


 AMBER MCCUE

HOW TO CLONE YOURSELF

MONDAY

Overview

View [goal setting video](#) (Increase your success rate by 300%)

- Set your goals for this program
- Post your goals + debrief in your Facebook document

TUESDAY

Week 1 - Lesson 1

Begin to track how your time is spent and reflect:

- How is your time spent?
- What realizations did you have about how your time is spent?
- What do you want to change?

WEDNESDAY

Week 1 - Lesson 2

Why did you go into business in the first place?

- What is your brand promise?
- What are your guiding principles?
- Note your key strengths – Leverage these additional strengthsfinder activities to go deeper

1. Answer these questions rapid fire...
 - a. c

AMBER MESCUE

HOW TO CLONE YOURSELF

WEDNESDAY

Week 1 - Lesson 2

- a. What are you doing when you feel the most helpful? Alive? Inspired? Powerful?
2. If you are stumped here or just for fun, reach out to a dear friend and let her know you have an assignment from your coach. Ask her what your strengths are. Say thank you with open arms.
3. Here are some additional resources where you can probe even deeper into your strengths. Surveys are always fun for me!
 - a. [Strengthsfinder 2.0](#) --- Book + Survey to evaluate your top strengths
 - b. FREE [Online Survey](#)

THURSDAY

Week 1 - Lesson 3

Get Efficient Worksheet in [GSlides](#) or in [PDF](#)

Use this to divvy up what stays the same, what gets outsourced, or what you needs to be streamlined and systematized.