

O.P.A. System

Outcome-Focused, Purpose-Driven, with an Action Plan

Designed to help you create success in your LifeWave business and build a focused and purpose-driven pathway to achieving your goals.

Welcome to O.P.A.

The O.P.A. system is designed to help you identify what you want to achieve, connect it to a deeper sense of purpose, and map out a clear plan of action to make it happen. Whether you're new to LifeWave or looking to take your business to the next level, this system will empower you to stay focused, motivated, and aligned with your vision.

Step 1: Be Outcome-Focused

The first step to success is defining a clear outcome. This means setting a specific and measurable goal to work toward over the next 90 days.

Ask yourself:

- What do I want to achieve in my LifeWave business in the next 30, 60, 90 days?
- How will I measure my success?
- What is the financial, professional, or personal milestone I want to hit?

Example 90-Day Outcomes:

- Enroll 10 new customers and 4 business partners.
- Achieve a specific rank advancement.
- Build a team volume of \$X in sales.
- Earn \$X in commissions.

Write Your Outcome Here:

(Example: "I will enroll 10 new customers and 4 new business partners and achieve the rank of 1 Star Director by March 31, 2025.")

Step 2: Be Purpose-Driven

Your “why” is the fuel that keeps you going. When challenges arise, your purpose will remind you why you started and why it’s worth it. Take a moment to reflect on your deeper reasons for pursuing success in LifeWave.

Ask Yourself:

- Why is achieving my outcome important to me?
- What will this outcome do for my family, my future, or my finances?
- How will I feel when I achieve this goal?

Examples of Purpose:

- “I want financial freedom to provide for my family.”
- “I’m passionate about helping others improve their health and quality of life.”
- “I want to retire early and spend more time with my loved ones.”

Write Down Your Purpose Here:

(Example: “I want to help 10 families experience financial freedom by introducing them to LifeWave, while building a legacy of health and wealth for my family.”)

Step 3: Create an Action Plan

Success doesn’t happen by chance—it happens with a clear, intentional plan. Once you have your outcome and your purpose, the next step is to work with your team leader to develop an action plan.

Action Plan Essentials:

1. Daily Activities: What are the specific actions you’ll take every day?
 - Examples: Make 10 calls daily, schedule 3 presentations per week, follow up with prospects, post on social media, attend team trainings.
2. Weekly Goals: Break your 90-day outcome into smaller, weekly targets.
 - Example: Enroll at least 1 new business partner per week.
3. Tools & Resources: What resources can you leverage?
 - Examples: LifeWave training materials, team calls, social media content, customer testimonials, product samples.
4. Accountability: Stay on track by scheduling weekly check-ins with your team leader to review progress and adjust your strategy as needed.

Outline Your Initial Action Plan Here:
(Work with your team leader to refine this plan.)

Your Next Steps

1. Complete This Worksheet: Fill out your outcome, purpose, and initial action plan.
2. Get in Touch with Your Team Leader: Share your completed worksheet with your leader and schedule a time to review your action plan.
3. Take Action Daily: Success is built one step at a time. Stay consistent and remember your purpose.

Final Thoughts

Success in LifeWave starts with clarity and commitment. By focusing on your outcome, connecting to your purpose, and creating a solid action plan, you're setting yourself up to win. Your team leader and the LifeWave community are here to support you every step of the way.

Let's get started—your success story begins today!