

# ALAVIDA



## MY ACTION PLAN (M.A.P.) Roadmap to Radiance



# MY ACTION PLAN (M.A.P.)

## Roadmap to Radiance



Dear Valued LifeWave Brand Partner,

As we continue our journey of skin care innovation, we are thrilled to share the evolution of our Alavida System with the introduction of the groundbreaking Alavida Revive Eye Cream.

Embark on a timeless journey to radiant skin with our refreshed approach to skin care – a journey that promises not just revitalization but a sense of community and shared success.

M.A.P. is more than just a checklist; it's your personalized roadmap to radiant skin and a thriving business. Designed to be effortlessly achievable, the goals outlined in M.A.P. become even more impactful when pursued alongside your fellow LifeWave Brand Partners.

Access the Weekly and Social Media Planners for a seamless guide through your journey. Utilize the M.A.P. Easy Instructions to ensure you stay on course. With these tools in hand, you are well-equipped to share Alavida with the world.

Sincerely,

Your LifeWave Marketing Team



# MY ACTION PLAN (M.A.P.)

A week-by-week set of goals, M.A.P. guides you to a successful future with Alavida. And the great part is, everyone can participate together!

Each time you complete an activity, you are one step closer to success with LifeWave. Use the weekly planners on pages 4-7 to plan and achieve your action items in these four categories:

1. Experience Alavida
2. Share the Alavida experience
3. Connect with the LifeWave community
4. The gift of self-care (for you!)

At the end of each week, total up your activities and fill out the My Weekly Results report. Get motivated when you see your progress over time!

# Weekly Planner: Week 1

ACTION ITEM	WEEKLY GOAL	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Actual
<b>SECTION 1: EXPERIENCE ALAVIDA SYSTEM</b>									
Buy first set of Alavida System products for yourself: Alavida Patches, Alavida Daily Nectar, Nightly Creme and Revive Eye Cream.	1								
Take a "Before" photo (See M.A.P. Easy Instructions, found in the Back Office under Marketing Tools in the Alavida - My Action Plan section)	1								
Start using Alavida every day	7								
Buy a second set of Alavida System products to provide samples to others	1								
<b>SECTION 2: SHARE THE ALAVIDA EXPERIENCE</b>									
Bring 1-2 people to your sponsor's Alavida meeting	1								
Create a list of 50 people who would be interested in better skin care	1								
Use email template to tell your downline about Alavida (See Back Office>Marketing Tools>Email Scripts section)	varies								
Talk to 10 new people about Alavida (call, text, email, in person)	10								
Watch Videos on <a href="#">LifeWave YouTube Channel</a> : LifeWave Brand, Alavida - Nature and science playlist	3								
Practice your Alavida demo in front of five different people	5								
Schedule Alavida meeting(s) for next week	1								
<b>SECTION 3: CONNECT WITH THE LIFEWAVE COMMUNITY</b>									
Sign up for LifeWave Newsletter	1								
Follow LifeWave's social media pages (see M.A.P. Easy Instructions)	1								
Update your Facebook profile image	1								
Update your Facebook cover image	1								
Announce the launch of the Alavida Revive Eye Cream to your social media followers	1								
<b>SECTION 4: GIFT OF SELF-CARE TO YOURSELF</b>									
Eat healthy, organic foods	5								
Exercise for at least 20 minutes	4								
Enjoy 15 minutes by yourself without electronics	3								
Get sunshine and fresh air for at least 10 minutes	7								
Try something new just for yourself	1								

Name \_\_\_\_\_

Member# \_\_\_\_\_

1. Highlight each day you plan to complete an activity.
2. Enter the number of times you completed that activity.
3. At the end of each week, total up your activities.
4. Fill out My Weekly Results report below.

Actual Activities Completed	
Section 1	
Section 2	
Section 3	
Section 4	
TOTAL	

## MY WEEKLY RESULTS REPORT

This week...

My skin feels \_\_\_\_\_.

My skin looks \_\_\_\_\_.

I have \_\_\_\_ new Alavida Enrollments.

My Alavida Trio sales are \_\_\_\_ units.

My Alavida Revive Eye Cream sales are \_\_\_\_ units.

I am on my way to a brighter complexion and a brighter future! I've completed each of the activities marked this week.

SIGNED \_\_\_\_\_

DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

# Weekly Planner: Week 2 and Beyond

ACTION ITEM	WEEKLY GOAL	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Actual
<b>SECTION 1: EXPERIENCE ALAVIDA SYSTEM</b>									
Use Alavida System daily	7								
Take an After photo every 7-14 days	1								
Is it time to re-order your next Alavida product?	1								
<b>SECTION 2: SHARE THE ALAVIDA EXPERIENCE</b>									
Schedule Alavida meeting(s) for next week	2								
Host Alavida meetings this week	2								
Ask prospects to purchase Alavida	4								
Ask for written or video testimonials on Alavida (see M.A.P. Easy Instructions)	2								
Attend a social or business networking event	2								
Talk to 10 new people about Alavida System (call, text, email or in person)	10								
Use email template to send prospects to <a href="http://LifeWave.com">LifeWave.com</a>	5								
Use email template to send prospects to <a href="#">LifeWave YouTube Channel</a> (see Back Office)	5								
<b>SECTION 3: CONNECT WITH THE LIFEWAVE COMMUNITY</b>									
Post or re-post Alavida Before and After photos	2								
Post or re-post Alavida testimonials	2								
Post or re-post skin care quote, article or video, see Social Media Planner on page 7	2								
<b>SECTION 4: GIFT OF SELF-CARE TO YOURSELF</b>									
Eat healthy, organic foods	5								
Exercise for at least 20 minutes	4								
Enjoy 15 minutes by yourself without electronics	3								
Get sunshine and fresh air for at least 10 minutes	7								
Try something new just for yourself	1								

Name \_\_\_\_\_

Member# \_\_\_\_\_

1. Highlight each day you plan to complete an activity.
2. Enter the number of times you completed that activity.
3. At the end of each week, total up your activities.
4. Fill out My Weekly Results report below.

