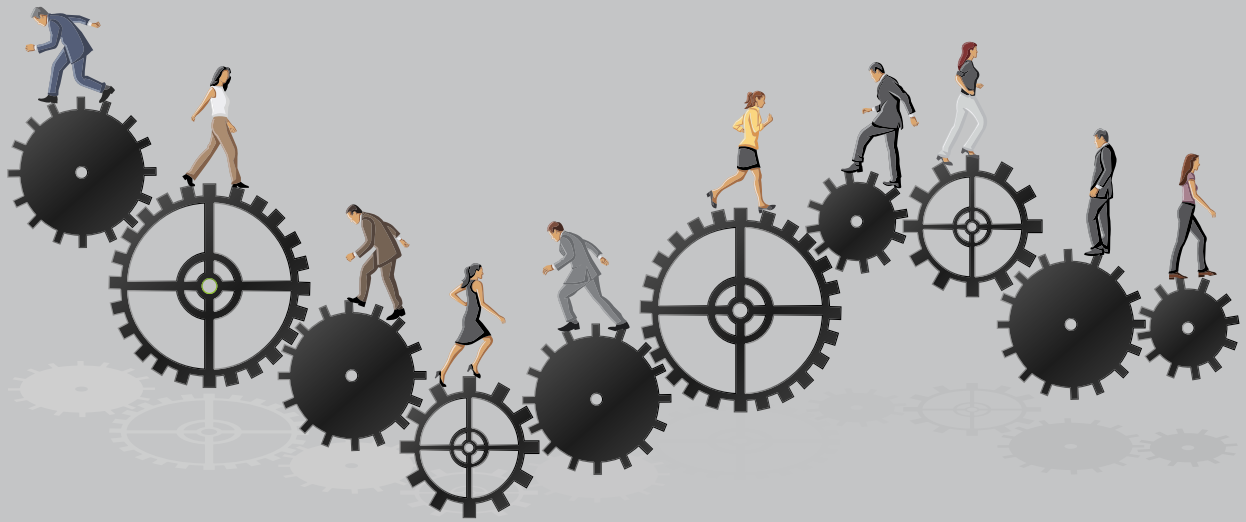
Understand the power of FLP’s Business Plan: This business plan gives you growth, stability and security at the same time which is almost impossible to find in any other business/business plan.

Work from the Heart: Most of the distributors work from their minds and look for their own benefits when explaining the products or business to anyone. I feel when you work from the heart you think of the welfare of the other person and how that person can benefit from FLP. Don’t forget that others can sense your intentions.

Smile: Develop a smiling face if you already don’t have one. Practice in front of a mirror if need be.

Subconscious mind: Our subconscious mind is said to be at least ten times more powerful than our conscious mind. Try to learn about this subject to see how you can use the power of the subconscious mind to achieve success.

The Law of Attraction: You might have noticed when you meet some people you like them and you dislike some. It is because every person emits some vibrations and if your vibrations match the other persons vibrations you like them and if these vibrations don’t match you dislike them or don’t like them that much. You need to be



more positive so that you attract more and more positive people and if there are more number of positive people in your team you are going to be more successful.

Attitude building: An empty mind is a devil's workshop. Negativity is like a punctured tyre, you cannot go very far with it. In our business it is necessary to have a positive frame of mind. Avoid anger, practice yoga or meditation to increase positivity.

Sound business building: Stagnant water stinks. You need to keep working and adding new people to your group.

distributors have gone through this and only persistence & belief made them successful. So do not worry when you are low, take a refresher training session from your upline or attend a NET training and you will feel charged up!



Etiquettes: You represent a billion dollar company. You have to learn some basic etiquette like holding the door for a person if that person is just behind you, not jumping the queue, just simply paying attention to the effect you are having on other people, attend many etiquette trainings that are available in your town, upgrade your social skills along with your finances & lastly read more books on the subject.

Handling Frustration: It is a business where you approach so many people and most of them may say 'NO'. It is a business where to find few people for use the products or do business, you may have to approach a lot of people and this in turn may discourage you and you may feel low. If you are approaching 50 people and only one says 'YES' even then you will be successful in this business. Most top

"I feel when you work from the heart you think of the welfare of the other person and how that person can benefit from FLP."

