

DMO Checklist

Month:

Week:

Tasks	Su	Mo	Tu	We	Th	Fr	Sa
Write - 3 Things you are Grateful for	✓						
Referral Posts - 3 a day							
Drink Water							
Offer Free Info - 1x A Week (Drive To Group)							
1 Curiosity Post							
Delete 5 Friends - People who do not engage with any of your content							
333 -3 Comments, 3 Messages, 3 Stories							
Join Groups - For things you are ACTUALLY interested in!							
Start 3-5 New Conversations							
Check Your Texts - Follow Up							
Post in 3 Groups - Be relevant							
Follow Up - With 3 People Min							
Drink Water							
Go Live Once A Week							
Watch a Video that Helps You Grow							
Check Emails - Follow Up							
Invite- 3 People to check out Your Biz							
Read for 15 Minutes - Mindset Focused							
Create a REEL (Anything, funny or biz)							
Go to bed before 11PM							