

# Team 100 Program

Helping clients get the results they need requires a team effort by the Coach and other professionals.

The **Team 100™** List works like a dance card: You select the 100 other professionals who you want on your team. With the right players, here's what can happen:

- Your clients have access to a strong network.
- You can tap into high-expertise immediately.
- Most problems or needs can be solved, fast.
- Referrals start flowing among team members

*Dedicated to the model of networking: Sandy Vilas*

## INSTRUCTIONS

1. **Decide to get a full team within 1 year.**
2. **Fill in the team members you now know.**
3. **Start networking to fill in the other slots.**
4. **Pass around blank forms to associates.**
5. **Get yourself on other's Team 100™ lists.**

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## PROGRESS CHART

Date	Points (+/-)	Score

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## TEAM 100 PROGRAM 100-POINT CHECKLIST

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#	Sections			
	A	B	C	D
25				
24				
23				
22				
21				
20				
19				
18				
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16				
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6				
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4				
3				
2				
1				

GIVE YOURSELF CREDIT AS YOU GET POINTS FROM THE 100-POINT PROGRAM. FILL IN COLUMNS FROM THE BOTTOM UP.

## A. BIZ & WORK

*Running a business, managing a career, finding work that you enjoy all come easier when you have experts and models to guide and inspire you.*

- New Business Specialist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Career Consultant/Planner  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Graphic Artist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Printer/Copy Place  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Turnaround Business Expert  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Corporate Trainer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Professional Networker  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Internet Marketing Expert  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Web Presence Provider  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Marketer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Business Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Corporate Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Executive Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Business Diagnostic Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Marketing Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Professional Writer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Computer Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Hard Disk Crash Recoverer  
Name: \_\_\_\_\_

- Contact Info: \_\_\_\_\_
- Software Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Headhunter  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_

\_\_\_\_ **Number of boxes checked (20 max)**

## B. MONEY & LEGAL

*The only thing in the way of your financial independence is great advice and the willingness to apply it.*

- Small Business Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Real Estate Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Tax Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- International Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Estate Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Copyright/Trademark Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Criminal Attorney  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Financial Planner  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Banker  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Realtor  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Venture Capitalist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Stockbroker  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- CPA  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Insurance - Life/Health/Disability  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Insurance - Liability

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Insurance - Home/Auto

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Bookkeeper/Bill Paying Service

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Grant Writer

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Property Manager

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Money Manager

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_ Number of boxes checked (25 max)

### C. PERSONAL & HEALTH

*Our bodies, minds and spirits can benefit from these experts.*

- MD - Internist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- MD - Ophthalmologist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- MD - Cosmetic Surgeon

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- MD - Dermatologist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- MD - Sports

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- MD - Psychiatrist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Nutritionist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- ND (Naturopath)

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Massage Therapist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Chiropractor

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Pharmacist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Movement Therapist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Acupuncturist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Diagnostician

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Therapist - Depression

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Therapist - ADD Expert

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Therapist - Relationships

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Fertility Expert

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Dentist/Cosmetic Dentist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Speech Therapist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_ Number of boxes checked (25 max)

### D. PERSONAL SERVICES

*These are services that make our lives easier.*

- Housekeeping/Cleaning

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Travel Agent

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Event Planner

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Florist

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Professional Gift Service

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Portrait Photographer

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Caterer

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Seamstress/Tailor

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

- Childcare/Babysitter  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Minister/Clergy  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Auto mechanic/Car Care  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Electrician  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Air conditioning/Heating  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Plumber  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Professional Organizers  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Concierge/Errands  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Dog Walker/Pet Sitter  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Good Book Mavern  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Interior Designer/Decorator  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Handyman/woman  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_

\_\_\_\_ Number of boxes checked (25 max)

### E. EXTREME SELF-CARE

*Extreme self-care refers to the practice of taking **exceptionally** good care of your body, mind and spirit. The professionals below can make a big difference in your emotional, physical and energy levels.*

- Skin Care Specialist/Spa  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Assistant (Real)  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Assistant (Virtual)  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_

- Personal Trainer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Healthy Food Delivery  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Spiritual Advisor/Clergy  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Manicurist/Pedicurist  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Jeweler  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Certified Rolfer  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Image/Color Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Personal Makeover Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Communication Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Feng Shui Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Reiki Master  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Alexander Technique Expert  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Irresistible Attraction Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Visual Artist Consultant  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Lifestyle Design Coach  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_
- Psychic  
Name: \_\_\_\_\_  
Contact Info: \_\_\_\_\_

\_\_\_\_ Number of boxes checked (25 max)