

# 10 Core

**Consistent, Proven Actions to Build a Strong Future**

- Complete Quick-Start Training**
- Two New Shares Per Day**
- 1 New Follow-up Per Day**
- Attend One Local or Zoomed Overview Per Week**
- Attend Weekly Training**
- Attend Monthly Regional (Online)**
- Attend National Conference**
- Daily Personal Development**
- Have a Workout Partner**
- Be Here in a Year, and Do the Other 9**

