



The One Command® Circles

THE ONE COMMAND® CIRCLES CERTIFIED LEADER TRAINING

Segment #4

“You are much grander than you think you are”.
Asara Lovejoy, *The One Command*

Session Four

- Being Prepared
- Creating a Wealth Mindset
- Welcome Letter
- Sign-in Sheet
- Commitment Box
- Timing of Circle Segments
- A Suggestion for Your Participants – Success Journals
- How to Market Your Circles/Marketing/On-going Commitment
- TeleCircles/Online Circles
- Handouts to Participants

Being Prepared

Have your Leadership manual and One Command book available.

Creating a Wealth Mindset

It's best to charge for your Commanding Wealth Circle®.

Believe it or not, more people will come if you charge. They are also more likely to participant and apply the principals. Most leaders host their Circles in their home and provide light snacks. The fee is typically \$25-\$30 (or its equivalent in your currency). **Demonstrate your confidence in the value of the program and charge for it.**

- **Create a sign in sheet** and get names addresses, phone number and email addresses of your members. If they agree circulate the list so everyone knows how to contact one another.
- It is also a benefit to your members (with their agreement) to send their names and email addresses to:

clientcare@successbyyourcommand.com

This adds them to The One Command mailing list and your members will receive the Success By Your Command Newsletter, and all special offers and notices of upcoming events.

Welcome Letter

The One Command Circle facilitated by (Your Name)

When was the last time you experienced loving, unconditional and enthusiastic support for your goals and desires? The One Command Circle is designed just for that purpose. This group is part study group, part support group, and 100% problem solving group. Come to transform your life!

Learn to use a powerful new tool for creating infinite possibilities in your life.

This Circle provides a community to support you while you recreate your life in a whole new way.

- Transform your financial, personal & professional life
- Empower and accelerate manifesting what you desire
- Dissolve old emotional blocks
- Change your mindset and open the door to new possibilities
- Intentionally create the life you desire
- Achieve your desired goals easily
- Realize your true magnificence in every area of your life

How other people have benefited from attending a Circle. (Add your own examples here)

"Two days after saying out loud and receiving support at the CW circle..."I don't know how I made \$5K/mo and have an office with two staff. I only know I do now and I am fulfilled"...magic happened. I secured a consulting contract for \$8,000/mo... The biggest breakthrough for me is: I can be a conduit through which money flows to manifest goodness in the world..." Cheryl, Kirkland, WA

"I commanded for a better relationship with my children and within days I received flowers from one daughter just to say she loved me. Now I have a great relationship with all my children and grandchildren, plus a better job, nicer place to live and my life back!" Nola, Bonney

Lake, WA

Your success story here " _____ "

Add:

Your Name

Name of Your Circle

Day-Time of Circle

Co\$t

Your email address/phone/website

A short Bio of your skills, training and services.

Sign-in Sheet

One Command Circles® Sign In Sheet

Date _____

NAME: _____

PHONE: _____

EMAIL: _____

Please make checks payable to ____ (your name) _____

The Commitment Box - You may want to buy an attractive box to have on the sign-in table to collect the Fee if you do not have people pay in advance.

On the table you may have:

- The Commitment Box for cash and checks
- The Sign-in Sheet
- The Business Cards of Attendees
- Flyers Announcing Upcoming Events
- And after the Circle – the Snacks

Timing of Circle Segments

First Hour of the 2-Hour One Command Circle – with a break at the end – Dr. Katie

Initial 25 minutes –

- Welcome and Introductions
- Ask returning members of the Circle to check in with the group by reporting on what they have recorded in their Success Journals
- Explain how The One Command® statement is said for the new people attending and briefly outline the 6-Steps. Practice the eye-roll.
- Answer any questions that have come up – these are often questions from the FAQs.

Next 25 minutes –

- Take turns sharing what they would like to create and help them become clear on what they want to Command to receive in their life.

Final 10 minutes - *Take a brief 'comfort break' of no more than 7-10 minutes.*

If you choose to take your snack break in-between the first and second hour do it here and make it about 20 minutes and adjust the second hour as needed.

