

# The 42 Day Sprint

Weekly Schedule for Six Weeks:

My Accountability Partner:

Monday:	Tuesday:	Wednesday:	Thursday:	Friday:	Saturday:	Sunday:
<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Preview Five Houses <b>12 pm</b> - Lunch with PCG or B2B <b>1:30 pm</b> - Personality Based Prospecting <b>5:30 pm</b> - Clear Texts, Emails and Voice Mail <b>6pm</b> - Appointments or Role Play <b>9pm</b> - Sleep	<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Personality Based Prospecting <b>2 pm</b> - Preview Five Houses <b>3 pm</b> - Coffee with PCG or B2B <b>4 pm</b> - Clear Texts, Emails and Voice Mail <b>5pm</b> - Appointments or Admin <b>9pm</b> - Sleep	<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Appointments or Role Play <b>2 pm</b> - Personality Based Prospecting <b>5 pm</b> - Preview Five Houses <b>6 pm</b> - Coffee with PCG or B2B <b>7 pm</b> - Clear Texts, Emails and Voice Mail <b>9pm</b> - Sleep	<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Preview Five Houses <b>12 pm</b> - Lunch with PCG or B2B <b>1:30 pm</b> - Personality Based Prospecting <b>5:30 pm</b> - Clear Texts, Emails and Voice Mail <b>6pm</b> - Appointments or Admin <b>9pm</b> - Sleep	<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Personality Based Prospecting <b>2 pm</b> - Preview Five Houses <b>3 pm</b> - Meet with my Accountability Partner <b>4 pm</b> - Clear Texts, Emails and Voice Mail <b>5pm</b> - Appointments or Role Play <b>9pm</b> - Sleep	<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Appointments or Admin <b>2 pm</b> - Personality Based Prospecting <b>5 pm</b> - Preview Five Houses <b>6 pm</b> - Coffee with PCG or B2B <b>7 pm</b> - Clear Texts, Emails and Voice Mail <b>9pm</b> - Sleep	<b>5am</b> - Wake up <b>5:30am</b> - Work out <b>8 am</b> - Prep, Social Posts & Follow Up <b>10 am</b> - Appointments or Work On Presentation <b>5pm</b> - Push to Expand Social Followers <b>6pm</b> - Results email to my accountability partner, team and coach. <b>7 pm</b> - Clear Texts, Emails and Voice Mail <b>9pm</b> - Sleep

My Six Week Wake Up Ritual:

- 1.
- 2.
- 3.

My Archetype Preferred Social Channels:

- 1.
- 2.
- 3.

My PCG (Private Client Group) Goals:

- 1.
- 2.
- 3.

My Top Three Core Values:

- 1.
- 2.
- 3.

My Six Week Work Out Goals:

- 1.
- 2.
- 3.

My Six Week Social Channel Goals:

- 1.
- 2.
- 3.

My B2B (Business to Business) Goals:

- 1.
- 2.
- 3.

My Top Five Strengths:

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

My Six Week Personal Development Goal:

- 1.

Personality Based Prospecting:

- 1.

What am I going to do when bored?

- 1.
- 2.
- 3.