Set dreams and goals: Very few people set dreams and goals. Make your goals in writing or declare them. When you make your goals in writing or declare them these get properly registered in your subconscious mind and you are more likely to achieve them.

So the real secret of my success and that of any successful person is they sharpen their tools as often as they get an opportunity. Training means you have to create leaders and train them on all the above points. Training means your trained leaders have to create further leaders like you.

Source: FLP INDIA

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 C9 F1 F2

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Forever ThermTM | #463

Forever Therm's powerful, thermogenic formula increases the body's temperature, boosting your metabolism and energy level. Its unique combination of botanical extracts and nutrients accelerate your weight loss efforts, so you can achieve faster results!

Forever Therm is included in the F.I.T. 1, F.I.T. 2 and C9 Paks.



Forever FiberTM | #464

Forever Fiber provides 5 grams of quick-dissolving fiber in a convenient stick-pack to support a healthy diet. The proprietary blend of four types of fiber can be sprinkled on your food, mixed with Forever Aloe Vera Gel or any other beverage, or simply added to your water bottle when you are on the go!

Forever Fiber is included in the F.I.T. 1, F.I.T. 2 and C9 Paks.





Forever PRO X²™ #465 Chocolate, #466 Cinnamon

Forever PRO X² provides 15g of high quality protein and 2 grams of dietary fiber in each delicious bar to help build muscle and support weight management. These convenient, great-tasting bars come in two delicious, gluten-free flavors- Cinnamon and Chocolate.

Forever PRO X² is included in the F.I.T. 1, F.I.T. 2 Paks.



Also included in the New F.I.T. Program are the following weight management staples, in their NEW PACKAGING!



New Packaging

Forever Lite Ultra™ #470 Vanilla, #471 Chocolate

Forever Lite Ultra is an integral part of Forever's F.I.T. program. It will help you take charge of your health and put you on the path to effective and sustained weight management!

Forever Lite Ultra is included in the F.I.T. 1, F.I.T. 2 and C9 Paks.

Forever Garcinia Plus™ #071

Forever Garcinia Plus contains powerful ingredients that can assist in curbing cravings and hunger, thereby helping to limit the number of calories you consume.

Forever Garcinia Plus is included in the F.I.T. 1, F.I.T. 2 and C9 Paks.



New Packaging

Sold Separately

Forever Lean™ #289

The ingredients in Forever Lean have been shown to bind to fat in the digestive tract and help to reduce fat absorption in the body when taken before a meal.



New Packaging



Forever Sun Lips™

With its broad spectrum SPF30 sunscreen protection, Forever Sun Lips™ helps to prevent sunburn and protect against both UVA and UVB rays. Applied before sun exposure, and reapplied whenever needed, Forever Sun Lips™ can help protect against sun damage, while also providing soothing botanicals to help soften, calm and soothe irritated, chapped lips.





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Forever Ghana
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July 11, 2014



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Helps your HEART
Stay HEALTHY



FPL Club Qualifiers

March 2014

CLUB 100

1. WAIRIMU GITU, AGNES ANN

CLUB 75

1. KAMARA, KADAY NETTEH
2. ISATU, ELIZABETH WILSON
3. KAMARA, ZACHARIA
4. PEELER, LUCY ROSABELLA

CLUB 50

1. KARGBO, DAVID SANTIGIE
2. ONYESO, DAVID CHIBUIKE
3. ABU, BAKKAR SACCO
4. WILLIAMS, DUNSTANT ERIC
5. BAMBA, IBRAHIM SULEYMAN

CLUB 25

1. MENSAH, PROSPER K
2. OKEOMA, PEACE CHIDINMA
3. OKEOMA, MAUREEN ADAKU
4. WIAFE, SAMUEL
5. ADU-POKU, FRANCIS
6. ADRAH, GODFRED KOFI
7. TAHIRU, ABDUL-KARIM
8. HAGAN, JOHN
9. MCKEOWN, CORA
10. TAQI, FATIMA
11. NEN-NOME, GLADYS

12. AMOQUANDOH, JOSEPH
13. BAWGURA, SAMUEL MOMOH
14. AGYEI, MENSAH JOSEPH
15. KUSI AMPOFO, REYNELL
16. DJABATEY, ERIC
17. SEKYI, CHARLOTTE
18. LAWSON, WILLIETTE MIRIAM
19. SEKYI, EMMA
20. JONES-WILLIAMS,
21. ROSAMOND IYATUNDE
22. DADZIE, ALBERT

