

*business  
planner*

SOLEX

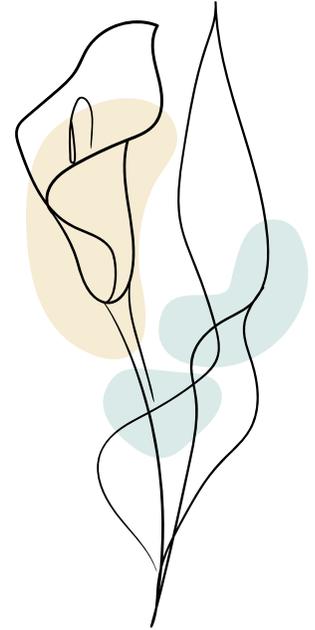


# AO Mindset

Every day is a new day, a fresh start. Let this planner guide you day by day and help you to stay on task with your business. Remember the 80/20 principle; **with what we spend our time on each day, as little as 20 percent is truly crucial.** The remaining 80 percent of our time is spent on less significant matters. Let's hyperfocus on that 20 percent and magnify those efforts. Tim Ferris wisely said, **"Focus on being productive instead of being busy."** With that in mind, examine your work and ask yourself, "What do I really want to do with my time? What 20 percent of my work should I be focusing on to generate the results I want?" By consistently doing this, you will reach levels you never thought possible.

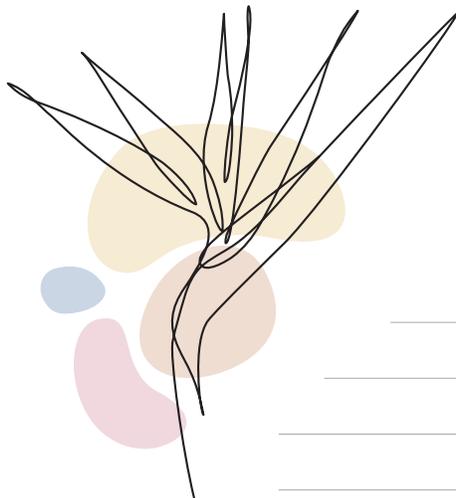
Write your "Why I Started Solex" experience and refer to it often. Let it be your boon and your inspiration to grow your business and spread this incredible technology around the globe! Remember, small habits bring about great change and **consistency matters more than perfection.**

Let your "WHY" become your daily AO Mindset.



**"ALWAYS REMEMBER, YOUR FOCUS DETERMINES YOUR REALITY."**

- George Lucas



*why I started Solex*

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# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
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- MIDDAY
- Inner Voice
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- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# tuesday

DATE: \_\_\_\_\_

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# wednesday

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MORNING  EZ Scan  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

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WHO I SCANNED TODAY

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# thursday

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
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- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
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## TOP FIVE TO DOS

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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My direct active QLAs as of today:

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION







WHO I SCANNED TODAY

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# tuesday

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## TOP FIVE TO DOS

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FOLLOW UP / CHECK-IN:

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# wednesday

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MIDDAY  Inner Voice  
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SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

MIDDAY

- Inner Voice
- \_\_\_\_\_

EVENING

- Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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MORNING  EZ Scan  
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 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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## TOP FIVE TO DOS

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION



WHO I SCANNED TODAY

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION





# monday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

\_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
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- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_  
7 am \_\_\_\_\_  
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## TASKS TO DO

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- MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

DATE: \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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MORNING  EZ Scan  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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WHO I SCANNED TODAY

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION



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END OF THE DAY REFLECTION

# thursday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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- Social Media
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- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

DATE: \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

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- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

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## TASKS TO DO

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- MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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- MIDDAY  Inner Voice  
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- EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# wednesday

DATE: \_\_\_\_\_

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

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EVENING  Inner Voice

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active Customers as of today:

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# Friday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
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- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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MIDDAY  Inner Voice

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EVENING  Inner Voice

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# tuesday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# thursday

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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SELF CARE:

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My direct active Customers as of today:

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
 \_\_\_\_\_

MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
 \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
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- \_\_\_\_\_

MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

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## TOP FIVE TO DOS

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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- EZ Scan
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  - \_\_\_\_\_

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- Inner Voice
  - \_\_\_\_\_

