

# Getting Started Strategy Session

## You said YES! Now what?

### 01 Set Up Your Business

- Sign up as an Independent Consultant
- Purchase your Products  
(Nutrition Set, Skin Care Set or both)
- Download the Arbonne app and complete Strong Start courses "Welcome to Arbonne" and "Get Connected" and complete the Arbonne App Tutorial.

### 02 Create Goals, Vision & Pace

- What's Your WHY?
  - List 8-10 things you desire/need/want.  
Who or what would be impacted when you have it?
- When do you need it? Personalize your Pace:
  - Walk (1-3 hours/week)
  - Jog (4-9 hours/week)
  - Run (10+ hours/week)

### 03 Brainstorm WHO You Can Help and HOW

- What excites you most about being a part of Arbonne?
- List the people you're excited to share with from your **Contacts**. Start with 10 people and move to inviting. Continue to add names and keep inviting.

### 04 Personalize Your Initial Activity

- Set your launch dates and methods  
(in Person, on Zoom, on Social, etc.)
- Begin reaching out to those in your sphere of influence
  - Invite them to your launch
  - If they can't attend, ask them on a 3-Way Call so you can practice with them

  
arbonne.

#### MIND YOUR MIND

**The #1 reason people fail (quit) in this business is because of mismanaged expectations. Here are a few "expectation inoculations":**

You will hear "no" or "no thank you" often, but it usually just means "not right now" or "I don't know enough." Like any business, you will have ups and downs.

Your success or failure is up to you; Compare yourself only to the person you were yesterday.

Any business that grows and lasts, takes time. Your choices in that time define your success.

Develop rock-solid belief: the more people you share Arbonne with, the more you will "sharpen your saw."

This business works when you do. Treat it like a business, not like a hobby. Stay consistent with your conversations with people.

Be coachable, hungry to learn, and connected to your mentors and team.

Reach out to your upline often.

They will know you are in activity when you are in regular contact and need their assistance. This is a great thing!

Read personal growth & practice affirmations daily.

**REMEMBER WHY YOU STARTED THIS... YOU CAN ACHIEVE IT!**