April 2014

CLUB 100

1. WAIRIMU GITU, AGNES
2. ANNKAMARA, ZACHARIA

CLUB 75

1. ISATU, ELIZABETH WILSON

CLUB 50

1. KPUNDEH, MARIAN GUDIE
2. KAMARA, KADAY NETTEH
3. WIAFE, SAMUEL

CLUB 25

1. KARGBO, DAVID
2. SANTIGIEBAMBA, IBRAHIM
3. SULEYMAN
4. HAGAN, JOHN
5. ONYESO, DAVID CHIBUIKE
6. MENSAH, PROSPER K
7. MCKEOWN, CORA
8. TAQI, FATIMA
9. DJABATEY, ERIC
10. AMOQUANDOH, JOSEPH
11. GAUIUS, FLORENCE CHIDINM
12. ADU-POKU, FRANCIS

13. ADRAH, GODFRED KOFI
14. TAHIRU, ABDUL-KARIM
15. OKEOMA, PEACE CHIDINMA
16. OKEOMA, MAUREEN ADAKU
17. BOAFO, MICHAEL
18. NEN-NOME, GLADYS
19. MENSAH, ISHAQUE KWEKU
20. DADZIE, KOFI MATHEW
21. APPAIH, DUKE CHARLES NK
22. WALKER, MAGDALENA EFUA
23. TANDOH, JOYCELYN
24. GEDEMATU-KAIZER, EMMANU

26. GEDEMATU-KAIZER, AMOS K
27. AYORNU, LAWRENCE AMA NO
28. AGBOVE, GABRIEL KWAME

May 2014

CLUB 100

1. WAIRIMU GITU, AGNES ANN
2. KAMARA, ZACHARIA
3. KARGBO, DAVID SANTIGIE

CLUB 75

1. NETTEY, MARK JUSTICE
2. BOWIE, ANTHONY RAPHEAL
3. ACQUAH, EMMANUEL KOFI
4. MANFUL, CYNTHIA
5. KPADANGLE, PHILIP
6. ASIMENU, VERA ESIME
7. ABU, BAKKAR SACCO
8. WILLIAMS, DUNSTANT ERIC
9. MENSAH, PROSPER K
10. TAQI, FATIMA
11. HAGAN, JOHN
12. MCKEOWN, CORA

CLUB 50

1. ADU-POKU, FRANCIS
2. ADRAH, GODFRED KOFI
3. TAHIRU, ABDUL-KARIM
4. AMOQUANDOH, JOSEPH
5. KLUTSE, BRIDGET
6. BAMBA, IBRAHIM SULEYMAN
7. BAAH, REINDORFANDOH,
8. SARAH AMA
9. ZAK, NUHU
10. YEBOAH, NAOMI
11. ASUBONTENG, GODWIN
12. KWABENA DANSO, RICHMOND
13. OFORI, BEATRICE
14. OTOO, JUSTICE ASMAH
15. ARMAH, RAFATU NAA AYELEY
16. PEELER, LUCY ROSABELLA
17. DALTON, ROBERT AYERE
18. WIAFE, SAMUEL
19. ASIGBEY, NOAH
20. ADJABEN, JAMES
21. DORWODOE, REUBEN
22. MORKLI, FRANCISE MENSAH
23. DURING, EDWINA AUDREY

CLUB 25

1. AGGREY, JANET AMOANIMAH
2. KANNEH, ABU BAKARR
3. SEIWOH, SAO MARY
4. TURAY, ESTHER THERESA
5. ONYESO, DAVID CHIBUIKE
6. ISATU, ELIZABETH WILSON
7. KAMARA, JULIANA
8. LAMBOI, FRANCIS PESSIMA
9. BAWGURA, SAMUEL MOMOH
10. ANTWI, ISAAC BERKYE
11. KOFI, PATRICK ANABA
12. KAMARA, JULIANA
13. CAMPBELL, MELVIN COLE
14. KLUTSE, PATRICIA
15. KLUTSE, AGNES SEYRAM
16. BARNES, ABIBATU
17. DJABATEY, ERIC
18. COLE MOFORLORUNSO,
19. BOAFO, MICHAEL
20. ONYX-FANGOWA, CHRISTIANA
21. HOUNKPONOU, EDMOND
CODJO

