Skill Up!

Participate in any of the following activities.

Record your activity/points on the “Skill Up Calculator” attached below.

Achieve 25+ points/month and RECEIVE A SPECIAL INCENTIVE!

**Read Professional/Nutrition Books (10 pts)**

*Go Pro - 7 Steps to Becoming a Network Marketing Professional* by Eric Worre

*EntreLeadership* by Dave Ramsey

*Sometimes you win sometimes you learn* by John Maxwell

*Building a Better You* by Richard Brouse

*Wheat Belly* by William Davis

*Grain Brain* by David Perlmutter

*Living With Passion* by Peter Hirsch

*First Steps to Wealth* by Dani Johnson

*Rock Your Network Marketing Business* by Sarah Robbins

*Thinking For A Change* by John Maxwell

*The 21 Indispensable Qualities of A Leader* by John Maxwell

**Strategy Session with JO Coogan (4 pts)**

*Put together a monthly plan to reach your goals*

**Thursday Morning Business Training Webinars (3 pts / each session)**

**Monday Wellness Webinars (2 pts / each session)**

**Shaklee University Courses**

Good Business Practices - 5 courses (3 pts each)

Shaklee Products - 9 courses (1 pt each)

**Team Conference Calls (4 pt)**

**Listen to audiofiles (2 pts)**

[*betterhealthin31days*](http://www.//betterhealthin31days.com/margaret-trost)*.com/coogan or CDs*

**Accountability Partner (4pts)**

*Weekly check-ins with an accountability partner- Including mapping out your goals/list weekly*

**Conference (15 points)**

*Attend a local Shaklee conference*

*Skill Up Calculator*

***How it works:***

1. Starting the 1st of every month, use this document to record all the activities you participate in throughout the month.

2. Email the form by the last day of the month to [CrystalJohnsonHealth@gmail.com](mailto:CrystalJohnsonHealth@gmail.com) with your total points calculated.

3. You will receive a special incentive each month you have 25+ points!

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*\*You are responsible for keeping track of your points. They must be turned in by the last day of the month.*