



Mindset + Focus + Intention

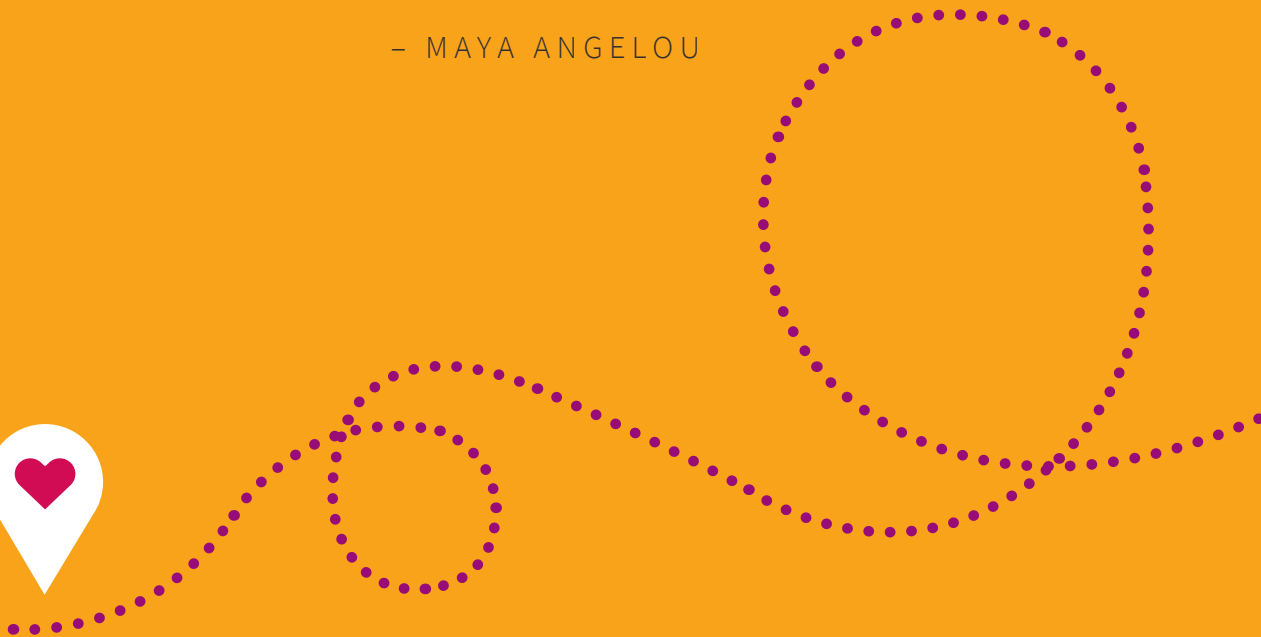
HEALTHY BUSINESS WORKBOOK

YOUR 90-DAY ACTION TRACKER

plexus®

Every
journey
starts with
a single step.

- MAYA ANGELOU



about

This Workbook

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

Are you tracking your goals? Are you contacting people each week? Are you participating in daily Income-Producing Activities (IPAs)? You'll be surprised how these simple activities can make such a difference in your business. In this workbook, you will find effective resources to help you find new leads and organize your daily goals.



Consistent Scheduling

Keep a consistent schedule to create momentum. You will pick up speed the more you work at it. Believe in yourself. Stay committed. Challenge yourself by focusing on your goals, leads, and daily IPAs each day. You can achieve your dreams!