22. KUSI AMPOFO, REYNELL
23. DADZIE, ALBERT
24. MAWUNYAGAH,
ISAAC AGBEKO
25. TEYE, NOAH TEKUTEY
26. AZAGLO, EMMANUEL
27. NEINLAND, ABDUL
RAHMAN Z
28. NEN-NOME, GLADYS
29. VANDI, JUNISA JONATHAN M
30. NODJO, FRANCIS
31. KAMARA, MARIE
32. OKEOMA, PEACE CHIDINMA
33. OKEOMA, MAUREEN ADAKU
34. BOATENG, GEORGE

Special Recognition and Training

February 2014



March 2014



May 2014



Forever Special BOM Regional Tours,
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The Importance of Digestive Health

Here are a few easy tips to help you support your digestive health and overall well-being:

Eat Enough Fiber

Due to our increased consumption of highly processed foods, we are getting less fiber in our diets than ever before. Fiber is important to the digestive system and slows the movement of food through the intestinal tract, ensuring the maximum amounts of nutrients are absorbed. Fiber can also help you feel fuller longer and help with the elimination process.

Drink More Water

Water binds to fiber and helps it pass through the digestive tract. Drinking too little water can slow down digestion significantly, causing bloating, discomfort or painful waste elimination.

Stay Active

Regular exercise can literally help get you moving by helping food through the digestive system. Exercise can also boost energy and help avoid aggravating digestive issues that are caused by stress.

Cleanse Your Body

A true, healthy cleanse can help remove stored toxins in the digestive system, increase the effectiveness of digestion and improve the quantities of nutrients absorbed from your food. Make sure that you choose a cleanse that provides proper nutrition and doesn't starve the body of vital vitamins and minerals.

Forever Active Probiotic can help balance good bacteria in the digestive system and support proper nutrient absorption. Forever Aloe Vera Gel contains 20 minerals, 18 amino acids and 12 vitamins important to nourish your body and support cleansing and digestive health. It is also an important part of Clean 9 Forever's top selling cleansing system.

Did you know that your digestive system is one of the most important systems in the body? It is singularly responsible for taking the food that you eat and turning it into the energy you need to survive! You may have heard the old adage "You are what you eat".....well, when it comes to your digestive health, that couldn't be more true!



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New Managers

The right time has come for me to thank the almighty father for the able and thoughtful manner in which he has directed me in my FLP business. Being a manager in FLP is not my strength but the Grace of the Most High God. I want everyone to know that the height attained and kept by some great men was not by sudden flight but while their companions slept, they willed throughout the night. You will always attain everything in life that you want if you will help

other people get what they want. There are several similar in content quotations by successful business men. Anytime we hear such quotations our awareness is rekindled to assist others in various ways to achieve results. I also wish to extend my heartfelt appreciation to those personalities who sacrificed their time and efforts to introduce me into FLP success world Mr. Sunday and Mr. Eric Wiafe. This is the time to dare

and to make a difference and to embark on something worth doing. I made it, you can make it, only be determined and be of good courage. Long Live Forever, Long Live Ghana. May God continue to raise our shoulders high.

WILLIAM TOAH.



It's the doing of the Lord, and it's so marvelous in our eyes. We came to know FLP when we wanted to help a loved one to lose some weight in April 2008, after which we left the business unattended to. In December 2012 we joined Kingdom Harvesters Ministries in Takoradi where we were taught the Word of God and its power, during one of the monthly fasting and prayer (convocation) a prophesy came that we were great entrepreneurs, we believed it and prayed for God to grant us direction in business. God answered by referring us to FLP in a dream. In May 2014 we attended our first ever Success day at Akroma plaza and watched the testimony of a poor African woman who became a billionaire through FLP. We were inspired and decided to take up the

business. We had Faith, we confessed positively, we disciplined ourselves and worked hard and the manifestation is this level. Our greatest appreciation is to God Almighty for the gift of life and ALL GRACE. To Rev and Mrs Paddy Acquah for their prayer and encouragements, we say God bless you. Thank you Country Director, FLP and Takoradi staff. To the VIRTUE GROUP, We salute you, we say well done, wonderful people. VIRTUE is truly for HONOUR. Thank you.

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