

# Commit To A Daily Power 70

**Are you committed to your success? Are you committed to creating consistent business? Are you committed to creating consistent money?**

YES? YES? YES?

Right then you want to commit to consistent action. It's your HABITS that will help you become success.

Whatever you put out, you get back. So commit to putting out consistent positive energy. Commit to giving consistent value, and you will see consistent new leads coming your way.

It's one of the laws of the universe, my love. Give give give, and you will see it come back to you.

Just like you would clock into work every day when you work for another boss, in your business you are the boss, and so you want to put in #werk.

**Make a commitment to yourself that you will SHOW UP and know that when you show up, abundance will flow to you easily:**

I \_\_\_\_\_ commit to my daily power 70.

X \_\_\_\_\_  
*signature*

## Daily Power Hour Method:

### Prep Work:

1. Head to your calendar right now and add in one hour where you will focus in 100% and create a daily power hour. Make a promise to yourself that you will put in this time every day. If you want more results, commit more than 1 hour.
2. Add yourself to as many relevant facebook groups to your Niche. If you're a business coach for females, add yourself to as many female entrepreneurship facebook groups.

SEARCH YOUR NICHE HERE

JOIN THESE BABIES

3. You can use my spreadsheet to help you keep track, or use your own (REQUEST ACCESS) [https://docs.google.com/spreadsheets/d/14vTNkFivJO1jNa\\_C4RJacANGsLzRDB3ivO7V7XpvZk8/e/dit#gid=140191915](https://docs.google.com/spreadsheets/d/14vTNkFivJO1jNa_C4RJacANGsLzRDB3ivO7V7XpvZk8/e/dit#gid=140191915) \*\* PS: You can make your own spreadsheet if you have a different niche than me PPS: Post at your own risk and aim to follow the rules. If you post in more than about

**10 groups a day you may run the risk of getting banned. Switch up and change your posts often. This spreadsheet might not be 100% updated so always check the rules.**

4. As you add yourself to groups, look at the rules in the description area to see when you are allowed to post, and what kind of content you are allowed to post.

The screenshot shows a Facebook group page for "Coaches, Entrepreneurs + Influencers with Purpose | Yes Muses Movement". The page features a banner for a "5 DAY ELEVATE YOUR COACHING SESSIONS CHALLENGE". Below the banner is a post by Charelle Griffith titled "RULES" with a red arrow pointing to the word "RULES". The post text reads: "\*\* CALLING ALL PERSONAL DEVELOPMENT + BOOK LOVERS \*\* Hey everyone. My name's Charelle and I'm a massive book lover. Books have been a major part of my personal development journey, so I know what it's like when you read a great book and wish you could discuss it with someone. I knew I wasn't the only person who wished they had someone to discuss great books. That was why I created PropelHer's Book Club in London back in 2016... See More". The post includes an image of Charelle Griffith holding several books, including "The Automatic Millionaire" by David Bach, "Get Rich" by David Goggins, and "The Millionaire Fastlane" by MJ DeMarco. The right sidebar shows the group's description: "A group for female coaches, influencers, entrepreneurs and bosses who only take YES for an answer. If you want to change the world, and change YOUR world you're in the right place. The founder, Reese is a certified Master NLP practitioner, Success Coach, and Clinical Hypnotherapist who is helping you program your subconscious mind for success to achieve more success with ease and flow. You'll get advice, tips, and strategies to monetize your passion, and create profits in a business doing exactly what you love and learn how to grow your business and social media following. There are daily threads where you can share your: Instagram Pinterest".

5. Next, make sure you have a REALLY bomb title of who you are that links to your facebook business page from your facebook personal profile.. **You do this by editing your page in the "Work" or "Employment" section.**

The image shows a Facebook profile for Reese Evans. The profile picture is a woman with long dark hair. The cover photo features a chair with a sign that says "CREATE OVER CONSUME". The profile has 2,299 friends and a bio that reads: "Mindset + Freedom Business Coach at Yes Supply". A post from May 18 at 7:58am asks: "Are you a Coach, expert or influencer looking for ways to diversify your income, and bring in more streams so you can hit that 6-figure mark? I got you. In my latest article, I break down 7 ways you can make money online as a coach OUTSIDE of working with 1 on 1 clients- like my super cute pink YES hat as seen in this picture".

