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.

MONDAY	1.	2.	3.
TUESDAY	1.	2.	3.
WEDNESDAY	1.	2.	3.
THURSDAY	1.	2.	3.
FRIDAY	1.	2.	3.

MY PERSONAL NOTES

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

	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
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		

Total _____

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NINJA 気 SELLING

MY 50 FORD CONVERSATIONS

1 point each; 50 points total.

	Name	What Did I Learn?	Follow-up
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.			☐
32.			☐

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	Name	What Did I Learn?	Follow-up	
33.				☐
34.				☐
35.				☐
36.				☐
37.				☐
38.				☐
39.				☐
40.				☐
41.				☐
42.				☐
43.				☐
44.				☐
45.				☐
46.				☐
47.				☐
48.				☐
49.				☐
50.				☐

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.

Property Address	Notes	Follow-up

Total _____

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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!"

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NINJA 気 SELLING