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Commitment and Accountability

“My life works in direct proportion to the commitments that I make and keep,” is a saying that most of us remember from the Basic Seminar. It sounds easy enough to say I will commit to doing something only to find I lose my focus and not finish. Have you ever made a New Year’s resolution, or two, or three and didn’t keep your resolution? That is what I am talking about, when your actions don’t match your words.

When our offices were located in Blue Ash, there was a Bally’s Fitness located behind our offices. I could look out my window and see their parking lot, and for five years I would be amazed to watch what would happen. January 1st the parking lot would be in overflow mode, cars parked on the street and on the grass. On March 1st you could drive up to the front door and find a parking spot; resolved many – committed few.

While you might think paying a gym membership would hold you accountable, very few find it as a long term motivator. So the question is, “How can I set up an effective

accountability plan?”

For most people, I find the most effective way to accomplish doing what they commit to is by reporting to other people. If you just show up at the gym, you won’t be missed if you decide to sleep in on a cold day in February. If you want to change a relationship and you don’t let your partner know what you plan to do differently, it will be easy to fall back to your old habits.

Imagine that you committed to a plan, and besides having a plan, you also decided to add people to ensure accountability. Imagine that you decided that health was a priority, and you hired a fitness instructor to assist you a few days per week. I can hear you right now saying “I can’t afford a trainer,” but I’m sure you have enough money to buy fast foods or another item of clothing each month. What would happen if you decided to find people, seminars, and other resources to keep you focused on your goals and commitments?

My hope is that you will take the opportunity to join me and a group of committed



Mike Monahan,
executive director

individuals at The Plan on January 17th. I will help you put together a realistic plan for the next year, and will encourage you to set up an accountability plan to guarantee a successful year. Call today and commit to The Plan, and make 2009 the best year ever with a clear plan and a network of partners to ensure accountability.

Bring a friend and receive a discount. The Plan is a great way to introduce your friends to Life Success.

Do you want to introduce a friend, family member or co-worker to Life Success? Now is your chance. Our next **INTRO** is on Thursday, February 19, 2009. at 7:00 p.m. Guests will experience a one-hour snapshot of the Basic Seminar. Be a champion! Register for the complimentary Intro at www.lifesuccessseminars.com.

Vision

Life Success Seminars will be nationally recognized as the champion for personal excellence.

Mission

Our mission is to provide educational opportunities and resources to assist individuals in discovering their path to personal success in life.



We have a unique approach and teach people how to develop better relationships, enjoy higher confidence, and lead happier, more successful lives.

Life Success Seminars provides opportunities for development of more responsible, reliable, and healthier leadership by offering the very best seminars to assist individuals and businesses.

Life Success Seminars Staff

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The Plan: Take Action To Have a Great 2009



New Year's Resolutions

The Plan
January 17, 2009
9:00 a.m. - 4:00 p.m.

West Chester
Conference Center
9248 Princeton-Glendale Road

\$250 (bring a friend \$200 each)
Lunch is included

Day 1:
Things are going great!!!
Day 7:
Things aren't going the way I thought!!!
Day 10:
Why bother?

OR – attend The Plan with a friend.

Why not start 2009 in a different way?

Invite a few friends to sit down and develop a realistic plan for the New Year. The most successful people, those in the top 3%, have a specific, written plan with goals. All the others only have ideas of what they want.

Join us on January 17, 2009, to make a plan for the seven most important areas in your life. The Plan is a great place to bring a friend or two and also introduce someone to Life Success. Call Melissa at 513.874.0555 to make a reservation for you and a friend. **The seminar is open to everyone—grads and non-grads.**

Seating is limited, so sign up early!

An Easier Way To Healthy Living

Get a jump on healthy living! Join us for an eight-week weigh-off as we have our own version of The Biggest Loser.

Each week will have a featured speaker covering topics related to diet, exercise, healthy living, and life balance.

There will be a weekly heart-healthy food segment (taste-testing included), group activities, an optional six-week exercise session, and a \$500 grand prize for the lucky winner!

Motivational leaders will help you to reach your weight goals and will lead you there

in a healthy and fun way. Classes will be held Wednesday nights from 7:00 p.m. – 8:00 p.m. at the West Chester Conference Center, beginning January 21, 2009. Registration is open to anyone. Sign up now for only \$69 which covers the entire eight weeks and includes a t-shirt.

For more information about the seminar or to register visit www.lifesuccessseminars.com.



