DAILY ACTION PLAN

5:00am 6:00 7:00 8:00 8:30 9:00 9:30 10:00 10:30	Results	No. of days to Quantum FastTrack: No. of days to Intro: No. of days to Intro: No. of days to Event: S.M.AR.T.I.ES GOALS 1. I am so happy I am using my action results
6:00 7:00 8:00 8:30 9:00 9:30 10:00		No. of days to Intro: No. of days to Event: S.M.AR.T.I.ES GOALS 1. I am so happy I am using my action results
7:00 8:00 8:30 9:00 9:30 10:00 10:30		No. of days to Event: S.M.AR.T.I.ES GOALS 1. I am so happy I am using my action results
8:00 8:30 9:00 9:30 10:00		S.M.AR.T.I.ES GOALS 1. I am so happy I am using my action results
8:30 9:00 9:30 10:00 10:30		1. I am so happy I am using my action results
9:00 9:30 10:00 10:30		1. I am so happy I am using my action results
9:30 10:00 10:30		
10:00 10:30		
10:30		planner with everyday to manage my time and
		effectively.
10:45		
1:00		2. I am so happy I am
11:15		
11:30		
11:45		3. I am so happy I am
12:00md		
12:15		
12:30		4. I am so happy I am
12:45		
13:15		
13:30		5. I am so happy I am
13:45		
14:00		
14:30		6. I am so happy I am
		IMPORTANT TASKS AND NOTES
	10:45 1:00 11:15 11:30 11:45 12:00md 12:15 12:30 12:45 13:15 13:30 13:45 14:00	10:45 1:00 11:15 11:30 11:45 12:00md 12:15 12:30 12:45 13:15 13:30 13:45 14:00 14:30 15:00 15:15 15:30 15:45 16:00 16:15 16:30 16:45 17:00 17:30 18:30 19:00 19:30 20:00 20:30 21:00

DAILY ACTION PLAN

Decide what time you want to get up. Remember five, four, three, two, one. Always make your bed. Let's say 6:00 AM.

- 1. 15 to 20 minutes Meditation Read, listen, learn, grow., build the picture every day BE THERE, BE PRESENT
- 2. Read your goal card, one to 31. know your outcome. Focus on one thing. BE YOUR FUTURE SELF
- 3. Exercise, light, moderate, or intensive. Whatever's right for you. BE YOUR HEALTH
- **4.** Plan your day. Remember, five minutes planning will save you an hour of time. BE YOUR CLARITY
- 5. What's your intention, attention and balance? Fill in your daily action planner (DAPS). BE YOUR FOCUS
- 6. IPA, income producing activities. IPA, income-producing activities. One, connect. Two, present. Three, open the sale. Four, follow up. Five, seek support. Six, three-way calls. Seven, be a marketeer. Eight, two new clients a day, 10 clients a week, 500 a year, equals 100,000 plus income. BE YOUR SALES MANAGER
- 7. Your word for the day. This will be your direction of focused intention. BE YOUR WORD
- 8. Leadership, lead follow or get out of the way. Important tasks/actions. BE YOUR ACTIONS
- 9. This day, results, goals and actions. Show me the numbers. BE YOUR RESULTS
- 10. Notice this is all about your intention, attention, being in state, and having a strategy. BE IN STATE
- 11. Build your dream team. Create all leverage in your life. Build your magnificent seven. BE YOUR EXCELLENT SELF.
- **12.** An attitude of gratitude is key to all success. BE GRATEFUL

DAILY STEPS TO SUCCESS

- 1. Meditation. Read, listen, learn, grow. Be there, be present, build the picture every day.
- 2. Know your outcome. Focus on one thing. Be your future self.
- 3. Plan your day. Be your clarity.
- **4.** IPA, income-producing activities. Be your sales manager. One, connect. Two, present. Three, open the sale. Four, follow up. Five, seek support. Six, three-way calls. Seven, be a marketeer. Eight, two new clients a day, 10 clients a week, 500 a year, equals 100,000 plus income.
- **5.** Leadership. Lead, follow or get out of the way.
- **6.** Be your excellence. Build your dream team. Create all leverage in your life. Be a magnificent.
- **7.** Be grateful. An attitude of gratitude is key to all success.

The only thing that grows in your life is what you focus on and what you give energy to. Be grateful.