

7-DAY POST SEQUENCE · NEW TO DIRECT SALES

Overall & *Lifestyle Track*

For partners with a full pack who are still discovering what they love — or who joined primarily for how this works and what getting started looks like. This track is built for flexibility. You lead with what's genuinely pulling you in, and your audience comes along for the real discovery.

NEW TO DIRECT SALES

OVERALL / LIFESTYLE FOCUS

DO THIS BEFORE ANYTHING ELSE — TODAY, RIGHT NOW

Take your before photos and measurements.

This is your single most important marketing asset. Not for a contest — for you. Ninety days from now, these are what make your story real and credible. You cannot go back. Do it before you post Day 1.

- **Photos:** Multiple angles — front, both sides, back. Natural light, no filter, no editing. Pick a spot you can return to exactly — same wall, same distance, same time of day if possible. Zoom in and check for blur before you put your phone down. More is always better — you can delete later, you cannot recreate day one.
- **Close-ups:** If skincare is part of your focus — take close-ups of specific areas of concern. Around the eyes, mouth, jawline, forehead.
- **Measurements:** Waist, hips, and any area relevant to your goals. Fat browning changes body composition before the scale moves — inches tell the real story first. Write them down somewhere you won't lose them.
- **Can't stand looking at them?** Email them to yourself immediately. Don't look again until day 90. But take them. Always.

These photos and measurements belong to you regardless of what you decide. They are your proof of starting point, your most honest marketing asset, and the reference you will be most grateful for at 30, 60, and 90 days. You cannot recreate day one. Take them before you post anything.

HOW TO USE THIS TRACK — READ THIS FIRST

This sequence has choice points — places where you pick the version that matches what's genuinely pulling you in most right now. You don't need to have it all figured out. Not having it all figured out is actually part of the story.

On Days 2, 3, and 4 you'll see three color-coded versions. Pick the one that's honest for where you are. If nothing from your pack has landed yet — the business-first version is completely valid and often the most relatable post you can write.

SKINCARE PATH

Neo-FILLER or Age IQ is pulling you in most. Lead with the skin transformation story and science.

WELLNESS PATH

Youth Factor, NeoraFit, or the energy/sleep products are your entry point. Lead with how you feel inside.

BUSINESS PATH

You joined for the opportunity. The products are part of the discovery. Lead with the journey itself.

BEFORE YOU BEGIN POSTING

Post one per day, every day, 7 days straight. Reply to every comment.

When someone leans in, send a tool — don't explain. Skin curious:

[HTTPS://\[YOURUSERNAME\].NEORA.COM/US/EN/SKIN-SCAN](https://[YOURUSERNAME].NEORA.COM/US/EN/SKIN-SCAN)

· Wellness curious: Neora Wellness Products video · Business curious: "Options for Getting Started" (4 min) via GoProspect

THE ONE RULE THAT MAKES EVERYTHING WORK

Never claim results you don't have. Your products may not have arrived yet. That is completely fine and completely honest. "I saw what this did for

someone I trust" is powerful. "I just started and I'm watching closely" is powerful. "I came for the business and I'm discovering the products" is powerful. What's not okay: writing as if you've been using these products for weeks when you signed up three days ago. Your audience will feel the difference. So will you.

HOOKS REFERENCE — USE THESE TO OPEN ANY POST

Stop the scroll. Then say something worth reading.

Because you're covering multiple angles — skincare, wellness, lifestyle, business — you need hooks for each. Match the hook to what your post is actually doing that day.

SKINCARE HOOKS — PHASE 1 & 2

"At some point, skincare alone stops being enough."

"Your skin isn't aging... it's shifting."

"If your face feels like it's 'dropping'... this is why."

"You didn't lose your glow. You lost support."

"If you've been drawing on lip liner for years just to have a lip line — there's a reason."

"There's a gap between skincare and injectables nobody talks about."

WELLNESS HOOKS — PHASE 1 & 2

"Clean ingredients mean nothing if your body can't absorb them."

"If your energy crashes every afternoon — that's not just your schedule."

"Your gut and your skin are having the same conversation."

"If you lie awake for an hour before falling asleep — this is why."

"The scale not moving isn't always about what you're eating."

"There's a difference between healthy and thriving."

DISCOVERY & DECISION HOOKS — PHASE 3 & 4

BUSINESS & LIFESTYLE HOOKS

"I started using something that works differently than anything I've tried."

"This isn't your typical skincare — or supplement line. That's why it works."

"I found something that treats both sides of this as one conversation."

