

YOUR NEW LIFE STARTS WITH

ONE DECISION



She Prospers

MEGAN SHAUGHNESSY

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www.SheProspers.team



MEET *Megan*



The daughter of two schoolteachers, it's no surprise that Megan thrives on helping others. She enjoyed her own career as a first-grade teacher where she offered daily reminders to seven-year olds that they were destined for greatness!

Outside of her career, Megan nurtured a love for health and wellness. It started in her college days when after a lifetime of being overweight, she finally made the ONE DECISION to get healthy... and from then a series of those ONE DECISIONS has shaped her life into the beautiful journey it is today.





ONE DECISION could change your life...if you let it.

It sounds simple, but many people struggle with making decisions and sticking with them. Maybe you're one of them. NOT making that ONE DECISION can leave you unhappy, disappointed and constantly thinking about what "should" be. If that sounds familiar, it doesn't have to be this way.

 In the following eBook, I will walk you through five simple steps that will change every decision you make, and show you how to finally follow through with that ONE DECISION so you feel energized, excited, and eager to share with those you love.

My name is Megan Shaughnessy, and I believe your whole life comes down to making decisions both big and small. Some will impact your day, like where to eat and what to wear, and some will impact your future in ways you cannot begin to imagine.

Today I'm a happily married mother of two kiddos, a retired school teacher, and run a successful health product business.

The path to getting here was formed by a few key DECISIONS I made along

the way. For example, ONE DECISION I made was when I was 20 years old. That decision was to get healthy and lose weight. I had grown up overweight and it was bothering me constantly.

Before I made my ONE DECISION, I would wake up and plan for success only to find myself defeated and falling back into poor choices by lunchtime. Maybe you can relate.

But when I saw myself in my high school graduation party video, I realized things could be different. I lost the fear and doubt around my weight, dialed up my confidence, and stepped into the life I was meant to lead. I began eating right, exercising, and I lost 80 pounds over the course of the next year.



Little did I know that by making that ONE DECISION, I would change the course of my future forever.

After graduating college, I started my teaching career and became an avid health and fitness person.

By my 30's, I had a husband, two kids, dogs, and a fulfilling career as a first-grade school teacher. I loved my life but felt like something was missing. I was tired all the time, crabby, and wished away many evenings with my kids hoping they would go to bed so I could too. I wasn't working out as much as I needed too and I was losing sight of ME.

One night, while scrolling through Facebook and feeling exhausted, a friend's post caught my eye. It was for a product that promised to help me revive my lost energy and make my aches and pains disappear. A friend was selling it so I decided to support her and give it a try.

That ONE DECISION to support my friend and try something new changed how I feel every single day. That was powerful for me. I had my energy back and I was spending time with my kids and my husband like I hadn't before. I was sleeping better at night, my aches and discomforts were gone, and I realized in

that moment that there was something special with this product.

My ONE DECISION to trust my friend changed the course of my entire life.

My mom is a huge proponent of the "you have the power to change your life" mindset.

Anytime I would complain, she would say, "Megan, if you're not happy change it. It just takes ONE DECISION to do it. No one will know or care if you don't follow through, except you. We will love you with whatever decision you make!"

Powerful stuff, and so true.

Her philosophy has stuck with me throughout my entire life. I can look back to those decisions that were simple in the moment, yet so impactful in how my life has turned out... and they were all up to ME. No one could help me make those choices, I had to do it.

Once I was convinced my friend's product could really make a difference, I decided I had to share it with my friends and



family. My ONE DECISION that changed the course of my life and that of my family.

Over the next year as I built my direct sales business and hit the top rank in just a few months there were many decisions I struggled with along the way. Ultimately, I realized there was a pattern that occurred right before I made a big decision.

The pattern was this: I'd get really clear on what the decision was. Then, I'd dial back the fear and doubt (like seeing myself in

my high school graduation video), raise my confidence and step into the choices that aligned with who I was meant to be.

I left my teaching career to work on my business full-time. I now get to drop my kids off at school each day, encourage my team of more than 4,000 promoters, and help them support our nearly 30,000 customers each day. I get to be a part of amazing networking groups and I get to help busy, successful women get the most out of their health and life each day.

I always knew I was destined for greatness, and so are you!



