



Do you want a clear no, or a messy yes????



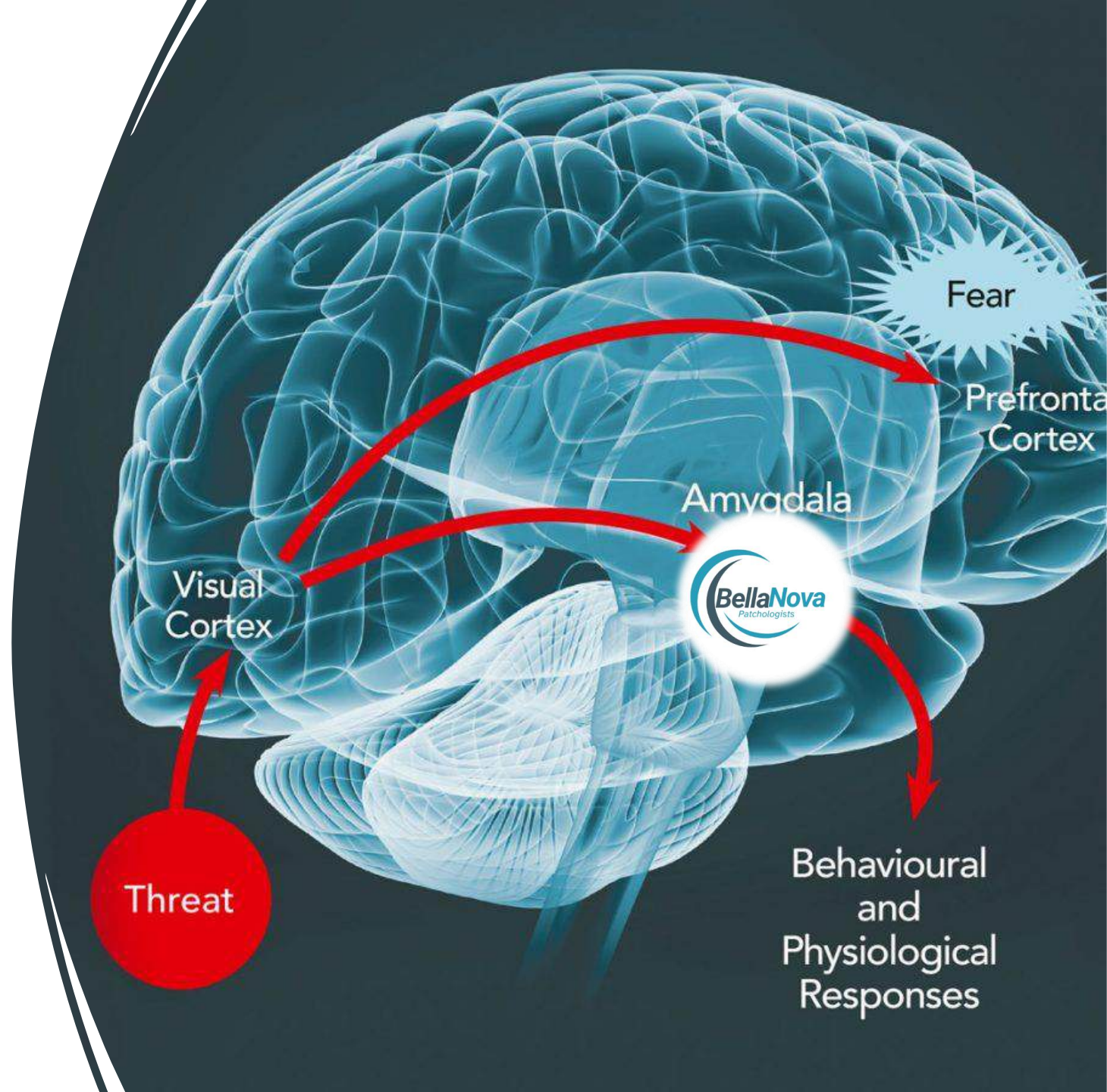
Most people are taught to avoid rejection at all costs—but what if I told you that running toward rejection is actually the fastest way to success?

We're not rewarded for NOs, but today we're go to flip it upside down.



The amygdala (your fear center) lights up with the same pain during rejection as physical pain. But... just like working out, the more you “feel the burn,” the stronger you become. **Going for no” helps desensitize your brain to rejection, turning pain into power.**

-
- Psychologically, we tend to personalize rejection.
 - Neuroplasticity shows that **repetition rewires the brain.**
 - Go for No” flips the goal: You don’t chase yes—you **chase action.**
 - The more actions (asks, offers, connections) you take, the more *probability* starts working in your favor.
 - Most people give up after 3–5 no’s.





The *top earners*? They push past 20, 30, even 50 rejections—because they know it's not about who says no, it's about **who's left when the dust settles.**

- Success loves **volume** before precision.
- Every no gets me closer to a yes” becomes your mindset, not just a mantra.
- THIS IS **NOT** ABOUT MORE TRAINING!





