

The 7-Day First-Sale Roadmap

Personal Affiliate Track

THE RULE

Do not sell the whole catalog.

For the first seven days, keep the path narrow: one audience, one support conversation, one product path, one link, and one follow-up.

Book the call

Use Amanda to make the first-sale plan concrete.

Use the free \$150

Get product in hand so the conversation feels real.

Create the account

Set up the path to order, share, refer, and get paid.

Work one path

Follow one track for seven days. Do not mix the message.

PERSONAL AFFILIATE TRACK

Best for

Friends, family, warm contacts, people who ask what you are using, and people who already talk with you about wellness, energy, sleep, recovery, skin, or metabolism.

Keep the frame clean

You are not trying to be the expert. You are sharing one starting point and helping someone take the next step.

What to do each day.

Each day has one objective. The example gives you the plain-language version so you do not have to invent the wording from scratch.

1

SET UP THE PATH

Confirm your call, account, and product step.

Make sure the basics are in motion before you try to sell. Book the onboarding call, create your partner account, and find the free \$150 email.

Action

- ☐ Book or confirm your onboarding call.
- ☐ Create your free partner account.
- ☐ Find the free \$150 email and choose your product step.

Example

By tonight, you should be able to say: my call is booked, my account is created, and I know which product I am trying first.

2

CHOOSE THE PERSON

Pick one audience and one pain point.

Your first offer gets easier when it sounds like it was built for a specific person. Choose a pattern you can talk about naturally.

Action

- ☐ List 10 people you could contact.
- ☐ Circle the 3 easiest conversations.
- ☐ Choose one pain point to lead with.

Example

My easiest three are: the friend asking about sleep, the family member asking about energy, and the person who always asks what I am using.

3

CHOOSE THE OFFER

Pick one product path or starter bundle.

Do not explain everything. Choose the first product path that fits the pain point, then keep the explanation short enough to repeat.

Action

- ☐ Choose one product, bundle, or starter package.
- ☐ Write one sentence for why it fits.
- ☐ Save the link you will send.

Example

I thought of you because you mentioned [pain point]. This is the first option I would look at.

4

BUILD CONFIDENCE

Use product experience to make the conversation easier.

Trying the product yourself, or at least understanding the product experience clearly, helps the first conversation sound like guidance instead of a pitch.

Action

- ☐ Use the product you ordered if it has arrived.
- ☐ Watch the product background videos if needed.
- ☐ Write three plain-language points.

Example

What it is. Why the delivery or system matters. Who it is designed to support. That is enough for the first conversation.

5

START CONVERSATIONS

Reach out to five people.

The goal is not to blast a list. Start real conversations with people who already know you, trust you, or have mentioned the problem you chose.

Action

- ☐ Send five direct messages, texts, or voice notes.
- ☐ Use one pain point.
- ☐ Ask permission before sending the link.

Example

You came to mind because you mentioned [pain point]. I am testing a simple product path for this. Want me to send it over?

6

SEND THE OFFER

Send one clear link and follow up within 24 hours.

Once someone says yes to more information, do not send a long explanation. Send the link, give one sentence of context, and tell them you will follow up.

Action

- ☐ Send the product or account link.
- ☐ Add one sentence of context.
- ☐ Set a 24-hour follow-up reminder.

Example

Here is the link. I would start here because [one reason]. Take a look, and I will check back tomorrow.

7

CLOSE THE LOOP

Ask for the decision, next step, or referral.

The first sale may happen here, or the next action may become clear. Either way, close the loop. Do not leave the conversation floating.

Action

[] Ask if they want to order, wait, or ask one more question.

[] Log the response.

[] Ask one person for a referral or introduction.

Example

Do you want to order, wait, or ask one more question before deciding?

Message templates

Use these as starting points and adjust to fit the relationship.

First message <i>"You came to mind because you mentioned [pain point]. I am starting with a simple product path for this and thought it may be worth looking at. Want me to send it over?"</i>	When they say yes <i>"Here is the link. I would start here because [one reason]. Take a look, and I will check back tomorrow to see what questions came up."</i>
Follow-up <i>"Did you get a chance to look at it? No pressure. I just wanted to make sure the link landed and see if you had one question I could answer."</i>	If they are not ready <i>"Totally fine. I am keeping this simple as I learn the first sales path. If someone comes to mind who has been talking about [pain point], feel free to send them my way."</i>

Seven-day tracker

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Setup	Audience	Offer	Confidence	Outreach	Follow-up	Close loop

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The 7-Day First-Sale Roadmap

I Have Clients Track

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Work one path

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PEOPLE WITH CLIENTS TRACK

Best for

Existing clients, past clients, patients where appropriate, members, wellness customers, and people already asking you about energy, sleep, recovery, skin, metabolism, or peptide support.

