

## Invitation Script

Record on your phone a short video of yourself giving the invitation to your meet-up. This then is the video invitation for your hosting friend to send as a text to their friends.

Hi I'm \_\_\_\_\_

I'm holding a short Talk and Shop for our mutual friend \_\_\_\_\_ on super simple, delicious and effective wellness foods to "beat back the fears" and "feel even better than you have in years."

Simply hop on our call - over Lunch, Monday the 28 at 12 pm eastern and if that's not a good time, then hop on the evening call, Monday also the 28th at 7 pm eastern.

Let's make our mutual friend, \_\_\_\_\_ happy by texting back "yes - lunch" or yes - 7pm. \_\_\_\_\_ will then send you the link to the call.

Can't wait to meet you.

Again, Simply text: Yes for lunch or yes for 7 pm.