

Daily Method for *Success!*

20 minutes of personal development

(reading or audio)

Gratitude List - What are 5 things you're grateful for?

1. _____ 2. _____

3. _____ 4. _____

5. _____

3 - New Asks

(Business, Group Presentations, Gold Bag Trials,
Healthy Living Presentation, Fit Kit Sample)

3 - Follow up to previous Asks

1. _____

2. _____

3. _____

3 - Client/PC Follow Ups

1. _____

2. _____

3. _____

3 - Team Member Connection

(If you don't have a team yet you will!)

3 - Relationship Building Actions

(Reach out to past contacts, comment or private
message on social media, create connections)

Social Media Post

Review your Goals

Plan your top three priorities for the next day

1. _____

2. _____

3. _____