

THE 21-DAY CHALLENGE-By NSD Tammy Crayk

*****Do these things for 21-Days in a row. Try to do them IN ORDER! It forms a habit that leads to incredible balance, peace of mind, and SUCCESS!**

Get out of bed on time (you determine the best time for you)

Make Your Bed (messes around you slow you down and frustrate)

Get dressed in workout clothes (you'll be more likely to workout!)

Have breakfast

Straighten your house (limit this to 15-20 minutes....do what you can in that timeframe)



Read, Pray, Devotional Time

Workout (at least 20 minutes)

Deal with Personal/Family tasks....ie: Make Dr. Appts, call teachers, write love notes to Hubby and/or Kids.

Write one THANK YOU note to someone that makes a difference in your life (each day).

Shower and Dress for the day (no sweats, or jeans on workdays)

Do 1-3 hours worth of IPA'S (Income Producing Activities) for your MK business. If you can **BOOK IT, COACH IT, SELL IT, OR RECRUIT IT**....it's an IPA! Directors with Unit Size under 150 should focus **FIRST** on **PERSONAL IPA'S**.



Return Calls from the day (or even the day before....notice where this ranks on the list!) I also do not take ANY incoming calls (except from my kids and husband) until my proactive list is done.....it's called avoiding distractions! There is usually no "MK Emergency" that can't wait until you complete your list.

Read and return emails (notice, also, where this ranks on the list)

****I suggest that you type this list up and keep it in your day planner....(it's what I do!) Highlight each item off as you do it! Doing that gives you an **INCREDIBLE** feeling of accomplishment....make a "game" of it to see how **FAST** you can get to the IPA'S. Sticking to your list helps you to develop the **SELF DISCIPLINE** necessary to be **SUCCESSFUL** working for yourself.



Here's to **YOUR** Success!!

Tammy Crayk, NSD