

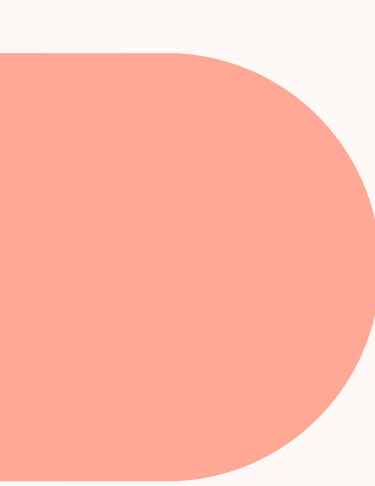
# TEAM JOY | ELLIE MD

## Vision Journal

your business launch







## 2. Company Values

Identify the values of Ellie MD that resonate with you. How do they align with your personal goals?

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## 3. Helping Others

Consider how you can help someone using Ellie MD's resources, like healing peptides. Who would you support and how?

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# 4. Reflecting on Past Experience

Think about your previous experiences in marketing. What practices will you keep, start, and stop as you build this new platform?

KEEP DOING:

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START DOING:

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STOP DOING:

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Write a letter to your future self celebrating your successes six months from now.

Dear \_\_\_\_\_,

[illegible]

## 6. Daily Affirmation and Action

Reflect on your vision. If you are the person who (is a Director, has 10 new orders, builds a team of 6), how does she/he show up? What actions will you take?



# 7. Building Belief

Read your vision every morning and night.  
Which areas do you need to expand your  
capacity and believe your goals are  
attainable?

Note any limiting beliefs and actively replace  
them with confidence-boosting affirmations.

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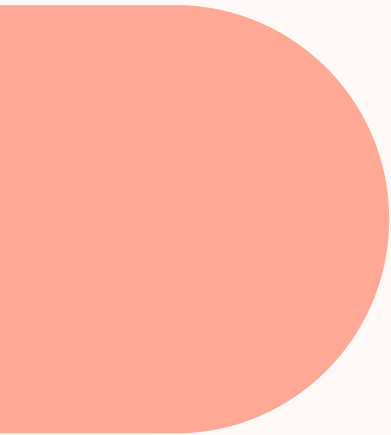
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# 8. Resources and Support



Imagine opening an EllieMD franchise. What does it mean to “turn the lights on” for your business? Daily connection, business building, follow ups, check-ins. Identify your main support network and resources.

Watch the training: (find team videos of leaders talking about their daily action plan or launch plans, and turning the LIGHTS ON)

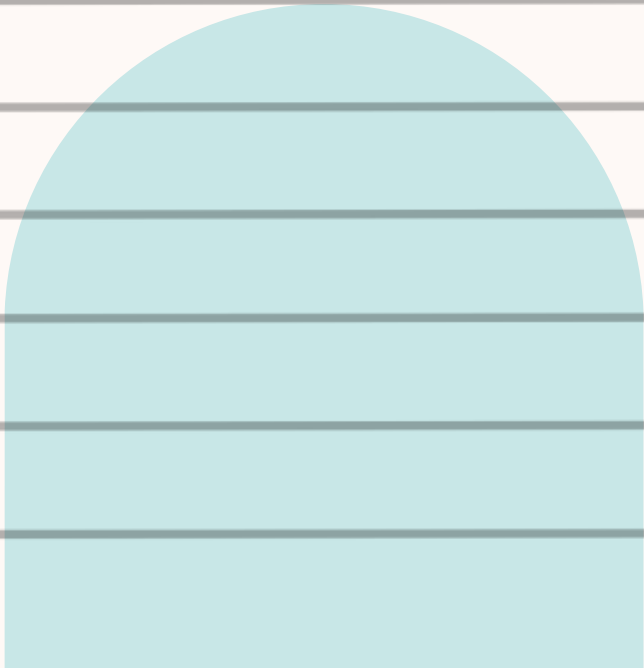
Identify your main support people (sponsor, leaders) and resources at your disposal through the Ellie MD website. What can you read or explore to enhance your understanding?\*\*

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Identify your hero product, such as GLP-1, and plan how to share your journey with it to inspire others.



## 10. Dream Partners List

List the women/men you'd love to partner with in building your EllieMD business. If you were creating community events, (like "Over 50 Connection Happy Hour") what would your guest list look like?

[illegible]

# Final Thoughts:



Welcome to Team Joy... where love, support, and joy empower your journey. Remember, building a business isn't just about the hustle; it's about fostering a belief in yourself and your future.

Your vision is your guide. Stay connected, celebrate your wins, and embrace the journey ahead!

With love, *Beth*

Feel free to share your celebrations or any insights gained from this exercise. I love hearing from you!

*Let's light up this journey together*



# TEAM JOY | ELLIE MD

## Empowering Business Affirmations

1. I am worthy of success and attract abundance with ease.
2. Every step brings me closer to my goals; my journey is joyful.
3. I confidently share my vision and connect with supportive people.
4. I embrace challenges as growth opportunities.
5. It's safe for me to express my authentic self.
6. My impact inspires and uplifts others.
7. I am open to receiving abundance.
8. I celebrate my progress and trust my journey.
9. I attract opportunities aligned with my values.
10. I am a magnet for success and joy, creating an abundant business.

