

A professional portrait of Tiffany Haugrud, a woman with blonde, wavy hair, smiling slightly. She is wearing a black top. The background is dark and out of focus.

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EYE ON ARBONNE
CANADA

INDEPENDENT CONSULTANT,
NATIONAL VICE PRESIDENT

TIFFANY HAUGRUD

TAKE RESPONSIBILITY FOR YOURSELF

Independent Consultant, National Vice President
Tiffany Haugrud Nation; Calgary, Alberta

If you had to paint a picture of your life in five years, would you paint your dreams on your canvas? Or would you choose to stay comfortable and paint the life you are living today? The choice is yours. Two-and-a-half years ago, I found Arbonne International and my life has been full of bright colors ever since. Instead of dreaming my dreams, I am now living my dreams.

I believe everything happens for a reason and it is not by accident you are reading this *Eye on Arbonne* story. There are people who are looking for Arbonne without even knowing they are looking for it. Or the timing is not right and later they discover Arbonne when they are ready for a change. Whenever we each begin, we all start out on the same path with our heads and hearts full of dreams. Nevertheless, not everyone continues their Arbonne journey. Some people give up too soon and others find another path to follow. When I started my journey two-and-a-half years ago, I decided I was going to continue no matter what bumps, twists or turns I would have to overcome. Some people are afraid of change — I was not; I was ready to make a difference in my family's life and in the lives of others.

I was contemplating going back to my career in marketing and design when my Arbonne journey began. I was on maternity leave with my second child, Emilie, and I knew in my heart I wanted to be home with her. I was unable to stay at home with my first child, Braedon, for the first three-and-a-half years of his life, and I missed him so much each day we were apart. Children are precious and they grow up so quickly. Each day with them brings challenges along with laughter. Instead of missing special moments of my children's lives, I wanted to make everlasting memories with them.

First, you must decide. If you are ready for a change, you must decide and commit yourself to building a strong and stable business. When you decide and leave your excuses at the door, your business will start to grow. You are the only person who can determine your success. Do not wait for others to decide for you and do not rely on anyone else, because you are the only person who can achieve your goals. From there, find a system that works for you and your team. Keep the system simple so leaders within your team can teach and train leaders within their teams.

Next, you must believe. Believe in yourself. We are sometimes our own worst critic. At the beginning of my journey, I had a lack of belief in myself and this opportunity. I did not understand why such a beautiful gift had been presented to me. And, I was full of self doubt. Throughout my journey, I found my strengths and an incredible group of people who have become a part of my life and my team. Together, we all have our personal strengths and share our strengths and support one another.

Braedon and Emilie.



Tiffany's Why: Daughter, Emilie.



Tiffany's Why: Son, Braedon.



Tiffany with sisters, Paula Dorward, RVP Susan Carcamo and DM Kelly Haugrud.



Tiffany with her family in Invermere, British Columbia.

Lastly, you must be willing to sacrifice. My close friend and ENVP, Carol Egleston, says, "Short term sacrifices for lifetime changes." During the past two-and-a-half years, I have made sacrifices. You get out of this business what you put into it. I have been out of town on my children's birthdays. I have missed some of their soccer games, swimming lessons and more. However, as I said at the beginning of my story, everything happens for a reason and I became a National Vice President on my son's 7th birthday. The sacrifices I made in the past two-and-a-half years have given me the opportunity to be home with my children and the ability to set them up emotionally, spiritually and potentially financially for their future.

There are no secrets to my success. There is nothing magical I do differently than anyone else. I have had several coffee dates where no one shows up and meetings where I was the only person who attended. I have heard countless excuses and, "No," over and over. I have been discouraged, but I never gave up. If you do not quit, you will make it. Just decide, believe and make a commitment to yourself that you will do this no matter what sacrifices you have to make, or what mountains you have to climb throughout your journey.

We have become a Nation together and I would not be writing this *Eye on Arbonne* story without my amazing team and the support of my family. My husband has been my shoulder to lean on and my best friend. He is a wonderful father and we created this business together. Colin, I love you and I am looking forward to many days on the water and many nights by the fire with you. My *Why* in my life are my children. Braedon and Emilie, mommy loves you more than the moon and stars.

