

# Daily Method of Operation

WEEK BEGINNING

## Monday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

## Thursday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

## Tuesday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

## Friday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

## Wednesday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

## Saturday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

## Sunday

MINDSET ~ 20 MINS

- GRATITUDE - 1 MIN
- AFFIRMATIONS - 2 MINS
- MOVEMENT - 5 MINS
- PERSONAL DEVELOPMENT BOOK/AUDIO - 10 MINS

RELATIONSHIP BUILDING ~ 20 MINS

- 2 x ADD TO ACTIVE NAMES LIST
- 2 x INVITES
- 2 x FOLLOW UPS

SOCIAL MEDIA ~ 10 MINS

**Goal**  
8 PC'S + 2 IC  
PER MONTH

WEEKLY

- Arrange at least 1 x WhatsApp or FB event
- Contribute to team page