“Daily Dozen” Tracking Sheet

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
1. GIVE THANKS - Start your day from The 6 Positive Emotions (**love - joy - freedom - empowerment - knowledge - appreciation**)																												
2. Read your **Daily Affirmations**																												
3. Review your **Goals/Dreams**																												
4. List your **Things To Do** for today																												
5. Plan your **Calender**																												
6. **Read** for 15-30 mins																												
7. Listen to a Motivational CD																												
8. Add a new **name** to your **Names List**																												
9. Make a minimum of **10 phone calls**																												
10. STP- Show The Plan – Show The Products and Follow-up																												
11. Set-up a new **Customer** or Service an existing one																												
12. Use your **Product** / Try a New **Product**																												

Book of the month

1 _____

2 _____

3 _____

CD of the month

1 _____

2 _____

3 _____

4 _____