

## D.M.O. TRACKER | Daily Method of Operation

DAILY ACTIVITIES	M	T	W	T	F	S	S	MOMENTUM CREATING ACTIVITIES	✔
<b>FOLLOW UP (15 MINUTES)</b>								Register for the next company or team event	
Reach out to (& keep track of) everyone I add to the ATM groups.								Plan a special giveaway / run a challenge	
Check in on my Group Chats								Launch/Relaunch my business	
Follow up with Customers to see if they're open to making money by sharing their results								<b>MY WEEKLY STATS</b>	#
<b>ATM PROSPECTING (15 MINUTES)</b>								New Friends	
Who to prospect: people who are engaging on my posts and/or watching my stories, happy customers or friends I haven't spoken with yet.								People I Followed Up With	
Pique ___ new people about my business								New Customers	
Pique ___ new people about my products								New Agents	
ATM ___ people								<b>MY TEAM'S WEEKLY GOALS</b>	#
<b>MARKETING (15 MINUTES)</b>								New Customers	
Create 1 valuable post (on my FB wall or in a FB group)								New Agents	
Create 1 curiosity post (only 3 per week)								<b>MY TEAM'S WEEKLY STATS</b>	#
Make 5 clips for my story								New Agents	
Do a live video (value or curiosity)								Volume Increase for the Week	
<b>ENGAGE WITH MY NETWORK (15 MINUTES)</b>								<b>NOTES</b>	
Friend or reconnect with 5 friends									
Leave a meaningful comment on 3 videos									
Comment on 10 FB/IG stories									
Leave a comment on 10 posts publicly or in my favorite FB groups									
Wish Happy Birthdays									
<b>PERSONAL DEVELOPMENT (60 MINUTES)</b>									
Start my morning with gratitude									
Read or listen to an inspiring/instructional book or audio (30 minutes)									
Crush a workout or go on a walk (30 minutes)									