Keep the frame clean

Keep the conversation inside your scope. Introduce this as support, not treatment. Do not diagnose, prescribe, dose, or imply that any product treats a condition.

What to do each day.

Each day has one objective. The example gives you the plain-language version so you do not have to invent the wording from scratch.

1

PICK THE CLIENT PATTERN

Choose one conversation your clients already bring up.

Start where demand already exists. Do not create a new pitch. Use a support area clients are already asking about.

Action

- ☐ Choose one support area for the week.
- ☐ Write the client question in plain language.
- ☐ Keep the first path to one product or starter bundle.

Example

A client on a metabolic protocol asks what may support energy, hydration, digestion, or muscle-support needs. That becomes the first conversation.

2

CHOOSE FIVE CLIENTS

Pick the easiest five client conversations.

Start with people who already trust you and have already mentioned the support area. This should feel like a helpful follow-up, not a cold promotion.

Action

- ☐ List five current or past clients where outreach is appropriate.
- ☐ Choose people who have already raised the support area.
- ☐ Do not use anyone whose situation belongs outside your scope.

Example

Three current clients asked about energy during check-ins. Two past clients bought wellness packages and still ask about product recommendations.

3

CHOOSE THE STARTING PATH

Pick one product path for that support area.

Make the first recommendation simple enough for the client to understand in one sentence. Do not turn the conversation into a catalog walkthrough.

Action

- ☐ Choose one product path or starter bundle.
- ☐ Write one sentence for who it is designed to support.
- ☐ Save the link you will send after they say yes.

Example

For clients asking about metabolic-protocol support, start with one product path that supports nutrient, hydration, energy, digestion, and muscle-support needs.

4

USE THE PRODUCT

Get product in hand before you recommend it.

Client conversations get easier when you understand the product experience. Use the free \$150, watch the background videos, and write down the simplest explanation.

Action

- ☐ Use the free \$150 to get product in hand.
- ☐ Watch the product background videos if needed.
- ☐ Write three compliant talking points.

Example

I am looking at this line because it gives clients a simple support path, and it is easy to start without overcomplicating the plan.

5

INTRODUCE IT NATURALLY

Bring it up inside the client conversation.

The first introduction should be short, direct, and permission-based. You are not closing the sale in one sentence. You are opening the next step.

Action

- [] Use one client conversation or follow-up message.
- [] Name the support area in one sentence.
- [] Ask permission before sending the link.

Example

You mentioned [support area] in our last conversation. I have a simple product path I am testing for clients who ask about that. Want me to send you the starting point?

6

SEND ONE LINK

Send the starter link and make the next step obvious.

Once the client says yes, send one link, one sentence of context, and one follow-up expectation. Do not overload them with every product.

Action

- [] Send the product, account, or starter link.
- [] Add one sentence of context.
- [] Set a 24-hour follow-up reminder.

Example

Here is the starter link. I would look here first because it fits the support area you brought up. Look it over, and I will check back tomorrow.

7

FOLLOW UP

Ask for the decision, question, or next step.

The sale usually comes from the follow-up, not the first mention. Close the loop and log what happened so the next client conversation gets easier.

Action

- [] Ask if they want to order, wait, or ask one question.
- [] Log the response and objection.
- [] Bring questions to Amanda or the next partner call.

Example

Did you get a chance to look at the starter link? If it feels like a fit, I can help you choose the next step. If not, no pressure.

Message templates

Use these as starting points and adjust to fit the relationship.

Client intro <i>"You mentioned [support area] in our last conversation. I have a simple product path I am testing for clients who ask about that. Want me to send you the starting point?"</i>	In-session line <i>"This may be a fit as support, not a treatment. If you want, I can send the starter link and you can look it over."</i>
Follow-up <i>"Did you get a chance to look at the starter link? If it feels like a fit, I can help you choose the next step. If not, no pressure."</i>	When it overlaps with care <i>"Because this may overlap with your medical plan, check with your licensed provider before starting anything new."</i>

Seven-day tracker

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Pattern	Clients	Path	Product	Introduce	Follow-up	Next step

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