

Called To Succeed Weekly Activity Tracker | Time Block for Deep, Uninterrupted Work = Time Off for Family & Self-Care!

Call To Succeed Activities	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.	Mon.
PUT THE OXYGEN MASK ON YOURSELF							Close of Wkly Business
Prayer/meditation (daily)							
Moved your body (daily)							
Get in my Belly = Took your Life by Seacret supplements (daily)							
Personal Growth/Development (daily)							
Attended Bronze & Above Leadership Zoom (Weekly)							
Attended Team / Leader Zoom (Weekly)							
FOLLOW UP							
Follow up with At Least 3 VIP Customers (Daily)							
Follow up with At Least 3 Seacret Agents (Daily)							
Follow up with At Least 3 People Not Yet in Seacret (Daily)							
INCOME PRODUCING ACTIVITIES							
Piqued At Least 3 New People's Interest About Seacret (Daily)							
Shared At Least 3 Videos from Rank Up App (Daily)							
Invited At Least 3 People to Upcoming Seacret Live Virtual Event							
SOCIAL MEDIA VALUE DELIVERY							
Create 1 Value Add Post (Daily)							
Added to your Facebook/Instagram Stories (Daily)							
Rocked a Facebook, Instagram Live or Interview (Weekly)							
Create 1 Direct Seacret Promo Post or Video w/ Call to Action (Weekly)							
CONNECTION & ENGAGEMENT							
Reached out to 3 New Friends / Followers (Daily)							
Wished Happy Birthdays (voice text is amazing!) (Daily)							
Left a Meaningful Comment on 1 Facebook Live (Daily)							
Commented on 3 Posts or Facebook/Instagram Stories (Daily)							

Block off work hours | 5 hrs week = Hobby | 10 hrs week = Part Time | 20+ hrs week = Full Time

Time:	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am							
9:30 am							
10:00 am							
10:30 am							
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							