

Training Guide: Quick-Start + Step-by-Step System

START HERE — FIRST 24–48 HOURS (Goal: Find Your First 2 Brand Partners)

Your first goal: find your first **2 Brand Partners** in your first 2 weeks by taking fast, simple action—starting with texting **15–25 contacts** in your first **24–48 hours**.

Pro Tip: Enroll your first 2 Brand Partners with a qualifying order in your first 48 hours and you've qualified in the Global Bonus pool forever!

1. **Pick your top 2–3 scripts** that resonate with you (choose the ones you resonate with and can see yourself using.)
2. **Print the Cheat Sheet** and **save it** in three places: on your computer, on your phone, and where you can grab it fast.
3. **Know how to 3-way your upline** (by phone and through Messenger or your messaging app). Do one practice run so you're ready when someone is interested.
4. **List your contacts:** aim for 25–50 names (start with at least 25). Use your phone contacts, social media, and recent calls/texts.
5. **Start texting:** message **15–25 people** within your first **24–48 hours**. Keep it simple, send the message, and move to the next contact.

When people reply: acknowledge them, keep it short, and ask a question. If they're open to learning more, **3-way your upline** right away (phone or Messenger) so you can move the conversation forward and learn in real time.

Where to find the Scripts + Cheat Sheet: Go to **threedeeppcoaching.com** → **Resources**

Optional (recommended): Paste the direct download links below for easy access:

Scripts PDF: <https://threedeeppcoaching.com/wp-content/uploads/2026/03/scripts.pdf>

Cheat Sheet: <https://threedeeppcoaching.com/wp-content/uploads/2026/04/cheat-sheet.docx>

Your First 2 Weeks — WEEKS 1 & 2 (Enroll Your First 2)

After you complete the 24–48 hour launch, your focus for **Weeks 1 & 2** is to build consistency, sharpen the core skills, and **enroll your first 2 Brand Partners**. This is what we track to measure success during your first two weeks:

- **Invitation (daily):** start conversations and invite people to take a look.
- **Follow-up:** Acknowledge → Keep it simple → Ask a question.
- **3-way / leverage:** bring your upline in quickly when someone is open.
- **Presentation:** get people to the tool (video, overview, call)—not a long explanation.
- **Enrollment conversation:** confidently help someone choose the right starting point.

How we measure success in Weeks 1 & 2

- **Daily outreach: After the first 48 hours:** message 5 people per day (minimum) using your chosen scripts.
- **Daily follow-up:** follow up with everyone who responds (same day when possible).
- **Daily leverage:** complete at least **1 three-way** (connect with another teammate) whenever someone is open to learning more.
- **Weekly rhythm:** role-play with your sponsor/upline at least **3× per week** (inviting + follow-up + enrollment).
- **Outcome goal: Enroll 2 active, paid Brand Partners by the end of Week 2.**

Next: When you're ready, jump to **SECTION 7 — WEEKS 1 & 2 (Enroll Your First 2)** for the full checklist and daily actions. <https://threedeeepcoaching.com/week-1-2/>

SECTION 1 — GETTING STARTED (Day 1)

Home Page

While you've gotten started sending your texts out to potential customers and partners, Spend a little time getting to know your training website.

1. Read the Home page thoroughly to ensure you fully understand its content. Focus on the three pillars: Mindset, Skills, and Duplication.
2. Reflect on each pillar. Write in your own words what Mindset, Skills, and Duplication mean to you, and explain why each one is important.

3. Evaluate which of the three pillars is your weakest. Make this pillar your priority for improvement.
4. Bookmark <http://threedeeppcoaching.com> on your phone for easy access.
5. Reach out to your sponsor. Inform them that you have started the program and share your biggest goal with them.

Section link: <https://threedeeppcoaching.com/>

SECTION 2 — MINDSET (Days 1–7, then ongoing)

Mindset Page

1. Watch all videos on the Mindset page. Take notes on anything that stands out to you.
2. Write your personal "Why" in two to three sentences. Be specific about your motivations for being here and what you want to accomplish.
3. Create a daily affirmation: "I easily attract and sponsor ___ committed builders." Say this affirmation aloud every morning.
4. Select one teacher from the recommended list and spend 15 minutes with their content every day.
5. Each evening for the week, write down one belief that holds you back and a new belief to replace it.
6. Watch Blaine's Story video. Note the internal shift he experienced—not just his actions, but his mindset change.
7. Continue with at least ten minutes of personal development each day before starting any business activities.

