



TOTAL LIFE CHANGES®

Presents

U.L.E.A.R.N

Leadership, Earning, Attraction, Retention, & Networking

Sponsoring & Participating in Challenges

Corporate-Sponsored Challenges

THE
15DAY
CHALLENGE™

COMPETE
to retreat
CONTEST 2024

One-Week Challenge

Objective

Each team member must create and share a video or live presentation detailing a particular TLC product's benefits. The focus is on conveying the product's value in the most creative and informative way.

Rewards

Winners receive social recognition and/or a reward (a gift card, product(s) from the contest's sponsor, etc.). Additionally, the best presentation(s) may be shared on TLCHQ's social media channels or TLC's weekly newsletter, offering public recognition.

Tag the winner, team name, and TLCHQ.



Video and additional tools are available at: TotalLifeChanges.com/Training

One-Week Challenge

Objective

Team members are tasked with generating the highest engagement (likes, shares, comments) on social media posts about a TLC product. Posts can include testimonials, personal stories, or educational content about the benefits of supplements.

Rewards

Winners receive social recognition and/or a reward (a gift card, product(s) from the contest's sponsor, etc.). Additionally, the best presentation(s) may be shared on TLCHQ's social media channels or TLC's weekly newsletter, offering public recognition.

Tag the winner, team name, and TLCHQ.



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30-Day Challenge

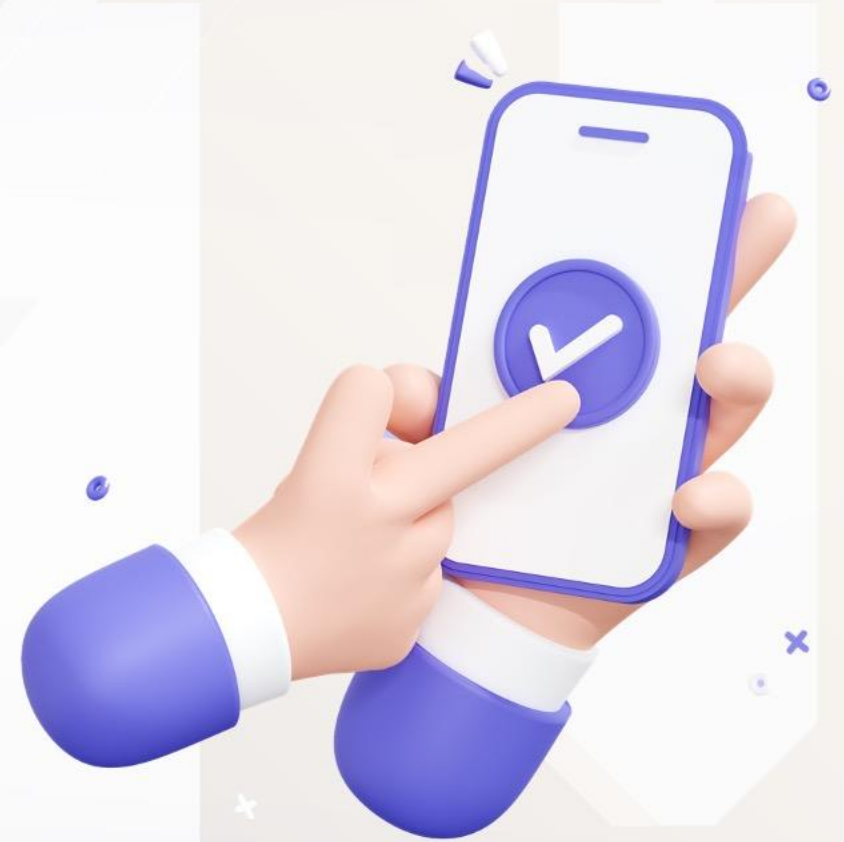
Objective

This challenge focuses on acquiring new customers. Team members are encouraged to increase their sales numbers by a certain percentage or reach a specific sales target within 30 days.

Rewards

Winners receive social recognition and/or a reward (a gift card, product(s) from the contest's sponsor, etc.). Additionally, the best presentation(s) may be shared on TLCHQ's social media channels or TLC's weekly newsletter, offering public recognition.

Tag the winner, team name, and TLCHQ.



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60-Day Challenge

Objective

Team members aim to recruit the highest number of new customers or team members by leveraging their network, with a focus on demonstrating the health benefits and business opportunities provided by TLC.

Rewards

Winners receive social recognition and/or a reward (a gift card, product(s) from the contest's sponsor, etc.). Additionally, the best presentation(s) may be shared on TLCHQ's social media channels or TLC's weekly newsletter, offering public recognition.

Tag the winner, team name, and TLCHQ.



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90-Day Challenge

Objective

Participants use the company's products in conjunction with a healthy lifestyle change and document their transformation journey. This could include changes in health, energy levels, or physical fitness.

Rewards

Winners receive social recognition and/or a reward (a gift card, product(s) from the contest's sponsor, etc.). Additionally, the best presentation(s) may be shared on TLCHQ's social media channels or TLC's weekly newsletter, offering public recognition.

Tag the winner, team name, and TLCHQ.



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90-Day Challenge Implementation Tips

Tracking Progress

Create a Telegram, Facebook, or WhatsApp group accessible to all team members where they can track their own and others' progress, fostering a healthy competitive environment.

Regular Check-Ins

Organize weekly virtual meetups to discuss challenges, share strategies, and celebrate milestones to keep the momentum and motivation high.

Diverse Recognition

Ensure that rewards cater to different interests and achievements, not just the top performers, to encourage widespread participation and effort.



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TOTAL LIFE CHANGES®

Weekly Homework Assignment

March 8, 2024

Use social media to acquire a new 25X customer or Preferred Customer. Submit a screenshot of your conversation or tell us how you did it!





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