"If you've been feeling this shift, this is where I'd start."

"This is what I'd put in front of someone I care about."

"If this has been on your mind, I wouldn't wait."

"I didn't come looking for this. But I couldn't walk away from it either."

"Something crossed my path recently that I've been sitting with."

"I'm new to this. Here's what I know so far."

"What I wasn't expecting when I said yes was..."

"I came for the opportunity. The products became their own story."

"Real life lately — none of it is what I expected."

HOW TO CLOSE PHASES 1-3 WITHOUT SELLING

Early phase posts end with a question, not a pitch. "Does this resonate?" / "I'm curious if you've noticed this?" / "Have you experienced this?" / "I'd love to hear your take." The goal is a DM. The conversation is where the real work happens.

PRE-LAUNCH PHASE — READ THIS FIRST

Do you need to run these posts before Day 1?

Skip the pre-launch if: Your audience already knows you are in direct sales, wellness, or business — they will not be surprised by this direction.

Run the pre-launch if: Your audience knows you primarily as a friend, parent, or professional. Run one post every other day for about a week, then start Day 1.

Pick the option that matches your primary focus — skincare, wellness, or lifestyle.

PRE-LAUNCH OPTION A — SKINCARE ANGLE

At some point, skincare alone stops being enough.

Not because your routine is wrong. Something just shifts — and what used to work starts feeling like maintenance instead of progress.

Nobody really talks about what comes next.

Has anyone else hit this wall?

PRE-LAUNCH OPTION B — WELLNESS ANGLE

There is a difference between healthy and thriving. Most of us are stuck somewhere in between.

Doing the right things. Eating well. Moving. And still not feeling the way we expected to feel by now.

I have been thinking a lot about what that gap actually is — and what fills it.

More soon.

PRE-LAUNCH OPTION C — LIFESTYLE ANGLE

I have been thinking a lot lately about what I actually want the next chapter to look like.

Not in a vague, vision-board way. In a specific, what-am-I-actually-

building way.

Something has been shifting for me. I will be sharing more about it soon.

Anyone else in that headspace right now?

NOTES FOR ALL THREE OPTIONS

Pick one or two that fit your audience. Run them every other day. The goal is to plant a question before you give the answer.

Run the final pre-launch post 1-2 days before Day 1 so curiosity is fresh when your sequence begins.

TIMELY POST — HAPPENING RIGHT NOW (SEPTEMBER 2026 — UPDATE OR REMOVE MONTHLY)

This month's offer sets up October

This is timing-sensitive, not evergreen. Run it alongside your regular posts this month, then pull it once the offer ends.

TIMELY POST — DOUBLE NEORA CASH

Small heads up if you've been thinking about trying something from my Neora lineup — this month, every order earns Double Neora Cash. That's 20% back, and it rolls straight into October, when something brand new drops that I'm genuinely excited about.

If you've been on the fence, now's a smart time to jump in — you'll want that credit sitting ready.

NOTES

Time-sensitive — this only works while Double Neora Cash is active.
Confirm current dates before posting.

Pairs well with a product you're already using and can speak to honestly.

01 ENGAGEMENT HABIT Start a conversation before you say anything about a business

No business mention today. Just something that gets your audience talking and warms up the algorithm before the posts that actually matter.

COLORED BACKGROUND TEXT POST — OR A LIFESTYLE PHOTO THAT FITS YOUR NORMAL FEED

Pick one. Post it exactly as written.

Option A — works for any audience

Honest question: what's the one thing you'd never cut from your budget no matter what? For me it's

[one thing you actually splurge on]. Drop yours

Option B — strategic

If you had to pick one right now: better sleep, more energy, or clearer skin. Which one would change your daily life the most?

Option C — lighthearted

You have to give up one forever: caffeine, carbs, or social media. Which one is actually gone?

Option D — personal / reflective

I've been thinking a lot lately about what I actually want my [next]

year / next chapter / next season] to look like. Anyone else in that headspace right now?

WHICH OPTION TO CHOOSE

- Option A — fast, easy comments from any audience.
- Option B — strategic: every answer maps to a Neora product. Note who says what. Sleep, energy, skin. That's your personalized follow-up map for the week.
- Option C — lighthearted and broadly relatable.
- Option D — more personal, sets up tomorrow's story naturally.

