



7 DAILY SUCCESS STARTERS

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THE WAY PEOPLE SHOW UP IN LIFE IS THE RESULT OF THEIR DAILY HABITS.

In order to have rich relationships and rewarding business activities, it's important to ensure daily actions are intentional and geared toward success, rather than mindless and haphazard.

For the past three years, I've been incorporating the following seven daily success starters to achieve personal balance and increase income. It's working!

Hal Elrod's book, [The Miracle Morning](#), was so eye-opening for me. It helped me establish a morning routine that gets my day off to a good start while creating momentum for success.



BEGIN YOUR DAY WITH THE FOLLOWING THREE SUCCESS STARTERS:

- 1. Giving Thanks**—Immediately upon waking up (even before getting out of bed), give thanks for another day, remind yourself how awesome you are, and note everything you're grateful for.
- 2. Feed Your Brain**—Read at least 10 pages of a personal or professional development book to engage your brain and learn what's new. Leaders are readers and must stay on top of new material.
- 3. Move Your Body**—My exercise of choice is yoga. It helps me (and my girls) gain clarity, have focus, and stay flexible. As an added bonus, it keeps me from punching others when I'm frustrated.

Thanks for downloading this guide. I invite you to use my 7 Daily Success Starters to do the same.



With appreciation in my heart, a focused brain, and a revved-up body, I'm ready to start my work day. There are two tasks I complete every day that are integral to my business success. They are:

4. **Connect**—Make a point to introduce yourself to two new people every single day. The best connections are natural and take place when you're living your life. I meet people at the yoga studio, when I'm traveling, at the grocery store, and online through social media. Be who you are, while representing your business in every interaction. This doesn't mean sell every person you meet, but make a genuine connection. People buy from people they know and trust.
5. **Reach Out**—Follow up on business items. This could be servicing customers, following up with prospects, answering emails, and calling people in your downline. The Rule of Seven notes people need to be exposed to a product or service at least seven times before they make a purchase. Having genuine connections and following up in an authentic way, helps facilitate the buying process.

TWO OF THE SEVEN SUCCESS STARTERS MAKE THE FIRST FIVE POSSIBLE AND ARE EVER PRESENT EVERY DAY. THEY ARE:

- 6. Eat Well**—It's important to fill your body with good, healthy food. The foods you eat fuel your body and give you energy to make it through the day. Just as we put performance fuels in our car, it's important to fill the vehicle of the body with foods that sustain and maintain it for success.
- 7. Rest Well**—The National Sleep Foundation recommends adults get seven to nine hours of sleep every day. Getting adequate rest keeps the crankiness away, while providing energy to generate success.

Try these 7 Daily Success Starters for 30 days and let me know how different your life and business look.

I promise you'll see a noticeable change.





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The dynamic duo (and married couple), Toni Vanschoyck and Jay Treloar take personal success and fulfillment through network marketing to new heights through partnership, connection, communication, and love.

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