MY 150

THE 30-DAY SIDE INCOME STARTER PLAN · STEP 1 WORKSHEET

Set a 20-minute timer. Write every name that comes to mind.

Don't judge who might be interested. Just write. You know more people than you think.
Tip: scroll through your phone contacts and WhatsApp chats.
Most people find 150 names in under 20 minutes.

150	5	30
people you know	conversations a day	days

Memory prompts

		how many?
Family	Parents, siblings, cousins, in-laws, aunties and uncles	
School	Primary, secondary and university classmates, old teachers	
Work	Current and past colleagues, clients, suppliers	
Church or mosque	Fellowship members, choir, youth group, ushers	
Neighbourhood	Neighbours, landlord, shop owners, your barber or hairdresser	
Social	Friends, gym, football, WhatsApp groups, alumni groups	
Services	Your mechanic, tailor, trotro or taxi regulars, market sellers	

How to use the tracker columns

Msg: tick when you send your first friendly message (5 a day).
F/up: tick when you follow up (no reply after 2 days, or "maybe later" = check back next week).
Invite: tick when they say yes to a live session or look at the plan.

Tonight: write your 150 names. Tomorrow: send your first 5 messages.

Free live intro on Zoom every Wednesday 8 PM and Saturday 6 PM, Ghana time.
For the Zoom link, WhatsApp John: +233 55 775 0104

MY 150

NAMES 1–30 · TICK AS YOU GO

#	Name	Where I know them from	Phone / WhatsApp	Msg	F/up	Invite
1				☐	☐	☐
2				☐	☐	☐
3				☐	☐	☐
4				☐	☐	☐
5				☐	☐	☐
6				☐	☐	☐
7				☐	☐	☐
8				☐	☐	☐
9				☐	☐	☐
10				☐	☐	☐
11				☐	☐	☐
12				☐	☐	☐
13				☐	☐	☐
14				☐	☐	☐
15				☐	☐	☐
16				☐	☐	☐
17				☐	☐	☐
18				☐	☐	☐
19				☐	☐	☐
20				☐	☐	☐
21				☐	☐	☐
22				☐	☐	☐
23				☐	☐	☐
24				☐	☐	☐
25				☐	☐	☐
26				☐	☐	☐
27				☐	☐	☐
28				☐	☐	☐
29				☐	☐	☐
30				☐	☐	☐

MY 150

NAMES 31–60 · TICK AS YOU GO

#	Name	Where I know them from	Phone / WhatsApp	Msg	F/up	Invite
31				☐	☐	☐
32				☐	☐	☐
33				☐	☐	☐
34				☐	☐	☐
35				☐	☐	☐
36				☐	☐	☐
37				☐	☐	☐
38				☐	☐	☐
39				☐	☐	☐
40				☐	☐	☐
41				☐	☐	☐
42				☐	☐	☐
43				☐	☐	☐
44				☐	☐	☐
45				☐	☐	☐
46				☐	☐	☐
47				☐	☐	☐
48				☐	☐	☐
49				☐	☐	☐
50				☐	☐	☐
51				☐	☐	☐
52				☐	☐	☐
53				☐	☐	☐
54				☐	☐	☐
55				☐	☐	☐
56				☐	☐	☐
57				☐	☐	☐
58				☐	☐	☐
59				☐	☐	☐
60				☐	☐	☐

MY 150

NAMES 61–90 · TICK AS YOU GO

#	Name	Where I know them from	Phone / WhatsApp	Msg	F/up	Invite
61				☐	☐	☐
62				☐	☐	☐
63				☐	☐	☐
64				☐	☐	☐
65				☐	☐	☐
66				☐	☐	☐
67				☐	☐	☐
68				☐	☐	☐
69				☐	☐	☐
70				☐	☐	☐
71				☐	☐	☐
72				☐	☐	☐
73				☐	☐	☐
74				☐	☐	☐
75				☐	☐	☐
76				☐	☐	☐
77				☐	☐	☐
78				☐	☐	☐
79				☐	☐	☐
80				☐	☐	☐
81				☐	☐	☐
82				☐	☐	☐
83				☐	☐	☐
84				☐	☐	☐
85				☐	☐	☐
86				☐	☐	☐
87				☐	☐	☐
88				☐	☐	☐
89				☐	☐	☐
90				☐	☐	☐

MY 150

NAMES 91–120 · TICK AS YOU GO

#	Name	Where I know them from	Phone / WhatsApp	Msg	F/up	Invite
91				☐	☐	☐
92				☐	☐	☐
93				☐	☐	☐
94				☐	☐	☐
95				☐	☐	☐
96				☐	☐	☐
97				☐	☐	☐
98				☐	☐	☐
99				☐	☐	☐
100				☐	☐	☐
101				☐	☐	☐
102				☐	☐	☐
103				☐	☐	☐
104				☐	☐	☐
105				☐	☐	☐
106				☐	☐	☐
107				☐	☐	☐
108				☐	☐	☐
109				☐	☐	☐
110				☐	☐	☐
111				☐	☐	☐
112				☐	☐	☐
113				☐	☐	☐
114				☐	☐	☐
115				☐	☐	☐
116				☐	☐	☐
117				☐	☐	☐
118				☐	☐	☐
119				☐	☐	☐
120				☐	☐	☐

MY 150

NAMES 121–150 · TICK AS YOU GO

#	Name	Where I know them from	Phone / WhatsApp	Msg	F/up	Invite
121				☐	☐	☐
122				☐	☐	☐
123				☐	☐	☐
124				☐	☐	☐
125				☐	☐	☐
126				☐	☐	☐
127				☐	☐	☐
128				☐	☐	☐
129				☐	☐	☐
130				☐	☐	☐
131				☐	☐	☐
132				☐	☐	☐
133				☐	☐	☐
134				☐	☐	☐
135				☐	☐	☐
136				☐	☐	☐
137				☐	☐	☐
138				☐	☐	☐
139				☐	☐	☐
140				☐	☐	☐
141				☐	☐	☐
142				☐	☐	☐
143				☐	☐	☐
144				☐	☐	☐
145				☐	☐	☐
146				☐	☐	☐
147				☐	☐	☐
148				☐	☐	☐
149				☐	☐	☐
150				☐	☐	☐