The Greatest Loser

January 21, 2009
7:00 - 8:00 p.m.

West Chester Conference Center

\$69 for eight weeks!

If I Knew Then What I Know Now...

How many times have you said those words? Throughout life, we learn so many things that might have changed the course of our lives if only we had known them sooner. And now that we know those things, we eagerly share them with our children, parents, siblings, or friends so that their lives might be richer.

I first went to Basic in January of 2004. Laurie Posey, with whom I worked, and Dave Zimmerman, our managing partner, championed me. As the Basic seminar unfolded I became determined to go to IPI. But, as happens with many Basic grads, life intervened, and my resolve slipped away amongst work, family, and other concerns.

Early this year, I began questioning my attitude and actions in many parts of my life and again began thinking about IPI. I didn't know ex-



Jim Sweeney,
recent IPI grad

actly what would happen up at the Grailville Retreat Center, only that it was the second phase of Life Success and that many people I knew said wonderful things about the experience. But was I ready? After all, it had been four years since my Basic.

I decided that I would renew Basic and go right into IPI the next month. My IPI celebration was November 16. I can now emphatically affirm that everything I had been told about the "IPI

effect" is absolutely true.

I've spent a good part of the last week calling the people who are closest to me to ask them—beg them—to get started with Basic. I also found myself asking them to commit to going to IPI as soon as possible after Basic. "These were the most important five days I ever spent just on me," I say. "I love you too much to let this go. Whatever it takes, I'll help. Trust me—just go."

Going to IPI the month after Basic won't be for everybody. I spoke to an IPI buddy this morning who told me that he was glad he had a year between Basic and IPI. My guess is that the average time people take between the seminars is three to four months.

But IPI follows Basic like night follows day. It's just natural. We can champion our loved ones to the process, not just a seminar. Life Suc-

"I can now emphatically affirm that everything I had been told about the 'IPI effect' is absolutely true."

cess makes committing to the process easier by discounting the tuition when paying for both seminars up front, regardless of the time between seminars.

If you have experienced IPI, don't you want all your loved ones to share what you have? If you haven't been to IPI, what are you waiting for? Just go. If you need help of any kind, call us. We'll do whatever we can. I guarantee that after you go, you will want to give those you love the same gift someone gave you—a great life.

Annual Member's Meeting

January 22, 2009, has been slated as the Life Success Annual Meeting. All lifetime members are invited to attend. There will be a short presentation from Tim Hecker, board president, and members will elect new board members.

Mike Monahan, executive director, will speak and the treasurer's report reviewing the financial status of Life Success will be presented.

A cash bar opens at 6:00 p.m. and dinner is at 6:30

p.m. Elections and reports begin at 7:30 p.m.

Please join us as we wrap up another year and move into 2009.

If you would like to attend and are not a life member, you can become one very easily. For only \$100, members are entitled to voting rights and becoming a part of the future of Life Success.

Call the office at 513.874.0555 to make reservations or for more information.

Life Success Annual Meeting of Members

January 22, 2009

6:00 p.m. cocktails

6:30 p.m. dinner

7:30 p.m. elections & reports

Website Launch Integrates Logo And Branding



Many of you have noticed that Life Success has a new and improved website. The new design, consistent with our new logo and branding, features vastly improved navigability, online registration, and an online DVD.

Launched in December, we are constantly making changes and upgrading it as we go along.

Another element integral to the site is an e-newsletter filled with inspirational and educational articles, facilitator insights, and many ways to stay involved. Grads and non-grads can sign up to receive the newsletter on the website. We encourage you to share the Life Success e-news with

friends and family as a great way to introduce them to Life Success.

Over the next couple of months, Life Success will work to enhance interactivity, to add an events calendar, and to ensure the site's overall consistency in design and content.

The next phase is to have a grad-only site where grads can log on and connect. This is a special "grad only" area that will encourage staying connected with Life Success and with those you have met through the seminars.

We thank everyone who was involved in making this happen!

How Are Your Leadership Skills?

Life Success Seminars is offering free Leadership Training to all grads. The three-hour course is taught by Mike Monahan and Kathy Marx.

Leadership Training has been established to provide grads with additional skills and learning experience. These skills can be applied to every-

day life as well as for those who wish to group lead the Basic Seminar. Life Success is committed to providing students with everything they need to be the best leaders they can be.

The next leadership training is scheduled for February 10 from 6:00 p.m. -

9:00 p.m. If you were unable to make the training last quarter, we hope that you will put this date on your calendar and join us in being the "best of the best."

