I am COMMITTED to having a “POSITIVE MENTAL ATTITUDE”
So I’m taking a Mental “BATH” everyday
Stretch and get “BATHED” everyday!

- **B** Be your own boss - complete IPAs to match your goal
- **A** Affirmations - say your 5 positive affirmations outloud daily
- **T** Training - Call into the MSM or other training call/ listen to a MK training cd or attend your weekly meeting
- **H** Happy Place - visualize your dreams and goals and what it will be like and feel like when accomplished
- **E** Exercise - 15 minutes of some sort of movement to stay young, fit and healthy
- **D** Devotions - 15 or more minutes of quite time with the Lord, meditating, reflecting, relaxing

**IPAs (Income Producing Activities)**
Complete # daily IPAs that reflect your goal
(1 = part time, 2 = full time / star, 3 = car, 4= DIQ)

- **A** $100 day in sales
- **B** 2 new bookings
- **C** 1 party (3 ppl+, $200 sales)
- **D** 1 facial (1-2 ppl, $75+ sales)
- **E** 5 customer 2x2x2 / PCP calls
- **F** 1 sharing appt (send opinion sheet pic to director or survey online filled out)
- **G** 1 guest to meeting
- **H** 2 new warm chat names
- **I** 1 new team member added

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Created by Joni Cool, adapted from NSD Tammy Crayk & Gina Beck