

# MY MILLIONAIRE FRIENDS NEWSLETTER



## March Focus – Ownership, Systems, and Automation

### In this issue:

- Main Article
  - Dreams & Balance
- Upcoming Events This Month
  - Garrett Sutton
  - Stefanie Hartman

## Message from Sheri McConnell

Dear MMF Members,

Welcome to the final month in the live My Millionaire Friends Coaching Program. This month we will focus on some really important mindsets and behaviors that will help you run an efficient and freedom-based company. Make sure you don't miss the classes on SYSTEMS and AUTOMATION! ☺

To your *millionaire* success,  
Sheri McConnell-President  
My Millionaire Friends

## Main Article – Accomplishing Your Dreams Requires Balance

The following are 4 core values I use to live a balanced life and achieve my dreams easier.

**One—No Guilt Allowed** Guilt can hold you back from many of the goals you want to accomplish if you let it. Guilt actually creates an imbalance in your life because you are left with feelings of inadequacy. From now on when guilt creeps into your life—take action by noticing that the emotion is present and replace it with positive choices or joy as quickly as you can. As you retrain yourself to purge guilt, you will notice how much easier it is to move forward and accomplish your goals.

**Two—Embrace Positive Choices** Another core value that allows you to achieve balance in your life is being able to make positive choices. What are positive choices—these are choices that propel you forward... they benefit your mind, your body, and your soul. These choices allow you to feel productive and focused because they are in alignment with what you really want to do on a daily basis. And remember—how we live our days is indeed how we live our lives.

**Three—Cultivating Moments of Pure Joy** One of the best things I personally ever did was follow my heart when EVERYONE else thought I was crazy. The first time I did this—I was scared, but at the time I was so miserable, I didn't really feel like I had a choice. From that experience I learned to trust my gut and I learned that to follow my dreams meant that I was the architect of my life and that it was actually up to me to cultivate moments of pure joy in my life. To follow your dreams—you will have to take giant leaps and be willing to get your hands dirty before you learn how to cultivate a life full of joy.

**Four—Practice Conscious Living** People who achieve their dreams do it with a plan. They may start out simply doing something they are passionate about, but eventually to achieve substantial results, they had to sit down and map out a plan. They made changes in their lives and began to live in a very conscious way. They began to pay attention to what they said yes and no to. They began to choose how they reacted to negative people and situations. They began to consciously choose to surround themselves with other people who had fun accomplishing their dreams. They decided to be disciplined about their choices and they also chose to consciously enjoy every moment they could going forward.

## Upcoming Expert Events

Most calls are at: 10 am (PST), 11 am (MST), Noon (CST), 1 pm (EST)

**Call in number:** 605-772-3001

**Code:** 730525

5th March:

Millionaire Business Structures-  
Garrett Sutton

18th March at 1 CST:

Millionaire Business Connections-  
Stefanie Hartman

## Upcoming Coaching Calls

All calls are at: Noon (PST), 1 pm (MST), 2 pm (CST), 3 pm (EST)

**Call in number:** 605-772-3001

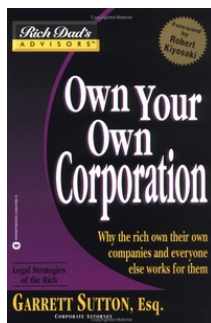
**Code:** 730525

Week 9 - Millionaire Ownership  
Week 10 - Millionaire Entities  
Week 11 - Millionaire Systems  
Week 12 - Millionaire Automation

## Membership Login Information

Login URL: <http://my-millionaire-friends.com/membership>  
Password: mymillionmember

## This month you receive this book:



## Contact Us

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## Private Coaching Session

Reach your goals faster with a private coaching session with me every single week on Thursday

**Time:** 10 AM - 2 PM Central Time

**Procedure:** Send your coaching form to [info@my-millionaire-friends.com](mailto:info@my-millionaire-friends.com) at least 24 hours before the scheduled private coaching day.

Once we receive your form, we will e-mail you to schedule your session. On the day of the call, I will call you at the number on your coaching form.

**Coaching Form:** [Coaching-Prep-Form-MMF.doc](#) (*This is also on login page*)