Follow the FLOW system weekly! This will help get you consistent and make you massively productive!!! Don't include just your biz stuff, include the stuff that makes you		F - First Circle the 3 things that MUST be done with an F. L - Last Circle the 3 things that are least important with an L. O - Other Everything else has an O. Money What are you doing this week to earn your income?	 W - Win Then choose the one big thing you want to do this week which is non- negotiable which will push your business forward. Break this big goal down in to 3-5 smaller tasks which you'll complete every day. Health & Happiness What are you doing this week to keep your mind and body strong?	Date / Ways to become more productive What are you doing to become more effective with your time?	Weekly FLOW Reward After completing your FLOW this week, what will you do to reward yourself? Family and friend stuff. What time are you spending with loved ones?
Example	F	Complete my Flow system form			

Did you know if you have an idea you want to achieve you have an approximate 10% chance of achieving it. That same idea when written down and with a specific accountability appointment with the person you make that commitment to increases your chance of achieving it to 95%