To my friend and sister, RVP Susan Carcamo: You and I have been through a lot together. You have picked me up when I was down and I

would not want to do this without you by my side. I am looking forward to many family trips together!

To my friend, RVP Laura Cotton: You are so lovely. I know you want to make a difference in people's lives and you have made such a difference in my life. I am so happy we are on this journey together.

To my friend, RVP Erin Van Imschoot: You have a heart of gold. Your determination and drive will lead you to many other successes. I am honored to have you as a part of my team.

To my friend, RVP Melinda Thompson: Your desire to make this work is contagious and your upbeat energy fills up the room. I am happy we are on this journey together.

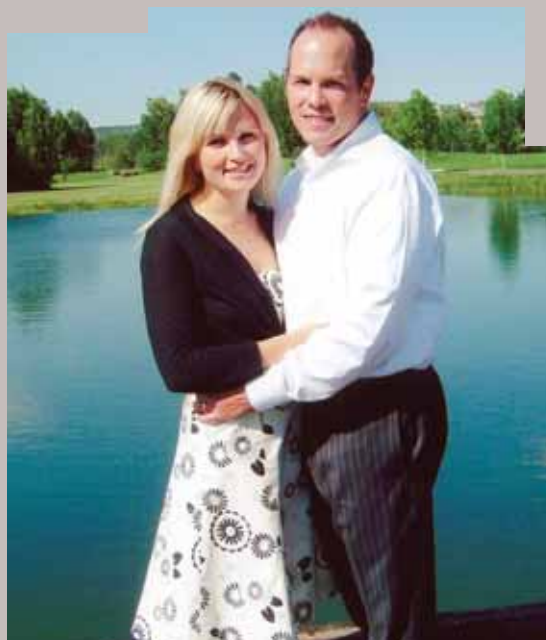
To my friend, RVP Barbara Zaseybida: You have such a lovely spirit and are so caring. You have taught me to be a better person. I thank you for that.

To my friends, RVPs-in-qualification, Rena Benner, Leah Emmerson and Jocelyn Urano: Thank you for your friendship and desire to build this business together. You all mean so much to me.

continued ...

success strategy:

“ Do not let others decide your destiny for you; determine your own future. ”



Tiffany with husband, Colin.



Tiffany with team members in St. Louis during NTC.



Some members from the Tiffany Haugrud Nation at NTC 2006 St. Louis.

To my friends, Area Managers, Ashley Thorne, Babet Valachi, Crystal Bubleby, Delores Love, Holly Bonin, Jodi Deschembault, Kerri Dortch, Kim Hvala, Marla Minich, Michelle Montanini and Tracey McRae: Keep focused on your dreams. They are right around the corner waiting for you.

To my District Manager friends: You all are delightful to work with. I am looking forward to giving you the keys to your Mercedes-Benzes.

To my friend, ENVP Carol Egleston: You are a beautiful person and amazing leader. I am so proud to be a part of your team. Thank you for caring, listening and understanding, and for just being you.

To my upline friends and mentors, Barbara Nelson, Josanne Flemming, Fern Rose and Tammy Mantika: Thank you for sharing the gift of Arbonne and being on this journey with me.

To my Consultants and Clients: Thank you for your continued support. Without it, I would not be here today.

To my parents: Thank you for your continued support and guidance. You are both an inspiration in my life. I love you.

To my family: Thank you for listening and cheering me on. Many of you now have your own Arbonne experiences and stories. I am happy I can share these with you and work together as a team.

To Home Office staff, especially Tonyta Thompson: Thank you for the countless hours and support you have given to us in Canada. Tonyta, you are a beautiful person and you are lovely to work with. I appreciate everything you have done for our Canadian teams.

It is never too late to add to your life. Open your mind to the endless possibilities Arbonne can bring you. The choice is yours. You can settle with where you are at today or you can start building your dreams right now for a brighter future.

Tiffany with Chairman & CEO Bob Henry and President Rita Davenport at NTC 2005 Las Vegas.



Tiffany with team members at NTC 2006 St. Louis.

