

LIFEWAVE®



MY ACTION PLAN (M.A.P.)  
ROADMAP TO RADIANCE

# My Action Plan (M.A.P.)

## Roadmap to Radiance



**Dear Valued LifeWave Members,**

As we enter a new market with a breakthrough approach to skin care, this is truly an exciting time to be a LifeWave Member. That's why we're so happy to introduce My Action Plan (M.A.P.), your roadmap to radiance with Alavida.

M.A.P. is just a simple checklist of highly achievable goals to build your business. What's more, you can achieve these goals with fellow LifeWave Members, which makes the impact even greater.

We think you'll find that using M.A.P. is pretty easy. Just refer to the Weekly and Social Media Planners on pages 4-7. Use this document along with the M.A.P. Easy Instructions to stay on track. That's it. You're now ready to share Alavida with the world.

Good luck and thanks for participating!

Sincerely,

A handwritten signature in black ink that reads "Loren".

Loren Castronovo  
Chief Marketing Officer  
LifeWave

# My Action Plan (M.A.P.)

A week-by-week set of goals,  
M.A.P. guides you to a successful  
future with Alavida.

*And the great part is, everyone  
can participate together!*



Each time you complete an activity, you are one step closer to success with LifeWave. Use the weekly planners on pages 4-7 to plan and achieve your action items in these four categories:

1. Experience Alavida
2. Share the Alavida experience
3. Connect with the LifeWave community
4. The gift of self-care (for you!)

At the end of each week, total up your activities and fill out the My Weekly Results report.  
Get motivated when you see your progress over time!

# Weekly Planner: Week 1

ACTION ITEM	WEEKLY GOAL	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Actual
<b>SECTION 1: EXPERIENCE ALAVIDA TRIO</b>									
Buy first Alavida Trio for yourself	1								
Take a "Before" photo <i>(see M.A.P. Easy Instructions)</i>	1								
Start using Alavida every day	7								
Buy second Alavida Trio to sample	1								
<b>SECTION 2: SHARE THE ALAVIDA EXPERIENCE</b>									
Bring 1-2 people to your Sponsor's Alavida meeting	1								
Create a list of 50 skin care prospects	1								
Use email template to tell your downline about Alavida <i>(see Back Office)</i>	varies								
Talk to 10 new people about Alavida <i>(call, text, email, in person)</i>	10								
Watch Videos on <a href="#">LifeWave YouTube Channel</a> : LifeWave Brand, Alavida Trio and Alavida Phototherapy Patch	3								
Practice your Alavida demo in front of five different people	5								
Schedule Alavida Meeting(s) for next week	1								
<b>SECTION 3: CONNECT WITH THE LIFEWAVE COMMUNITY</b>									
Sign up for <a href="#">Splash Newsletter</a>	1								
Follow LifeWave's social media pages <i>(see M.A.P. Easy Instructions)</i>	1								
Update your profiles with the Alavida profile image <i>(see Back Office)</i>	1								
Facebook: Update with the Alavida cover image <i>(see Back Office)</i>	1								
Announce Alavida to your social media followers	1								
Participate in the weekly group activity <i>(see calendar)</i>	1								
<b>SECTION 4: GIFT OF SELF-CARE TO YOURSELF</b>									
Eat healthy, organic foods	5								
Exercise for at least 20 minutes	4								
Enjoy 15 minutes by yourself without electronics	3								
Get sunshine and fresh air for at least 10 minutes	7								
Try something new just for yourself	1								

Name \_\_\_\_\_

Member# \_\_\_\_\_

1. Highlight each day you plan to complete an activity.
2. Enter the number of times you completed that activity.
3. At the end of each week, total up your activities.
4. Fill out My Weekly Results report below.

Actual Activities Completed	
Section 1	
Section 2	
Section 3	
Section 4	
TOTAL	

## MY WEEKLY RESULTS REPORT

This week...

My skin feels \_\_\_\_\_.

My skin looks \_\_\_\_\_.

I have \_\_\_\_ new Alavida Enrollments.

My Alavida Trio Sales are \_\_\_\_ units.

I am on my way to a brighter complexion and a brighter future! I've completed each of the activities marked this week.

SIGNED \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

# Weekly Planner: Week 2 and Beyond

ACTION ITEM	WEEKLY GOAL	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Actual
<b>SECTION 1: EXPERIENCE ALAVIDA TRIO</b>									
Use Alavida Trio daily	7								
Take an After photo every 7-14 days	1								
Is it time to re-order your next Alavida Trio?	1								
<b>SECTION 2: SHARE THE ALAVIDA EXPERIENCE</b>									
Schedule Alavida meeting(s) for next week	2								
Host Alavida meetings this week	2								
Ask prospects to purchase Alavida	4								
Ask for written or video testimonials on Alavida (see <i>M.A.P. Easy Instructions</i> )	2								
Attend a social or business networking event	2								
Talk to 10 new people about Alavida Trio (call, text, email or in person)	10								
Use email template to send prospects to <a href="http://MyAlavida.com">MyAlavida.com</a>	5								
Use email template to send prospects to <a href="#">LifeWave YouTube Channel</a> (see <i>Back Office</i> )	5								
<b>SECTION 3: CONNECT WITH THE LIFEWAVE COMMUNITY</b>									
Post or re-post Alavida Before and After photos	2								
Post or re-post Alavida testimonials	2								
Post or re-post skin care quote, article or video	2								
Participate in the weekly group activity (see <i>calendar</i> )	1								
<b>SECTION 4: GIFT OF SELF-CARE TO YOURSELF</b>									
Eat healthy, organic foods	5								
Exercise for at least 20 minutes	4								
Enjoy 15 minutes by yourself without electronics	3								
Get sunshine and fresh air for at least 10 minutes	7								
Try something new just for yourself	1								

Name \_\_\_\_\_

Member# \_\_\_\_\_

1. Highlight each day you plan to complete an activity.
2. Enter the number of times you completed that activity.
3. At the end of each week, total up your activities.
4. Fill out My Weekly Results report below.