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- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION







WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

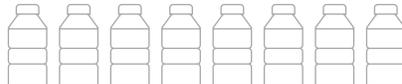
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan  
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# tuesday

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- MIDDAY  Inner Voice
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_  
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## TASKS TO DO

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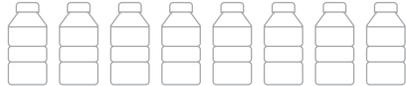
MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

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## TASKS TO DO

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MORNING  EZ Scan  
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 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

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EVENING  Inner Voice

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

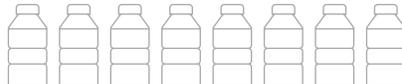
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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MORNING  EZ Scan  
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 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# Friday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
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- EVENING
- Inner Voice
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## TOP FIVE TO DOS

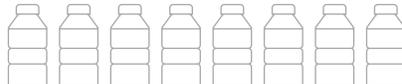
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
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- EVENING  Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

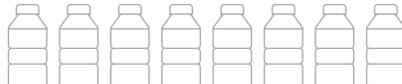
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HYDRATE 

SELF CARE:

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NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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- 5 \_\_\_\_\_

My direct active QLAs as of today:

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TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# tuesday

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

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WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# Friday

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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SELF CARE:

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

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## TASKS TO DO

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MORNING  EZ Scan  
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 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
 \_\_\_\_\_

## TOP FIVE TO DOS

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SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION



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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# Friday

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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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NAME / SCAN DONE / NOTES

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My direct active Customers as of today:

TEAMMATES TO MESSAGE

1 \_\_\_\_\_

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FOLLOW UP / CHECK-IN:

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- \_\_\_\_\_
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- \_\_\_\_\_
- \_\_\_\_\_

END OF THE DAY REFLECTION

NOTES

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WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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11 am \_\_\_\_\_

12 pm \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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- 1 \_\_\_\_\_
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- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
 \_\_\_\_\_

MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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7 am \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
 \_\_\_\_\_

MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
 \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

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4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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- 5 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

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## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
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  - \_\_\_\_\_

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- Inner Voice
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- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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My direct active QLAs as of today:

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
 \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_  
2 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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MORNING  EZ Scan  
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 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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- MORNING
- EZ Scan
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  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
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- MIDDAY  Inner Voice
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- EVENING  Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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# wednesday

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## TASKS TO DO

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- MORNING
- EZ Scan
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  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

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- Inner Voice
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- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

DATE: \_\_\_\_\_

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
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- 4 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION





# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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- 1 \_\_\_\_\_
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

# thursday

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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
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- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_  
7 am \_\_\_\_\_  
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10 am \_\_\_\_\_  
11 am \_\_\_\_\_  
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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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- 4 \_\_\_\_\_
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- AO Mindset
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- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

\_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
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- 10 \_\_\_\_\_

FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
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- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING  EZ Scan  
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MIDDAY  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

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9 am \_\_\_\_\_

10 am \_\_\_\_\_

11 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

- MIDDAY  Inner Voice
- \_\_\_\_\_

- EVENING  Inner Voice
- \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

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4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- 4 \_\_\_\_\_
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- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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- 3 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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- 5 \_\_\_\_\_
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- 10 \_\_\_\_\_

FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
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EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
2 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

\_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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3 \_\_\_\_\_

4 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- 4 \_\_\_\_\_
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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_  
7 am \_\_\_\_\_  
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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION



WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
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  - Opportunity Post (1x a Week)
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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- MORNING
- EZ Scan
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- Inner Voice
  - \_\_\_\_\_

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- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
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FOLLOW UP / CHECK-IN:

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NOTES

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END OF THE DAY REFLECTION

# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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## TASKS TO DO

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- MORNING  EZ Scan
- Wear Corresponding Lightwave Glasses
- Imprint (SEFIdot, water etc.)
- \_\_\_\_\_

MIDDAY  Inner Voice

\_\_\_\_\_

EVENING  Inner Voice

\_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

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## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
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MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
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## TOP FIVE TO DOS

1 \_\_\_\_\_  
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
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PROSPECTS / NEW CUSTOMERS / INACTIVES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# monday

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## TASKS TO DO

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MORNING  EZ Scan

Wear Corresponding Lightwave Glasses

Imprint (SEFIdot, water etc.)

