

OPTAVIA Singapore Community Together!

Friday, December 9, 2022

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Friday, December 9

Habits of Health Night
SG Corporate Office

Capacity: X Estimated Attendance:

- 6:30 – 8:30 p.m. SGT (time tbd)

- Schedule
  - 6:30 – 7:00: Welcome and Entrance
    - Raffle
    - Giveaways/Swag
    - Photo Ops
    - Info Booth/Fueling Taste Test
  - 7:00 – 7:30: Stories of Transformation
  - 7:30 – 8:00: Intro to Habits of Health
  - 8:00 – 8:20: Trilogy Stories
  - 8:20 – 8:30: Introduction to the coaching opportunity

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Stories of Transformation

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Introduction to OPTAVIA: The Habits of Health

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Element 01: Being Clear Why You are Here

- **Mindset:** Understand the importance of intrinsic motivation

- **Skillset:** Identify **WHY** you are ready for change

- **Action**: Explore, in your words, why you are ready to begin now

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"Understanding your WHY or your motivation is a key Element. It's essential to making lasting change in our behavior and habits."

- Dr. Wayne Scott Andersen

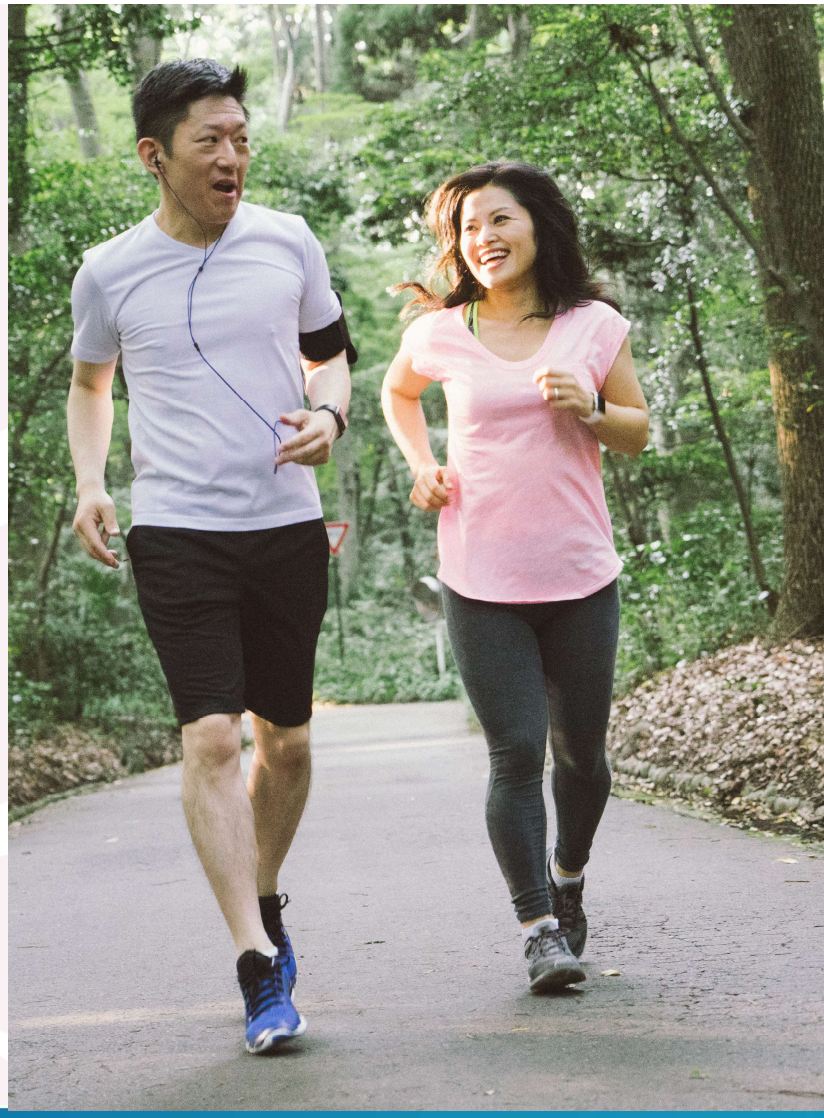
Andersen, Dr. Wayne Scott. *Dr. A's Habits of Health*, Annapolis, Habits of Health Press, 2019.

