

business planner

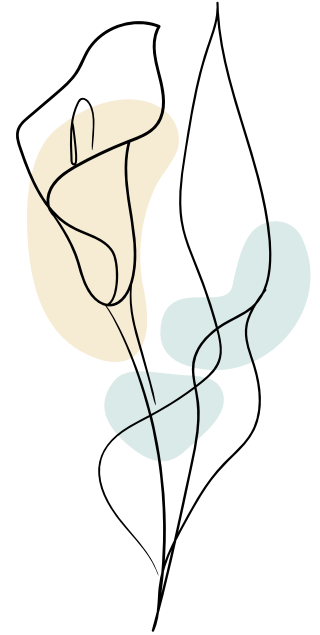
SOLEX

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.

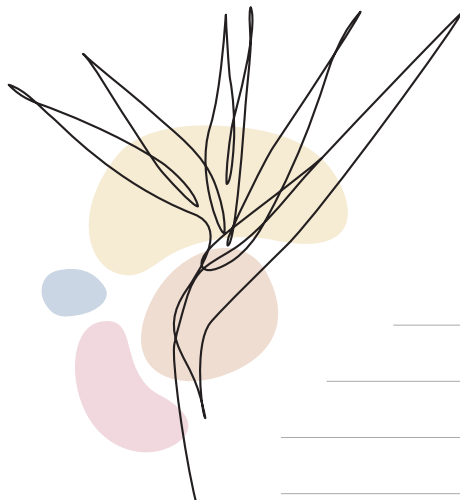
Write your "Why I Started Solex" experience and refer to it often. Let it be your boon and your inspiration to grow your business and spread this incredible technology around the globe! Remember, small habits bring about great change and **consistency matters more than perfection.**

Let your "WHY" become your daily AO Mindset.



"ALWAYS REMEMBER, YOUR FOCUS DETERMINES YOUR REALITY."

- George Lucas



why I started Solex

NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

DATE: _____

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

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 _____

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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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TOP FIVE TO DOS

1 _____

2 _____

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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 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs _____

Platinum_____

Emerald_____

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

DATE: _____

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

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 _____

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5 _____

HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 _____
- 2 _____
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INCOME PRODUCING DAILY ACTIVITIES

- ☐ AO Mindset
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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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☐ _____

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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

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END OF THE DAY REFLECTION

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tuesday

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END OF THE DAY REFLECTION

NOTES

NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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MONTH:_____ YEAR:_____

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Silver _____

Sapphire _____

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NAME / SCAN DONE / NOTES

- 1 _____
- 2 _____
- 3 _____
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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

- 1 _____
- 2 _____
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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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7 am _____

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10 am _____

11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

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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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TOP FIVE TO DOS

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HYDRATE 

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END OF THE DAY REFLECTION

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NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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MONTH:_____ YEAR:_____

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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monday

DATE: _____

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

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

- ☐ 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 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

tuesday

DATE: _____

WHAT IS THE ONE THING I CAN DO TODAY THAT
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6 pm _____

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TASKS TO DO

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HYDRATE 

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FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
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- ☐ _____

END OF THE DAY REFLECTION

NOTES

wednesday

DATE: _____

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12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 pm _____

7 pm _____

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TASKS TO DO

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

thursday

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FOLLOW UP / CHECK-IN:

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END OF THE DAY REFLECTION

NOTES

friday

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- ☐ _____

END OF THE DAY REFLECTION

NOTES

NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

DATE: _____

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END OF THE DAY REFLECTION

NOTES

tuesday

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WHAT AM I GRATEFUL FOR TODAY?

SCHEDULE

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12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

5 pm _____

6 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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5 _____

HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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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 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

wednesday

DATE: _____

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

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 _____

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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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☐ _____

TOP FIVE TO DOS

1 _____

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HYDRATE 

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END OF THE DAY REFLECTION

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NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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thursday

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MONTH:_____ YEAR:_____

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My direct active Customers as of today:

TEAMMATES TO MESSAGE

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

wednesday

DATE: _____

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WHAT AM I GRATEFUL FOR TODAY?

SCHEDULE

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12 pm _____

1 pm _____

2 pm _____

3 pm _____

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5 pm _____

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TASKS TO DO

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MORNING ☐ EZ Scan
☐ Wear Corresponding
Lightwave Glasses
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☐ _____

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☐ _____

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

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MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl_____

Diamond_____

Silver _____

Sapphire_____

monday

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☐ 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 _____
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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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- ☐ 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

- 1 _____
- 2 _____
- 3 _____
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- 5 _____
- 6 _____
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- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
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END OF THE DAY REFLECTION

NOTES

thursday

DATE: _____

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

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 _____

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TASKS TO DO

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END OF THE DAY REFLECTION

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NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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 - ☐ Opportunity Post (1x a Week)
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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

- 1 _____
- 2 _____
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FOLLOW UP / CHECK-IN:

- ☐ _____
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END OF THE DAY REFLECTION

NOTES

thursday

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WHAT AM I GRATEFUL FOR TODAY?

SCHEDULE

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11 am _____

12 pm _____

1 pm _____

2 pm _____

3 pm _____

4 pm _____

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6 pm _____

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TASKS TO DO

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MORNING ☐ EZ Scan
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Lightwave Glasses
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☐ _____

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☐ _____

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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

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END OF THE DAY REFLECTION

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MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby _____

QLAs _____

Platinum_____

Emerald_____

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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SCHEDULE

6 am _____

7 am _____

8 am _____

9 am _____

10 am _____

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 _____

2 _____

3 _____

4 _____

5 _____

HYDRATE 

SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

- 1 _____
- 2 _____
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INCOME PRODUCING DAILY ACTIVITIES

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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

- 1 _____
- 2 _____
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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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END OF THE DAY REFLECTION

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NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

monday

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END OF THE DAY REFLECTION

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friday

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END OF THE DAY REFLECTION

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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 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

friday

DATE: _____

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

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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- ☐ _____
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- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____
- ☐ _____

TOP FIVE TO DOS

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MORNING

- ☐ EZ Scan
- ☐ Wear Corresponding
Lightwave Glasses
- ☐ Imprint (SEFIdot, water etc.)
- ☐ _____

MIDDAY

- ☐ Inner Voice
- ☐ _____

EVENING

- ☐ Inner Voice
- ☐ _____

HYDRATE



SELF CARE:

WHO I SCANNED TODAY

NAME / SCAN DONE / NOTES

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- ☐ _____

END OF THE DAY REFLECTION

NOTES

NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl_____

Diamond_____

Silver _____

Sapphire_____

monday

DATE: _____

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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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thursday

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friday

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FOLLOW UP / CHECK-IN:

- ☐ _____
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END OF THE DAY REFLECTION

NOTES

NOTES

MONTH:_____ YEAR:_____

SUNDAY

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SATURDAY

MONTHLY TRACKER

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PCs _____

Gold_____

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Sapphire _____

monday

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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 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

friday

DATE: _____

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

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

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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

- ☐ 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 _____
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FOLLOW UP / CHECK-IN:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

END OF THE DAY REFLECTION

NOTES

NOTES

MONTH:_____ YEAR:_____

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MONTHLY TRACKER

HOW MANY ACTIVE AND QUALIFIED ON MY TEAM THIS MONTH:

PCs _____

Gold_____

Ruby_____

QLAs

Platinum

Emerald

Bronze _____

Pearl _____

Diamond_____

Silver _____

Sapphire _____