Second Hour of the 2-Hour One Command Circle

Initial 20 minutes –

- Briefly review the 6-Step process with them if there are new people in the Circle.
- Take them through The One Command process as a group.

Next 25 minutes –

- Explain the Support Statement and demonstrate the Support Statement.
- Break them up into smaller groups of 3-5 people and monitor their process.
- Bring them back as one group for brief feedback on their experience and to answer any questions that have come up.

Final 15 minutes –

Officially close the Circle process and switch to the social interaction and snacking part of the program. You can serve any type of snack you choose. This is a time for people to socialize a bit and continue to build community.

Timing of Circle Segments

First Hour of the 2-Hour One Command Circle – with a break in the middle – Bonnie Strehlow

Initial 25 minutes –

- Welcome and Introductions
- Returning Members Share and encourage with –
 - Woo Hoo's,
 - Whoa's
 - Oh No's.
- New Members –
 - Why are you're here?
 - What do you want to get out of this experience?
 - What do you want instead of what you have?

Next 25 minutes –

- What do you want to create tonight?
- Form the Commands.

15- 20 Minute Social break.

- Network marketing time.*
- Social meeting*
- Support group time*

Second Hour of the 2-Hour One Command Circle

Initial 25 minutes –

- Pull the group back together with a Raffle – hand out the tickets when they sign in.
 - Collect gifts from the Dollar Store etc
 - Others can donate their products/services
 - Periodically a Gift Certificate to attend a Circle for Free
 - Or a 2 for 1 Attendance promotion

- Walk everyone through the 6 steps and let them put in their own Command in the pause or open space you provide during the command process

Next 25 minutes –

- Support Statement - Left Eye to Left Eye
- Share that this can be done at home by looking in a mirror when you want to set in a Command deep into your subconscious with support.

Final 10 minutes –

Come back together for closing comments, questions and congratulations.

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Make Circles Fun

- Pajama Party
- Holiday Characters
- July Barbeques – giving back

A Suggestion for Participants – Success Journals

I always recommend Success Journals for my Circle participants. It is useful and helpful to write your successes down, no matter how 'small' they seem. If you have read the stories in The One Command and listened to the stories on the recordings, you will have an idea how it all 'works'.

There is the story of one member who Commanded for \$10K a month income the first month of her business – and she thought she didn't get it. Once she added up all of her orders, the total came to \$8600 the very first month, and over \$10,000 each month after that. But she had to add it all up – there wasn't simply one single check that showed up in her mailbox.

My personal successes have gotten so large that I could forget my small ones, but that would be a shame if I did as there is no real size in the Universe. The Universe provides what we Command, and that is not only good, it is great!!!

Handouts to Participants

1 - The Words to -

- The One Command
- The 6-Steps
- The Support Statement

#2 - What You Have Learned in One Command Circles

The One Command & Six-Step Process

The One Command:

I don't know how I _____(*your Command*)_____,
I only know I (am/have/do) *Now*, and I am fulfilled.

*Check yourself to eliminate the word 'but' in any command.
Check yourself to change all statements to the Now (not will have, will do, etc.).*

The Six-Step Process:

1. Ground
2. Align
3. Go into Theta (journey through space)
4. Command
5. Expand (into that greater capacity of who you are)
6. Gratitude, DNA (unwind/rewind)

Support Statement:

(Persons Name)... I absolutely know that you...(have/are/do)...and I support you.

What You Have Learned in The One Command Circles

1. Asara's journey, the genesis of The One Command, and the 6-Step Process to Success.
2. How to formulate The One Command statements to the highest order.
3. How to learn from the information that comes up while doing The One Command and how to formulate Commands around the limiting beliefs that are revealed.
4. You have been referred to Asara's book, *The One Command*, a goldmine of information and guidance, that can be bought on the website at www.successsbyyourcommand.com, on Amazon, or at Circle meetings.
5. You have been invited to subscribe to the greatest resource, the One Command Home Study Course – Mastery at Your Command, which includes the Foundation Course, the Cash Rich Success Program, Quantum Field Study, Personal Success Development, Love,

Relationship and Happiness, and Health and Wealth Healing systems - all in one package delivered weekly over 6 months. Contact www.successbyyourcommand.com for more information.