Actual Activities Completed	
Section 1	
Section 2	
Section 3	
Section 4	
TOTAL	

## MY WEEKLY RESULTS REPORT

This week...

My skin feels \_\_\_\_\_.

My skin looks \_\_\_\_\_.

I have \_\_\_\_ new Alavida Enrollments.

My Alavida Trio Sales are \_\_\_\_ units.

My Alavida Revive Eye Cream sales are \_\_\_\_ units

I am on my way to a brighter complexion and a brighter future! I've completed each of the activities marked this week.

SIGNED \_\_\_\_\_

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# Weekly Planner: Week 2 and Beyond (SAMPLE)

ACTION ITEM	WEEKLY GOAL	Mon	Tues	Wed	Thu	Fri	Sat	Sun	Actual
<b>SECTION 1: EXPERIENCE ALAVIDA SYSTEM</b>									
Use Alavida System daily	7	1	1	1	1	1	1	1	7
Take an After photo every 7-14 days	1	1							1
Is it time to re-order your next Alavida product?	1		1						1
<b>SECTION 2: SHARE THE ALAVIDA EXPERIENCE</b>									
Schedule Alavida meeting(s) for next week	2		1			1			2
Host Alavida meetings this week	2					1	1		2
Ask prospects to purchase Alavida	4	1	1	1		1			4
Ask for written or video testimonials on Alavida (see M.A.P. Easy Instructions)	2			1				1	2
Attend a social or business networking event	2			1				1	2
Talk to 10 new people about Alavida System (call, text, email or in person)	10	1	1	4		2	1	1	10
Use email template to send prospects to <a href="http://LifeWave.com">LifeWave.com</a>	5	1	1	1	1		1		5
Use email template to send prospects to <a href="https://www.youtube.com/channel/UC...">LifeWave YouTube Channel</a> (see Back Office)	5	1			1	1	1	1	5
<b>SECTION 3: CONNECT WITH THE LIFEWAVE COMMUNITY</b>									
Post or re-post Alavida Before and After photos	2	1				1			2
Post or re-post Alavida testimonials	2	1				1			2
Post or re-post skin care quote, article or video	2	1			1				2
<b>SECTION 4: GIFT OF SELF-CARE TO YOURSELF</b>									
Eat healthy, organic foods	5	1	1			1	1	1	5
Exercise for at least 20 minutes	4	1		1		1		1	4
Enjoy 15 minutes by yourself without electronics	3	1		1		1			3
Get sunshine and fresh air for at least 10 minutes	7	1	1	1	1	1	1	1	7
Try something new just for yourself	1	1							1

Name Al A. Vida

Member# 123456

1. Highlight each day you plan to complete an activity.
2. Enter the number of times you completed that activity.
3. At the end of each week, total up your activities.
4. Fill out My Weekly Results report below.

Actual Activities Completed	
Section 1	9
Section 2	32
Section 3	6
Section 4	20
TOTAL	67

## MY WEEKLY RESULTS REPORT

This week...

My skin feels smoother.

My skin looks brighter.

I have 2 new Alavida Enrollments.

My Alavida Trio sales are 2 units.

My Alavida Revive Eye Cream sales are 2 units.

I am on my way to a brighter complexion and a brighter future! I've completed each of the activities marked this week.

SIGNED Al A. Vida

DATE 10 / 19 / 2023

# SOCIAL MEDIA PLANNER

Now you can use social media to achieve your LifeWave goals with fellow brand partners. Use this calendar as a template and the topics and hashtags below as a starting point to create your own personal messages.

Sunday	Monday	Tuesday	Wednesday	Thursday
1	2	3 	4	5
8	9 	10	11 	12
15	16	17	18	19 
22	23	24 	25	26
29	30 	31		



Instagram



Facebook



WhatsApp



**DATE** 3<sup>rd</sup>  
**TIME** 16:00  
**PLATFORM** Facebook  
**NOTE** Use a Before and After photo of yourself or someone in your downline  
**HASHTAGS** #TransformationTuesday #LWAlavida



**DATE** 19<sup>th</sup>  
**TIME** 17:00  
**PLATFORM** Instagram reel  
**TOPIC** Unboxing of the new Alavida Revive Eye Cream  
**HASHTAGS** #BeautyByLifeWave #LWAlavida #skincare



**DATE** 9<sup>th</sup>  
**TIME** 13:00  
**PLATFORM** Instagram  
**IMAGE** Alavida and healthy life style  
**TOPIC** Exercise and eating healthy improves skin  
**HASHTAGS** #LWAlavida #skincare #HealthyLifestyle



**DATE** 24<sup>th</sup>  
**TIME** 16:00  
**PLATFORM** Facebook  
**IMAGE** Alavida in your daily routine  
**TOPIC** Work/life balance  
**HASHTAGS** #LWAlavida #LifeWave #PoweredByLifewave



**DATE** 11<sup>th</sup>  
**TIME** 18:00  
**PLATFORM** WhatsApp  
**NOTE** See M.A.P. Easy Instructions in the Back Office



**DATE** 30<sup>th</sup>  
**TIME** 13:00  
**PLATFORM** Instagram  
**IMAGE** Post your own Before and After photo collage  
**TOPIC** Improvements in your skin  
**HASHTAGS** #LWAlavida #skincare #BeautyByLifeWave