frequense.

FREQUENCY CHARGED NUTRITION

WELCOME. HERE'S WHAT TO DO NEXT.

your getting started guide. everything you need in your first week, in the order you need it. no guessing.



START HERE

START HERE

YOU SAID YES. HERE'S YOUR NEXT MOVE.

if you're sitting there thinking "i'm here, but i don't know what i'm supposed to do next" — you are completely normal.

almost everyone feels exactly that in their first week. it isn't a sign that you're behind, or that you're not cut out for this. it's just the gap between saying yes and knowing your first move.

this guide closes that gap. work through it in order and you'll know exactly what to do.

> *there are no silly questions here. you said yes, you can feel it, and you want to know the next step. that's exactly what this guide is for.*

WHAT YOU'LL HAVE DONE BY THE END

- your *home base* saved, so you never miss what's happening
- your *two most important links* ready to send in seconds
- your *first 10 people* written down
- your first real *conversations* started

ONE MORE THING.

when you enroll someone new, send them this exact guide. that's how you duplicate yourself without repeating yourself.

01

STEP ONE

STEP 01

SAVE YOUR HOME BASE.

before anything else, you need one link you never lose.

YOUR TEAM DASHBOARD

your sponsor will share this link with you. write it here, bookmark it, screenshot it. this is home base.

you're going to miss things — the group chat, the email, the announcement. that's a real-life problem, not a discipline problem. the dashboard solves it: it's the one place that's always current, so whenever you're not sure what's going on, you know where to look. it's also where you send your own people when they join.

DID YOU CHECK THE DASHBOARD?

you'll hear this a lot. check it before you ask, and you'll usually find your answer.

ON THE DASHBOARD	WHAT IT DOES FOR YOU
live schedule	every zoom and presentation this week, clickable, with all time zones.
go bronze fast start	your first 30-day roadmap and workbook.
quick links & boards	videos and share links in one place.
frequense faq	products, ingredients, commissions, e-wallet, returns, compliance.
community groups	your team's main group, plus language groups.
team trainings	conversations, follow-up, inviting, sharing on social.

02

STEP TWO

STEP 02

THE TWO LINKS THAT MAKE THIS A BUSINESS.

before you share a single video, know these two.

01 **YOUR SHOP LINK**

for anyone who wants to buy. your affiliate number is built in, so every order tracks back to you.

02 **YOUR BECOME AN AFFILIATE LINK**

for anyone who wants to build. it already knows you referred them.

● THE ONE RULE THAT MAKES IT ALL WORK

STAY LOGGED IN TO FREQUENSE.COM.

if it doesn't say **LOG OUT**, you're not logged in.

logged in, *everything you share is connected to you* — the shop, product pages, the rise & vibe page, the blog, the presentations. logged out, you send traffic and get no credit for it.

DO THIS RIGHT NOW

01 log in to frequense.com and check that the menu says **LOG OUT**

02 go to the product or bundle you talk about most and copy that link

03 copy your become an affiliate link

04 save both in your phone notes, boards or text shortcuts, clearly named

SUCCESS LOVES SPEED.

when someone says yes, your link should already be at your fingertips.

03

STEP THREE

STEP 03

SAVE THE NETWORK LINK.

opportunity presentations live on the feel good now network, and they carry your link when you share them.

THE FEEL GOOD NOW NETWORK

frequense.com/live

look for **LIVE NOW** at the top of frequense.com.

this is your third link to save. share it while you're logged in and it carries your code, so anyone who watches and takes action is credited to you.

WHY YOU'LL USE IT CONSTANTLY

- there's *always a recording there*, so your person never has to wait for a live time
- presentations from multiple leaders live on the page
- the become an affiliate and shop buttons sit right underneath, already linked to you
- perfect for someone who watched your short video and wants to understand the company

YOUR THREE LINKS

NO.	LINK	SEND IT TO
01	your shop link	anyone ready to buy
02	your become an affiliate link	anyone ready to build
03	frequense.com/live	anyone who needs the full picture first

SAY IT OUT LOUD UNTIL IT STICKS.

"if i'm not logged in, my links don't count."

04

STEP FOUR

STEP 04 · THE ENGINE

TEN PEOPLE. EVERY SINGLE WEEK.

this is the one activity that builds strong teams. if you only do one thing, do this.

WHO ARE YOUR TOP 10 THIS WEEK?

ten people to try **RISE**. good energy spreads.

the habit is simple: get *ten people to try* **RISE**. sometimes that means mixing a drink for someone on the spot. sometimes it means selling them a 5-day experience. the point is never the pitch — it's getting the product into their hands so they can feel it.

