



I am COMMITTED to having a "POSITIVE MENTAL ATTITUDE" So I'm taking a Mental "BATH" everyday Stretch and get "BATHED" everyday!

- B** Be your own boss - complete IPAs to match your goal
- A** Affirmations - say your 5 positive affirmations outloud daily
- T** Training - Call into the M\$M or other training call/ listen to a MK training cd or attend your weekly meeting
- H** Happy Place - visualize your dreams and goals and what it will be like and feel like when accomplished
- E** Exercise - 15 minutes of some sort of movement to stay young, fit and healthy
- D** Devotions - 15 or more minutes of quite time with the Lord, meditating, reflecting, relaxing

IPAs (Income Producing Activities)
Complete # daily IPAs that reflect your goal
(1 = part time, 2 = full time / star, 3 = car, 4= DIQ)

- A** \$100 day in sales
- B** 2 new bookings
- C** 1 party (3 ppl+, \$200 sales)
- D** 1 facial (1-2 ppl, \$75+ sales)
- E** 5 customer 2x2x2 / PCP calls
- F** 1 sharing appt (send opinion sheet pic to director or survey online filled out)
- G** 1 guest to meeting
- H** 2 new warm chat names
- I** 1 new team member added

MONTH _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D
B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D
B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D
B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D
B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D	B A T H E D