Any graduate that goes through the free training in 2009 and group leads in 2009 will receive an additional \$50

off the \$100 Basic group leadership fee. Seating is limited to 50 grads (the last session was filled to capacity!) so call Melissa today at 513.874.0555 or register online at www.lifesuccessseminars.com.



Breakfast Networking At Its Best

Join us for our next networking breakfast! The West Chester Conference Center, in cooperation with the Cincinnati *Business Courier*, features a breakfast, speaker, and time for networking, once

a month on Tuesday mornings from 7:30 a.m. – 9:00 a.m.

The next breakfast is January 20 and Andrea Tortora, managing editor of the *Business Courier*, will be the guest speaker. As always,

there is a full buffet breakfast with plenty of hot coffee. If you pre-register the cost is \$15 or \$18 at the door. To register, e-mail Michelle Aufdenkampe at Michelle@WCConfCtr.com.

Annual Holiday Party Puts On The Sparkle

Sunday was a day for celebrating! It was the end of Basic, 5th Day students were in the house, and on top of that, it was the Life Success annual holiday party and silent auction!

The auction tables were beautifully presented with bows, bags, things shiny and glittery, and all the trimmings.

After Celebration the party started. There was music, bidding, food, and good cheer. The raffle ticket elves roamed the crowds selling raffle tickets and people lined up to see all the wonderful options to bid on. There were vacation homes, jewelry, a Wii system, paintings, children's toys, and so much more!

Bidding got heated for a couple of items but at the sound of the bell, bid sheets

were turned over and then it was just a matter of waiting to see who won what.

In between the bidding action, Santa made a special visit to the party! Children gathered around to tell him what they wanted for Christmas, and got to pick out a gift from his bag of goodies. They also left with a candy cane.

Nancy Monahan spent countless hours behind the scenes and, with the help of Alicia Spencer, put on the most incredible display of silent auctions items.

We thank everyone who bid and won the auction items and who participated in the raffle. Almost \$8,000 was raised, and none of it would have been possible without your involvement.

Life Success Seminars wants to thank everyone for your help, your participation, your presence and your continued support of



our work and our mission. May 2009 be a very happy and prosperous new year for all of you!

Thank you to our volunteers and donors who were so generous with their time and giving. The auction was a great success and we have you to thank!

Volunteers

Ray Fitzgerald
Larry Gray
Lynn Gray
Tim Hecker
Coleen Honold
Alicia Spencer
Michelle Vanover
Karla Wilson

Donors

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Ty Camacho
Kevin Chaney
Joy Sherry Clower
Mary Lou Donoghue
Katie and Ray Elfers
Jim Farnum
Waldete Fioretti
Christopher Fischer, Systems Insight Inc.
Cindy Fitzgerald, Fiberlicious
Emily Gabbard
Tom Gaither
Lynn and Larry Gray
Susan Grundy
Kim Guffey
Claudia Harsh, Alliance Institute for Integrative Medicine
Cheryl and Jonathan Hays

Melissa Heald and Jen Fields, Bippity Boppitty Beads
Mike Heald
Maggie and Tim Hecker
William E. Hesch
Brian Hodges
Gary Hunt
July 2008 IPI Class
Kaleidoscope Stained Glass Studio
Jan Kiener
Elizabeth Lautner
Tracy Learner
Galina Lewan
Andy Lewis, Staples
Life Success Seminars
Carrie Lutz
Barb and Bill Lyon
Peg and Tim Mathile
May 2008 IPI Class
Linda McIntyre
Tim Mendenhall, Interior Design Group
Mary Ellen Moore, Synergy Holistic Health Center

Mike and Nancy Monahan
Paul Moncelle
Ed Nime
Tish Platt
Sheryl Pockrose
Lisa Prows
Therese Quinn
Dan Rivers
Neva Rogers, Skin Care
Gail and Dan Rolfes
Penny Rump
Veronica Sanford
Santa Claus
Steve Schardt
Amber and Marcus Sea
Becky and Dan Shearn
Renee Shell
Steve Sherwood
Holly Shuster
Steve Snyder
Lynn Sullivan
Michelle Vanover
Ann Weber
Lori West
Owen Wrassman, Reds Community Fund

November & December Basic



Kim Small
Alicia Spencer

Champions

Traci Camacho
Chris Clawson (5!)
Bill Cottell
Holly DeSantis
Susie Dugan
Tom Gaier
Michelle Hall (2!)
Maria Hendrichs
Deb Hunt
Susan McNamara
Emily Miller

