

CHECKLIST

- ☐ Fill out your sharing list
- ☐ Create a sharing plan
(Instagram, Facebook, calls, etc.)
- ☐ Set your goals

MONDAY CHECKLIST

Reach-outs:

Follow-ups:

Rank I'm showing
up as:

TUESDAY CHECKLIST

Reach-outs:

Follow-ups:

Rank I'm showing
up as:

WEDNESDAY CHECKLIST

Reach-outs:

Follow-ups:

Rank I'm showing
up as:

THURSDAY CHECKLIST

Reach-outs:

Follow-ups:

Rank I'm showing
up as:

FRIDAY CHECKLIST

Reach-outs:

Follow-ups:

Rank I'm showing
up as:

GOALS

Experience Goal:

This week, I will introduce _____ people to a new product or solution that could make their life better.

Outreach Goal:

I will reach out to _____ people through messages, texts, voice notes, or social media and personally connect with at least _____ new or past customers each day.

Engagement & Visibility Goal:

I will post _____ times this week on social media, engage by commenting or responding at least _____ times per day, and make sure my energy reflects the rank I want to achieve.

The members of your own family:

Father & Mother
Father-in-Law/Mother-in-Law
Grandparents
Children
Brothers & Sisters
Aunts & Uncles
Nieces & Nephews
Cousins

List you already have:

Current address book
Email address list
Cell phone contacts
Holiday Card List
Wedding invite list
Child's birthday list
Social Media
Facebook
Instagram
LinkedIn
Twitter/X

Your close friends & those whom you associate regularly:

Friends & Neighbors
People you work with
Church members
Hobby buddies
Camping friends
Dance class associates
Parents of kid's sports teams
Workout friends
Book Club friends
Bunco friends

Those you do business with

Auto mechanic
Accountant
Banker
Babysitter/Childcare
Car Dealer
Dentist
Doctor
Dry cleaner
Grocer
Hairstylist
Housekeeper
Insurance agent
Merchants
Pharmacist
Real Estate Agent
Travel Agent

Who is/are my...

Chiropractor
Bus driver
Baker
Children's friends parents
Club members
Delivery person
FedEx/UPS Driver
Florist
Jeweler
Pet Groomer
Photographer
Property Manager
Sports Team members
Veterinarian
Minister
Mailman
Tailor

Associates from the past:

Former Coach
Former Co-workers
Former Roommates
Former Teacher
People in your Home Town
Previous Neighbors
Military Cohorts
Retired Co-workers
Schoolmates
Was Your Boss

I know individuals who:

Are Actively looking for part- time
job
Are Ambitious
Are Enthusiastic
Are Entrepreneurial
Are Caring People
Are Champions
Are Fun & Friendly
Are Goal Oriented
Are Natural Leaders
Are Organized
Are Positive Thinking
Are Self-Motivated
Are Single Mom/Dad
Are Team Players
May be interested in your product
or service
Don't like their Job
Has Been in Network Marketing
Has Children in College
Has Dangerous Job
Want to Make More Money

I know someone who is...

Accountant	Furniture Salesman	Photographer
Actor	Gardener	Physical Therapist
Advertiser	Geologist	Piano Teacher
Architect	Golfer	Publisher
Airline	Government worker	Police Officer
Attendant	Graphic Artist	Postal worker
Alarm Systems Agent	Gymnast	Promoter
Army Officer	Hairdresser	Property Manager
Acupuncturist	Handyperson	Public Relations Professional
Baker	Health Practitioner	Psychiatrist
Banking Professional	Hiker	Psychologist
Barber	Hospital staff	Radio worker
Baseball Player	Human Resources staff	Recreation Therapist
Basketball Player	Insurance Agent	Railroad worker
Beauty Salon worker	Internet provider	Realtor
Broker	Interior Decorator	Rental Office agent
Builder	Investor	Recruiter
Cable TV provider	Jeweler	Rehabilitation Specialist
Camper	Karate Master/Classmate	Reporter
Chiropractor	Kickboxing Master/Classmate	Repairman
Consultant	Lawyer	Restaurant Owner/Manager
Computer Engineer	Leasing Manager	Salesman
Cook	Lab Technician	Scientist
Dancer/Dance Teacher	Loan Officer	
Dentist	Lifeguard	
Dermatologist	Makeup Artist	
Designer	Manager	
Driver Bus/Cab/Truck	Manicurist	
DJ	Massage Therapist	
Doctor	Mechanic	
Dry Cleaner	Medical Professional	
Education Professional	Midwife	
Electrician	Minister	
Engineer	Music Teacher	
Entertainer	Nurse	
Environmental Scientist	Nutritionist	
Farmer	Office Manager	
Film Industry Professional	Optometrist	
Fireman	Orthodontist	
Fitness Instructor	Painter	
Florist	Party Planner	
Food Services associate	Pediatrician	
Football Player	Personal Trainer	
Fundraiser	Pet Care Professional/Veterinarian	
	Pharmacist	