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Your **WHY** is your **intrinsic motivation**:

- Highest stimulus for change
- Drives you into action
- Inspires you to grow and be better
- Creates a "whatever it takes" mindset
- Powerful ally on your path to success



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What action are you going to take as a result of this Element?



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Element 02: Knowing What You Want to Accomplish

- **Mindset:** Knowing your readiness to change

- **Skillset:** Develop a strategy to help you create your desired change

- **Action**: Explore how ready, confident, and willing you are to engage in each of the six Macrohabits of Health

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"In this Element, we are going to begin executing a strategy and start the process that will help you make the desired changes to create the life you choose to live."

- Dr. Wayne Scott Andersen

Andersen, Dr. Wayne Scott. *Dr. A's Habits of Health*, Annapolis, Habits of Health Press, 2019.

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Skillset: Where do you want to start?



Andersen, Dr. Wayne Scott. Dr. A's Habits of Health, Annapolis, Habits of Health Press, 2019.

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What action are you going to take as a result of this Element?



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Element 03: How Do You Create What You Want?

- **Mindset:** Making your new story a reality

- **Skillset:** Use structural tension to organize your MacroHabits and supporting microHabits

- **Action**: Create your transformational cycle

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"It is essential to remember that the most important Element in actually creating the sustainable transformation of your weight, health, and wellbeing is the development of your own ability to take ownership of your choices."

- Dr. Wayne Scott Andersen

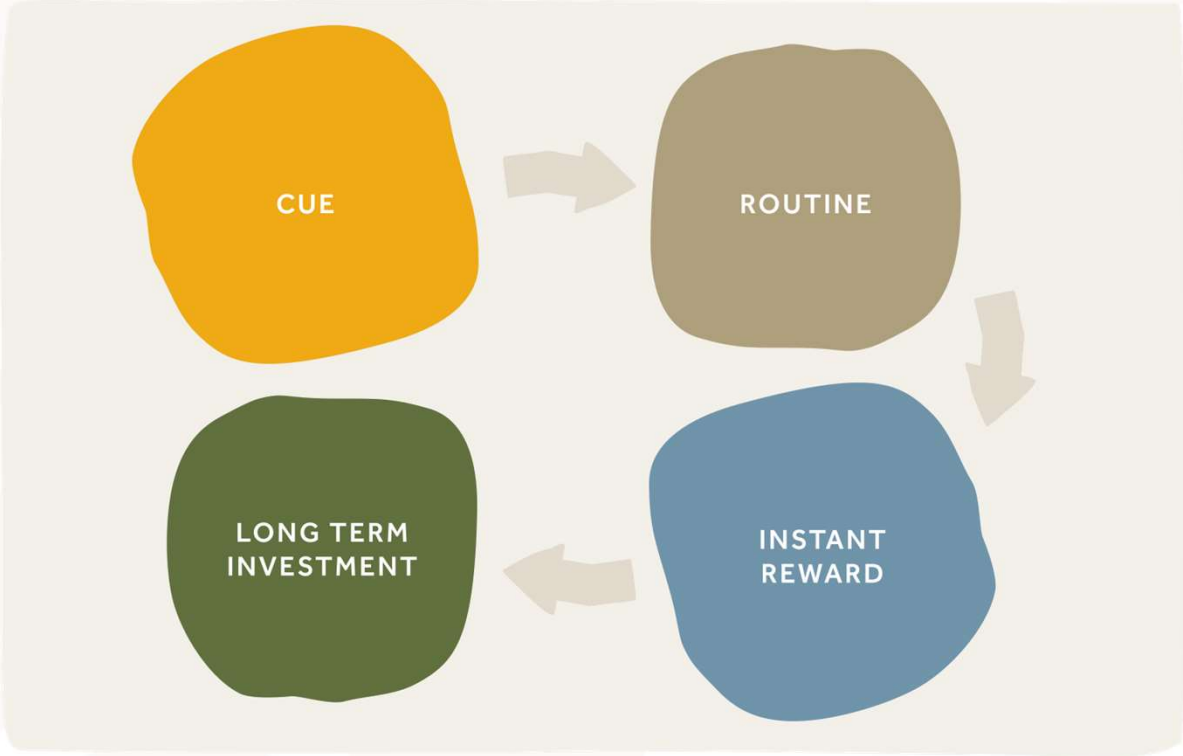
Andersen, Dr. Wayne Scott. *Dr. A's Habits of Health*, Annapolis, Habits of Health Press, 2019.

