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**List Of 10 Things To Do Daily**

1. **Read or listen to at least 20 minutes of Personal Development (start with the Slight Edge and Craig Holiday’s 90 Days of Excellence).**
2. **Do AT LEAST 2 exposures (listen to their story before you tell yours).**
3. **Be a Product of the Product (Do my work out and drink my Shakeology).**
4. **Call or text one person randomly to encourage them whether they are a coach, a customer, or just a friend.**
5. **Post inspirational or engaging things on my Facebook 3-5 times per day.**
6. **Check into the Facebook Groups – Team Dynasty, Challenge groups, Coach Basics (welcome new coaches, read the posts to learn answers to people’s questions, to ENGAGE with the team and challengers daily showing them that you are there daily as their leader).**
7. **Do follow ups on the phone and via email (working from a list in a notebook).**
8. **Answer all business related emails from customers and coaches.**
9. **Check the coach online office for Breaking News, new customer leads (send them as welcome email), learn a little more about what is in there, etc.**
10. **Listen to Team Calls or National Calls from the archive in the Online Office and attend any local events (home parties, fit clubs, trainings).**