

Life Enhancing Technology, Every Day

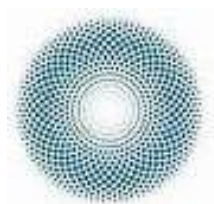
Live Long | Live Well | Live Younger



INCOME PRODUCING ACTIVITIES

JOURNAL

CHERYL LYNN EDMOND





About This Journal

No matter where you are on your LifeWave Journey, these healthy business habits are the best activities to help grow your business.

In this journal, you will find effective resources to grow your business, find and develop leads, and organize your daily goals. These practices help develop and strengthen **Income Producing Activities (IPA)**.

Consistent Scheduling

Consistency creates momentum. This 90 day journal is designed specifically to set you up for success in developing **Income Producing Activities** which directly build your business. **YOU WILL** pick up speed the more time you are able to devote to your business.



Your sample schedule may include:

1 hour Focus: Send, Share, Invite (Send personal messages, videos, product information)

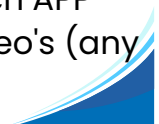
30 minutes: INVITE, INVITE, INVITE to PATCH PARTY activities

30 minutes: 3-way text threads



30 minutes: Follow-up Check up on order satisfaction and product use, send David Schmidt LifeWave YouTube videos)

30 minutes: Expand your network - with InTouch APP - features, sending video's (any content appropriate)





Sharing SYSTEM

The foundation of healthy business habits is found in our activity based Sharing System. Simple, repeatable behaviors = consistent results. This is known as duplication, and our Sharing System makes it easy for you to grow your Team in three simple steps: **Send, Share, Invite.**

Contacts

Share your journey in an authentic way that prompts someone to ask: "What is LifeWave"?

SEND

5-10 times daily (new and follow-ups)

- David Schmidt YouTube Videos
- InTouch App Videos



Invite EVERYONE to Doc Talk Zoom



INVITE

Attend Weekly Training





Learn And grow!

Brand Partner Activities

Ask, Send, Share, Invite

Our flagship patch is X39. InTouch App video:
What is phototherapy?



Learn about the X39 & X49 patches directly from David Schmidt:



Learn about all the patches from David Schmidt:



Watch business videos:

InTouch App: Life wave business opportunity:

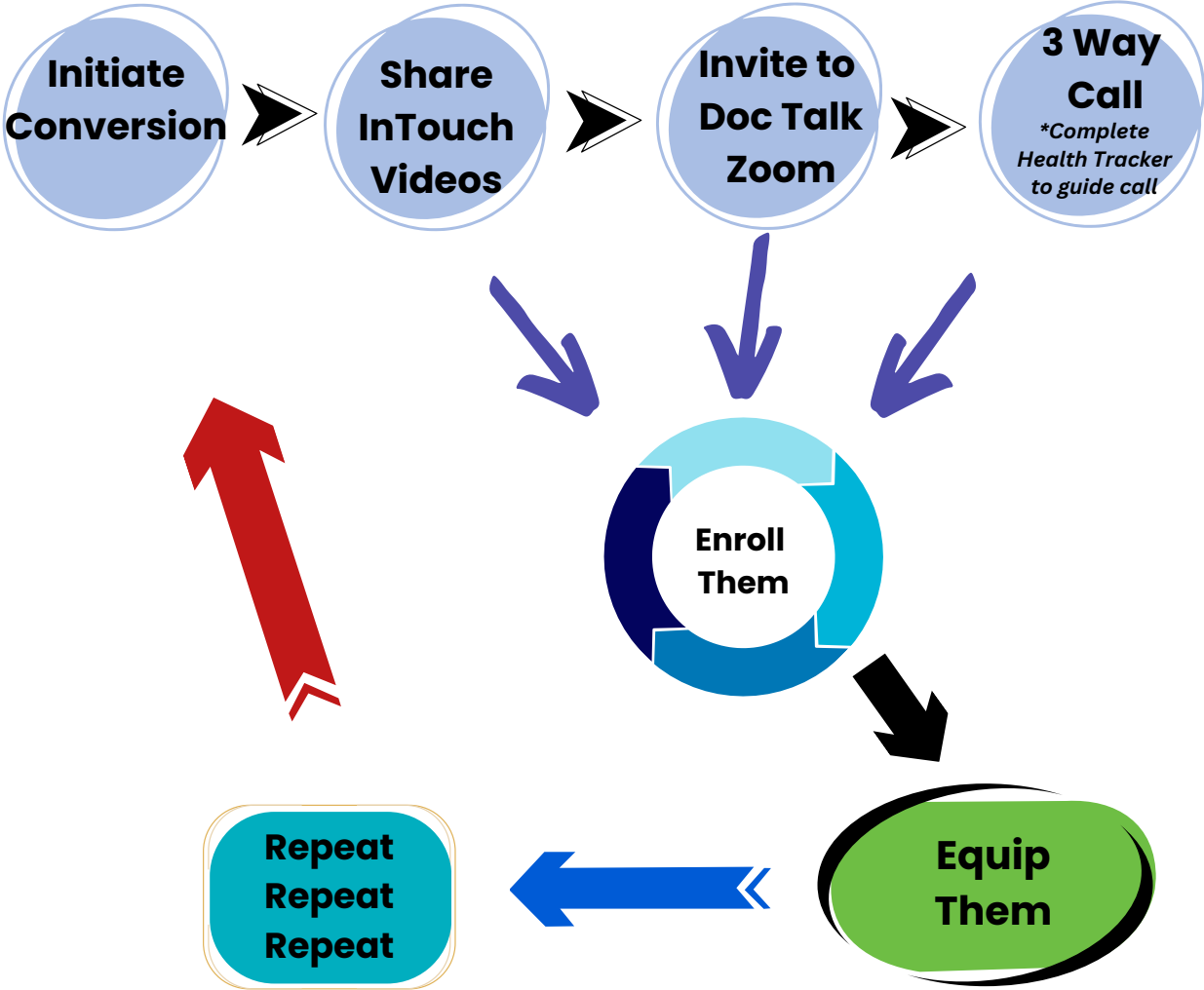


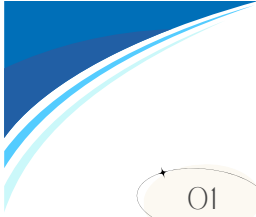
David Schmidt, Jason Sisneros, Michael Jaco





Build Process





BUILD PROCESS:

01

STEP ONE: INTRODUCTION

WHAT DO YOU KNOW ABOUT STEM CELLS?
MAY I SEND YOU A SHORT VIDEO? IT EXPLAINS
WHAT LIGHT THERAPY IS.

02

STEP TWO: SEND VIDEO

SEND APPROPRIATE INTOUCH APP VIDEO.

*The Future depends
on what you
Do Today*



03

STEP THREE: INVITE TO DOC TALK

COME EXPERIENCE THE LARGER COMMUNITY TO
GET YOUR QUESTIONS ANSWERED BY MD'S,
DENTISTS, SURGEONS, HEALTH PRACTITIONERS,
NURSES, ETC.

04

STEP FOUR: HEALTH TRACKER

EMAIL THE HEALTH TRACKER (IN PREPARATION
FOR THE 3WAY CALL WITH UPLINE)

05

STEP FIVE: 3 WAY CALL & SCHEDULE PATCH PARTY ZOOM

ENROLL AND SET UP PATCH PARTY ZOOM FOR
PATCH PLACEMENT





Daily

IPA WEEKLY SUMMARY



GOALS, GOALS, GOALS! Things to accomplish this week

PEOPLE IN FOCUS Leads to call/text/message this week

Week of: _____ **M** **T** **W** **T** **F** **Weekly Total**

Text/Phone/Messenger/In-Person

Piquing Interest ○○○ ○○○ ○○○ ○○○ ○○○ _____
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Check On New Brand Partners/Products/Monthly Subscriptions

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Building your brand and contacts