AFTER YOU POST

- Reply to every comment within the hour
- If you used Option B — note every answer. Sleep, energy, skin. Personalized follow-up map.
- Don't explain what you're doing if anyone asks yet — "more coming soon "

PHOTO DIRECTION

- Colored background for A, B, or C
- For D, a quiet real-life candid of you
- Nothing that hints at products or business
- Should look like your normal content

02 STORY HABIT Tell them why you said yes

Your real reason for starting. Whether that's the products, the business, or both — there's a version for you. One rule: only say what's actually true right now. Today also plants the 90-Day Challenge seed.

BEFORE PHOTO AND MEASUREMENTS CHECK — DAY 2

Did you take them yet? Multiple angles, natural light, no filter, a location you can duplicate. Measurements too — waist, hips, anywhere relevant to your goals. Do this before you post today. You cannot recreate this moment.

SKINCARE PATH — NEO-FILLER OR AGE IQ IS PULLING YOU IN MOST

I didn't come looking for this. But when [what pulled you in — a result you saw on someone you trust, something you learned about Neo-FILLER, a before and after that stopped you], I couldn't stop thinking about it.

I'm not going to pretend I have results yet. I'm at the very beginning — my products

[haven't arrived yet / just arrived / have been with me for a few days]. But I've already seen enough — [what gave you belief: a teammate's results, the clinical trial numbers, the science behind how it actually works] — that I knew I had to say yes.

So here I am. Starting anyway. Documenting as I go.

I'm also doing something I want to invite you into — I'm showing up honestly and documenting what I find.

Does this resonate with where you are?

WELLNESS PATH — YOUTH FACTOR, NEORAFIT, OR THE LINE'S PHILOSOPHY
PULLED YOU IN

There is a difference between healthy and thriving — and I finally found what I think fills the gap.

I have been thinking a lot about what I put in my body — and what I've been missing. When I came across Neora's wellness line and actually read the labels, something clicked.

I'm not going to pretend I've had some transformation yet. I just started — my products [haven't arrived yet / just arrived / have been

with me for a few days]. But [what drew you in: the clean formula standards, what you've watched others experience, what the ingredient research told you] was enough for me to say yes.

I'm documenting this honestly as I go — the real stuff, not just the highlights.

And I don't want to do it alone. I'm showing up honestly and sharing what I find — I'd love the company.

BUSINESS PATH — YOU JOINED FOR THE OPPORTUNITY

I said yes to this primarily because of how this works and what getting started looks like. The timing felt right. The model made sense. And the people I've watched build with Neora have something I want more of.

But here's what I didn't expect: the products are becoming their own conversation.

I'm still figuring out what I love most. My products [haven't arrived yet / just arrived / have been with me for a few days]. I don't have results to show you yet and I'm not going to pretend I do. What I have is genuine curiosity and a willingness to document this honestly.

I'm also doing something I want to invite you into — Neora runs a 90-Day Challenge where I'm showing up honestly and sharing what I find. More soon.

If this resonates, I'd love for you to follow along.

Never claim results you don't have. "My products haven't arrived yet" is completely honest and completely fine. Don't write around it — say it.

The business-first version is one of the most relatable posts on this list. Don't be afraid of it.

WHEN SOMEONE RESPONDS

SAY: "This explains it way better than I can in a comment — sending it your way." Then send the relevant tool below.

SKINCARE CURIOUS: Send skin scan link and/or NeoFiller Duo Launch Video (2 min)

WELLNESS CURIOUS: Send "Neora Wellness Products" video (6 min)

GETTING STARTED CURIOUS: Send "Options for Getting Started" (4 min) via GoProspect — covers the plan, the model, and what day one looks like

CHALLENGE INTEREST: "Let's get you set up so you actually have the products for this — do you want to come in as a customer or a brand partner? Once that's sorted I'll walk you through before photos, and I'll show you the challenge gallery so you can see what other people's journeys look like."

A STORY SEED FOR TODAY (OPTIONAL)

- Separate from today's post — this lives in your stories only.
- Share "Navigating the New Economy" (navigatingtheneweconomy.com, Part 1) as a story slide — pure curiosity about where the economy is heading, zero Neora pitch.
- Caption idea: "Been thinking a lot about where things are headed economically lately — this gave me a lot to chew on." No mention of Neora, no product, no business.
- This works because nobody's asked you anything yet — it's a soft plant, not a response. Save the direct business tools for when someone actually leans in.

03 PRODUCT INTRODUCTION

Introduce the product or brand — from wherever you actually are

Today you name something specific. Choose the version that matches what's honestly pulling you in. If nothing has grabbed you personally yet — the business path version introduces the brand itself, which requires zero personal product experience and is completely honest.