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Create a Transformation Cycle

Habits of Health™ – Transformational Cycle



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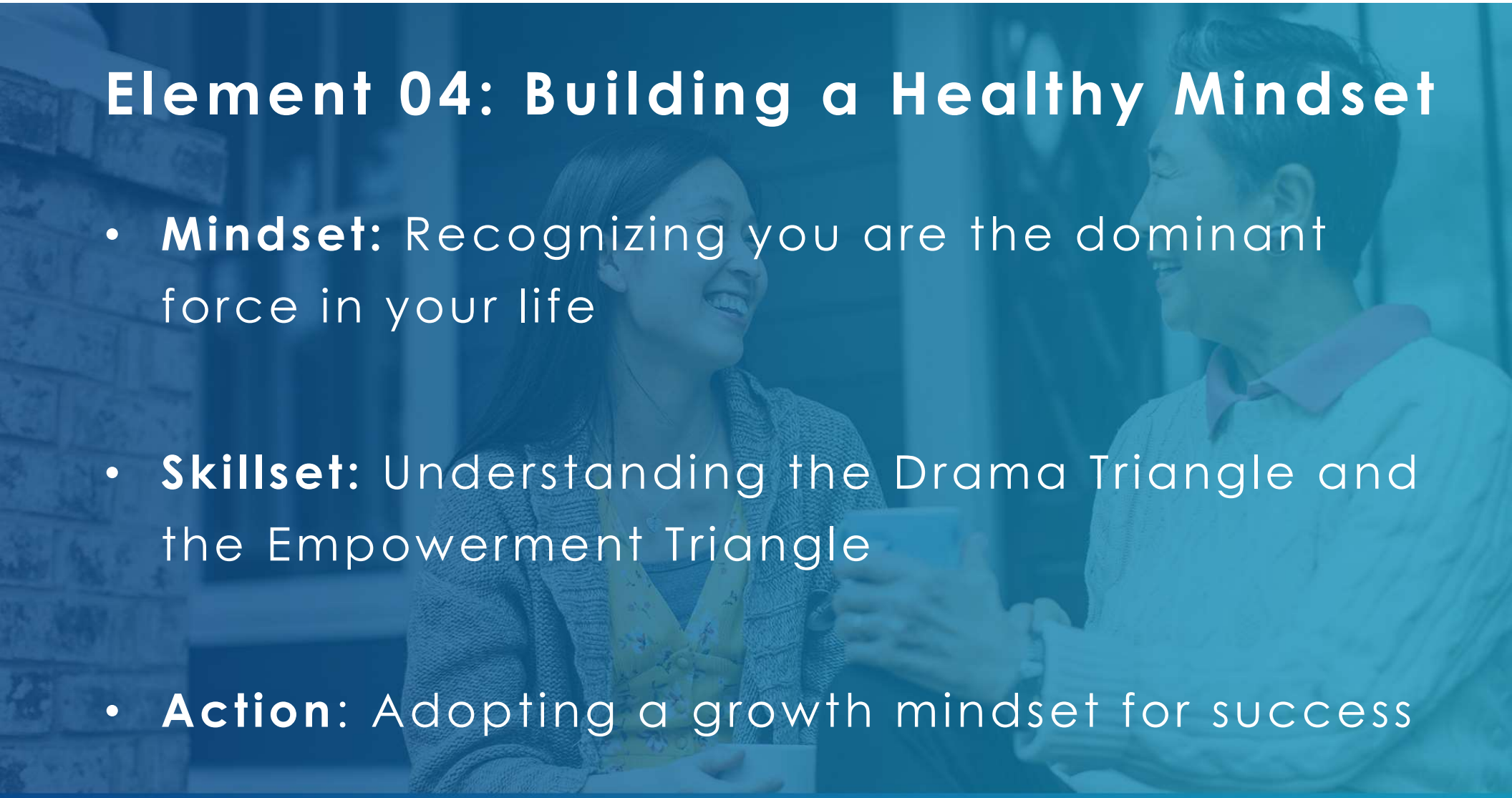
What actions are you going to take as a result of this Element?



