



15-Minute Daily Motivational Call

Monday, February 16

Today is going to be a GREAT day!

Manufactured Why

Health Game

Earn 1 point for each healthy meal or snack you eat. Earn up to 5 points per day from healthy eating

Earn 1 point for each 15 minutes of exercise you do per day

Earn 1 point for every 15 minutes of studying health content – Audio, Video or Reading about health

Earn 5 points for attending the 2x per month Health Zoom on Fridays at noon pacific. (if you miss us live you can watch the replay within 72 hours to earn 5 points)

Earn 1 point for the following

1. Post in our health Facebook group
2. Have a health conversation with someone
3. Sharing health ideas with someone else
4. Post on social media about health
5. If you hit a new health milestone like lifting weight or walking or jogging
6. Have a health-related doctor visit, dentist, massage, etc.
7. Track your results and post in the Facebook group

10 Points max per day

50 Points max per week

Points count all 7 days

Start posting in the Facebook group starting Monday

You can create your own game in any area of your life.



Vision 550

You can find everything regarding this call at www.dailymotivationalcall.com

Bonus video Level 10 Exercise- <https://youtu.be/11eiPcU8KfE>

Steve Jobs Mini Course - To register go to <https://ericlofholm.lpages.co/how-to-think-like-steve-jobs-to-increase-your-sales-and-life-results/>

Continuous Sales Improvement Virtual Networking is on Thursday, February 18 from 8-9 am pacific. To register go to <https://continuoussalesimprovement.com/home> and select Elite Networking