WHICH VERSION — BE HONEST ABOUT WHERE YOU ARE

Products not arrived → use the "waiting" language in A or B, or use the business path version C. Box arrived / few days in → use the honest first impression language. Customer first with real experience → speak from that experience specifically. Never write as if you have weeks of results when you just signed up.

SKINCARE PATH — INTRODUCING NEO-FILLER

Okay. I have to talk about this.

There is a product being called the at-home alternative to fillers and toxins. Not a comparison — an actual alternative. Because it works completely differently than anything else on the market.

It's called Neo-FILLER. It doesn't just sit on top of your skin — it trains your skin to lift, fill, and plump itself. In 30 seconds a day.

Neora is the only brand in the world with this technology. Exclusive ingredients through scientific partnerships that cannot be duplicated anywhere else.

[Choose what's honest: "I haven't received my box yet but I've been reading everything I can find about this and I cannot find a hole in the science." / "My box just arrived and I held this product for the first time today — I'll be showing you everything as it happens." / "I've been using this for X days and here is one honest thing I've noticed so far."]

Curious? I've got a quick video that lays it out, or take the free skin

scan (link below) first.

[your skin scan link]

WELLNESS PATH — INTRODUCING YOUTH FACTOR

Let me introduce you to something I keep coming back to.

This is Youth Factor Superfood & Antioxidant Boost Powder. And what drew me in first was the ingredient standard.

The antioxidant equivalent of 3 to 4 servings of fruits and vegetables. Matcha, resveratrol, biotin, a full B vitamin complex. And a proprietary enzyme blend designed to help your body actually absorb everything — because what's the point of clean ingredients your body can't access?

Non-GMO. No gluten. No soy. No synthetic fragrances. Vegan.

[Choose what's honest: "I haven't received my box yet but I've read every label and I can't find a single thing I'd question." / "My box just arrived and I had it in my morning coffee today for the first time." / "I've been using this for X days and here is one honest observation."]

Curious? I've got a short video that walks through the full wellness line whenever you're ready.

BUSINESS PATH — INTRODUCING THE BRAND

I want to show you something about the brand I joined.

I came here for how this works and what getting started looks like. But the more I learn about these products, the more I understand why people stay — and why customers become partners.

This isn't a single-product company. It's a full ecosystem — skincare, wellness, weight management, hair care — built around one idea: what you put in your body and what you put on your skin are not separate conversations. Their formulas reflect that. Clean standards across every product line.

I'm still figuring out what I love most from my own pack. But I can tell you this: I haven't found a single ingredient I'd question.

[One specific thing you've noticed or learned that genuinely surprised you — about the company, an ingredient, something your upline shared, what you've been researching]

Curious about the full line? I have a quick video — under a minute — that gives the best overview I've found.

PHOTO DIRECTION — ALL PATHS

- Skincare: clean product image from Neora's library if no box yet, or you holding the Duo
- Wellness: clean product image or you with the Youth Factor Powder
- Business: a confident lifestyle shot of you in your element
- All: natural light, simple background, no clutter

WHEN SOMEONE ENGAGES

- Skincare: NeoFiller Duo Launch Video (2 min) or skin scan link
- Wellness: "Neora Wellness Products" video (6 min)
- Business: "Neora: Clean Meets Performance" (<1 min) first
- Add every engaged person to your Prospect Tracker today

04 EDUCATION HABIT

Teach them something that makes the whole thing make sense

Today you go deeper — not selling, educating. Pick the angle that connects to what you introduced yesterday. Goal: one idea that makes someone think "oh, that's why." That moment of clarity is what gets posts saved and shared. No personal product experience required for any of these.

SKINCARE PATH — THE STRUCTURAL AGING STORY

This is why your results plateaued — and why most skincare only goes so far.

Something most people do not know:

The reason skin loses volume as we age isn't just about collagen. It's actually the fat cells beneath the skin — they shrink and shift over time. That's what creates hollowness, sagging, and those deeper lines that no moisturizer can really reach.

Which is exactly why most skincare only goes so far.

Neo-FILLER works at that structural level. The BioFILL technology reactivates those fat cells — helping skin restore volume from within. Not by injecting anything. By waking up what's already there. The BioRenew-1223 component supports collagen production by over 1,200%.

[Optional line or delete: "This is the first time skincare science has actually made sense to me."]

This is why 90 days matters — you're not treating a surface. You're rebuilding something.

Does this resonate with you at all? I'd love to hear what you think.

WELLNESS PATH — THE INSIDE-OUT CONNECTION

Your gut and your skin are having the same conversation. Most brands pretend otherwise.