Thank you again for your interest and taking a look at Lifewave.

I'd love to use our time wisely, so I have a quick favor to ask. On a scale from 1 to 10, how interested are you in the product?

(1 = Not at all, 10 = I'm serious and want to learn more)

Just drop the number below so I know how to best move forward with you.

Looking forward to hearing where you stand.

Thank you again for trying the patches and taking a look at Lifewave.

I'd love to use our time wisely, so I have a quick favor to ask. On a scale from 1 to 10, how interested are you in the product?

(1 = Not at all, 10 = I'm serious and want to learn more)

Just drop the number below so I know how to best move forward with you.
Looking forward to hearing where you stand.

5

Thank you for sharing that you're at a 5 in terms of interest—that's a great place to start, and I truly appreciate your honesty.

I'd love to understand more about what's on your mind so I can support you in the best way possible.

***Can I ask—what questions or hesitations are coming up for you right now?
Or, is there a specific goal you're hoping the patches might help you with (like energy, sleep, pain, focus, etc.)?***

Sometimes all it takes is a bit more clarity or the right information to move from “maybe” to “I'm ready.”

No pressure at all—I'm here to help you explore, not to push.

Looking forward to hearing what you're thinking so we can take the next step that feels right for you.

***Warmly,
V***

Thank you again for trying the patches and taking a look at Lifewave.

I'd love to use our time wisely, so I have a quick favor to ask. On a scale from 1 to 10, how interested are you in the product?

(1 = Not at all, 10 = I'm serious and want to learn more)

Just drop the number below so I know how to best move forward with you.

Looking forward to hearing where you stand.

11:53 AM

10



Text / DM Follow-Up with 1–10 Scale:

Hey [Name], just checking in—now that you've had a chance to try the patch, I'm curious... what did you notice?

Everyone responds differently, so I always love hearing what people felt.

On a scale from 1 to 10...

👉 **1 = Not interested at all**

👉 **10 = I'm all in, let's go!**

Where do you feel like you are right now? No pressure either way—it just helps me know how best to support you. 💬



21 Day Go for NO!! Challenge:

Day :

1	Day of the week:	Date:
2	Previous Business No Collected:	Previous Personal No Collected:
3	Today's Business No- Goal:	Today's Personal No-Goal:
4	Business No's Collected Today:	Personal No's Collected Today:
5	Total Business No's to Date:	Today's Personal No's to Date:
6	Today's "Big Fish":	Today's Critical FOLLOW UP:
7	Today's "ONE MORE CALL":	Today's GFN Effort Rating:
10	Misc. Notes & Observations:	

Lifewave Follow-Up Scripts Cheat Sheet

Initial Follow-Up (24–48 hours later)

Hey [Name], I wanted to follow up and see what you thought about the info I shared on Lifewave. Curious what stood out to you the most?

When you have a minute, I'd love to know where you feel like you are on a scale of 1–10 in terms of interest—just helps me know how to support you best.

Hey [Name], just checking in to see if you had a chance to look over the [info](#) I sent on the Lifewave patches. I'm here for any questions!

On a scale of 1–10 (1 = not interested, 10 = let's go), where do you feel like you're at right now?

If They Say 8–10 (High Interest)

Awesome! That's exciting. Let's get you started—are you more interested in trying the product first or learning how to partner and earn from sharing it?

If They Say 4–7 (Still Deciding)

Totally get it. That's [actually where](#) a lot of people start!

What would help move you closer to a 10? More info? A sample? Hearing how others are using it? I'm happy to meet you wherever you are.

If They Say 1–3 or 'Not Interested'

Thanks so much for letting me know! I really appreciate your honesty.

This isn't for everyone, and that's totally okay. I'll keep you on my radar in case anything ever changes—and you're always welcome to reach out if curiosity sparks later.

If They Say 'I Need More Time' or 'Haven't Looked Yet'

No worries at all—life gets busy! I'll circle back in a few days to check in. If any questions pop up in the meantime, just message me.

If They Had a Good Experience but Haven't Committed

I'm so glad to hear you felt something! That's always a great sign. Would you say you're more curious about how it works, what's in it, or what to do next?

I can send you a quick video or guide depending on what direction feels best for you.



My Success Story

My GFN!!!!

- More people responding, the pressure is off.
- More people giving feedback because I'm asking for clarity.
- More people asking for what they need because I'm providing the space to do so.
- I am guiding not directing.

Actionable steps:

- Set your GFN goal
- Set aside time each day to GFN
- Pull out your list of past prospects. 🙄 🙄
- Pull out your follow up list and just start from the top. Get a clear no, not a messy yes.
- Fill out your daily tracker.
- Fill out your 21 GFN worksheet.
- Celebrate every No, Yes, Maybe, and every sign-up.
- Quick reminder, if you're going to 100 no's you don't just contact 100 people

