

THE HOT

15

Get Sh*t Done In Your Tanning Biz

What's the secret to running a successful
spray tanning business?

It's not just skills, its consistency!

The problem? We're busy, distracted and
sometimes over whelmed.

That's where HOT 15 comes in!

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THE HOT 15 :

Get Sh*t Done In Your Tanning Biz

How It Works:

Set a timer for 15mins and commit to one specific task.

Whether you finish it or not, the key is that you start to take **ACTION!**

Spray Tanning Biz Tasks To Tackle In A Hot 15!

Client Care - Message old clients, check in or follow up with recent tans.

Social Media - Create or schedule one post, reply to DMs or engage with followers.

Stock Check - Restock disposables, clean your kit or prep for the next day.

Training & Growth - practice a new technique, brainstorm content.

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THE SECRET?

The secret is simple, **START!**

The hardest part isn't doing the task, it's starting it.

You're too busy right?

Or your too tired or just not in the mood and find yourself scrolling endlessly on social media instead.

But if you want your business to be successful, you have to take control of your time and stop wasting it!

You don't need to spend hours on every task, small consistent efforts over time make big results.

This low pressure approach makes your business start feeling achievable!

So next time you're about to scroll, ask yourself.
“Can I create a post for my business in 15?”

O L I V E G L O W S U N L E S S

Lets Put A Plan In To Action!

Choose A Specific Task:

Be clear about what task you'll tackle.

For example, "I'm going to introduce myself on a post with a nice professional but fun photo."

Eliminate Distractions:

Set your phone on to do not disturb mode and create a focused environment.

Use A Timer:

This adds an element of urgency, making it easier to get started.

Celebrate Small Wins:

After completing the HOT 15, even if it's not fully finished, acknowledge that you've moved forward. This will boost your motivation to keep going.

Congratulations

You now have simple yet powerful tool to help you take control of your time and make progress in your spray tanning business every day!

Remember success doesn't come from waiting for the perfect moment or feeling fully motivated, it comes from taking small, consistent actions!

PROGRESS OVER PERFECTION

Get Sh*t Done

In Your Tanning Biz

THE HOT  WAY

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