> *she poured her* **RISE** *at the airport. the server asked what it was. "it's a mushroom blend that's supposed to make you feel good now. want to try it?" thirty minutes later, the server came back and asked for her link.*
>
> A TRUE STORY FROM THE FIELD

YOUR MOVE THIS WEEK

01 write down *ten names today*. your neighbor, your sister, your coworker, the person who compliments your nails.

02 *keep* **RISE** *on hand.* the moment shows up when you're not working, and a drink you mix costs you one stick.

03 keep the offer simple: "*want to try it?*"

04 then do it again next week. ten new people, every week.

WHY THIS WORKS.
people who feel something don't need convincing. your job isn't to explain the product, it's to get it into their hands.



YOUR ENTRY OFFER

YOUR ENTRY OFFER

HOW TO SELL A 5-DAY EXPERIENCE.

the 5-day experience is a $35 product, not a giveaway. it's the lowest-risk way for a hesitant person to say yes.

5-DAY EXPERIENCE — $35.

five days of **RISE**, shipping included. your "try" option when someone isn't ready for a duo or trio.

this is your offer for the person who says "i want to try it first." instead of losing them, you sell them five days. they pay, they commit, and they actually use it — which is exactly why it works better than a free handout.

WHAT GOES IN EVERY 5-DAY YOU SEND

- [ ] *the 5 sticks* of **RISE**
- [ ] *a qr code* that goes straight to the bundle or **RISE** 5, linked to you
- [ ] *your phone number*, clearly on the card
- [ ] *a simple instruction:* text me the moment you try it for the first time

that last piece is the one most people skip, and it matters most. when they text you on day one, you know exactly who is trying it and exactly when to follow up.



YOUR ENTRY OFFER

YOUR ENTRY OFFER · CONTINUED

LET THEM FEEL IT FIRST.

if you started with an icon or gold pack, you already have 5-day experiences to sell — that's inventory and cash back in your pocket.

MOST PEOPLE ORDER BY DAY 2 OR 3.

around 60% of 5-day customers go on to order once they feel it.

where it fits: the 5-day is your "try" tier. always present the full ladder from the top down — best, better, good, then try. the next page has the exact script.

WHERE TO GET THE TEMPLATES

the full 5-day guide, including the inserts and canva templates, lives in the guides section of your team's community group. ask your sponsor if you can't find it. you don't need to design anything from scratch.

YOUR FOLLOW-UP RHYTHM

DAY **1** — they text you.

DAY **3** — you check in.

DAY **5** — you invite.



COPY THIS WORD FOR WORD

COPY THIS WORD FOR WORD

THE PRODUCT OPTIONS SCRIPT.

send as a text or voice memo once they've watched the video. present *top down*, always.

HERE'S A BREAKDOWN OF THE OPTIONS TO GET STARTED.

BEST **THE TRIO: ULTIMATE**

RISE, **SOURCE** and **REVRS** — $309, but with 10% off it's $287. comes with a free frequency charged straw.

BETTER **THE DUO**

a tub of **RISE** (organic mushroom blend) and **SOURCE** (trace minerals), both a 30-day supply. with subscribe & save, it's $134 total. that's only $4.47 a day for the full morning ritual.

GOOD **A TUB OF RISE**

a 30-day supply is $89 with subscribe & save. that comes out to just $2.97 a day — a great value for a daily ritual.

TRY **A 5-DAY EXPERIENCE**

a 5-day experience of **RISE** is just $35 (shipping included). it gives you a taste of how it feels and breaks down to $7 a day. add **SYNC**, the bedtime bestie, at checkout — you'll see a check-off for it on the link i send you.

TO UPGRADE TO AN AFFILIATE

it's $49.99 (or free, depending on which bundle you start with). the best part? better, best and ultimate come with a 30-day money-back guarantee — and you'll have me and our whole community beside you every step of the way.

WHAT WORKS BEST FOR YOU? I'LL SEND YOU THE LINK FOR THE OPTION YOU CHOOSE.

WHY THE CLOSE WORKS.

it ends with a question, not a link. they choose first, then you send — a broadcast becomes a conversation.

05

STEP FIVE

STEP 05

HOW TO INVITE.

lead with how it feels — not the product, and not the business. an invitation, never a pitch.

- **FIRST, WARM UP THE CONNECTION**

before you send a message, be a real friend first. notice what they're sharing. comment on what matters to them, celebrate their wins, and let the connection be genuine. then reach out.

- **THEN ASK, AND LISTEN**

your opening question is deliberately simple:

"HEY, HOW HAVE YOU BEEN? TRULY?"

ask it like you mean it, because you do.

people will either open up, or tell you what's been weighing on them. either way, you now have somewhere real to go. listen first. ask a thoughtful follow-up. then invite:

> *you deserve to feel good — not someday, now. this is what's been helping my mornings. want to take a look?*

KEEP YOUR INVITE THE SAME

don't reinvent your invitation every time. when it stays consistent, you can actually *see what's working* and get coached on it. changing it constantly means you learn nothing.

