

Date: \_\_\_\_\_

# Work Out

Activity:

Time:

## Ten Tens

### Gratitudes

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### Goals

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### 3 Measurable & Specific Goals I Will Achieve Today:

1.

2.

3.

Role Playing Y or N

### Market Knowledge: Last 30 Days

Active: \_\_\_\_\_ (Avg \$. ) DOM\_\_

Pending: \_\_\_\_\_ (Avg \$. ) DOM\_\_

Sold: \_\_\_\_\_ (Avg \$. ) DOM\_\_

Expired: \_\_\_\_\_ (Avg \$. ) DOM\_\_

Trend Notes:

## FIVE-FIVE-FOUR

### 5 Sphere Calls

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. |    |

### 5 Prospect Calls

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. |    |

### 4 Lead Follow Ups

- |    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. |    |    |