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 ○○○ ○○○ ○○○ ○○○ ○○○

Check On New Brand Partners/Products/Monthly Subscriptions

Follow-up ○○○ ○○○ ○○○ ○○○ ○○○ _____
 ○○○ ○○○ ○○○ ○○○ ○○○

Schedule Weekly Call and Conversation with coach: _____ (Date)

TOTALS: Sends/Shares/Invites	New Brand Partners	Piquing Interest
_____	_____	_____



Daily

IPA WEEKLY SUMMARY



GOALS, GOALS, GOALS! Things to accomplish this week

PEOPLE IN FOCUS Leads to call/text/message this week

Week of: _____	M	T	W	T	F	Weekly Total
Text/Phone/Messenger/In-Person						
Piquing Interest	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
Send Videos: Product/Opportunity/Empowerment						
Send	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	_____
Share your/another brand partner's product, opportunity/empowerment story						
Share	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
How many invites did you do per day?						
Invite	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
Building your brand and contacts						
Make New Contacts	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
Check On New Brand Partners/Products/Monthly Subscriptions						
Follow-up	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
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Daily

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GOALS, GOALS, GOALS! Things to accomplish this week

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Week of: _____ **M** **T** **W** **T** **F** Weekly Total

Text/Phone/Messenger/In-Person

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 ○○○ ○○○ ○○○ ○○○ ○○○

Send Videos: Product/Opportunity/Empowerment

Send ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○ _____
 ○○○○○ ○○○○○ ○○○○○ ○○○○○ ○○○○○

Share your/another brand partner's product, opportunity/empowerment story

Share ○○○ ○○○ ○○○ ○○○ ○○○ _____
 ○○○ ○○○ ○○○ ○○○ ○○○

How many invites did you do per day?

Invite ○○○ ○○○ ○○○ ○○○ ○○○ _____
 ○○○ ○○○ ○○○ ○○○ ○○○

Building your brand and contacts

Make New Contacts ○○○ ○○○ ○○○ ○○○ ○○○ _____
 ○○○ ○○○ ○○○ ○○○ ○○○

Check On New Brand Partners/Products/Monthly Subscriptions

Follow-up ○○○ ○○○ ○○○ ○○○ ○○○ _____
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Schedule Weekly Call and Conversation with coach: _____ (Date)

TOTALS:	Sends/Shares/Invites	New Brand Partners	Piquing Interest
	_____	_____	_____

Weekly Reflection



WHAT INSPIRED ME THIS WEEK?

A MOMENT THAT GAVE ME ENERGY:

SOMETHING THAT INSPIRED ME:

THREE WORDS TO DESCRIBE YOUR VISION:

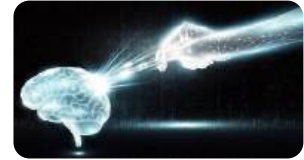
5 THINGS I AM GRATEFUL FOR THIS WEEK:

1. _____
2. _____
3. _____
4. _____
5. _____

PERSONAL INTENTION FOR THE COMING WEEK:

BUSINESS INTENTION FOR THE COMING WEEK:

Weekly Reflection



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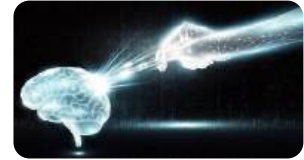
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Reading Tracker

READING GOAL: _____ BOOKS

TITLE:

AUTHOR:

RATING:



WHAT ARE YOUR TAKE-AWAYS?



TITLE:

AUTHOR:

RATING:



WHAT ARE YOUR TAKE-AWAYS?





Reading Tracker

READING GOAL: _____ BOOKS

TITLE:

AUTHOR:

RATING:



WHAT ARE YOUR TAKE-AWAYS?



TITLE:

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WHAT ARE YOUR TAKE-AWAYS?





Reading Tracker

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WHAT ARE YOUR TAKE-AWAYS?



TITLE:

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WHAT ARE YOUR TAKE-AWAYS?