Section link: <https://threedeeppcoaching.com/mindset/>

SECTION 3 — SKILLS (Days 2–5)

Skills Page

1. Read the entire Skills page from top to bottom without skipping any sections.
2. On **threedeeppcoaching.com**, go to the **Skills** page and download the **Scripts PDF** and the **Cheat Sheet** (Downloads section). Save both to your phone.

Scripts PDF: <https://threedeeepcoaching.com/wp-content/uploads/2026/03/Scripts-Website.pdf>

Cheat Sheet: <https://threedeeepcoaching.com/wp-content/uploads/2026/04/cheat-sheet.docx>

3. Review all ten core skills. Identify the three skills that feel most unfamiliar to you and make these your focus for practice.
4. Write a statement answering: “What does my product do for someone’s life?” Practice saying this until it flows naturally.
5. Role-play an invitation with your sponsor. Receive feedback and repeat the exercise.
6. Write a follow-up sequence for contacts: plan what you will say on Day 1, Day 3, and Day 7 if there is no response.
7. Watch both follow-up videos on the Skills page: the triGLP Short Video and the Team Testimonial Video.

Section link: <https://threedeeepcoaching.com/skills/>

SECTION 4 — SCRIPTS (Day 3, then daily)

Scripts Page

1. Read every script on the page to understand the tone and approach. Do not attempt to memorize all the scripts.
2. Select two or three scripts that feel most authentic to you. These will be your primary messages.
3. Personalize each chosen script so it sounds like your own voice, but keep the structure intact.
4. Send your first five messages using your selected scripts. Engage real people in genuine conversations.
5. When someone replies, use the corresponding reply scripts. Keep your responses brief and end with a question.
6. Practice the core communication rule: Acknowledge → Keep it simple → Ask a question.
7. Share the Scripts PDF with every new partner within 24 hours of their joining.

SECTION 5 — ONBOARDING (Every time a new partner joins)

Onboard Page

1. Read the Onboard page completely before signing your first partner.
2. Within the first five minutes, ask: “Which level feels right — customer, side hustle, or builder?”
3. Go through the checklist with your new partner out loud together; do not leave it as homework.
4. Help your partner send their first messages within 24 to 48 hours to maintain momentum.
5. Check in daily for the first seven days. Celebrate every action taken, not just the results.
 - 📌 **Level 1 Customer:** Set up product, join the community, share usage tips, and plant the seed for future engagement.
 - 📌 **Level 2 Side Hustle:** Create a list of 10–20 contacts, send initial messages within 48 hours, and secure the first two customers.
 - 📌 **Level 3 Builder:** Clarify their “Why,” compile a top 25 list, execute a 48-hour launch, enroll the first two partners, and teach them how to duplicate.

Section link: <https://threedeeepcoaching.com/onboard/>

SECTION 6 — DUPLICATION (Overview of Your Path)

Duplication Page

Duplication is the path you’re on—**simple, repeatable steps** that you do first, then teach your new Brand Partners to do the exact same way. Your job is not to reinvent the process; your job is to **follow the path**, hit the activity numbers, and help your team do the same.

The Duplication Path (at a glance)

- **Weeks 1 & 2:** Launch + daily messaging + leverage → **enroll your first 2 Brand Partners.**
- **Weeks 3 & 4:** Teach your 2 partners to do Weeks 1–2 (same scripts, same actions).
- **Weeks 5 & 6:** Build depth by helping your partners enroll their first 2 (start forming the 2×2).
- **Weeks 7 & 8:** Lead and stabilize—track numbers weekly and develop emerging leaders.

How onboarding fits: Every time you enroll a new Brand Partner, your first leadership job is to walk them through **START HERE** and then **Weeks 1 & 2**. That’s what creates duplication—same steps, same tempo, same focus.

