



MAKING BUSINESS STRESS FREE



A PERSONAL INVITATION!

And a special 7 day \$1 trial to the best business training resource library available



1 Magnetize

Every business person must have the ability to persist until they prosper by training the right mindset...

2 Monetize

Making money is urgent and important for All business. It's the key to financing your growth...

3 Methodize

After mastering sales and marketing, creating your own products correctly add zeroes to your business...

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WHAT DO INSIDERS GET?

- ▶ Weekly Mastermind Call - What's working
- ▶ 30-Day Challenges - 12 months essential topics
- ▶ Insiders Facebook Group - active peer community
- ▶ PLD Articles - articles, report and ecourse each month
- ▶ Audio & Graphics Gallery
- ▶ Micro Workshops - nearly 2 dozen training sessions
- ▶ Tutorial Library - Tech tool & process tutorials
- ▶ Custom Tutorials - 18 essential tools tutorials
- ▶ Custom Marketing Suite Software including site builder, video management, tracking, quiz engine
- ▶ And much more...



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Week 1

Monday

Refer to your Workbook and take the steps you noted as possible to create your ideal day and week.

Tuesday

Explore other forms of reframing the negative and less effective responses.

- Register for a course
- Schedule a session
- Read a how-to book

Wednesday

Review your potential solutions that you discovered in your Workbook exercises.

Put them into action.

Thursday

Refer to your Workbook and install the time tracking app.

Learn how to use it and begin tracking your time.

Friday

Put your new boundaries in writing.

Take steps to inform clients of any policy changes; notify them verbally as well during the next session.

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Review your progress this week. You need to put action steps left on your calendar for the next week.

Week 2

Monday

Install your scheduling system you selected.

Read instructions if using an app.

Begin scheduling your time – personal and business.

Begin by scheduling a weekly, Thursday review.

Record any deadlines in your schedule.

Tuesday

If you have found any apps to help minimize distractions (for example, RescueTime, Strictly Workflow, etc.)

Learn how to set up and use your chosen app.

Schedule actions you need to take to minimize distractions.

Wednesday

Take the actions you worked out in your Workbook to correct balance in your work and personal life.

Schedule personal time as well as work tasks and responsibilities.

Thursday

Review your list of changes and actions needed. Add positive steps in your personal and business life.

Work on being present in the moment; schedule breaks in your schedule.

Do your Thursday Review.

Friday

Review the week. Assess the changes you have made so far. Have you noticed any difference? In your stress levels? In your interactions with clients.

Check the results from this weeks' time tracking and compare this against the schedule you made.

Identify what you accomplished: celebrate those little 'wins'.

Identify what did not get done.

Determine how you need to adjust your schedule more realistically next week – or change certain actions.

Schedule next week.

Week 3

Monday

Create scripts for the situations where you have to reveal a change to practice saying 'no'.

Follow up on anything from that last week that is incomplete and finish them.

Determine on a trial project for your upcoming outsourcing.

Tuesday

Begin adjusting the way you use your time and calendar to provide more personal time.

Plan technology-free day per week and schedule fun and new activities.

Wednesday

Research potential outsourcing opportunities.

Confirm testimonials and references.

Plan your interview in advance.

Here are some questions you may ask:

- "How can you help me? What can you take off my hands?"
- "What is your preferred method of communication?"
- "What is your turn-around time?"

Thursday

Perform your Thursday Review

Interview freelancers who are free for an interview today.

Friday

Review your week. What do you still need to complete? Plan to do it next week. Continue interviews with freelance contractors.

Week 4

Monday

Review the results of your time tracking app:

How do they compare to your schedule?

How were the discrepancies compared to last week's results?

Adjust your schedule as needed. Make a commitment to take stronger action on the things you find difficult.

Tuesday

Set up an autoresponder in your email program stating you will be out of the office tomorrow and schedule it.

Determine what you will do on your technology free day tomorrow.

- Read a physical book?
- Visit a museum?
- Spend the day journaling?
- Take a class?
- Go shopping for essential oils?
- New office furniture?

Wednesday

Take a complete Technology Free Day off today. Unplug your phone, turn off your laptop and enjoy your day!

Thursday

Perform your Thursday Review

Friday

Declutter and update your office to include hardware, furniture, etc.

Schedule next month's Stress-free Schedule 😊

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★ INSIDERS CLUB ★

Build your team and get all the business training and tools you need now!

MyNAMS Insiders Club is more than a membership! It's a mastermind for serious business people who want to have fun and build the business of their dreams with the support of a like-minded community.

**CHECK IT OUT TO GET A
\$1 FOR 7 DAYS!**

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