6. You have the opportunity to receive coaching and attend classes with Asara Lovejoy, Dr. Katie Garnett, and Bonnie Strehlow. Go to www.successbyyourcommand.com for more information.

7. You have been encouraged to use **The One Command** every day to free yourself of old limiting beliefs and create a whole new life.

8. You have been offered the opportunity to track your successes in your **Success Journal** in order to reinforce the changes large and small in your life while doing The One Command.

9. You have **the opportunity to grow your life**, your confidence, and your success in the company of incredibly supportive people on a regular basis.

10. You have been offered a gift of life, and the freedom to accept it or not.

How to Market Your Circles

- Many Circle Leaders start with friends and family. And in our experience – Circles often grow quite successfully from ‘word-of-mouth’.
- Online ads, blogs, and newsletters are successful ways of building your mailing lists and letting people know about your Circles.
- Offering talks at local churches, business groups, health-professional meetings, Master-mind groups, etc. – is often a very successful method of connecting with people who are interested in learning about The One Command.
- Flyers given out at health food stores and professional service offices such as chiropractors, massage therapists, coaches, and complementary practices have proven to be successful.

Marketing –

- At the end of the One Command process - let everyone know when the next One Command Circle is scheduled and ask them to invite their friends and relatives. This is also a good time to let them know about any specials you are offering such as a come and bring a first-time friend for free – a two-for-one special.
- As you are breaking for social time - ask if anyone has any announcements, upcoming events or specials they may be running in their business. We like doing business with our friends and want to support each other's endeavors. Encourage people to bring their flyers and brochures – these can be placed on or near the snack table.

On-going Commitment

- As you establish your on-going One Command Circles – including your online Circles – you may want to offer the opportunity for people to prepay for several months.
- With this option you can also offer a 'signing bonus' such as prepay for 5 months and get the 6th month free. Your offer may depend on whether you are meeting weekly, bi-monthly or monthly.

TeleCircles

Start with your Welcome and introductions. Have your participants draw a circle on a piece of paper and as people introduce themselves – have them write the first names in the circle like a clock – for example person #1 is 12 o'clock, person #2 is 1 o'clock and so forth around the Circle.

When you get to the Support statements – person #1 will receive their eye-to-eye support statement from person #2 and so forth. For the eye-to-eye contact – they can hold a mirror up to their own left eye as they receive the support statement.

TeleCircles often run 90 minutes instead of 2 hours as they don't include breaks and social time – although time to chat among the participants can be included at the close of the Circle.

On-Line Circles – there are various options - examples

Skype group calls

Google Hangout

GoToMeeting – www.GoToMeeting.com

iMeet – www.iMeet.com

One Command Circles

Success by Your Command

*The information here is knowledge that, as you embrace it,
will change your every concept of how to live richly."*

~ Asara Lovejoy

New Certified Circle Leaders - thank you for attending The Certified Circle Leader training. We are committed to assisting you on your journey to discover the richness of living from your greater capacity, and from your DNA blueprint for success.

To expand your own life, business, and professional development - Join the Success by Your Command Professional Development Program at
www.successbyyourcommand.com

Next Opportunity

You have access and opportunity to become One Command Seminar Leaders, or One Command Coaches with The One Command Organization Worldwide.

- #1 - Certified One Command Executive Success Coach Certification training, with Mastery in Marketing.
- # 2 - One Command Health, Wellness, and Healing Coach Certification.
- #3 - Become a One Command Seminar Leader, delivering two of our most popular seminars.

Contact us at:

1-855-862-4636 (TOC-INFO) or
Clientcare@successbyyourcommand.com

Coaching Resources Available for You

Master Coaching available with Asara Lovejoy, Bonnie Strehlow or Dr. Katie Garnett is available.

Contact us for information –
clientcare@successbyyourcommand.com

CONGRATULATIONS!

You are a trained and certified One Command Circle Leader.

You now have the capacity to introduce the amazing process of The One Command to an entire community of people and provide them with the simple tools to change their own lives.

