

# Create Freedom for Life

Proven steps to \$\$ Success from home

by Udana Power



*Simple - Step-by-step - Results Driven*

**As Sara was growing up, her dad asked her once a week, "What did you fail at today?" He wanted her to fail. He said, "If you're not failing, you're not learning anything new."**

That's why Sara had no fear of failure when she launched her company. He also taught her the power of visualization. She sat down every day and visualized in detail. Her goal was to be 1) Self-employed, 2) Invent a product that lots of people want; and 3) Create a business that would continue to run itself if she wasn't present.

She launched her company in 1998 and by the time she was 27 years old she became the youngest self-made billionaire in the world.

## **Sara Blakely invented Spanx.**

Spanx is the revolutionary intimate shapewear apparel company that has transformed how women feel about their bodies.

Up until that time, the panty hose and girdle market was run by men. (No wonder those undergarments were so uncomfortable.) This was a "Real-Life Problem" she knew she could solve.



*"My passion was inspired by my own butt."  
- Sara Blakely*

## **Sara got the idea when she was selling fax machines door-to-door in Florida.**

Her employer required her to follow the dress code of wearing panty hose on those hot, muggy treks. Sara took all of her \$5,000 savings and decided to create an undergarment that was comfortable and would help women look their best in tight-fitting clothes.

## **She was fearless, innovative and unencumbered by higher education.**

With no fashion, retail or business experience, she didn't know about Trade Shows, so she just hustled directly to prospective customers. When she saw Oprah talk on TV about cutting the feet off her panty hose so she could wear them under slacks, Sara contacted Oprah directly. Oprah ultimately became an investor in Spanx (along with Reese Witherspoon.)

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**Launching Spanx depended solely on her vision, resilience...**

and persistence. Her mission was not to just sell ladies' underwear. It was to "help women feel great about themselves and their potential."

**I want to liberate the largest unpaid work force in the world: Women.**

And the men who love their women powerful. I went from 46 cents in the bank to creating a multiple 6-figure income within a few years. It freed me to do everything I want... travel, write, retire, study...and not worry about money.



*"I give you nothing unless I give you more of your Self."  
- Udana Power*

**I, too, was unencumbered by higher education.**

I had been a professional actress, singer, writer prior to my network marketing career. I had two screenplays set to go into production, when a year of major strikes stopped all production in the film industry cold. People were losing their businesses and their homes. My projects - and my income - dissolved into thin air. A close producer-friend called to tell me about this strange business another friend was doing. (She wanted to save her ranch in Colorado.) He was making a 6-figure income in this little "side hustle" that had nothing to do with show biz. Huh? That was my introduction to this new world.

**I watched all those bubbles being drawn on the whiteboard...**

...but there were elements that weren't explained. I kept showing up, reading everything I could find and finally created a system for my small team and started growing quickly.

Just as we were getting momentum, the company went bankrupt. Wrong company. Wrong time. Lots of hype. I walked away from the whole industry.

**Throw stress on a stress eater and you get...40 extra pounds.**

I ordered some products from a friend-of-a-friend to "jump-start a diet." The results of the products were so amazing that my friends started asking, *"What are you doing? Sign me up!"*

**It seemed like a "God Shot."**

I kinda knew how this industry was *supposed* to work. A deep hunch told me to take this on like I had invested my life savings into a franchise. ( I didn't have any life savings at that time. LOL.) I jumped into this arena in 2005 and with a few people grew a giant team. A number of us became multiple 6-figure earners and then millionaires with the company.

**Any opportunity that can create 6-figures a year is a REAL business.**

The Friendchise is all the information I wish someone had told me when I started. It will keep you from making all the early mistakes I did... or even wandering off to do something else (like I did.)

**I have created The Friendchise like a business school...**

not just "Rah-rah-rah, go tell everyone you know." It covers what I feel is important to know so that you can get out in the field and start practicing. The MOST learning happens when you start implementing what you learn here.

**Make this training the turning point in your life.**

It's an opportunity to build a financial engine that generates residual income. (That means you make money in your sleep.)

Like Sara Blakely, you can be highly paid to help others transform their lives. And you don't have to invent something then build a complex corporate structure to support it (like Spanx) to manufacture and distribute it.



*"Feeling confident, being comfortable in your skin--that's what really makes you beautiful."  
- Bobbi Brown*

**The Friendchise training is covered in 4 Modules.**

Each module contains 4 to 6 articles. Each article is in a specific order, designed for how your mind absorbs and remembers information - in easy step-by-step increments. They are entertaining and give you valuable information so you can get into immediate action. The articles build synergistically and include easy repetition.

**The training is generic and self-paced.**

It is also interactive. The training can take from 2 to 4 weeks, depending upon the speed you want to go.

**You can review the training again and again.**

The more you review, the deeper you understand and the more income you can create.

You will gain skills that will transform your life.

**This business model is unique.**

It's easy and inexpensive to to start. You can build it on the side of what you're already doing and you can work it in the pockets of your time. Also, everyone helps each other. (The better *they* do, the better *you* do. Good karma.)

**The work is rewarding.**

Helping others is always rewarding. Being paid to help others transform their lives is profound.

**Learn the basic principles like you would a sport.**

Shooting hoops on the weekend with friends is fun and gets in some good exercise. To get really good at basketball you play a lot. If you want to become a pro, you hire a great coach and practice a lot more.

**This business is the same.**

You can get into the game, dabble around, and make a few bucks or you can apply yourself and create financial independence for life. That requires new habits practiced over time (consistency) along with a financial vehicle that will get you where you want to go.