It all starts with ONE DECISION.

Let's dig in and find out what ONE DECISION you can make that will change the course of your future and help you live the life you were meant to live!

What's ONE DECISION that could make a huge impact on your life?

Your ONE DECISION may be centered around your marriage, family, relationships, business, job, health, etc. Maybe you have ONE DECISION to make in EACH area! Ask yourself what decision have you hesitated in making because you just weren't sure how to make it happen.



PART 1: ONE DECISION

FIRST, I want you to take 5 minutes. Use the next space to jot down a decision you are hesitating on in each area.

Use the sentence framework: I WILL To lead your thoughts.

I will _____

(marriage, family, relationships, business, job, health)

SECOND, read each of them out loud to yourself. How long have they been on your heart? Do they stir up emotions in you? Which ones are difficult for you to even say out loud? Often, we struggle to share decisions we need to make with others. By keeping them to ourselves we are never held accountable. Interesting, right?

NEXT, draw a line through two decisions you are not yet ready to make. Maybe other decisions are bigger, more important, or maybe you want to set those aside for another day. Read what is remaining aloud again. Now cross out another two. Continue to do this until you are left with one or two statements. Decide on that ONE DECISION you need to make NOW!

Write it down below!

My One Decision

PART 2: REMOVE THE FEAR AND DOUBT

Making life-changing decisions is not easy. In fact, when I look back on past decisions, I realize I often found myself VERY conflicted with what to do because of the fear and doubt I felt around them. When I began to lose weight, I had a lot of doubt around how I looked at first. It was hard admitting that I wasn't happy with who I was. Could I do this? Would I fail? What made this time different? When I began my own network marketing business, there was A LOT of fear and doubt as well. What would people think of me? What if my friends and family didn't like it? How could I turn my back on my 15-year career and master's degree for this?

THIS was the turning point every time. That fear and doubt needed to be addressed quickly, and often so that my **ONE DECISION** could become reality!

It's the same for everyone I know. Here's how to kick it to the curb so that you can embrace the life you're meant to live.

Set a timer for another 5 minutes and write down the fear and doubt you have around that **ONE DECISION** you decided you were going to make. List them below.

What if _____

WOW, amazing isn't it. *How easy it is to find the things that hold us back if we just listen.*



NOW, go back through and read them aloud. Again, this is **POWERFUL**. Hearing our thoughts can make them real. What do you notice? What are they centered around? When I do this, no matter what the decision is I need to make... my fear and doubt always boils down to **FEAR**.

When I first realized this, it hit me like a brick wall. Fear, the unknown, how could those be the biggest things holding me back? I now know that fear will always creep in, and I have to move forward anyway to move past it.

Here are some quotes that speak to me about FEAR...read them.
Post them in your house.

What you are
afraid to do is a
clear indication of
the next thing
you need to do!

Never trust
your FEARS,
they don't know
your strength.

FEAR kills
more dreams
than failure
ever will.

Feel the FEAR
and do it anyway!

F.E.A.R. has two meanings—**F**orget **e**verything and **r**un
OR **F**ace **e**verything and **r**ise.

FEAR is a reaction. Courage is a decision.

NOW, go back through that list on the previous page and in the blank **IN FRONT** of each statement write one word that is the exact opposite. So, if your fear or doubt is about money, write security. If it is about fear, write faith. If it is about others, write leader. As you do that **CROSS OUT** each fear and doubt statement. These thoughts are what hold you back from making that **ONE DECISION** to live the life you were meant to live! Now it's time to dial up that confidence!

PART 3: DIAL UP YOUR CONFIDENCE

MY FAVORITE PART!!! Someone so special to me, my friend Suzy, taught me that Confidence is a muscle we need to work every day! Isn't that true? Wow, it is so powerful to know that and embrace it!

YOU are worth the time it takes every day to build your confidence. Confidence in **YOU**. In your decisions, and in what you are changing! You are exactly what the world needs.

Personal growth is the **FIRST** thing I focus on every day to build that confidence! I spend time watching quick motivational videos on YouTube, I read books that will grow **ME**, and I do other things (like exercise and embrace alone time) to build my confidence in **ME** and my decisions.

