

Team Elite Platinum



*Mindset Training with Alan Nagao,
2nd Generation to Napoleon Hill*

March 1-6, 2021 6-Day Event

1:00-3:00pm PST

3:00-5:00pm Mexico

4:00-6:00pm EST, Colombia, Peru

6:00-8:00pm Chile

10:00pm-12:00am Spain

Ground Rules for Virtual Team Elite Platinum University (TEPU)

- Commit to participating
- Participate at 100%
- Be active and positive with your camera on at all times
- Be aware of how Zoom works
- Small group work. Groups of 5-10 people with a designated Group Leader. Each Group Leader will need their own Zoom Account & WhatsApp Group to complete the daily assignments
- Complete your homework each day
- Keep all information discussed during this event Confidential

Materials Needed for TEPU

Notebook & Pen

Dream Board Materials

- 20" x 30" Board
- Magazines, photos, etc. (e.g. Lifestyle, travel, finance magazines)
- Scissors
- Glue
- Markers

* You will be asked to take a picture of your Dream Board and send it to your Group Leader



TEAM ELITE PLATINUM UNIVERSITY (TEPU)

Daily Meditations, Topics & Homework

Monday, March 1 - Saturday, March 6, 2021

- 1:00-3:00pm PST
- 3:00-5:00pm Mexico
- 4:00-6:00pm EST, Colombia, Peru
- 6:00-8:00pm Chile
- 10:00pm-12:00am Spain

DAY #1 MONDAY, MARCH 1

Topics

Alan Nagao's Story
Why Am I Here?

DAY #2 TUESDAY, MARCH 2

Meditation

Passive scene from nature

Topics

Desire
Telling Your Story
Definite Main Purpose
Statement & Self Confidence
Formula

DAY #3 WEDNESDAY, MARCH 3

Meditation

Dark Screen, Light Screen

Topics

Organized Planning
Auto Suggestion

DAY #4 THURSDAY, MARCH 4

Meditation

Sliding Board. Control Panel.
Using the digital clock.

Topics

First Day / Last Day
Movie Night (Time TBD)
Think & Grow Rich: Legacy

DAY #5 FRIDAY, MARCH 5

Meditation

Workshop of the Mind

Topics

Difficulties Before Success
I've Decided

DAY #6 SATURDAY, MARCH 6

Meditation

Workshop Assistance
Speaking to your Counsel

Topics

Power of Mastermind
Mastermind Groups,
Meetings & Principles
Shares

“My Story” Interview Sheet

What is your name? _____

Where do you live? _____

What is your background? _____

F

Family

(e.g. Tell me about your family. Do you have children?)

O

Occupation

(e.g. Tell me about your job. Are you moving forward? Are you getting paid enough?)

R

Recreation

(e.g. What do you like to do in your spare time? Where do you like to vacation?)

M

Money/
Motivation

(e.g. Why are you doing Nu Skin? What are you transitioning out of? What are your goals with Nu Skin?)

