100 Names LIST

You don't need new people.
You need to see the people you already know. Don't think. Don't judge. Just write.

Take action today

- ◯ Contact 5 A contacts
- ◯ Contact 5 B contacts
- ◯ Talk to 5 new people

#	NAME	PHONE	A	B	C	CONTACTED	NOTES
1			◯	◯	◯	◯	
2			◯	◯	◯	◯	
3			◯	◯	◯	◯	
4			◯	◯	◯	◯	
5			◯	◯	◯	◯	
6			◯	◯	◯	◯	
7			◯	◯	◯	◯	
8			◯	◯	◯	◯	
9			◯	◯	◯	◯	
10			◯	◯	◯	◯	
11			◯	◯	◯	◯	
12			◯	◯	◯	◯	
13			◯	◯	◯	◯	
14			◯	◯	◯	◯	
15			◯	◯	◯	◯	
16			◯	◯	◯	◯	
17			◯	◯	◯	◯	
18			◯	◯	◯	◯	
19			◯	◯	◯	◯	
20			◯	◯	◯	◯	
21			◯	◯	◯	◯	
22			◯	◯	◯	◯	
23			◯	◯	◯	◯	
24			◯	◯	◯	◯	
25			◯	◯	◯	◯	
26			◯	◯	◯	◯	
27			◯	◯	◯	◯	
28			◯	◯	◯	◯	
29			◯	◯	◯	◯	
30			◯	◯	◯	◯	

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#	NAME	PHONE	A	B	C	CONTACTED	NOTES
31			○	○	○	○	
32			○	○	○	○	
33			○	○	○	○	
34			○	○	○	○	
35			○	○	○	○	
36			○	○	○	○	
37			○	○	○	○	
38			○	○	○	○	
39			○	○	○	○	
40			○	○	○	○	
41			○	○	○	○	
42			○	○	○	○	
43			○	○	○	○	
44			○	○	○	○	
45			○	○	○	○	
46			○	○	○	○	
47			○	○	○	○	
48			○	○	○	○	
49			○	○	○	○	
50			○	○	○	○	
51			○	○	○	○	
52			○	○	○	○	
53			○	○	○	○	
54			○	○	○	○	
55			○	○	○	○	
56			○	○	○	○	
57			○	○	○	○	
58			○	○	○	○	
59			○	○	○	○	
60			○	○	○	○	
61			○	○	○	○	
62			○	○	○	○	
63			○	○	○	○	
64			○	○	○	○	
65			○	○	○	○	

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#	NAME	PHONE	A	B	C	CONTACTED	NOTES
66			○	○	○	○	
67			○	○	○	○	
68			○	○	○	○	
69			○	○	○	○	
70			○	○	○	○	
71			○	○	○	○	
72			○	○	○	○	
73			○	○	○	○	
74			○	○	○	○	
75			○	○	○	○	
76			○	○	○	○	
77			○	○	○	○	
78			○	○	○	○	
79			○	○	○	○	
80			○	○	○	○	
81			○	○	○	○	
82			○	○	○	○	
83			○	○	○	○	
84			○	○	○	○	
85			○	○	○	○	
86			○	○	○	○	
87			○	○	○	○	
88			○	○	○	○	
89			○	○	○	○	
90			○	○	○	○	
91			○	○	○	○	
92			○	○	○	○	
93			○	○	○	○	
94			○	○	○	○	
95			○	○	○	○	
96			○	○	○	○	
97			○	○	○	○	
98			○	○	○	○	
99			○	○	○	○	
100			○	○	○	○	

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ABC CONTACT SYSTEM *Explained*

A CONTACTS
Your closest people

These are the people you trust and who support you. You know they want to help you get started.

For example:
- Your best friend
- Close family members
- People who believe in you

These are your "safe yes" contacts.
Start here. This is where your first motivation and confidence will grow.

B CONTACTS
People you know

These are people you see or interact with regularly, but you're not completely sure how they will react.

For example:
- People from your gym or hobbies
- Parents from school or kindergarten
- Colleagues or acquaintances

These are your "maybe yes" contacts.
They can become great customers or even hosts.

C CONTACTS
People you recognize

These are people you've seen before, but you don't really know them yet.

For example:
- Someone from your neighborhood
- The bakery or post office
- Friendly faces you see often

These are your "unknown yes or no" contacts.
These contacts help you grow your network over time.

WHERE TO START

1. Start with your A contacts first.
2. You will get your first "yes".
3. You will gain confidence.
4. You will build momentum.

TIPS FOR SUCCESS

- ◯ Write down names from all areas of your life.
- ◯ Don't filter or judge – everyone counts.
- ◯ Use the ABC system to prioritize.
- ◯ Review your list with your sponsor.
- ◯ Prepare for your first conversations.
- ◯ Keep adding names – aim for 100.
- ◯ Take action and start contacting your A contacts.



WHERE TO FIND NAMES?

- Friends
- Family
- Work
- Social media
- Neighbors/local contacts
- Everyday contacts (e.g. gym, school, dog park, coffee shop, etc.)

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