

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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