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Element 04: Building a Healthy Mindset



- **Mindset:** Recognizing you are the dominant force in your life
- **Skillset:** Understanding the Drama Triangle and the Empowerment Triangle
- **Action**: Adopting a growth mindset for success

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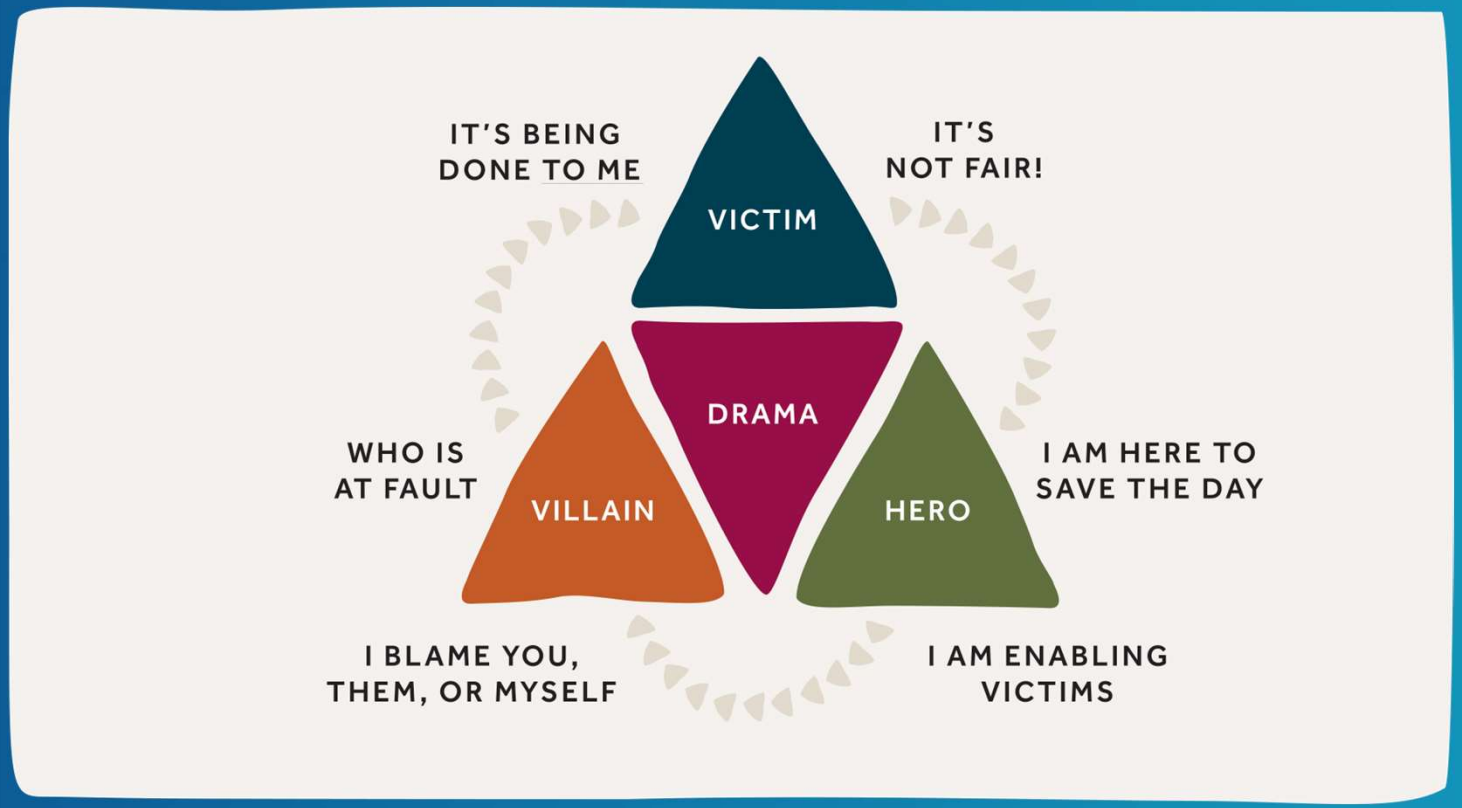
"My goal is for you to become the dominant force in your life. When you have internal stability and external equilibrium each day of your life will become all-out magical. You will possess a habit that most have never even thought about."