Resources



Here are list of resources to help you grow:

TEAM BUSINESS RESOURCES:

- healthiswealth.biz - Business training
- Doc Talk Sunday Night- ConnieZoom.com
- Foundational Training (Tues) - ConnieZoom.com
- Manager Maker (Wed) - ConnieZoom.com
- www.copperpeptidebreakthrough.com
- Health Tracker & other docs -
<https://www.healthiswealth.biz/everyday-documents>

BOOKS:

- [Go Pro: 7 Steps to Becoming a Network Marketing Professional](#) - Eric Worre (Available on Amazon)
- [Exactly What to Say: The Magic Words for Influence and Impact](#) - Phil Jones (Available on Amazon)
- [Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones](#) - James Clear (Available on Amazon)



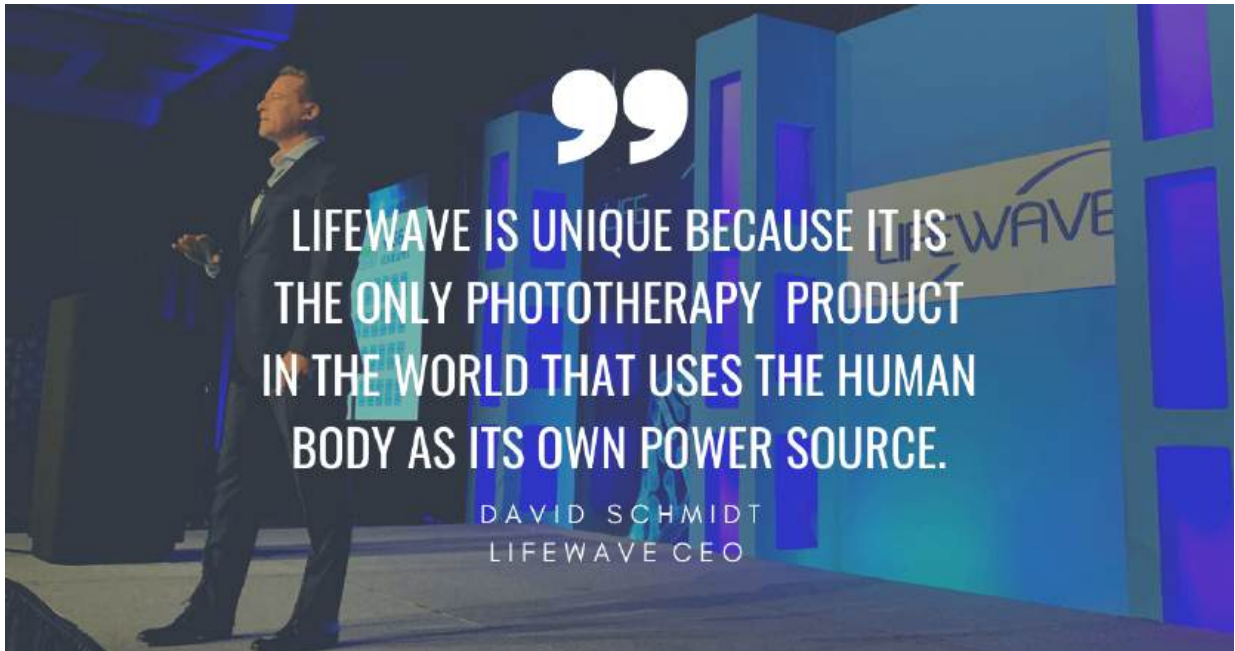


Resources

VIDEOS:

- David Schmidt speaking on X39 & X49:
<https://www.youtube.com/watch?v=j3HIUR9-vU0&t=495s>
- David Schmidt speaking on all the patches:
<https://www.youtube.com/watch?v=uvFXwfxKyuc>
- Podcast with David Schmidt, Jason Sisneros, Michael Jaco
<https://rumble.com/v5dduu1-as-world-economies-collapse-what-ray-of-light-beacons-towards-the-future.html>
- Make the Shift ([video](#)/[book](#)) - Darren Hardy
(*[scroll down for video](#)).





We get to walk a journey together, healing ourselves and others, building our futures and creating powerful, lasting relationships.

Thank you for sticking with me for these 90 days. By now, you will have developed a system for your business that makes it easy to grow.

Here's to the beautiful world we are creating together!

- Cheryl

