

FRAMEWORK: POWER OF A FIST

- #DOINGLIFETOGETHER - MEET ONCE A WEEK WITH GROUP
- #SERVANTFIRST - HELP 1-2 PEOPLE IN THE GROUP
- #GROWDAILY - READ AND LISTEN TO EXPERTS
- #MAKEMOVESNOTEXCUSES - IMPLEMENT A STRATEGY
- #SHARINGISCARING

THIS IS WHAT I Can do! (THIS WEEK, AT LEAST)

FROM 10.01.2018

TO 10.08.2018

#DOINGLIFETOGETHER

- ✘ Spiritual - Church on the Hill
- ✘ Physical - Crossfit 38:16
- ✘ Business - DFW REI Club

#MAKEMOVESNOTEXCUSES

- Spiritual - Create IG Stories
- ✘ Physical - Workout 4 days a week
- ✘ Business - Set up way to track lead generated. Call motivated sellers

#SERVANTFIRST

- ✘ COTH Gina - IG Stories
- ✘ Crossfit 38:16 Chris - more coaches. more members
- ✘ DFW REI Club Robin - text msg app

#SHARINGISCARING

- ✘ Post 2 blogs
- Post IG everyday
- ✘ Post to FB 3 days a week
- ✘ Talk to anyone who will listen

#GROWDAILY

- ✘ Spiritual - Read Bible. Social Pro podcast
- ✘ Physical - Crossfit IG and Journal
- ✘ Business - Book Think in Bets

NOTES

This week I didn't help my "experts" do the things they have identified as important. Need to work on managing time. Goal is to increase intensity and urgency

SUCCESSSES

One Blog post was about CrossFit 3816. So, it could impact members and coaches
Social Pro podcast gave me new ideas for COTH such as an IG takeover by a member

FAILURES

Did not generate additional income for 7 days.
Since I am moving to commission, I need to Generate \$125 - \$190 each day for 20-30 days

NOTES

RE-ENVISIONING BLACK WALL STREET DFW

Overall this week was a good week. I connected with

each one of my groups, #doinglifetogether. I

provided some ancillary acts of service although I did

not address the specific mentioned need

#servantfirst. I grew daily via podcasts and audio

books #growdaily. I called one motivated seller as

well as signed up with Telzio to track leads via a

telephone number, and posted a FB add to test it

#makingmovesnotexcuses. I went to the Harambee

Festival in Fort Worth. I spoke to people but I did not

share what I do #sharingiscaring