- Dr. Wayne Scott Andersen

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Drama Triangle



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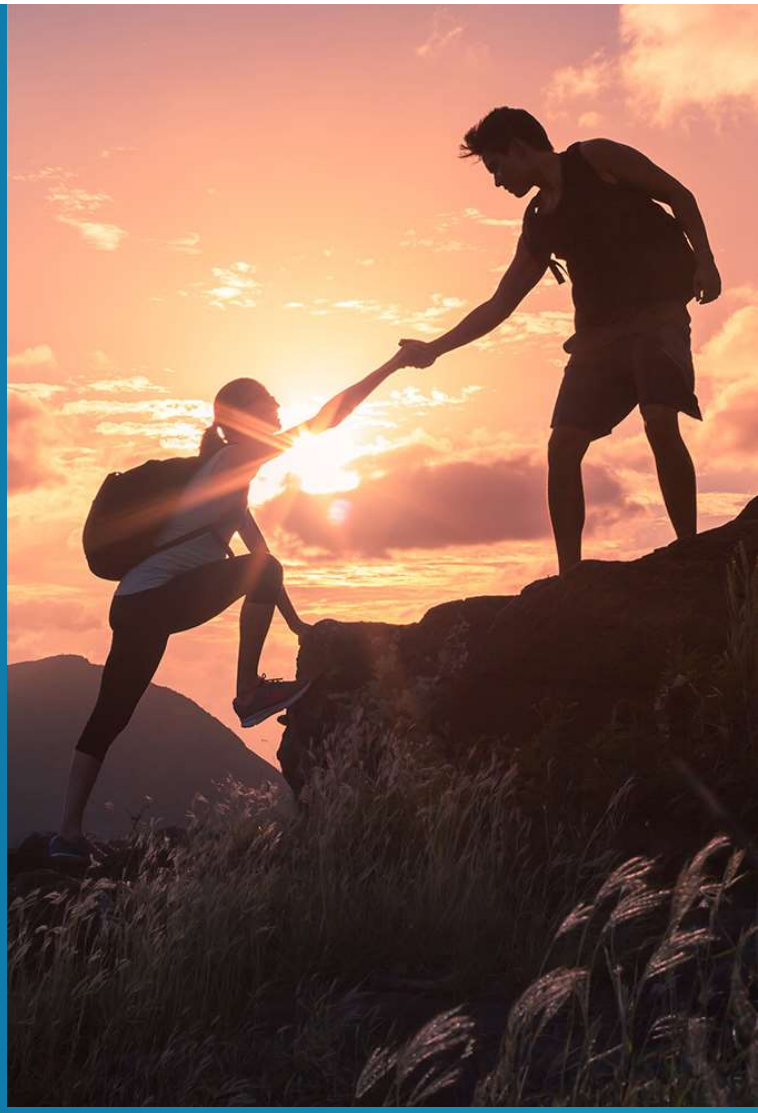
Skillset

The Empowerment Triangle



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What actions are you going to take as a result of this Element?



