

# My Weekly FLOW Activities Scorecard

Name: \_\_\_\_\_ Office: \_\_\_\_\_ Week of: \_\_\_\_\_

“I do my FLOW activities, and my production takes care of itself because I want \_\_\_\_\_ in my life.”

## MY AFFIRMATION

CURRENT AFFIRMATION

## MY GRATITUDES

Three things I am grateful for each day.

	1.	2.	3.
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			

## MY PERSONAL NOTES

Two per day — 1 point each; 10 points total.

Name/Reason

Name/Reason

	Name/Reason	Name/Reason
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

Total \_\_\_\_\_

## MY PERSONAL TEXT MESSAGES

Two per day — 1 point each; 10 points total.

Name/Reason

Name/Reason

	Name/Reason	Name/Reason
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

Total \_\_\_\_\_

# MY 50 FORD CONVERSATIONS

1 point each; 50 points total.

Name	What Did I Learn?	Follow-up	<input type="checkbox"/>
1. _____	_____	_____	<input type="checkbox"/>
2. _____	_____	_____	<input type="checkbox"/>
3. _____	_____	_____	<input type="checkbox"/>
4. _____	_____	_____	<input type="checkbox"/>
5. _____	_____	_____	<input type="checkbox"/>
6. _____	_____	_____	<input type="checkbox"/>
7. _____	_____	_____	<input type="checkbox"/>
8. _____	_____	_____	<input type="checkbox"/>
9. _____	_____	_____	<input type="checkbox"/>
10. _____	_____	_____	<input type="checkbox"/>
11. _____	_____	_____	<input type="checkbox"/>
12. _____	_____	_____	<input type="checkbox"/>
13. _____	_____	_____	<input type="checkbox"/>
14. _____	_____	_____	<input type="checkbox"/>
15. _____	_____	_____	<input type="checkbox"/>
16. _____	_____	_____	<input type="checkbox"/>
17. _____	_____	_____	<input type="checkbox"/>
18. _____	_____	_____	<input type="checkbox"/>
19. _____	_____	_____	<input type="checkbox"/>
20. _____	_____	_____	<input type="checkbox"/>
21. _____	_____	_____	<input type="checkbox"/>
22. _____	_____	_____	<input type="checkbox"/>
23. _____	_____	_____	<input type="checkbox"/>
24. _____	_____	_____	<input type="checkbox"/>
25. _____	_____	_____	<input type="checkbox"/>
26. _____	_____	_____	<input type="checkbox"/>
27. _____	_____	_____	<input type="checkbox"/>
28. _____	_____	_____	<input type="checkbox"/>
29. _____	_____	_____	<input type="checkbox"/>
30. _____	_____	_____	<input type="checkbox"/>
31. _____	_____	_____	<input type="checkbox"/>
32. _____	_____	_____	<input type="checkbox"/>

Name	What Did I Learn?	Follow-up
33. _____	_____	_____ <input type="checkbox"/>
34. _____	_____	_____ <input type="checkbox"/>
35. _____	_____	_____ <input type="checkbox"/>
36. _____	_____	_____ <input type="checkbox"/>
37. _____	_____	_____ <input type="checkbox"/>
38. _____	_____	_____ <input type="checkbox"/>
39. _____	_____	_____ <input type="checkbox"/>
40. _____	_____	_____ <input type="checkbox"/>
41. _____	_____	_____ <input type="checkbox"/>
42. _____	_____	_____ <input type="checkbox"/>
43. _____	_____	_____ <input type="checkbox"/>
44. _____	_____	_____ <input type="checkbox"/>
45. _____	_____	_____ <input type="checkbox"/>
46. _____	_____	_____ <input type="checkbox"/>
47. _____	_____	_____ <input type="checkbox"/>
48. _____	_____	_____ <input type="checkbox"/>
49. _____	_____	_____ <input type="checkbox"/>
50. _____	_____	_____ <input type="checkbox"/>

Total \_\_\_\_\_

### MY REAL ESTATE REVIEWS THIS WEEK

10 points each; 20 points total.

Name	Notes	Follow-up

Total \_\_\_\_\_

### MY OPEN HOUSES THIS WEEK

10 points each.

Name	Notes	Follow-up

Total \_\_\_\_\_

## MY HOT LIST

### POTENTIAL NEW SELLERS

Name	Address	Next Step

### POTENTIAL NEW BUYERS

Name	Address	Next Step

## MY WARM LIST

### POTENTIAL NEW SELLERS

Name	Address	Next Step

### POTENTIAL NEW BUYERS

Name	Address	Next Step

## MY FLOW SCORECARD FOR THIS WEEK

- \_\_\_\_\_ 10 personal notes
- \_\_\_\_\_ 10 personal text messages (1 point each)
- \_\_\_\_\_ 50 FORD conversations (1 point each)
- \_\_\_\_\_ 2 live Real Estate Reviews (10 points each)
- \_\_\_\_\_ 1 open house (10 points each)
- \_\_\_\_\_/100 **My total FLOW for the week**

***"FLOW Fixes Everything!"***