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MIDDAY  Inner Voice

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EVENING  Inner Voice

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## TOP FIVE TO DOS

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- 2 \_\_\_\_\_
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HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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# tuesday

DATE: \_\_\_\_\_

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## TASKS TO DO

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- MORNING
- EZ Scan
  - Wear Corresponding Lightwave Glasses
  - Imprint (SEFIdot, water etc.)
  - \_\_\_\_\_

- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
  - \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

1 \_\_\_\_\_  
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2 \_\_\_\_\_  
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3 \_\_\_\_\_  
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4 \_\_\_\_\_  
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5 \_\_\_\_\_  
 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

- AO Mindset
- Check Lead Generation Sheet
  - Follow-Up Yesterday's Scans / Leads
  - Reach Out to 2-5 Leads a Day
- Message Upline or Accountability Partner
- Social Media
  - Opportunity Post (1x a Week)
  - Product Post / Story (2x a Week)
  - Lifestyle Post / Story (4-5x a Week)
- Add 5 New Friends a Day
- Check in with Team Chats/ Business Builders
- Check Facebook Groups
- Prepare for Tomorrow

PROSPECTS / NEW CUSTOMERS / INACTIVES

1 \_\_\_\_\_  
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2 \_\_\_\_\_  
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3 \_\_\_\_\_  
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4 \_\_\_\_\_  
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5 \_\_\_\_\_  
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My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

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10 \_\_\_\_\_

FOLLOW UP / CHECK-IN:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

END OF THE DAY REFLECTION

NOTES

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# wednesday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

8 am \_\_\_\_\_

9 am \_\_\_\_\_

10 am \_\_\_\_\_

11 am \_\_\_\_\_

12 pm \_\_\_\_\_

1 pm \_\_\_\_\_

2 pm \_\_\_\_\_

3 pm \_\_\_\_\_

4 pm \_\_\_\_\_

5 pm \_\_\_\_\_

6 pm \_\_\_\_\_

7 pm \_\_\_\_\_

8 pm \_\_\_\_\_

## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
 \_\_\_\_\_

MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
 \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

INCOME PRODUCING DAILY ACTIVITIES

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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

FOLLOW UP / CHECK-IN:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

NOTES

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END OF THE DAY REFLECTION

# thursday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

6 am \_\_\_\_\_

7 am \_\_\_\_\_

8 am \_\_\_\_\_

9 am \_\_\_\_\_

10 am \_\_\_\_\_

11 am \_\_\_\_\_

12 pm \_\_\_\_\_

1 pm \_\_\_\_\_

2 pm \_\_\_\_\_

3 pm \_\_\_\_\_

4 pm \_\_\_\_\_

5 pm \_\_\_\_\_

6 pm \_\_\_\_\_

7 pm \_\_\_\_\_

8 pm \_\_\_\_\_

## TASKS TO DO

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MORNING  EZ Scan  
 Wear Corresponding Lightwave Glasses  
 Imprint (SEFIdot, water etc.)  
 \_\_\_\_\_

MIDDAY  Inner Voice  
 \_\_\_\_\_

EVENING  Inner Voice  
 \_\_\_\_\_

## TOP FIVE TO DOS

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
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PROSPECTS / NEW CUSTOMERS / INACTIVES

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
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- 4 \_\_\_\_\_
- 5 \_\_\_\_\_

My direct active QLAs as of today:

My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_
- 9 \_\_\_\_\_
- 10 \_\_\_\_\_

FOLLOW UP / CHECK-IN:

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- \_\_\_\_\_
- \_\_\_\_\_
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NOTES

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END OF THE DAY REFLECTION

# Friday

DATE: \_\_\_\_\_

WHAT IS THE ONE THING I CAN DO TODAY THAT WILL HAVE THE GREATEST IMPACT ON MY BUSINESS?

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WHAT AM I GRATEFUL FOR TODAY?

## SCHEDULE

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6 pm \_\_\_\_\_

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## TASKS TO DO

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- MIDDAY
- Inner Voice
  - \_\_\_\_\_

- EVENING
- Inner Voice
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## TOP FIVE TO DOS

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NAME / SCAN DONE / NOTES

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

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