



# STAY STRONG. BE READY.

## Week 1

This excerpt is from an article on the slow recovery beginning in China after 10+ weeks of lockdown (a different economy but interesting):

"... there are grounds for limited optimism. Importantly, the property market is showing signs of life. After a very rough mid-March, average property sales in 30 major cities have moved back up to around 40,000 to 50,000 square meters a day over the past several days, according to data from Goldman Sachs. That is roughly comparable to 2018 and 2019 levels. Returning vigor in the property market is critical both for global commodity markets and for China's financial and social stability."

### TASK 1 – Wellness Calls

<input type="checkbox"/>		<p>Make 20 Wellness calls this week. Break them down into 5 a day.</p> <p><b>Remember FORD - Family, Occupation, Recreation, hopes and Dreams</b></p> <p>A call might sound something like this:</p> <p>“Hi _____ this is _____ .</p> <p>How are you? It wanted to take a minute to see how you and your family are doing?” (If applicable) “Are you working from home? Home schooling?” (Relate to how that is working out for you)</p> <p>“Have you been able to get out for a walk?”</p> <p>“What are you planning on doing for fun once we can all get out again?”</p>
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### TASK 2 - Social Media Post

<input type="checkbox"/>		<p>Add the <a href="#">Ready Set Sell</a> page to your website. Instructions here.</p> <p>Post <a href="#">Tip One</a> on getting your home ready to sell from the <b>Ready Set Sell</b> series of tips. Link the tip to your <b>RSS page</b>.</p>
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### TASK 3 – Skill Building

<input type="checkbox"/>		<p>Sign up to take a class this week. Classes are being offered by TMG and presented by your awesome Business Support Specialists.</p> <p>There is also a series of classes being offered by BHGRE. You can find the calendar of learning sessions (and links to recordings of past sessions) <a href="#">here</a>.</p>
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### TASK 4 – Build Your Sphere

<input type="checkbox"/>		<p>The average sphere turns over by 15% annually so you always need to add to it. Go through <a href="#">this list</a> and see how many people you can add to the sphere.</p>
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