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- The **FIVE** non-negotiable **Weekly Activities**:
 - 1) **Developing success attitudes by listening to 3 Nikken/Motivational CDs per week.**
 - 2) **Weekly meeting attendance and support of local Nikken Events with your people**
 - 3) **Recruiting 2 people per week with excellent follow-up. IT'S YOUR LIFEBLOOD!**
 - 4) **A Weekly Conference Call – suggestions on page 7. STAY INFORMED!**
 - 5) **Spend 30 minutes a week revisiting your PERSONAL and NIKKEN goals and keeping records of your #3 activities.**