Why are you doing Nu Skin? _____

What are you transitioning from? _____

What are some of the results you are getting from Nu Skin? _____

“My Story” Worksheet

My name is: _____

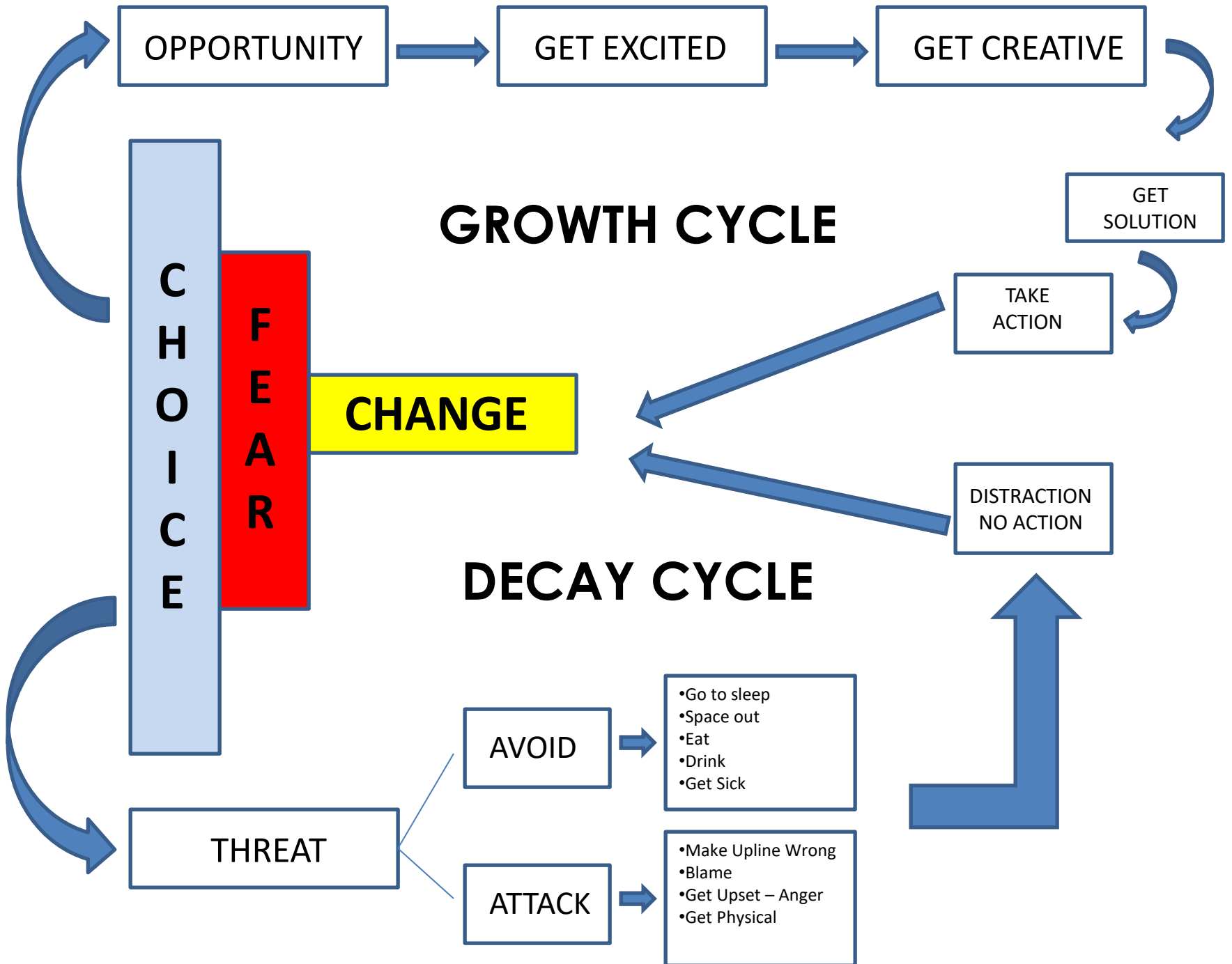
I live in: _____

My background is: _____

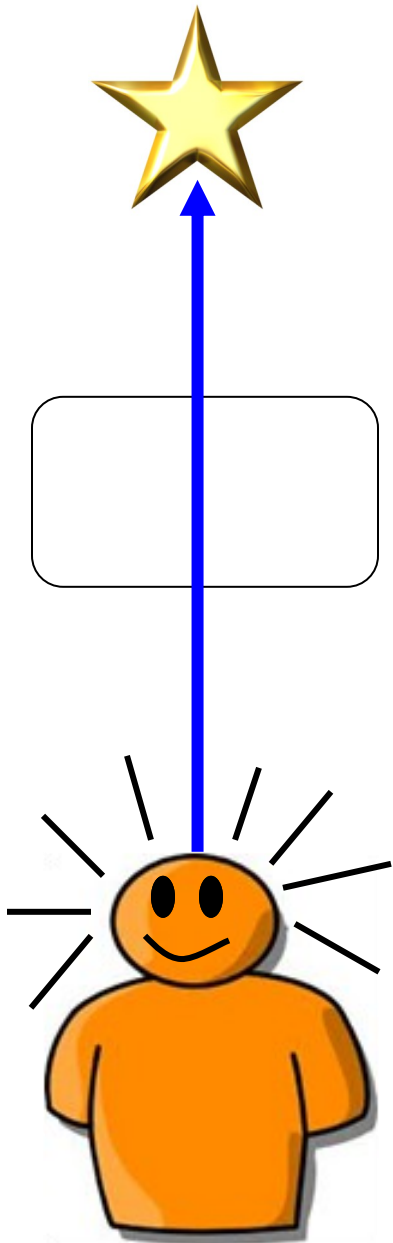
I'm doing Nu Skin because _____

Some of my results are _____

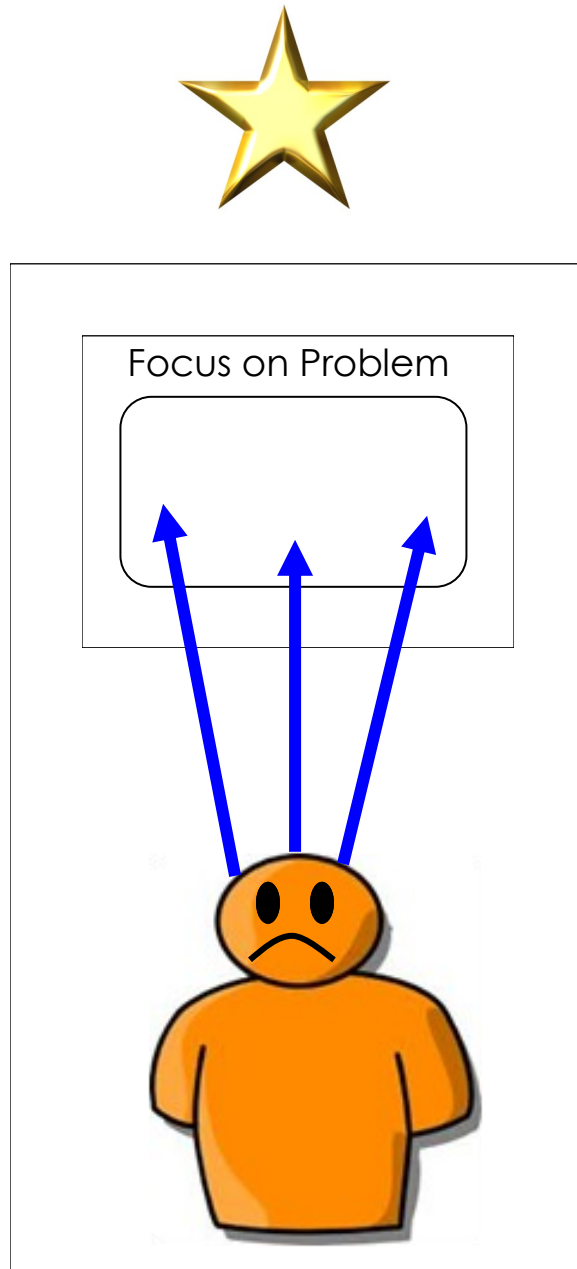
The best part about Nu Skin is _____



FOUR THINKERS



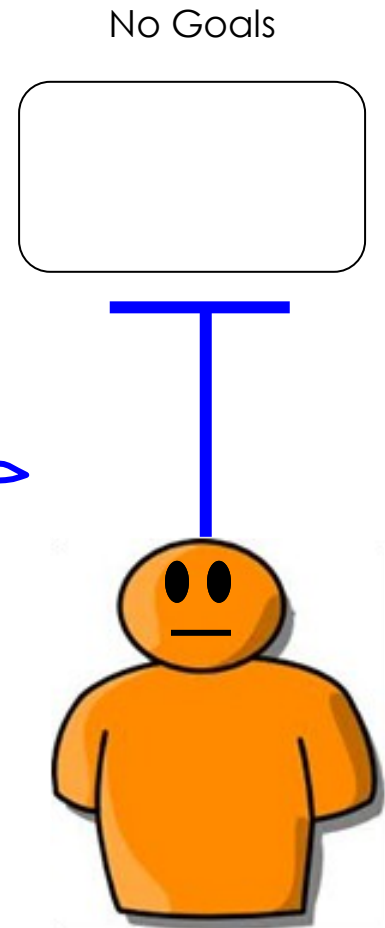
Blue Diamond Thinker



YOU Become The Problem



Spaghetti Brain



No Goals

COLOR GOALS

PHYSICAL

FINANCIAL

RELATIONSHIPS

SPIRITUAL



CHARACTERISTICS

Visionaries, Leaders, Persevering, Can Do Several Things At Once, Aggressive, Dominant, Impatient, They Love To Give Orders, They Are Direct

NEEDS TO BE & FEEL

Patient, Fun, Loving, Kind, Respectful, Know How To Forgive, Be Vulnerable, Gentle, Kind and Flexible



CHARACTERISTICS

Meticulous, Intellectually Sensitive, Honest, Good Communicator when you have the necessary information

NEEDS TO BE & FEEL

Risky, Wild, Spontaneous, Sexy, Relaxed, Enthusiastic, Man or Woman of Action



CHARACTERISTICS

Fun, Energetic, Outgoing, Open, Creative, Get Excited Quick, Likes To Party

NEEDS TO BE & FEEL

Disciplined, Focused, Leader, Punctual, Organized and Determined



CHARACTERISTICS

Affectionate, They Like To Share, They Care About Others, Family Is Very Important