**Annotations:**

- A red arrow points from the text "My title that links to my business page. Make sure to update this." to the bio text "Mindset + Freedom Business Coach at Yes Supply".
- A red arrow points from the text "You can update this picture and link people to your facebook group if you want!" to the profile picture.

**Text in image:**

THOSE WHO BR  
SUNSHINE IN  
THE LIV  
OF OTHERS,  
CANNOT KEEP IT  
FROM THEMSELVES

yes!

instagram.com/yessupply  
twitter.com/yessupply  
facebook.com/yessupply  
yessupply.co

My title that links to my business page. Make sure to update this.

You can update this picture and link people to your facebook group if you want!

The image shows a Facebook profile page for Reese Evans. The profile picture is a woman with long dark hair. The cover photo features a chair with a sign that says "CREATE OVER CONSUME". The 'About' section is highlighted with a yellow box and contains the following information:

- Overview**
- Work and Education
- Places You've Lived
- Contact and Basic Info
- Family and Relationships
- Details About You
- Life Events

Key information in the 'About' section includes:

- Mindset + Freedom Business Coach at Yes Supply** (with a red arrow pointing to the "Edit your work" link)
- Phone: (647) 746-3866
- Links: <http://instagram.com/yessupply> and <http://www.twitter.com/yessupp>
- Studied Visual Merchandising Arts at Sheridan Tech** (with a red arrow pointing to the "Edit your work" link)
- Education Past: Notre Dame Catholic Secondary School
- Lives in Toronto, Ontario** (with a red arrow pointing to the "Edit your work" link)
- From: Toronto, Ontario
- [+ Add a relationship](#)

Annotations on the image include:

- A yellow box at the top right with the text: "You can update by clicking here." with a red arrow pointing to the "About" tab.
- A yellow box on the right side with the text: "And then hover your mouse over here and click 'Edit your work'" with a red arrow pointing to the "Edit your work" link in the "Mindset + Freedom Business Coach" entry.

6. Update these 3 things on your Business page to make it easy for people to sign up for your list:
  - a. Pinned post
  - b. Banner
  - c. Link for website



Yes Supply

@yessupply

- Home
- About
- Photos
- Videos
- Events
- Services
- Shop
- Groups
- Notes
- Offers
- Jobs
- Community
- Subscribe
- Instagram
- Promote
- Manage Promotions

**Prepare for the General Data Protection Regulation**  
 The General Data Protection Regulation (GDPR) goes into effect May 25, 2018. Ensure your Facebook business complies with these new data protection requirements.  
[Learn More](#)

**5 DAY ELEVATE YOUR SESSIONS COACHING CHALLENGE**  
 GET PAID TO BE YOU & STAND OUT AS AN INFLUENTIAL COACH.  
 DISCOVER DEEP SLP, ENERGY WORK, & COACHING STRATEGIES.  
 FIND OUT WHAT THE WORLD'S TOP COACHES ARE USING TO IMPACT THEIR CLIENTS & AUDIENCE.  
 JOIN THE CHALLENGE AT WWW.YESSUPPLY.CO/ELEVATE

Like Following Share Sign Up

Coach in Toronto, Ontario

I made a banner like this in Canva and then for the image description, I added a link to my landing page

Write something...

