



Your Comfort Index

Rate how likely you are to do these activities every week

1 – no way 2 – not likely 3 – maybe, but 4 – seems doable 5 – can't wait

- attend 2 networking events
- write a 750 word blog post
- post 5 – 10 times on Facebook
- tweet 3 – 5 times per day, everyday
 - a daily Instagram post
 - 5 Pinterest pins a day
- publish & engage on LinkedIn
 - present a webinar
 - create a video
 - pay for advertising
- write and send a newsletter
 - make 10 sales phone calls
- have coffee/lunch with 2 – 3 prospects
- send 10 personal notes or emails