GO DEEPER.
conversation and invitation trainings are linked on your team dashboard.

06

STEP SIX

STEP 06

WHAT TO POST, AND WHERE SALES HAPPEN.

most new affiliates freeze on social because they think every post has to sell something. it doesn't.

75–80% OF PURCHASES COME FROM STORIES.

not from your feed posts. stories and messages are where the business happens.

THE 80/20 RULE

SHARE	WHAT IT LOOKS LIKE
80% real life	be a whole human. what you're doing, thinking, laughing about. this is what keeps people watching.
20% the ritual	show how your morning starts as you stir your **RISE**. share other people's experiences and wins.

notice the framing: post about *how it feels*, not "a business opportunity." you'll attract a completely different kind of person when you lead with the feeling.

THE PART MOST PEOPLE MISS

engagement is an invitation. when someone likes or comments on your post — even one that had nothing to do with business — *that's your cue* to open a real conversation.

KEEP IT ON BRAND.
lead with a feeling. no health, cure or income claims, and no "join my team" posts. let real life and real people do the talking.

48

HOURS

YOUR CHECKLIST

YOUR FIRST 48 HOURS.

do these, in this order, before anything else.

SET UP

- [ ] save my *team dashboard* link as my home base
- [ ] log in to *frequense.com* and confirm it says **LOG OUT**
- [ ] save my *shop link* in my phone notes
- [ ] save my *become an affiliate link*
- [ ] save *frequense.com/live* (the network)
- [ ] join my team's *community group*

TAKE ACTION

- [ ] write down my *top 10 people* to try **RISE** this week
- [ ] have *5-day experiences ($35)* on hand to sell
- [ ] share my story on stories while i stir my **RISE**
- [ ] start *3 real conversations* — warm up first, then ask and listen
- [ ] get on a *live getting started* call
- [ ] download the *go bronze fast start* workbook

DON'T TRY TO DO EVERYTHING.

do these, in order, and momentum takes care of the rest.

05

A MONTH

WHY CONSISTENCY WINS

THE SIMPLE MATH.

you're probably wondering what's actually possible here. here's the honest version, and it isn't about hustle.

5 NEW PEOPLE A MONTH. 12 MONTHS.

that's sixty people sharing the ritual by the end of the year.

that's it. not fifty people a month. not going viral. *five people a month, consistently, for twelve months.* your sponsor can walk you through how that activity adds up in the compensation plan.

some people look at that and decide to double it. some are thrilled with exactly that. both are completely valid — and it's worth getting honest with yourself about which one you are.

ASK YOURSELF

- am i here for a little extra each month and *free product*?
- am i here to build something *significant*?
- or am i honestly not sure yet?

there's no wrong answer. but knowing it helps your sponsor coach you properly — so tell them which one you are.

> *this doesn't have to be hard. share what you love, and talk about it every single day.*

about the numbers: this illustrates consistent activity, not earnings. it is not a guarantee or an average. real results depend on your effort and your team staying active. see the frequense income disclosure statement.



WHEN IT'S YOUR TURN

WHEN IT'S YOUR TURN

WHEN YOU ENROLL YOUR FIRST PERSON.

the moment someone joins you, run this exact same play. you already know it works — it's what just happened to you.

01 **SEND THEM THIS GUIDE THE DAY THEY JOIN**

don't wait for the next call. give them the map immediately.

02 **GET THEM TO A LIVE GETTING STARTED CALL**

times are on the live schedule in your team dashboard. the recording is there if they can't make it live.

03 **WALK THEM THROUGH THEIR TWO LINKS**

watch them log in. watch them save the links. don't assume it happened.

04 **HELP THEM NAME THEIR FIRST 10**

sit with them and build the list. a blank list is where new people stall.

05 **CO-HOST THEIR FIRST CONVERSATION**

do it *with* them, not for them, until they have their own confidence.

REMEMBER

your job isn't to carry them, and it isn't to convince them. *lead by example*, keep it simple, and stay beside them while they build their own rhythm.



LAST THING

LAST THING

STAY PLUGGED IN.

you don't have to be on every single zoom. but don't build this alone.

> *momentum is easier together. stay close to the people moving in the same direction you are.*

the old version of you — the one before you started this — will try to tell you this isn't real, that you don't belong here, that you should go back to who you were. community is what keeps that voice quiet.

YOUR WHOLE BUSINESS, ONE PAGE

DO THIS	EVERY
get 10 people to try **RISE**	week
start real conversations — warm up first, then ask and listen	day
post 80% real life, 20% the ritual (stories first)	day
send your people to the dashboard and the network	time
onboard every new affiliate with this guide	time
show up to a live call and bring your people	week

GOOD ENERGY SPREADS.

welcome to frequense. for the life you love to live.

frequense.