NEEDS TO BE & FEEL

Attractive, Leader, Powerful, Feeling Beautiful, Deserving, Strong, Love Yourself, Believe in Yourself

MY TOP 5 LIST

WAKE UP 1-HOUR EARLY

20 minute Workout

20 minute Meditation

20 minute Top 5

Top 5 things I must complete before I die

1. _____
2. _____
3. _____
4. _____
5. _____

Top 5 things I will accomplish in five (5) years

1. _____
2. _____
3. _____
4. _____
5. _____

Top 5 things I will accomplish in one (1) year

1. _____
2. _____
3. _____
4. _____
5. _____

Top 5 things I will accomplish in one (1) month

1. _____
2. _____
3. _____
4. _____
5. _____

Top 5 things I will accomplish in one (1) week

1. _____
2. _____
3. _____
4. _____
5. _____

Top 5 things I will accomplish today

1. _____
2. _____
3. _____
4. _____
5. _____

DEFINITE MAIN PURPOSE STATEMENT

It is _____, 20____ and I _____
am so happy and grateful, now that I am receiving \$_____ per month in leveraged
income from my Global Nu Skin Enterprises business. I accomplish my 3/3's. 3 new contacts per day,
3-3 way presentations per day and 3 new customers each week. I experience joy each day knowing
that what I am doing is being of service to others and to myself.

I am a _____

As a result of my genuine effort I am now experiencing _____

Thank you God for it is DONE!!!

Signed: _____ Date: _____

SELF CONFIDENCE FORMULA

First. I know that I have the ability to achieve the object of my Definite Purpose in life, therefore, I DEMAND of myself persistent, continuous action toward its attainment, and I here and now promise to render such action.

Second. I realize the dominating thoughts of my mind will eventually reproduce themselves in outward, physical action, and gradually transform themselves into physical reality, therefore, I concentrate my thoughts for thirty minutes daily, upon the task of thinking of the person I intend to become, thereby creating in my mind a clear mental picture of that person.

Third. I know through the principle of auto-suggestion, any desire that I persistently hold in my mind will eventually seek expression through some practical means of attaining the object back of it, therefore, I devote ten minutes daily to demanding of myself the development of SELF-CONFIDENCE.

Fourth. I have clearly written down a description of my DEFINITE CHIEF AIM in life, and I will never stop trying, until I shall have developed sufficient self-confidence for its attainment.

Fifth. I fully realize that no wealth or position can long endure, unless built upon truth and justice, therefore, I engage in no transaction which does not benefit all whom it affects. I succeed by attracting to myself the forces I wish to use, and the cooperation of other people. I induce others to serve me, because of my willingness to serve others. I eliminate hatred, envy, jealousy, selfishness, and cynicism, by developing love for all humanity, because I know that a negative attitude toward others can never bring me success. I cause others to believe in me, because I believe in them, and in myself.

I sign my name to this formula, commit it to memory, and repeat it aloud twice a day, with full FAITH that it is continually influencing my THOUGHTS and ACTIONS affirming that I am a self-reliant, and successful Team Elite Leader.

Thank you God for it is DONE!

Signed: _____ Date: _____

MASTERMIND PRINCIPLES

I begin every MasterMind Meeting by reading these MasterMind Principles:

I RELEASE

I release myself to the MasterMind
because I am strong when I have others to help me.

I BELIEVE

I believe that combined intelligence of the MasterMind
creates a wisdom far beyond my own.

I UNDERSTAND

I understand that I will more easily create positive results in my life when I am open to
looking at myself, my problems and opportunities from another's point of view.

I DECIDE

I decide to release my desire totally in trust to the MasterMind
and I am open to accepting new possibilities.

I FORGIVE

I forgive myself for mistakes I have made. I also forgive others who have hurt me
in the past so I can move into the future with a clean slate.

I ASK

I ask the MasterMind to hear what I really want; my goals, my dreams and my desires,
and I hear my MasterMind partners supporting me in MY fulfillment.

I ACCEPT

I know, relax, and accept, believing that the working power of the MasterMind will respond
to my every need. I am grateful knowing this is so.

DEDICATION AND COVENANT

*"I now have a covenant in which it is agreed that the MasterMind shall supply me with
an abundance of all things necessary to live a success-filled and happy life.
I dedicate myself to be of maximum service to the world and my fellow human beings,
to live in a manner that will set the highest example for others to follow and to
remain an open channel of God's will. I go forth with a spirit of
enthusiasm, excitement and expectancy."*