

B	Bookings. 2 a day for five days of the week. 10 total for the week. If you do two a day, you don't have to do them all on one day at the end of the week (no fun)!
A	Affirmations. Your next three goals on 3x5 cards with supporting statements written in the present as if the goal has happened. Read them morning and night to keep you motivated and focused
T	Training. This can be a positive quote from Facebook that you share, or free training that you listen to on Tammy's Website (www.tammycrayk.unitwise.com) or on Mary Kay's website (www.marykaintouch.com). This sharpens your skill and keeps your mind in the game
H	Hook into your unit. This means posting or replying every day (in a positive way) on our Facebook Page (Arnold Angels National Area). This keeps you motivated, and helps others at the same time
E	Exercise. This keeps your mind healthy (yes, people who exercise are proven to think thousands more thoughts and have many more new ideas than those who don't), increases your energy level, and your self-confidence as your body image improves, and overall health and stamina. You decide how much, but get moving every day.
P	Plan your success every night. At the very least, list the 6 most important things you need to do for your business the next day. If you can, list at what times during the next day you will accomplish those things.
P	Pray or meditate every day. Pray/think about what you are grateful for. Pray for your country, your family, yourself, and your business. Be specific every day about what you need help accomplishing. This will keep you in a positive place and will give power to your thoughts.
S	Speak to your director. She can help you overcome thoughts and frustrations that will not lead you to success before they seem insurmountable! Speak to her in private for concerns, and check in with her via Voxer every day
S	Surveys. You will need to collect 25 a week to keep sharp people flowing into your business. It is also a great way to break out of your comfort zone and increase your self confidence. You will meet at least 10 new women a month this way, and so you will feel like you can discard referrals from less than stellar business prospects.

Week of:

Check off each letter for each day completed five days a week.

Totals:

Bookings:

Voxer:

Surveys:

WAS: Y N


- ◇ B
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 Why I am doing this: