



CRAFTING YOUR OPTAVIA STORY

Your journey to Optimal Health has begun and now it is time to create and share your **OPTAVIA** Story. We believe YOUR story has the ability to change lives and we hope you will let the questions below be your guide in bringing your story to life in a way that helps and inspires others.

It's time for you to be an inspiration for others and share your best life with the world!

Why did you become an **OPTAVIA** Coach?

What do you want people to know about your journey?

What about your story evokes emotion? (This allows you to help them feel something)

How purposefully can you share the details of your story? (i.e. Instead of saying "I lost 30 lbs", you could say "I now have the energy to play with my kids" or "I'm now able to take a 30 minute walk with my dog.")

Here's a great example: "The very day I had given up hope is the day I was introduced to a program that allowed me to create health. I thought I had found a way to lose weight but what I'd really found was a way to create space for a better life. So I offer people the opportunity to have wellbeing in their life and create lifelong transformation like to say a joyFULL life. May I help you?"

We encourage you to work with your Business Coach/Mentor support team throughout this process. Our Community is here to support you every step of the way.
Questions? Check out OPTAVIA ANSWERS, call 1.888.OPTAVIA, or fill out the Contact Us form on your OPTAVIA personalized website!