

30 Day Rise Up Challenge

Hey Awesome Entrepreneurs!!!

I want to welcome you to the 30 Day Rise Up Challenge!

I am so excited you have decided to join us on this journey. We are going to have a lot of fun, grow exponentially in our confidence, and grow our businesses together!

One of the things that has been so HUGE for me in our business is being held accountable to my coach/mentor! I believe this is why this challenge will be so huge for us all!

Accountability is a major key for growth, whether it is to a spouse, a friend, a business partner, or mentor; because it creates an urgency (or it should at least) since it requires you to report back on what you said you were going to do.

It is easy to let ourselves off the hook or to let ourselves down but it is not so easy when you're held accountable to someone else.

The goal of this challenge is:

- 1) accountability
- 2) create daily habits for building your business
- 3) to see how simple steps each day can make a BIG difference!

Are you ready to take your business to the next level?

Let's Do It as a T.E.A.M.!! Together Everyone Achieves More!!!

 Kirk & Nicole

30 Day Rise Up Challenge

Here are some important Instructions you will want to follow so you know what to do to earn the points and be one of the TOP 3 each week to win some really cool prizes!

Step 1

Print or download the challenge sheets right now. Keep them at a place where it is easy access for you to perform these daily tasks. Kirk and Nicole will be inside the "Train with Kirk & Nicole" FB group each day to give you a new video teaching that days activity. It is not too late to get your team on the challenge. Get access here: [Train with Kirk & Nicole](#)

Step 2

To achieve success during this challenge, you should use the daily activity sheet to know what to do for that day and you should glance each night on what is on the agenda for the next day and be fired up and ready to hear the next days video.

Step 3

***** Very Important Step *****

- 1) Each day you will watch the video posted in the FB group.
- 2) Once you have watched it, you will comment on the video post: CHECK IN
- 3) Complete the daily activity. (Does not need to be done by any certain time but definitely before you go to sleep)
- 4) There will be a WORD POST in the group stating that days activity. Comment on that post when you are done. This will also be where you will comment if you have been asked to share nuggets from that days activity.

30 Day Rise Up Challenge

Block your schedule for your business this week. Make a List of 20 people. Highlight your Top 10. Check in!

1  20pts

Contacting Session:
Call your Top 10 & Book at least 2 plans.
Check in!
5 Bonus Points if you book 3 plans.

2  20pts

Listen to 2 Audios today. Post in Private FB page which audios and your biggest nugget. Attend Local Intro.

3  15pts

Post 1-2 min video in *Train with K&N* group declaring WHY you're committed to your biz and share the worst thing that will happen if you don't make it work.

4  10pts

Reach out to someone on your names list or FB whose name starts with J & S. Watch Video & Use the script. Check in!

5  20pts

Post a Value Social Media Post and Get engagement. Use #30dayriseupchallenge Check in!

6  10pts

Call 3 people for Follow Up. Comment on 3 peoples FB post whom you want to reconnect with. Check in!

7  15pts

Plan Your Week. Block your schedule for your business. Read 30 min of your book & share one nugget in *Train with K&N Group*.

8  10pts

Contact your Top 10. Book at least 2 plans. Invite for your Local Intro. Check in!
5 Bonus Points if you book 3 plans.

9  20pts

Meet 2 New People & get their numbers. (In Person or Social Media) Attend your local Intro. Check in!

10  15pts

Listen to 3 Audios. Create a post/video on your FB sharing what you have learned this week during this challenge. Check in!

11  15pts

Contact & Share the product, service, or business with someone whose name starts with N & K. Check in!

12  20pts

Call your support team & coach/mentor about your results. Share a video on your FB of a challenge you have overcome. Check in!

13  15pts

Listen to 3 Audios. Create a post/video on your FB sharing what you have learned this week during this challenge. Check in!

14  20pts

Plan Your Week. Block your schedule for your business. Read 30 min of your book & share one nugget in *Train with K&N Group*.

15  10pts

Call 3 friends & ask if they know someone looking to earn addit. income. Invite to your local Intro. Check in!

16  20pts

30 Day Rise Up Challenge

Attend your local Intro.
Join a FB group &
engage with 3 new
people that fits your
target audience.
Check in!

17  10pts

Call & Book any Follow
Up Appts and contact
New Team Members to
get them going.

Check in!

18  15pts

Call 3 local Realtors in
your area and ask them
if they keep their
options open.

Check in!

19  25pts

Invite your hair stylist or
barber (or one of your
service providers) to view
your presentation.

Check in!

20  15pts

Create a value post on
FB. Share 3 audios to
people you've shown to
listen. Book a House
Plan with a New Team
Member. Check in!

21  20pts

Plan Your Week.
Block your schedule.
Read 30 min. Reconnect
with your WHY & share it
via post in *Train with
K&N Group*.

22  15pts

Listen again to an audio
& song that fires you
up!! Chicken List
Contacting Day!! Book
3 plans. **5 Bonus Pts
for 4 plans.** Check in!

23  25pts

Follow Up with 3 people
you've shared with and
contact your team
members.
Attend Intro.
Check in!

24  15pts

Share a FB Live sharing
a success story.
Book a Business
Launch for your team!

Check in!

25  15pts

"Go for No" Day!
Get a new contact. Ask
2 Teachers if they keep
their options open.

Check in!

26  20pts

Check your Numbers!!
Look at your Teams
Depth, Systems,
Volume (BVR1's)
Send #'s to your coach.
Check in!

27  10pts

Write down your next
30 day goals. Share a
comment in *Train with
K&N Group* what your
goal is. Meet a new
person & get info.

28  15pts

Listen to 1 audio. Read.
Contact 3 of the most
influential/successful
people you know.

Check in!

29  25pts

Book 2 Plans with Local
Business Owners.

FB Live - Fun,
entertaining topic.
Check in!!

30  20pts

Share your greatest
take away in *Train with
K&N Group*.

RECAP