Basic Seminar

November 6-9, 2008

Facilitators

Mike Monahan
Kathy Marx

Coordinators

Michelle Aufdenkampe
Steve Haber
Melissa Heald
Mike Heald
Leslie Miller
Nancy Monahan

Group Leaders

Margaux Higgins
Nazanin Khodadad
Nancy Lange
Julie Learner
Carrie Lutz
Quentin Phillips
Steve Schardt
Susan Smyth
Larry Watson
Sarah Wehmeyer
Lori West

Volunteers

Tim Butler
Chris Clawson
Alan Haid
Marie Hendrichs
Karen Hoskins
Kay Hunter
Karen Miltenberger
Tony Miltenberger
Judy Meyer
Kim Myers
Lynn Readey
Amber Sea

Megan Monahan
Angela Moreland
Mark Nachazel
Jay Post
Lynn Readey
Matt Scheffer (2!)
Neal Schulte
Alicia Spencer
Sarah Stegman
Sallie Troutman (2!)

Basic Seminar

December 4-7, 2008

Facilitator

Therese Quinn

Coordinators

Michelle Aufdenkampe
Melissa Heald
Mike Heald
Maggie Hecker
Tim Hecker
Nancy Monahan

Group Leaders

Patty Anderkin-Ball
Kate Bower
Alan Haid
Matt Lennartz
Karen Veneris

Volunteers

Roy Auerbach
John Ball
Claudia Harsh
Sam Hartsock
Molly Hunt
Kay Hunter
June Izzi-Bailey
Tracy Learner
Dave Lemen
Ellen Masters
Ray Ramey
Alicia Spencer
Jim Sweeney
Anthony Taylor
Barry Williams

Champions

Kathy Ainslie
Theresa Bates

Chris Bryant
Chris Clawson (3!)
Peggy Dillinger
Tawnia Duermit
Debbie Haynes
Sam Hartsock
Lin Heald
Judy Hodges

Nancy Lange
Elizabeth Lautner
Peg Mathile
Susan McNamara
Karl Mecklenburg
Tony Miller
Angela Moreland
Wanda Nime



November IPI

IPI Seminar

November 12-16, 2008

Facilitators

Ty Camacho
Steve Sherwood

Greeters

Bethanie Christman
Michael Freeman
Kara Kelly
Paul Krause
Karen Miltenberger
Tom Possert
Elizabeth Lautner
Sarah Wehmeyer
Donna Wehmeyer

Group Leaders

Susan Branscome
Ray Fitzgerald
Melissa Heald
Mike Heald
Michelle Mathile
Mike Mathile
Dan Rolfes
Ann Weber

Grads

Melissa Alessi
John Ball
Brook Bobbitt
Peggy Bricking
Mark Casella
Jennifer Cloyd
Mark Daniher
Mary Lou Donoghue
Terry Flesch
Brian Hodges
Gabe Hogue
Greg Jodrey
Chris Kramer
Barb Lyon
Scott Nicholson
Scott Osswald
Gina Phillips
Veronica Sanford
Marcus Sea
Holly Shuster
Alicia Spencer
Jim Sweeney
Barb Sweitzer
Scott Weiland
Sam Wilder





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Address Change?

Please contact the office if you move or no longer wish to receive the newsletter.

www.LifeSuccessSeminars.com

Coming Up

The Plan

**January 17
9:00 a.m.**



Leadership Training

**February 10
6:00 p.m.**



Intro

**February 19
7:00 p.m.**

January 8-11	Basic (Celebration Sunday 5:00 p.m.)
January 17	Seminar: The Plan, 9:00 a.m.—4:00 p.m.
January 20	Business Networking Breakfast, 7:30 a.m.
January 22	Member's Annual Meeting, 6:00 p.m.
January 28-Feb. 1	IPI (Celebration Sunday 4:30 p.m.)
February 5-8	Basic (Celebration Sunday 5:00 p.m.)
February 10	Leadership Training, 6:00 p.m.—9:00 p.m.
February 17	Business Networking Breakfast, 7:30 a.m.
February 19	Intro: An Introduction to Basic, 7:00 p.m.
March 5-8	Basic (Celebration Sunday 5:00 p.m.)
March 17	Business Networking Breakfast, 7:30 a.m.
March 18-22	IPI (Celebration Sunday 4:30 p.m.)