Below are some links of great people to follow on YouTube and my **TOP 10** motivational books to help you grow **YOU** and your business! It does not need to be long. Five minutes, just five minutes of reading or listening to a video can **CHANGE** your **MINDSET**.

Spend time checking out some of my favorites.



I also **HIGHLY** suggest messaging 5 people and asking for their favorite motivational videos and top 10 book lists. Do it now, just a quick note. The people you look up to and follow will have some amazing ideas for you! Tap into that!

YouTube links:

- Mel Robbins www.youtube.com/channel/UCk2U-Oqn7RXf-ydPqfSxG5g
- Tony Robbins www.youtube.com/user/TonyRobbinsLive
- Sarah and Tony Zolecki www.youtube.com/user/sarahzolecki
- Amber Voight www.youtube.com/user/TheMLMQEEN

Your mentor's YouTube links:

Book list:

The Gifts of Imperfection, Brene Brown

Rising Strong, Brene Brown

The Go Giver, A little Story about A Powerful Business Idea, Bob Burg and John David Mann

Organizing Tomorrow Today, Dr. Jason Selk and Tom Bartow

Stroke to Success, Suzy Wigstadt

Five + One, The Entrepreneurs Formula for Success, Chas Wilson

Turbocharged, Teri Levine

The Universe Has Your Back, Gabrielle Bernstein

Lean in, Sheryl Sandberg

Secrets of a Millionaire Mind, T. Harv Elker

Sacred Success, Barbara Stanley

Your mentor's books:

NEXT up, affirmations!

Now I see you rolling your eyes and thinking...she is crazy. I am NOT reading things in the morning to myself like a crazy person. Oh, but you ARE! It is proven to be SO effective in mindset and setting the tone for your day! I too struggled with this, but I had read one of my favorite books, *Miracle Morning*, and it shared six effective practices successful people do. One of them was daily affirmations. So, I gave it a try! Would you believe that day one of doing this was LIFE-CHANGING? I found myself repeating that affirmation throughout the day. Coming back to it often and my mindset was different. It turned me into a believer. Now every day I write down one affirmation and I have it in front of me at ALL times!

Write one to yourself each day. Do you struggle to think of one? I used Pinterest at first and found LOTS of amazing affirmations. One more option, click on the link www.startofhappiness.com/wp-content/uploads/2015/10/Positive-Affirmations.pdf, print it, and select one each day to read to yourself 5-10 times as you get your day started!

Here are some ways I Implement my affirmations!

- * Sticky notes on my mirror
- * Written on a focus sheet each day that stays with me while I work.
- * Listed in the back of my planner so I can read current and past affirmations
- * Placed in my car where I can read it on my daily commute

Gather up your affirmations and write your top 5 down below! I found I had a few key affirmations I was using over and over. They now are on plaques on my wall. They are what drive me each day!



My business is healthy and strong.

My team is healthy and strong.

If everything stayed the same I would be bored.

She can and she will.

Go confidently in the direction of your dreams.

Affirmations

The LAST step in easily building your confidence each day is IMPROVEMENTS.

Self-reflection is KEY in growth. Are you coachable? Do you take constructive criticism well? Are you able to keep your mindset in a positive place even when things don't go perfectly? Self-reflection each day is imperative to growth and confidence in yourself!

I do this in a couple of ways. FIRST, I set an intention each day. What WILL I DO today?

Oftentimes my intention is an area I need to improve on. When I look back at my weight loss journey I remember I would say to myself daily, I will find time to journal what I am eating. I will find time to exercise daily so that I can hit my goals. As I grew my business, I realized motivation came when my business grew. At first it was discipline that kept me consistent. I would make sure to reflect and find places where I could grow to have my business grow.

The KEY to making improvements effectively is to reflect without a perfectionist mindset. Be gentle with yourself. No one is perfect and we should not expect that from ourselves.

One example of this strategy I use in my everyday life is with my family. A good friend, Jamie Westerman, taught me to do this with my kids. Each day before my kids go to bed we share three great things about the day and one thing they wish would have gone better. What a fun way to learn about your kids and help them to see where we can improve on things in life!