Here is what I keep coming back to:

The wellness industry and the beauty industry have been operating in separate lanes for decades. Supplements over here. Skincare over there. As if what happens inside your body has nothing to do with what shows up on your skin.

But we know that's not true.

Poor gut health shows up as inflammation. Nutritional gaps accelerate aging from the inside out. Chronic stress depletes collagen. This isn't new science — it's just been inconvenient for an industry that profits from keeping those categories separate.

What drew me to Neora is that they built their entire line around refusing that separation. The wellness products and skincare products address the same things — collagen, cellular energy, oxidative stress, the body's natural renewal process. One system.

[Optional line or delete: "I've spent a long time looking for a brand that actually operates this way."]

This is why 90 days matters — you're not patching something. You're rebuilding it from the inside out.

What's one thing you do that you know supports both your inside and outside?

BUSINESS PATH — WHY THE PRODUCTS MAKE THE BUSINESS DIFFERENT

Something changed how I think about this industry.

Most companies ask you to build a business around products you may or may not believe in. The products exist to justify the model.

Neora flipped that. The products came first — developed by actual scientists with exclusive ingredients through patented partnerships. The business model was built around them. That distinction matters more than it sounds.

When I talk to someone about this, I'm not asking them to trust me. I'm pointing them to the science, the clinical results, the formula standards. The products make the case themselves.

[One thing you've learned about Neora's development or history that genuinely impressed you — or something your upline shared that shifted your perspective]

If you've been skeptical of direct sales — I understand. I'd love to show you why this one is different.

I've got something worth watching, if you're curious.

PRO TIP — ALL PATHS

Day 4 is the post that builds your authority. Lead with the idea every time. Audiences follow people who help them understand things — not just people who recommend things.

05

LIFESTYLE HABIT

Let them see your real life

Nothing to do with products or business today. This post is universal across all three paths — being human doesn't need a version. Real life, honestly shared, builds more trust than any product post ever will.

A REAL-LIFE PHOTO — YOUR OWN WORDS

Real life lately:

[Two or three honest lines about your actual life right now. Write these yourself — ideas below to spark it.]

What I'm holding onto through all of it: [one thing giving you energy, peace, or forward momentum right now].

I've been [quietly consistent with something new / showing up for myself even on the hard days / figuring this out one day at a time] — and something about that feels really right.

What season are you in right now?

REAL-LIFE FILL-IN IDEAS — SPARK YOUR OWN, WRITE IT IN YOUR VOICE

"Car line. Cold coffee. A to-do list that won't quit. Also somehow the most motivated I've felt in a long time."

"Trying to practice what I preach. Some days easier than others. The mornings I get it right — I can feel the difference."

"New chapter energy. Slightly terrifying. Mostly exciting. Showing up anyway."

PHOTO DIRECTION

- Your real life — kitchen, coffee, a walk, a quiet moment
- Candid with family, pets, or friends

WHY THIS MATTERS

- Breaks up the product and business content
- People buy from people they like as humans first

- Should look exactly like your normal content
- No products. No business hint. Just you.

- The question will get your best comment section of the week
- This is the post most new partners skip — don't

06 INVITATION HABIT

Open every door — let them choose

Today everything comes together. By now your audience has seen your story, your personality, your product, and your real life. Open all the doors and let people self-select. The 90-Day Challenge is the community invitation that ties it all together.

90-DAY CHALLENGE — DAY 6

This is the right moment to introduce the challenge. Be honest about what it actually requires: participating means documenting a genuine product journey — which means using the products. The contest entry itself has no purchase requirement but real before and after results come from real use. Multiple product categories eligible. Real money, real community.

YOU LOOKING CONFIDENT AND GOOD — THIS PHOTO MATTERS MORE THAN ANY OTHER THIS WEEK

I've been thinking about who in my world needs to hear what I've been sharing this week.

If you've been watching and something has been resonating — here's where I land:

If your skin is where your head is — there's a free skin scan (link below). Personalized report, completely free, takes 30 seconds.
[your skin scan link]

If you're wellness-first — I have a short video that walks through the

full line. Clean formulas, inside-out philosophy, no fluff. Curious? I've got it ready to send.

If the idea of getting started with something real has been tugging at you — I have a quick video that walks through exactly how this works and what day one looks like. No pressure, just information.

And follow along either way — I'm sharing my whole experience here, the real thing, not just a highlight reel. Do it alongside me if you want. Heck, if our before and afters end up looking like some of the ones I've seen, we might have a shot at that \$3,000 — and if the products end up helping people the way these pictures do, we might be looking at some double bonuses too.