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Trilogy Stories

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Introduction to the Coaching Opportunity

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Trilogy Wheel



*OPTAVIA makes no guarantee of financial success. Success with OPTAVIA results from successful sales efforts, which require hard work, diligence, skill, persistence, competence and leadership. OPTAVIA acknowledges that this presentation may be accessible to OPTAVIA Coaches in the U.S., Hong Kong and Singapore. For OPTAVIA Coaches operating in the U.S., please see the OPTAVIA Income Disclosure Statement ("IDS") (bit.ly/idsOPTAVIA) for statistics on actual earnings of U.S. Coaches under the U.S. Compensation Plan. Please note that the IDS only applies to OPTAVIA Coaches operating in the U.S. under the U.S. Compensation Plan and does not in any way constitute representations as to actual or potential accrual of benefits for Hong Kong or Singapore Coaches under the International Compensation Plan.

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People will Notice!

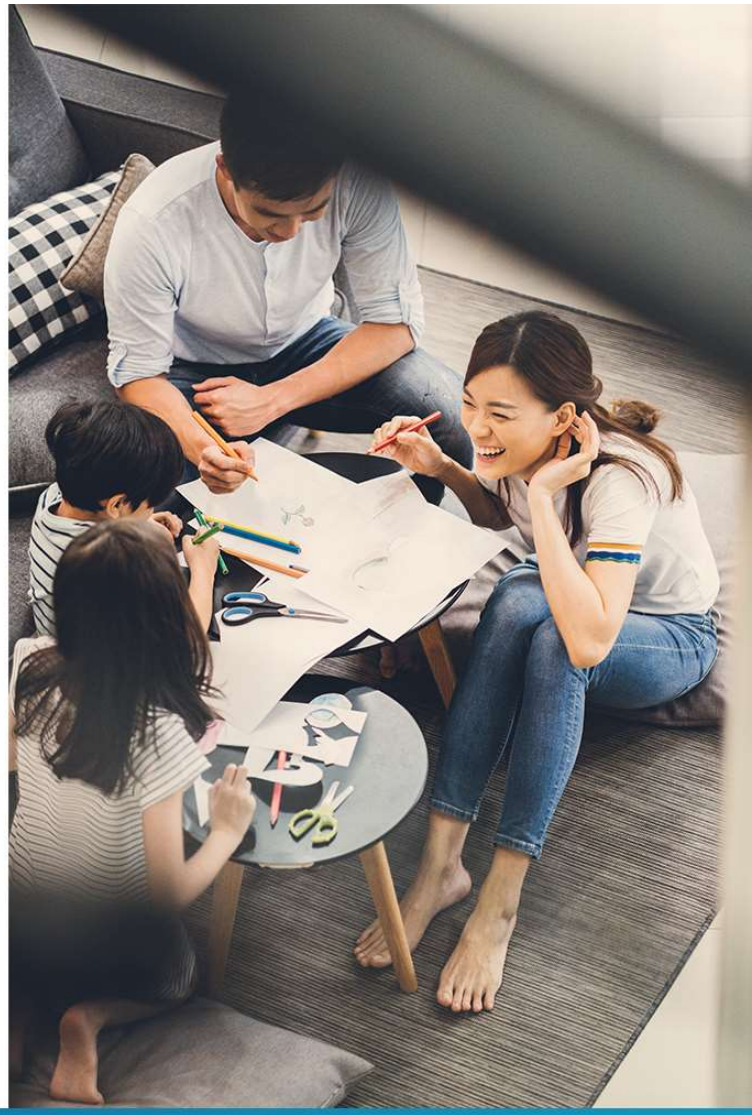
When people begin to ask you about your transformation, you have two options:

1. Refer them to your Coach
2. Pay it forward!

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Benefits of Becoming an Independent OPTAVIA® Coach

- Reinforce your decision to be healthy
- Pay it forward to make a difference
- Fun and rewarding
- Compensation
  - The currency of goodwill
  - Fulfill financial needs/goals*
- Leave a legacy



