

1. Commit To The Process

- >Get started immediately
- >Watch and learn as your sponsor makes presentations to your prospects.
- >Launch Training

2. Commit to TWO exposures a day part time

- >At least THREE to FIVE+ a day if full time

3. Attend your local weekly business briefing

- >Attend, Create or Promote the Spa Parties
- >Attend the Event after the Event

4. Send out one long distance package per week

- >Package containing audio/video/online information and samples

5. Attend your local weekly training

- >Solidifies the initial Launch Training

6. Attend all Regional/Super Saturday events

- >Gives your team the big picture, have more reps there each month.

7. Attend all major corporate events

- >Local, Regional, National & International

8. Commit to personal development

- >10 pages of a good book each day and/or 15 minutes audio.

9. Find a workout partner

- >Be accountable

10. Be here a year from now

- >Commit to the other 9 core commitments

**Repeat the 10 Core Commitments until you attain 20/20 vision.
20 personally sponsored left and 20 personally sponsored right.**

Daily Method of Operation (D.M.O) : To grade yourself at the end of the week, answer YES or NO for each question. 10/10 is an A+ 9/10 A 8/10 B etc. If you are on track you must score an A every week.