

THE MINDFUL MILLIONAIRE



REMARKABLE STORIES FROM ORDINARY PEOPLE
WHO HAVE ACHIEVED THE EXTRAORDINARY

DR. TONY O'DONNELL, PH.D.

ELLEN BRADLEY GANUS:
“SHIFT YOUR
BELIEF SYSTEM!”

Before I could become successful, I had to release a lot of my old beliefs about money, about what I deserved, about what I could create, and how I could go about doing that. I was raised in an environment that was grounded in a very sort of scholastic approach to earning money where you go to school, you earn a degree, and you get a job.

As an artist, I wasn't looking for a job, I was pursuing my goals as an actress. I was living a life that was more about survival and waiting for someone to give me an opportunity, instead of recognizing the fact that I could create cash flow at any point in time. So there was a very big shift that needed to take place from the way I was brought up and what I believed, to what I was going to claim as now being possible. That was the underlying, sort of psychological-philosophical obstacle that was stopping me from living this way my whole life. It was a belief system, that when changed, allowed everything to change. The same sort of shift can occur for anyone willing to engage in self examination and willing to apply principals of new thought to their life.

I had to release my skepticism around the industry that I now participate in, which is network marketing. I didn't know much about it. I always thought it was a pyramid. I didn't realize that it was a level playing field with an equal opportunity for everybody, and that all could succeed there. Therefore, I had to really understand network marketing as "the business of the twenty-first century." I had to learn how to work with teams of people. In everything I was involved with prior to this venture, I was always working alone. Recognizing that you can only do so much by yourself, I learned to appreciate both the challenges and the rewards of leveraging your time with the efforts of a large group.

On this journey I also really enjoyed the personal growth opportunities each and every day. I had to learn how to spend time with the right people, the people who also wanted what I wanted. I had a tendency to want to save people, rather than align myself with already successful people who demonstrated my same level of desire, passion and commitment. I had to release all fears and ideas about what others were thinking. Ultimately, one has to be strong in his own belief, that what he is doing is the correct path to success.

When I decided to make a go of this business, I had to examine how I was going to do it and learn about a whole new industry that had never been a part of my life before. I was the mother of one child and having my second baby when I got Isagenix as a gift. I didn't believe that it was anything more than a product line. I didn't recognize the financial opportunity that was attached to it, and it wasn't until I was in a desperate place of need that I decided to engage on a business level. Then I began to understand the compensation plan and discover the incredible possibility of great fortune.

My inspiration and desperation were the result of a journey that I had with my son. After he was diagnosed with a life-threatening blood disease at the age of two and spent years in the hospital, I was not only emotionally distraught, but also broke. I am grateful every day for his recovery and it awakened a part of me to a totally new

perspective about life, business, and time freedom. It was a harsh lesson that taught me the importance of residual income, and the priceless value of time freedom to do “what you want, when you want, and with whom you want!” I had a new clock that would forever tick, and I was determined to pay off my debt immediately and live my dream life.

In order for that to happen I needed to create immediate cash flow. I wanted a beautiful home for my children where my kids had a backyard to run and play. I wanted to take vacations where we could shut everything off and not have to worry about money. I realized that I had been sharing my message of Isagenix and the great things it can do for people’s health and wellness, but I was not paying attention to how it could monetize for myself and others. When I got out of my own way and became willing to make the necessary sacrifices, I began to accelerate my journey to success. This involved putting my career as an actress on the back burner, knowing that I could return to entertainment one day, with the bonus of no longer having to compromise my artistic choices because of my lack of funds.

Today, I enjoy mentoring people who are looking for additional streams of income. Some people embark on their new-found business in a very big way and some people do it very part time. Whatever their interest is, my company definitely delivers. It’s exciting to offer an opportunity such as this during such times of struggle and a down economy.

At first it was a slow road for me, because in the beginning there wasn’t a lot of up front money. It was still a huge opportunity yet it was a slower path. Our company has since added \$10 million to the front end of the compensation. Now when people come in, they can earn over \$5,000 immediately. What I like to do with people is accomplish that in the first five weeks. A major turning point for me was when I was able to pay my car note with the money that was being generated by Isagenix. I remember thinking, “Wow, this is re-

ally going to impact everything for me. I can pay for my car bill with money that wasn't even expected." It was like having a winning lotto ticket!

Another incident that really convinced me to explore this opportunity as the choice vehicle for getting back on my feet happened around the holidays. I got a Christmas note from my friend and hairdresser who was on a journey to lose weight. She didn't usually share with me on this topic but she said to me, "You have just no idea the impact that you had on my life for helping me get into this program and release sixty pounds." More than that, she felt that she just got herself back. I remember being so moved by that note and so inspired to help more people. At that time I would always just save my picture cards, but I made sure to save this letter from my friend, as well.

For me, the motivating factor for what I do, is witnessing the transformations, both physically and financially, that I have been able to co-create. It is awe-inspiring to watch people not only dream again, but finally have the means to fund that dream. It feels like I have a magic wand!

I've read and listened to many books and audios by different inspirational speakers and authors. Tony Robbins has always been a mentor of mine. I actually took many of his courses, culminating in the famous "fire walks" and I've followed his teachings since 1990. I was also lucky to have Oprah Winfrey as a mentor during my college days, before she was famous, while she was hosting a little show called AM Chicago. Two books that I frequently read over and over again, include *Think and Grow Rich* and *Awaken the Giant Within*. Some of my favorite authors and speakers include Jim Rohn, Bob Proctor, Robert Kiyosaki, Noah Ben Shea, Marianne Williamson, Jack Canfield, Les Brown, Wayne Dyer, John Maxwell, Stuart Wilde, Joan Borysenko and Caroline Myss. T. Harv Eker's *Secrets of the Millionaire Mind* is a great book for understanding your relationship with money and reprogramming a new blueprint for greater suc-

cess. It is obvious that I am an avid reader, yet I also consider my yoga and meditation practice to be an important part of my education and recipe for success.

In summation, I believe that anything is possible if you're willing to get to work. All success requires sacrifice. If you can learn how to work smart rather than work hard, you will have more time and energy to do what you love.

I still have so much to learn! In the words of Don Henley, "The more I learn, the less I understand . . . the things I thought I learned, I'm learning again!"

That is why I also enjoy being surrounded by people who are better than me and I am grateful that my Isagenix community is filled with so many brilliant people and the type of individuals that I not only can call my business partners, but also my best friends. I guess my vocation has truly become my vacation; adventures that I get to spend with 100 of my closest friends at any given moment!

Ellen Bradley Ganus

www.meettheteamnow@me.com