Section link: [https://threedeeepcoaching.com/duplication/SECTION 7 — WEEKS 1 & 2 \(Enroll Your First 2\)](https://threedeeepcoaching.com/duplication/SECTION 7 — WEEKS 1 & 2 (Enroll Your First 2))

Week 1 & 2 Page

1. Speak with your sponsor. Share your vision and specific goals you want to accomplish.
2. Watch overview videos for the company, product, and compensation plan.
3. Write a prospect list with at least 20 names. Document them in writing.
4. Select two or three scripts and send messages to 10–15 people each day.
5. Practice the 2×2 model until you can explain it confidently without notes.
6. Role-play the enrollment conversation with your sponsor until it becomes second nature.
7. Do daily visualization exercises and recite your affirmation aloud every morning.
8. Goal: Enroll two active, paid Brand Partners by the end of Week 2. If not achieved, increase role-plays and add daily check-ins with your upline. Do not advance until this step is completed.

Section link: <https://threedeeepcoaching.com/week-1-2/>

SECTION 8 — WEEKS 3 & 4 (Teach It. Duplicate It.)

Week 3 & 4 Page

1. Guide your two partners through the same Weeks 1–2 training, using identical scripts and structure.
2. Organize your first team call; a three-way phone call or FaceTime is sufficient to begin.
3. Hold a weekly 30-minute team call covering wins, skill development, 2×2 updates, and weekly goals.
4. Lead at least two group presentations with your partners participating.
5. Ensure both partners are actively contacting people every day. If not, schedule role-play sessions together.
6. Goal: Both partners taking daily action, with at least one starting to sponsor their own first person.

Section link: <https://threedeeppcoaching.com/week-3-4/>

SECTION 9 — WEEKS 5 & 6 (Build Depth. Create Stability.)

Week 5 & 6 Page

1. Support each of your original two partners as they enroll their own two people. Stay closely involved throughout the process.
2. Transition your language from “sponsoring people” to “building duplicating legs.”
3. Host a larger team call so everyone can see and feel the vision together.
4. Have each person report weekly on their contacts, presentations, and downline activity.
5. Monitor your full 2×2 tree. Know the names and progress of every individual in the process.
6. Goal: Each of your original two partners has enrolled their two, resulting in seven active people total. Second-level partners are beginning to sponsor.

Section link: <https://threedeeppcoaching.com/week-5-6/>

SECTION 10 — WEEKS 7 & 8 (Lead It. Own It. Scale It.)

Week 7 & 8 Page

1. Conduct your own weekly team training using the exact system provided on the site.
2. Guide one brand-new partner through Weeks 1–2 with minimal support from your upline.
3. Participate in three-way calls with your front line to assist their new sign-ups.
4. Track all numbers weekly: contacts, presentations, enrollments, and duplication activity.
5. Identify one or two emerging leaders and begin coaching them, going beyond simple training.
6. Share your vision for the next eight-week cycle and set new goals with your team.
7. Goal: Establish a 31-person team tree in motion, with multiple legs operating independently. Successfully guide at least one person through the full eight-week system on their own.

Section link: <https://threedeeppcoaching.com/week-7-8/>

SECTION 11 — TRAIN THE TRAINER (Active Leaders)

Train the Trainer Page

1. Read the Train the Trainer page in its entirety before leading your first team session.
2. Review each section: Mindset, Skills, and coaching notes for all four duplication weeks.
3. Train Mindset effectively by emphasizing confidence even when you do not have all the answers, detachment from the outcome, and trusting the process.
4. Train Skills by encouraging immediate action within 24 hours, rather than attempting to teach everything at once.
5. In Weeks 1–2, maintain close contact, check in daily, and celebrate every action.
6. In Weeks 3–4, focus on building consistency and confidence, and return to practicing core skills.

7. In Weeks 5–6, encourage people to start teaching what they have learned.
8. In Weeks 7–8, step back and allow your leaders to conduct their own trainings.

Section link: <https://threedeeepcoaching.com/train-the-trainer/>

SECTION 12 — RESOURCES (Use Daily)

Resources Page

1. From **threedeeepcoaching.com** → **Resources**, download the **Scripts PDF** and save it to your phone and camera roll.
Scripts PDF: [PASTE LINK HERE]
2. From **threedeeepcoaching.com** → **Resources**, download the **Cheat Sheet** and keep it accessible for quick reference.
Cheat Sheet: [PASTE LINK HERE]
3. Watch the triGLP teaser video and learn it well enough to explain before sharing it.
4. Download and read the Compensation Plan PDF to understand how and when you get paid.
5. Share the Resources page link with every new partner on their first day.

Section link: <https://threedeeepcoaching.com/resources/>