Your sample schedule may include:



1 hour: Work, Send, Share, Invite
(Send personal messages, Plexus corporate videos, product information)

30 minutes: Customer Follow-up
(Check up on order satisfaction and product use, send new product videos)

30 minutes: Relationship Development
(Like and authentically comment on people's posts, schedule get-togethers, coffees, one-on-one appointments, call and connect with people)

30 minutes: Expand your network
(Marketing and social media)



TIP

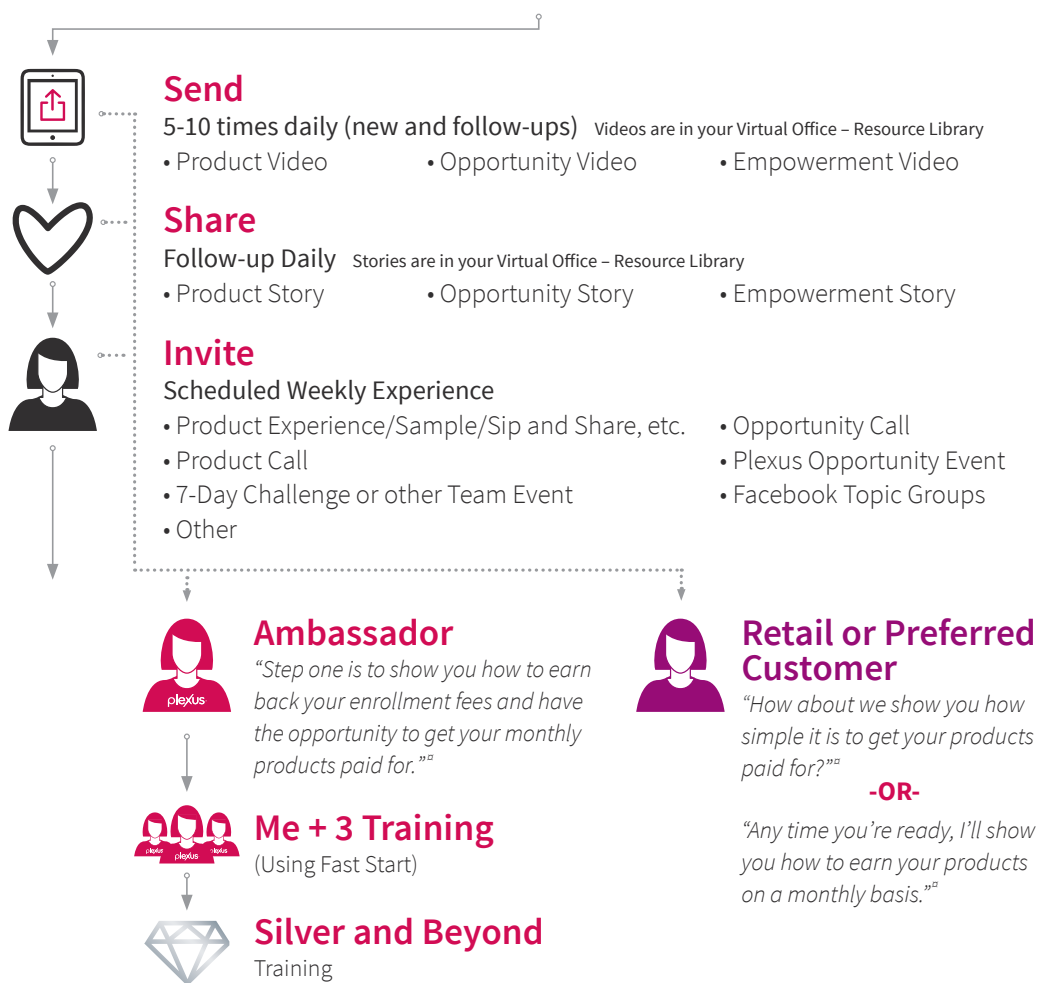
Use this workbook as a training tool for your Team and new Ambassadors to help them follow **healthy business habits** in their business.

sharing System

The foundation of healthy business habits is found in our activity-based Sharing System. Simple, repeatable behaviours equal 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 Plexus®?”



TIP

Some people make decisions early in the process, others need more time. **While you are looking for Ambassadors, you will also find Customers along the way when possible.** Enrol Ambassadors with a **265.92 CAD Welcome Pack** and **100 PV Subscription** to set them up for their best possible success.