*OPTAVIA makes no guarantee of financial success. Success with OPTAVIA results from successful sales efforts, which require hard work, diligence, skill, persistence, competence and leadership. OPTAVIA acknowledges that this presentation may be accessible to OPTAVIA Coaches in the U.S., Hong Kong and Singapore. For OPTAVIA Coaches operating in the U.S., please see the OPTAVIA Income Disclosure Statement ("IDS") (bit.ly/idsOPTAVIA) for statistics on actual earnings of U.S. Coaches under the U.S. Compensation Plan. Please note that the IDS only applies to OPTAVIA Coaches operating in the U.S. under the U.S. Compensation Plan and does not in any way constitute representations as to actual or potential accrual of benefits for Hong Kong or Singapore Coaches under the International Compensation Plan.

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Our Progressive Growth Model



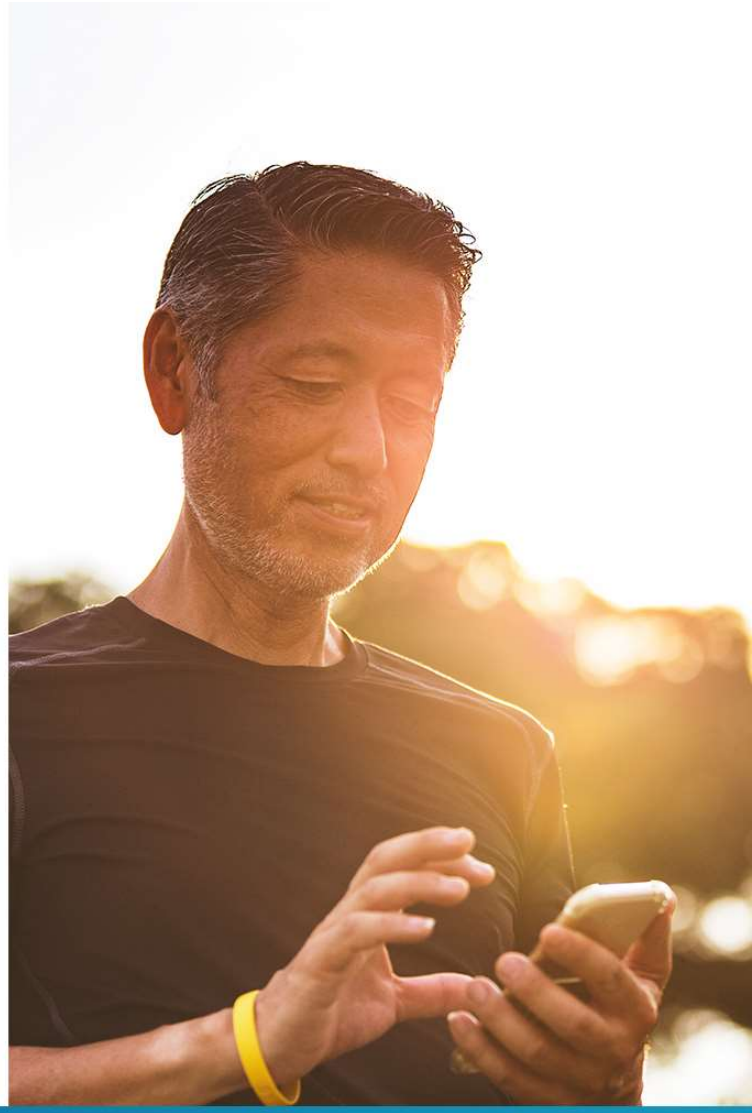
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How Does it Work for Coaches?

- **Relational Model:**
  It's focused on optimal wellbeing
- Self-employed and independent
- Full-time or part-time opportunities
- Low start-up and operating costs, no inventory
- Flexible business so you can work from anywhere
- No quotas or monthly purchases required
- Training and support



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Action Steps:

- Reach out to the person who invited you to this Community Time
- Make the decision to incorporate the Trilogy of Optimal Health to help you reach your goals
- Jump into all **OPTA**VIA® has to offer!

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Join our OPTAVIA® Mission Lifelong Transformation, One Healthy Habit at a Time™

And help the world create health and wellbeing!



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