

90-DAY SPRINT

Have you been considering how you can have a breakthrough?

Do you have a dream that's calling to be fulfilled?

Is there an area of your life that is ready to flourish just waiting for your committed action?

With the beginning of this New Year, or truly, when you are ready to BE ALL IN and go for your Dreams, this is a perfect time to launch a 90 Day Sprint.

We have a team of us going for it right now, and if you would like to be a part of it, call me! Also, call the person who sponsored you and Let's Cook It!!

We are launching a 90-Day Sprint to build together and take our businesses to the next level. It's a NewU – New Year Success Sprint!.

This is a powerful way to build fantastic momentum. We do this by taking Effective Daily Action individually and as a team. (See our Action Tracker) You will learn to work our simple system with ease. You'll deepen your confidence in every way, help your friends get results both with our Somaderm HGH gel, and grow financial success with our business model.

PREPARATION:

1. **Set your 90-Day goals.** Clarify your vision. What do you want? What would you like to change in your life? What will it take to make this happen? Financially, what monthly amount will make your goals and vision happen?
2. **Make a list:** a big - BIG - BIG! wonderful list of people you love, who would be terrific to work with, people whom you respect and who make you smile and dance to be working with them! And put on your list people who would love to have change in their lives - to be healthier, more alive and vibrant, people who could use a strong stream of financial fluidity and abundance in their lives. Look for people who are willing to step outside of their comfort zone and really go for it in a dynamic way. Add people who are excellent entrepreneurs and those experienced in Networking. Make a list of people who would love to make a difference in other people's lives. And people who thrive and flourish in the embrace of a dynamic, inspiring, conscious and helpful community!
3. **In your daily planner – block off the times** you will devote to growing your NewU Life Business. I'll attach a weekly chart so you can mark the times you

have already committed activities or job hours. Then you can see the possibilities. Add in the times for the company Trainings and web Presentations so you can be plugged in and take advantage of what's here for you.

Our 90-Day Sprint Team weekly zooms are Tuesday Evenings at 5pm PST / 8 EST and Friday Mornings at 9am PST/ Noon EST. We have a wide variety of schedules on our team.

4. The company is doing presentations in 10 cities in January and February. Who do you know in these locations: January 23rd in Iselin, NJ // January 26th in Plainville, MA// February 9th in Cerritos, CA (LA) // TBD - Orlando, FL
5. Our Support Partner, Nick Sorenson will be offering a trip incentive (maybe a 6 month qualifying run - don't know the details, yet). Let's ALL go!! For sure, we will ALL amp up our ability to qualify and go wherever it is!

We'll also be going over good ways to invite, great languaging on our zoom gatherings

We are launching this year with clarity, strength and magnetism.

2019 will be exciting and profitable, with a solid residual foundation for you for years to come.

Let's Cook it!!