

Phase 1 Schedule

Learn to build your business in 1.5 hrs a day

Power Hour PT/FT 1-2 xs a day. Maintain your balance (extremely important)

Part time- 60 mins

Full time 90 mins- 2 hrs

Your business and family will thrive when you have a set schedule

6am (Power Hour) 60-90 Mins

20 mins- Personal Dev

20 mins- **NEW** (35-75) Follow, Like, Comment & Engage,

20 min-Upload Posts for the day, Prep Stories for the day

10-20 Mins- Follow up with messages from night before, or poll responses

Mid Day- Optional If Time- Trainings, Self Education, Workouts, Create Stories for next day, Upload posts, Follow Up with friends and personal (non business emails and messaging)

9p Power Hour

20-30 mins- (35-75) Follow, Like, Engage/ Set Up Post (draft) for next day