Use this strategy in business and watch your business SOAR! You will celebrate your victories and have something to improve on the next day! Early on in our business, Jamie had us do this daily in our planners. What a way to encourage a positive mindset! This is a powerful tool when used consistently! Try it with your **ONE DECISION** in mind. What were three things you did today that were effective and helped you to reach that goal? What one improvement could you make tomorrow? Take 2 minutes and fill this out reflecting on your day, without a perfectionist mindset.

3 CELEBRATIONS



1 IMPROVEMENT





PART 4: STEP INTO

Now that I've shared some confidence building strategies, I am going to help you with what you DO DAILY to reach those goals and so you make your ONE DECISION a reality! You have decided upon the ONE DECISION you would like to make, you removed the fear and doubt, dialed up your confidence and now you are going to step into the choices you want to make that align with who you are meant to be!

THIS IS WHERE PASSION MEETS PRODUCTIVITY!

Time to get some systems into place to make things happen!

FIRST, follow through!

What daily activities will you do to help you stay consistent and growing towards your goals? I journaled daily and making that a daily discipline made a huge impact on my business. I was consistent. Day in and day out, no exceptions. When I think back to my weight loss journey I notice a similar follow through. I was consistent with my food journal and daily workouts. There were very few days I missed a workout. I was consistent and followed through!

List some things that NEED to happen daily for you to make that ONE DECISION a reality!

When I first realized this, it hit me like a brick wall. Fear, the unknown, how could those be the biggest things holding me back? I now know that fear will always creep in, and I have to move forward anyway to move past it.

DAILY ACTIVITIES



_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

SECOND, surround yourself with greatness!

What are your goals and who will help you get closer to those goals? When I began to really grow my business, I spent time on the phone with leaders I looked up to. I followed the leader, I listened, and was coachable. When I was on my weight loss journey, I found myself connecting with people at the gym, people who liked to work out, and talked about health.



Check out **SheProspers.team** for more inspiration!

The moral of the story is, people will either be energy makers or energy suckers. Choose your tribe wisely. You may want to create some space between you and people who may keep you from making that **ONE DECISION** a reality. Take 3 minutes and list out 5-10 people who will help you rise to the occasion, challenge you, support you and believe in you! Connect with them often!

My Tribe



FINALLY, spend TIME working on that ONE DECISION.

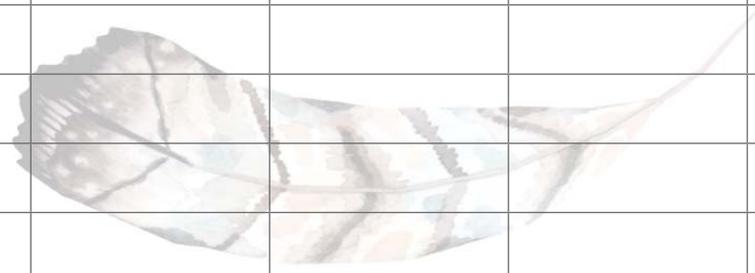
Do not use that #1 excuse of not having time. We find time for those things that are important to us. Your **ONE DECISION** is important. Think about how you can use your time effectively.

When I was building my business, I took every nook and cranny in my day to work. I woke up thirty minutes earlier. I spent my lunch at my desk catching up on calls and messages. I would put my kids to bed and plug into my company calls and my team. I connected friends with my leaders and kept it simple. It was the same as when I lost weight. I made time daily to workout. No excuses. I made time. I found a way, I blocked out the time to get it done.

Take 10 minutes to block out time to help you make that **ONE DECISION** a reality! What times of your day can you squeeze things in to help you reach your goals? List out your schedule below or highlight the times you can commit daily to helping you reach your goals. Stick to these times. Make sure they are “hot zones.” Nothing will be scheduled during those times and they take priority! When we think about stepping into the choices you want to make that align with who you are meant to be...magic happens.

I **DO** believe in a higher power, and the universe and the law of attraction, but I also believe in the hustle. There is no success that isn't found by working daily on your goals, surrounding yourself by the best and making time for you dreams.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5am					
6am					
7am					
8am					
9am					
10am					
11am					
12pm					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10am					
<p>When you look at this calendar filled in, do you see the time you have made for your ONE DECISION? Is it there?</p>					



Make sure you are making that a priority! When passion meets productivity, magic will follow!
 You are now on your way to creating the life you were meant to live!

YOU are destined for greatness.

Megan Shaughnessy