Actual Activities Completed	
Section 1	
Section 2	
Section 3	
Section 4	
TOTAL	

## MY WEEKLY RESULTS REPORT

This week...

My skin feels \_\_\_\_\_.

My skin looks \_\_\_\_\_.

I have \_\_\_\_ new Alavida Enrollments.

My Alavida Trio Sales are \_\_\_\_ units.

I am on my way to a brighter complexion and a brighter future! I've completed each of the activities marked this week.

SIGNED \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

# Weekly Planner: Week 2 and Beyond (SAMPLE)

ACTION ITEM	WEEKLY GOAL	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Actual
<b>SECTION 1: EXPERIENCE ALAVIDA TRIO</b>									
Use Alavida Trio daily	7	1	1	1	1	1	1	1	7
Take an After photo every 7-14 days	1	1							1
Is it time to re-order your next Alavida Trio?	1		1						1
<b>SECTION 2: SHARE THE ALAVIDA EXPERIENCE</b>									
Schedule Alavida meeting(s) for next week	2		1			1			2
Host Alavida meetings this week	2					1	1		2
Ask prospects to purchase Alavida	4	1	1	1		1			4
Ask for written or video testimonials on Alavida (see M.A.P. Easy Instructions)	2			1				1	2
Attend a social or business networking event	2			1				1	2
Talk to 10 new people about Alavida Trio (call, text, email or in person)	10	1	1	4		2	1	1	10
Use email template to send prospects to <a href="http://MyAlavida.com">MyAlavida.com</a>	5	1	1	1	1		1		5
Use email template to send prospects to <a href="http://LifeWave YouTube Channel">LifeWave YouTube Channel</a> (see Back Office)	5	1			1	1	1	1	5
<b>SECTION 3: CONNECT WITH THE LIFEWAVE COMMUNITY</b>									
Post or re-post Alavida Before and After photos	2	1				1			2
Post or re-post Alavida testimonials	2	1				1			2
Post or re-post skin care quote, article or video	2	1			1				2
Participate in the weekly group activity (see calendar)	1				1				1
<b>SECTION 4: GIFT OF SELF-CARE TO YOURSELF</b>									
Eat healthy, organic foods	5	1	1			1	1	1	5
Exercise for at least 20 minutes	4	1		1		1		1	4
Enjoy 15 minutes by yourself without electronics	3	1		1		1			3
Get sunshine and fresh air for at least 10 minutes	7	1	1	1	1	1	1	1	7
Try something new just for yourself	1	1							1

Name Al A. Vida

Member# 1234567

1. Highlight each day you plan to complete an activity.
2. Enter the number of times you completed that activity.
3. At the end of each week, total up your activities.
4. Fill out My Weekly Results report below.

Actual Activities Completed	
Section 1	9
Section 2	32
Section 3	7
Section 4	20
TOTAL	68

## MY WEEKLY RESULTS REPORT

This week...

My skin feels smoother.

My skin looks brighter.

I have 2 new Alavida Enrollments.

My Alavida Trio Sales are 2 units.

I am on my way to a brighter complexion and a brighter future! I've completed each of the activities marked this week.

SIGNED Al A. Vida

DATE 10 / 17 / 15







# SOCIAL MEDIA PLANNER

## NOVEMBER 2015

Join us for these November group activities!

Now you can use social media to achieve your LifeWave goals with fellow Members. Use this calendar as a template and the topics and hashtags below as a starting point to create your own personal messages.

Download the images listed below and find more info in the Back Office.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 	4	5	6	7
8	9 	10	11 	12	13	14
15	16	17	18	19 	20	21
22	23	24 	25	26	27	28
29	30 	31				



INSTAGRAM



FACEBOOK



TWITTER



TEXT BLITZ



**DATE** NOVEMBER 3  
**TIME** 16:00  
**PLATFORM** Facebook  
**NOTE** Use a Before and After photo of yourself or someone in your downline  
**HASHTAGS** #TransformationTuesday #LWAlavida



**DATE** NOVEMBER 19  
**TIME** 17:00  
**PLATFORM** Twitter  
**TOPIC** The Alavida Patch improves your skin from the inside out  
**HASHTAGS** #BeautyByLifeWave #LWAlavida #skincare



**DATE** NOVEMBER 9  
**TIME** 13:00  
**PLATFORM** Instagram  
**IMAGE** LW\_Social\_Media\_7  
**TOPIC** Exercise and eating healthy improves skin  
**HASHTAGS** #LWAlavida #skincare #HealthyLifestyle



**DATE** NOVEMBER 24  
**TIME** 16:00  
**PLATFORM** Facebook  
**IMAGE** LW\_Social\_Media\_8  
**TOPIC** Work/life balance  
**HASHTAGS** #LWAlavida #LifeWave #PoweredByLifewave



**DATE** NOVEMBER 11  
**TIME** 18:00  
**PLATFORM** Text Blitz  
**NOTE** See M.A.P. Easy Instructions in the Back Office



**DATE** NOVEMBER 30  
**TIME** 13:00  
**PLATFORM** Instagram  
**IMAGE** Post your own Before and After photo collage  
**TOPIC** Improvements in your skin  
**HASHTAGS** #LWAlavida #skincare #BeautyByLifeWave