

# Mental B.A.T.H

Complete 5 days a week for  
a successful  
mindset a successful business!

## Resources::

Call the M\$M (million \$ Message Hotline daily at 641-3900-4436

Watch the monthly training on  
intouch site

### **B- get 1 appointment/party**

### A- write down & recite your 5-10 affirmations

**T- listen to a training cd**

## H- Hook in by contacting your director or listening to a hotline call