I'm doing it. I want people doing it with me.

If you took your before photos and measurements already — you're ready. Message me and let's go.

Every door is open. You pick yours.

VARIATIONS

If your audience is primarily one type — remove the doors that don't apply. Two clean options outperform four cluttered ones.

Business-first partner: lead with the opportunity paragraph, put the challenge invitation right after it. Skincare and wellness become secondary.

WHEN SOMEONE RESPONDS

SKINCARE: Send skin scan link — "Take the free scan first, it'll show you exactly what your skin needs."

WELLNESS: Send "Neora Wellness Products" (6 min)

BUSINESS: Send "Options for Getting Started" (4 min) via GoProspect

CHALLENGE: "Let's get you set up so you actually have the products for this — do you want to come in as a customer or a brand partner? Once that's

sorted I'll walk you through before photos, and I'll show you the challenge gallery so you can see what other people's journeys look like."

DIRECT SALES EXPERIENCE: Send "The Last Run Club — Introduction" (<2 min) and TheLastRunClub.com

07 LIVE VIDEO HABIT Show your face. Be honest. Invite them in.

Your first live video. Live gets significantly more organic reach than anything else. You're not selling — you're being seen. Both doors — product and business — get named tonight, alongside the challenge. Keep it under 5 minutes. Talk like you're FaceTiming a friend. No CTA at the end — if the week's content landed, people already know how to find you.

90-DAY CHALLENGE — DAY 7

The challenge is one part of tonight's close, not the whole thing. Mention it as something real you're personally doing — not the climax of the video. Business gets named too, as a natural continuation of "you've been watching me this week," not a separate pitch.

ANNOUNCE FIRST — THEN GO LIVE ON FACEBOOK OR INSTAGRAM

Announce caption (post 10–15 minutes before going live):

Going live in a few minutes to close out my first week. Come hang out.

— — —

Your live script — beats, not word-for-word:

"Okay — I almost didn't go live tonight. But I told myself I'd close out this week honestly, so here I am.

Thank you for being here. Genuinely. For the comments, the questions,

the people just watching quietly — it all means something.

Here's where I actually am: I'm new to this. I'm still discovering what I love most. I don't have it all figured out and I'm not going to pretend I do.

[One specific honest thing from this week — a conversation that surprised you / something you noticed or learned about a product / how it felt to show up every day / something your upline told you that stuck]

And that's actually why I want to say two things tonight, not just one.

First — I'm sharing my whole experience here, the real thing, not just a highlight reel. Already got my before photos and measurements started. If you haven't taken yours yet — today, before you start, multiple angles, natural light. Follow along or do it alongside me if you want. And hey — if our before and afters end up looking like some I've seen, we might have a shot at that \$3,000.

Second — some of you haven't just been watching the product story this week. You've been watching me, wondering if this is something you'd want to build too. If that's you — I'm not going to pretend I didn't notice.

I'm not going to give you three things to do right now — just one thing to know. Both doors are open. The products, the business, the challenge — I mentioned all of it this week because all of it is real for me right now, and I figure it might be real for some of you too.

I'm glad you've been here. See you on the other side."

LIVE SETUP

- Face a window — natural light always best

AFTER YOUR LIVE

- Save and post to your feed immediately

- Wherever you feel most yourself
- Quiet background — people need to hear you
- Under 5 minutes
- Skin scan link and 90daychallenge.com ready to paste in comments

- Reply to every comment the same day
- Follow up personally with everyone who engaged
- Add them all to your Prospect Tracker — PSIF starts now
- The 90-day journey keeps your content alive for the next 83 days

PRO TIP

"I'm new to this and I'm figuring it out" is not a weakness in this live — it's the most relatable thing you can say. Press go.

WHAT COMES NEXT

Your 7 days are done. Now you run PSIF every day.

These 7 days were your P — Pique Interest. Every person who engaged this week goes into your Prospect Tracker. Share a tool → Invite → Follow up daily → Enroll. Your 30-day content library keeps the piquing going. The 90-Day Challenge keeps the journey alive for the next 83 days. As you discover what you love most from your products, your content naturally finds its focus. Full PSIF training and scripts are in Habits House.

Read alongside the **Brand Partner Guide** — the complete video toolkit, all tools, PSIF details, and the unboxing bonus all live in Part Three there.

Neora · 7-Day Post Sequence · Overall & Lifestyle Track · New to Direct Sales · Final Version