The Friendchise sets up the paradigm and principles underlying the whole business model. The community works together like neighbors coming together to "raise a barn", however, instead of Barn Raising we are Business Raising.

**Yes, you get paid while you learn.**

It is designed to get you up and making money right away.

**That's why we have 3 months of Mentoring.**

You won't learn everything the first time through. It's more important to get into action. Doing the work actually shows you how the work is done.

**Embrace daily habits**



*"Success isn't always about greatness. It's about consistency. Consistent hard work gains success. Greatness will come."  
Dwayne "The Rock" Johnson*

*Barn Raising*



*"Together we can do so much. Alone we can do so little."  
- Helen Keller*

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The daily work activities are where the learning REALLY sinks in. You are sponsoring, helping customers get excellent results with the products and coaching new business partners. It's exciting to see your business and your bank account start to grow.

**A big challenge is how to train new business partners.**

When people start, they are usually stressed, busy with life and want to learn quickly. Most are just getting familiar with the business model itself and don't have the knowledge or skillset (yet) to teach their new people. In the past, training has been like the "Telephone Game." The instructions start clearly and then change everytime it gets passed to the next person. By the time you get to the 5th or 6th person, the message is completely different.

**I designed this training for my own team.**

I wanted everyone to get the same information so they could learn quickly and benefit from the same opportunity. The cool thing is, the better my team did financially, the more money the company paid me. I like that logic.

**During the beta teams we discovered another perk.**

When you invite your new business builders to take the course, you can come back through it again with them as your Buddy Team. You'll gain new insights and bond with your new team members at a whole new level. Plus, you will also be developing leadership skills.

**What could your life be like 3 months from now if...**

you are earning an extra \$1,000 to \$2,000 a month? What could you use that money for?

Relax, daydream and sketch out your answer here:



*Sometimes you will need the team and sometimes the team will need you. Nobody does this alone.*

**Enjoy life outside your Comfort Zone.**

If you are not uncomfortable you are probably stuck at an acceptable level of ho-hum. Life begins as you move outside your Comfort Zone. I call it the **Alive Zone**.

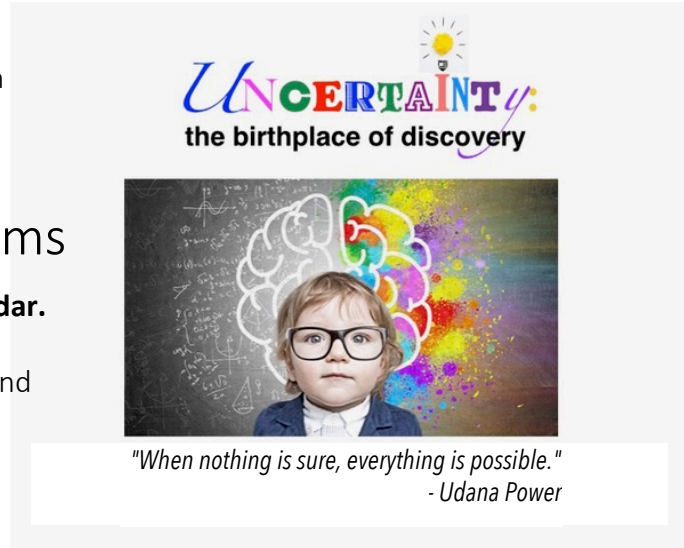
## 3 Month Mentoring & Buddy Teams

**Match the following schedule with your personal calendar.**

How many hours each week are you willing to invest on a weekly basis to create your business? You are about to find out how much you can accomplish in 12 weeks.

**Fill in numbers in the weeks below.**

Do this playfully. Don't stress. It starts to make it real.



Month #1: \_\_\_\_\_

Week 1 -	Week 2 -	Week 3 -	Week 4 -

Month #2: \_\_\_\_\_

Week 5 -	Week 6 -	Week 7 -	Week 8 -

Month #3: \_\_\_\_\_

Week 9 -	Week 10 -	Week 11 -	Week 12 -



**"The best way to predict your future  
is to create it."**

- Abraham Lincoln

**Mentors are there to support you all the way.**

The better YOU do, the better THEY do. They join forces with you and match your energy. They hold your vision and see you through the head-banging moments. Yes, there will be head-banging moments. The good news is - inside every breakdown breakdown is a breakTHROUGH. The bigger the breakdown, the bigger the breakthrough.

**The biggest obstacle you will come up against is yourself.**

Your subconscious has old beliefs and programs running that dictate what you think you can have. Those old programs rear their petulant heads when you're ready to break through to the next level. We have powerful tools to melt away those old limitations so you can easily move to the next level and keep growing beyond what you ever thought was possible.

**That's why mentoring is important.**

We all need someone to help us move beyond where we think we can go. Failure is not an option.

**Champions LIVE outside their comfort zone.**

All new growth happens in your Alive Zone.

**NEXT:**

Take a few minutes to write down the answers on Pages 4 and 5 (if you haven't already.)  
What will your life be like in 3 months if you take this on like a REAL business

**Daydream. Relax.**

Let your mind wander into possibility. That's when new ideas can magically appear from "out of nowhere."

Don't try to be perfect. (Perfect is boring.)  
Just play with the ideas and explore possibility.

**Then go on to the next article...**

**"Learn to Learn YOUR Way."**

I studied how our brains work and how we absorb and retain information so you can USE it. Learning how to learn is one of those skills that will have impact on your whole life... beyond just learning how to build a money machine at home with this specific training.



*I studied PSYCH-K with Bruce Lipton and its originator, Rob Williams. It's the fastest and most profound way to reprogram subconscious beliefs in the world. (And I have tried EVERYthing.)*