frequense.

GO BRONZE FAST START

workbook



SHOW. TEACH. WORK. THE PLAN.

PURPOSE OF THIS WORKBOOK

To create unstoppable duplication and ignite consistent volume through leadership that lasts even when you're not online. This is your strategy for building a bonfire of belief, leadership, and residual results.





FIRST TIME HITTING BRONZE?

If you hit Bronze in your first full calendar month, you will receive **an exclusive Bronze Bracelet**, our gift to celebrate your achievement.

SECTION 1: SHOW THE PLAN

GOAL:

Present the plan to **5 new people per week**, no matter the method.

M	T	W	TH	F	SA	S
👤	👤	X	👤	👤	👤	X

WAYS TO SHOW THE PLAN:



1:1 coffee chat



zoom/video meetup



in-home
"feel good now" party



atm to
I'm Charged Up group

TRACK IT

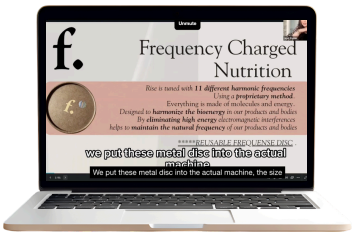
week	person #	date	method	outcome

YOUR WEEKLY GOAL: 5 PRESENTATIONS

BEFORE YOU PRESENT:



Share YOUR story
(use Your Story Framework)



Play Jena's 10-Min
Feel Good Now video



Offer the Trio, Duo,
or 5-Day Experience

YOUR STORY FRAMEWORK: BEFORE + AFTER

Before Rising + Vibing I... _____
(pick 1: brain fog, mood swings, exhaustion, etc.)

I just wanted to feel like... _____
(pick 1: myself again, a present mom, energized at work)

Then I started... _____
(Rising and Vibing with Rise + Source)

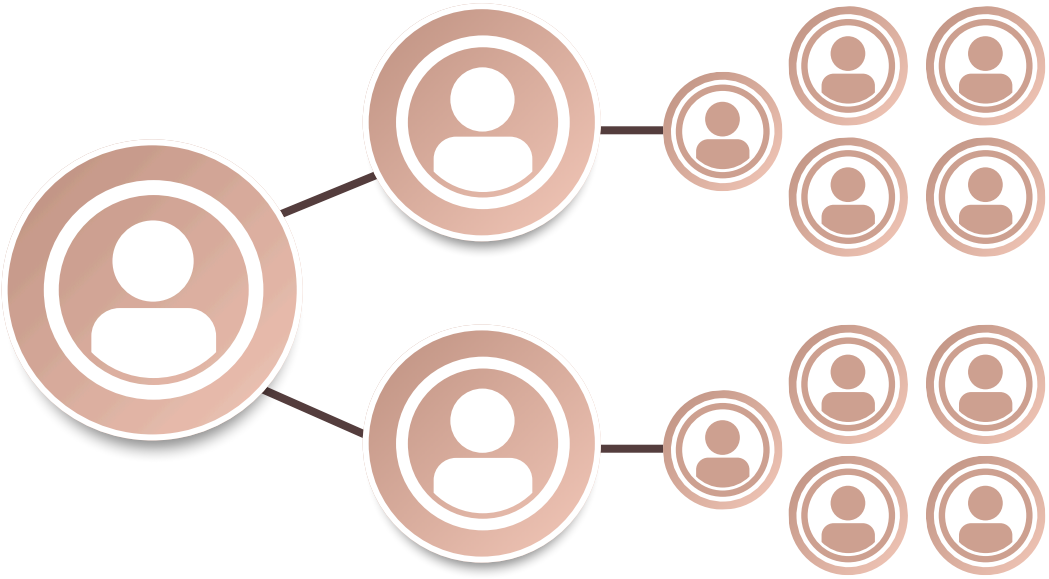
Now... _____
(clearer, calmer, better energy, sleeping again, etc.)

Practice writing on next page.

YOUR STORY FRAMEWORK: BEFORE + AFTER

SECTION 2: TEACH THE PLAN

GOAL: Help your affiliates show the plan to **5 new people a week.**



HOW TO TEACH IT



Co-host their first 1-2 presentations



Give them this exact workbook



Roleplay their story + invite scripts

WEEKLY TRACKER

affiliate name	did they show 5?	how did you support them?

LEADERSHIP NOTES

REMEMBER

- You are not their savior, you are their mirror.
- Don't do it for them.
- Do it with them until they're confident.

SECTION 3: WORK THE PLAN

GOAL: Taproot through every new affiliate, guest, or customer.

HOW TO TAPROOT

Ask:
"Who do you know who needs to feel good now?"

Add them to your own list.

Offer to help them host a Zoom or party.

FOLLOW-UP POWER MOVES



Every 5-day customer
Invite them to a 15-min check-in



Every guest on Zoom
Follow-up with your story + their next step

TAPROOTING TRACKER

new person	who referred them?	did they order/join	next step

SOCIAL STYLE PRESENTING TIPS

USE THESE BUZZWORDS + PHRASES WHEN SHARING

- Feel Good Now
- Rising + Vibing
- Not your average mushroom drink
- Drink your dopamine
- This isn't a moment, it's a movement
- Talk Less. Show More.
- "I'm not a scientist. I'm just someone who finally feels good again."
- Play the video. Let the frequency do the talking.



WHEN OFFERING PACKS:



GOOD
Give them this
5-Day Experience



BETTER
The Duo —
Rise + Source



BEST
The Trio —
Rise + Source + Revrs

OPTIONAL GO GOLD:
90-DAY BONFIRE BLITZ



- [ ] 60 plan presentations
- [ ] 10 affiliates duplicating
- [ ] 3 taprooted teams

Complete this and earn a special mystery bonus from your mentor!

LET'S RISE.

LET'S DUPLICATE.

LET'S LEAD THE MOVEMENT.

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