

Day 6 | Challenge 6

Practice, Practice, Practice

- ❑ **CHALLENGE:** Spend at least 90 minutes practicing your scripts & what you have learned so far this week in the Mentor Calls
- ❑ **INSTRUCTIONS:**
 - ❑ Go to oiltheplanet.vip (password: coimpact) to access *Training Manual* or your downloaded/printed copy
 - ❑ Or if you made note cards to practice your scripts (or would like to use those now that I mentioned them - I don't blame you ha) use those now! :)
 - ❑ There is no right or wrong process to do this, the point is to simply start and get into practice.
 - ❑ Practice your scripts - with someone, in a mirror, out loud by yourself, etc
 - ❑ Reach out to your Names on your List, with your script.
 - ❑ *Tip*: practice 3x, then reach out to 3 people! Make it fun, make it challenging; do all texts first or mix it up with calls - whatever you like best!
- ❑ **TIME DURATION:** at least 90 minutes
 - ❑ Feel free to break this up over time or all in one sitting. If you do it all in one sitting and want to go longer, take a break after 90 minutes. Mostly, our ability to focus and capacity to retain dwindle after 90 minutes of the same activity. Even most college courses are 90 minutes. Grab your InTune!
- ❑ **GOAL OF CHALLENGE:** We've all heard what they say about habits. And every master at their craft practices. Practice your scripts. Practice what you have learned. It's important in reaching your goals, & there is no reason to rush success and skip ahead when you're in it for the long game.
- ❑ **LEARNING + ACTION STEPS:**
 - ❑ *Learn* - The scripts (see a pattern?)
 - ❑ *Action* - Practice what you have learned, & continue to sample your Names List using those scripts
 - ❑ *Bonus* - Listen up to Mentor Call #10
- ❑ **BONUS:** *Daily personal development + self-care*
- ❑ **ADVANCED CHALLENGE FOR SEASONED BUILDERS:** *There isn't one this time! Not really. Because we all need practice! What do you need to practice? What do your builders need today? And if you really want a push, you could make the Bonus section on Action Steps a must-do!*