^aPlexus makes no guarantees on income. Personal earnings will vary. Your success depends on your effort, commitment, skill and leadership abilities. In 2018, a typical participant in the Plan earned up to 500.00 CAD or less. Please see the Plexus Annual Income Disclosure Statement.

Leads Continued

WANT TO LOSE WEIGHT/GET IN SHAPE

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SEARCHING FOR ADDITIONAL INCOME²

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HAVE AN UPCOMING VACATION OR WEDDING

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Leads Continued

LOVE THE PRODUCTS AND ALREADY SHARE

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PREVIOUSLY WORKED IN DIRECT SALES

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YOU THOUGHT TO CONTACT BUT CHICKENED OUT

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Connecting with people works best when the connection is personal, relevant, and authentic. Help people understand what's in it for them by crafting conversations that speak to a person's potential and unique needs. To help you with that messaging, think about their needs first.

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Daily Income Producing activities

Running your own business takes hard work and motivation. But, the rewards for your efforts make it totally worth it. These IPAs can help establish a productive daily routine that propels your business forward. ²

Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

M

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W

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**Weekly
Total**

TEXT/PHONE/MESSENGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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W

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**Weekly
Total**

TEXT/PHONE/MESSENGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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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

Asks	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	_____
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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	○○○○○ ○○○○○	_____
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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	○○○ ○○○ ○○○	_____
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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your Brand/Make New Contacts	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	○○○ ○○○	_____
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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer Follow-Up	○○○	○○○	○○○	○○○	○○○	_____
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Totals	Sends/Shares/Invites	New Ambassadors	New Customers	Asks
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⁹ Plexus makes no guarantees on income. Personal earnings will vary. Your success depends on your effort, commitment, skill and leadership abilities. In 2018, a typical participant in the Plan earned up to 500.00 CAD or less. Please see the Plexus Annual Income Disclosure Statement.

Daily Income Producing activities

Running your own business takes hard work and motivation. But, the rewards for your efforts make it totally worth it. These IPAs can help establish a productive daily routine that propels your business forward. ²

Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSENGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

Daily Income Producing activities

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Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSENGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

Daily Income Producing activities

Running your own business takes hard work and motivation. But, the rewards for your efforts make it totally worth it. These IPAs can help establish a productive daily routine that propels your business forward.⁹

Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSENGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

Sends/Shares/Invites

New Ambassadors

New Customers

Asks

⁹ Plexus makes no guarantees on income. Personal earnings will vary. Your success depends on your effort, commitment, skill and leadership abilities. In 2018, a typical participant in the Plan earned up to 500.00 CAD or less. Please see the Plexus Annual Income Disclosure Statement.

Daily Income Producing activities

Running your own business takes hard work and motivation. But, the rewards for your efforts make it totally worth it. These IPAs can help establish a productive daily routine that propels your business forward. ²

Goals, Goals, Goals!

Things to accomplish this week

People in Focus

Leads to call/text/message this week

Week of: _____

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**Weekly
Total**

TEXT/PHONE/MESSANGER/IN-PERSON

Asks

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SEND VIDEOS: PRODUCT/OPPORTUNITY/EMPOWERMENT (5-10 TIMES)

Send

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SHARE YOUR (OR ANOTHER AMBASSADOR'S) PRODUCT/OPPORTUNITY/EMPOWERMENT STORY (FOLLOW UP DAILY)

Share

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SCHEDULE WEEKLY EXPERIENCE

Product/Sample/Sip & Share, etc./Opportunity/Product Calls/7-Day Challenge/Team Event/Facebook Topic Groups

Invite

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FACEBOOK POST (1X/DAY - 30 MINUTES)

Plexus®/Personal Life/ Inspirational/Face-to-Face/Networking/Comment in Facebook Group

Build Your
Brand/Make
New Contacts

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CHECK ON PRODUCTS/SUBSCRIPTIONS/NEW AMBASSADORS/PLEXUS aim (30 MINUTES)

