

TeamGenesis BUILDERS Group Session #1  
FOUNDATION FOR MY SUCCESS

**My Reason WHY:**

*Describe why you want a successful Beachbody business and what motivates you to be committed to building your business every day. Imagine that this business can bring you everything you want in life. What would that be? How will being a successful coach and having a thriving business impact your life?*

**My Story:**

*Tell me story of what your life was like before you joined Beachbody, why you decided to take the step into your own business, and what you have planned for your business and your life. Write as if I have never met you before and I've asked you to tell me more about this Coaching thing you're doing. Try not to make your response a commercial for Beachbody, but rather a personal story about you.*

**My Calendar:**

*Get out your calendar for the next three months (or imagine you have it spread out in front of you). When you look at your life from the perspective of how you spend your time and days; how do you feel? When you look at the next three months of your life, what thoughts come to mind? Take some time to journal your thoughts and feelings about what you see when you look at your calendar. Once you have done that, can you set aside several "power hours" to focus on building your dream lifestyle?*

**My Contacts:**

*Take a look at your contacts and count them. It doesn't matter whether you have 10 or 10,000. What you really want to look at is the quality of those contacts. Can you send them an email easily? Do they fall into any particular grouping? Ultimately, you want to be able to start with a solid number of people that you have information on, and that you can reach out to easily. What is that number?*