Share a photo or video Advertise your business Start a live video Get sign ups

Get phone calls Get messages Publish a job post Help people find your business

**Our Story**  
 Reese Evans is a Master Life Coach, Clinical Hypnotherapist, Master NLP Practitioner and founder of ...  
[See More](#)

**This Week**  
 5,235 Post Reach 0 Website Clicks 3 Sign Up

**Page Tips**

- Know Friends Who Might Like Your Page?
- How to Create Effective Posts

**Get a Custom Advertising Plan**  
 Answer a few questions about your business to get a plan that matches your goals.  
[Get Started](#)

Photos Add your website link

**Are You The Leader?**  
 People are always right behind you, ready to lead them into the next adventure.

1,743 likes +18 this week  
 1,803 follows  
 See Pages Feed  
 5,235 post reach this week  
 1,799 video views this week

**Community**  
 Vanessa Renaud and 352 other friends like this  
[Invite Friends](#)  
 1,743 people like this  
 1,803 people follow this

Videos

Session into a Freedom Find More...

**Out**  
 1,745-3866  
 Usually replies within a few hours  
[Message](#)  
<http://yessupply.co/>  
[Promote Website](#)  
 Coach  
 Suggest Edits  
**Team Members**  
 Reese Evans  
**Related Pages**  
 Fully Automated Gay Luxury Eiv...  
 Society & Culture Website  
 Jerechia Hawk  
 Entrepreneur

Add a pinned post with your landing page link

Posts

Yes Supply updated their cover photo.  
 Published on [Reese Evans](#) · January 24 · [View](#)

**TAKE THE QUIZ:** [yessupply.co/quiz](http://yessupply.co/quiz)  
 Ready to follow your passion and purpose and create the life of your dreams?  
 Want to know how other ambitious coaches, and influencers create a freedom-based lifestyle with passive income products?... See More

543 people reached [Boost Unavailable](#)

Like Comment Share

**Done your “pre” work? Let’s get into your daily YES power hour:**

## Daily YES Power 70:

Block out the distractions and GO this is your daily hour of establishing yourself as an expert, putting value into the world to unselfishly help others, and attract the people who are meant to hear your work, and be your DREAM CLIENTS.

**Put this into your calendar. Make it a repeatable daily action. Fully commit to your success and your goals.**

1. **MEDITATE** on your Dream Client. What is she struggling with, and what does she need to hear today? What is a technique, strategy, or skill she needs to learn that will help her achieve her DREAM goal? What is a transformation or AHA moment you can give her? **[10 minutes]**
2. **CREATE:** Write out a thoughtful post that will truly help her. If you need, follow the outlines I've given you, or write one from your heart. Make two EXACT same versions, but the end of one has an empowering last thought, and the end of the other has a link to your landing page or to book a call with you **[10 minutes]**
3. **EXPOSE:** Go through your list of 10(ish) Groups where you are allowed to promote and promote in the groups for the day of the week it is. If you are allowed to promote, then post your post that has the link to your landing page. If links are not allowed, just post your value-add post and trust that the right people will see it, love it, and either reach out or go to your Facebook business page and sign up to your lead magnet. You can repurpose this to your instagram or other platforms too like your email list or blog **[30 minutes]**
4. **SERVE:** Scroll through to find 2-3 thread where someone is asking a question, and give a wholehearted response and support. Serve from the place of being the expert you truly are. **[5 minutes]**
5. **REFLECT:** Didn't it feel great to help and support others? Thank the universe that the right people who need to see it will, and that the right people who are looking for the right coach for them will discover you. **[5 minutes]**
6. **REVIEW:** Review your post from yesterday and the days before. Go back and BUMP your post by liking it, or commenting back people who have left a comment to help it boost back up to the top of people's feeds. **[ 5 minutes ]**
7. **DOCUMENT:** How was the engagement? Are you seeing trends in what your dream clients interact with? Did you get a call booked or high engagement from it? Does this day of the week work? Does this time of the day work? Create ONE spot or journal where you document your posts so you can see which ones work best from you, do more of what works, and even save your top posts to reuse in a few weeks. **[5 minutes]**
8. **BONUS: Recap your post into a live stream and post it on your Instagram page, or your facebook group.**