Customer
Follow-Up

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Totals

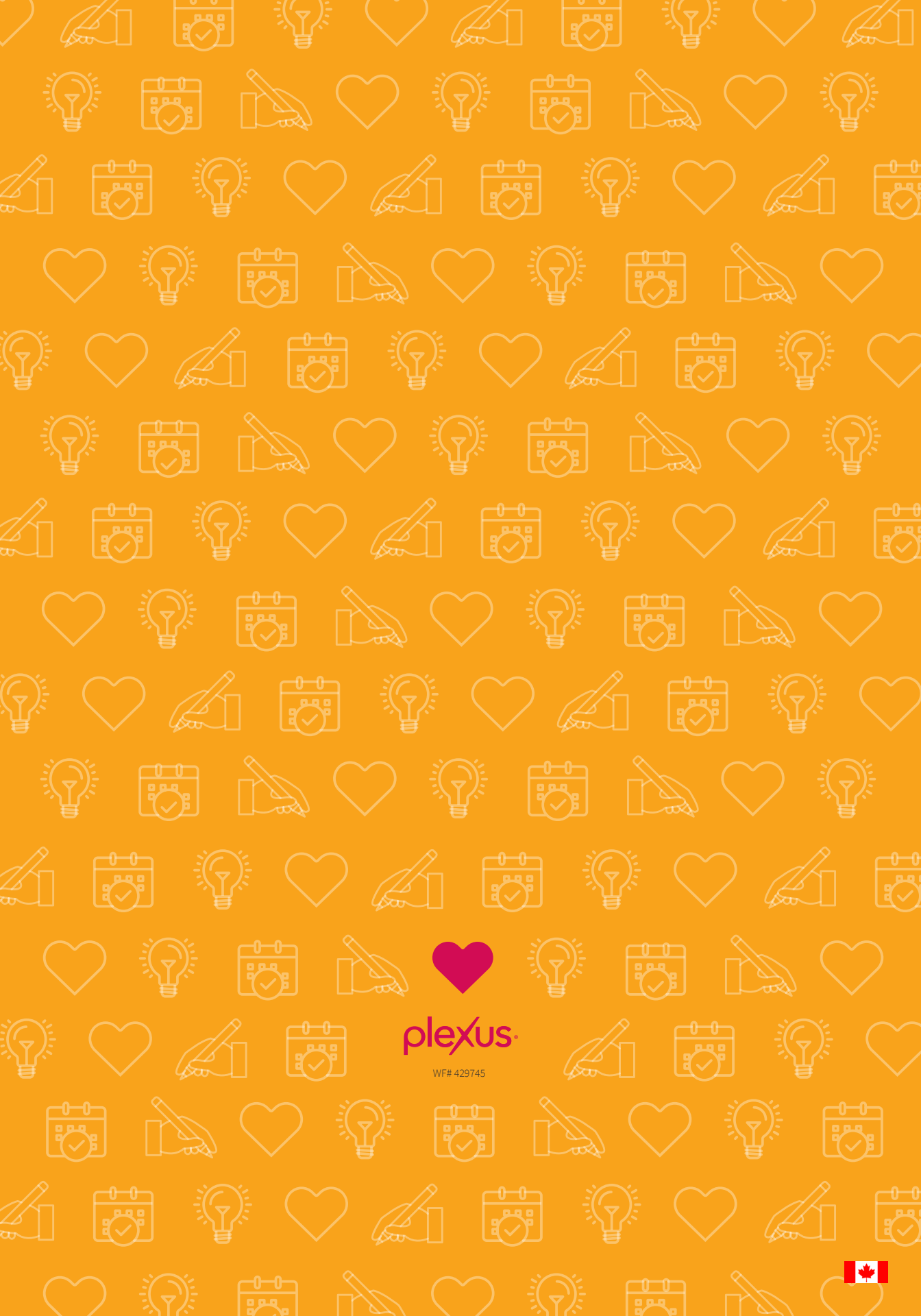
Sends/Shares/Invites

New Ambassadors

New Customers

Asks

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WF# 429745

