

## The Now Lifestyle MUST DO CHECKLIST for Business Success

Print this checklist off and then place a check or an "X" next to each task as you complete each action if you want to get up and running with the Now Lifestyle. This is a generic list without going into detail as far as what each section entails or how to use that section...Not to worry though because in each section we have training videos to show you exactly how to carry out a certain task. For example, creating a follow up email or joining the Facebook group (We are continually updating the member area for ease of use so this might look slightly different depending on when you downloaded it)

## VIDEO STREAMING-SHARING

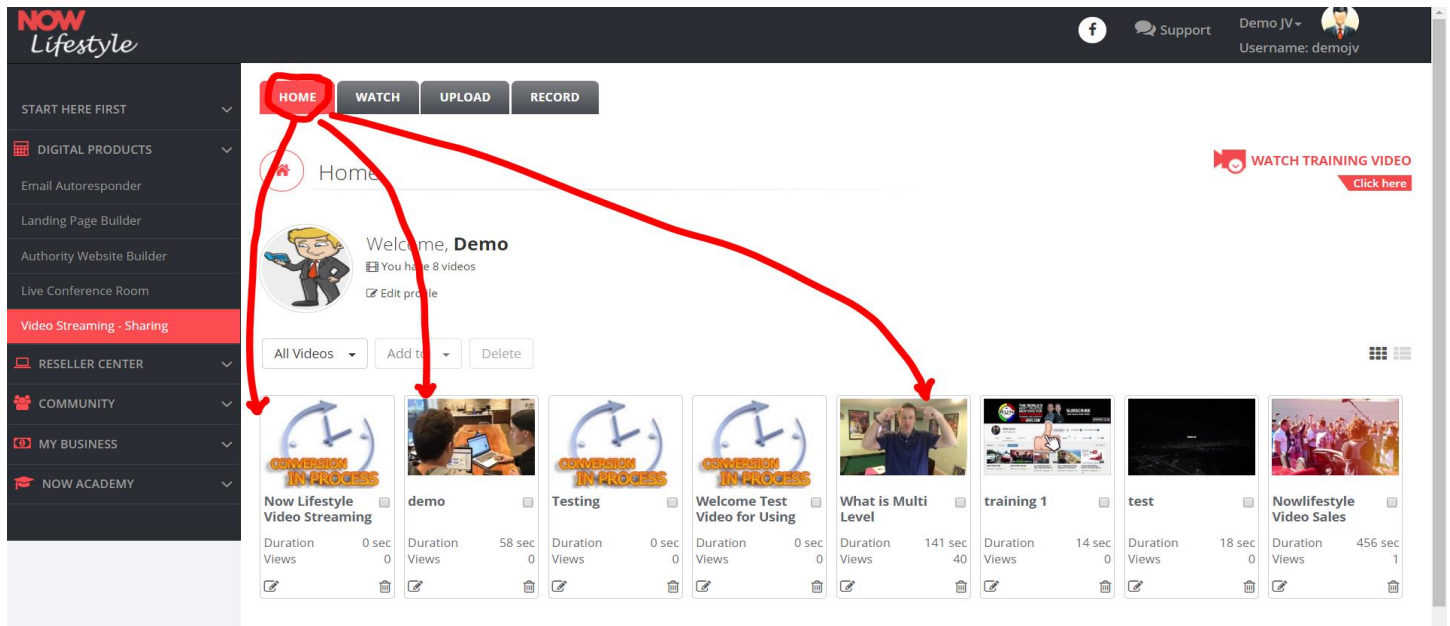
Video Streaming-Sharing: This is where you can not only host your own videos, **ad free**, but can also access the full library of videos that other members have created and use them for your own benefit (assuming they are public and not private) to embed on your pages, share in social media and much more.

The screenshot shows the 'Video Streaming - Sharing' section of the Now Lifestyle platform. The user is logged in as 'Demo JV' with the username 'demojv'. The interface includes a navigation sidebar on the left and a main content area. The main content area features a 'Home' header, a welcome message for 'Demo' (with 8 videos and an edit profile option), and a grid of video thumbnails. The thumbnails are as follows:

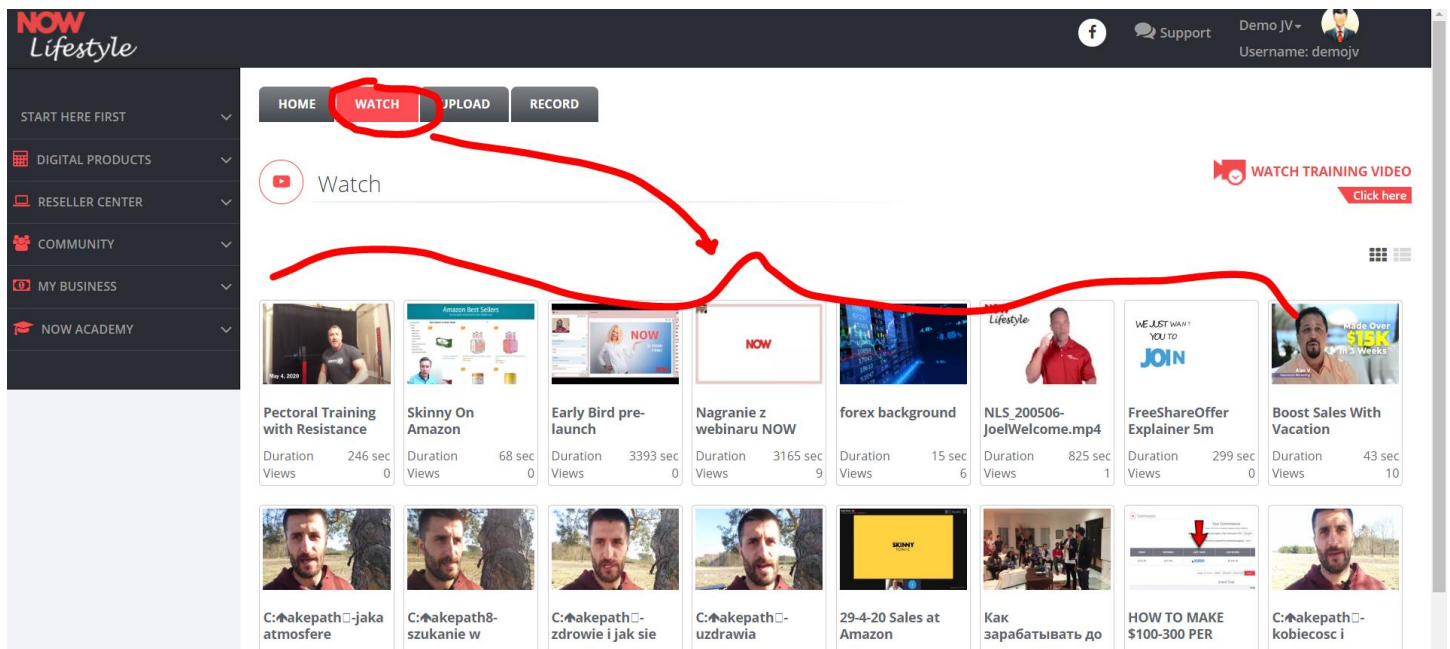
Video Title	Duration	Views
Now Lifestyle Video Streaming	0 sec	0
demo	58 sec	0
Testing	0 sec	0
Welcome Test Video for Using	0 sec	0
What is Multi Level	141 sec	40
training 1	14 sec	0
test	18 sec	0
Nowlifestyle Video Sales	456 sec	1



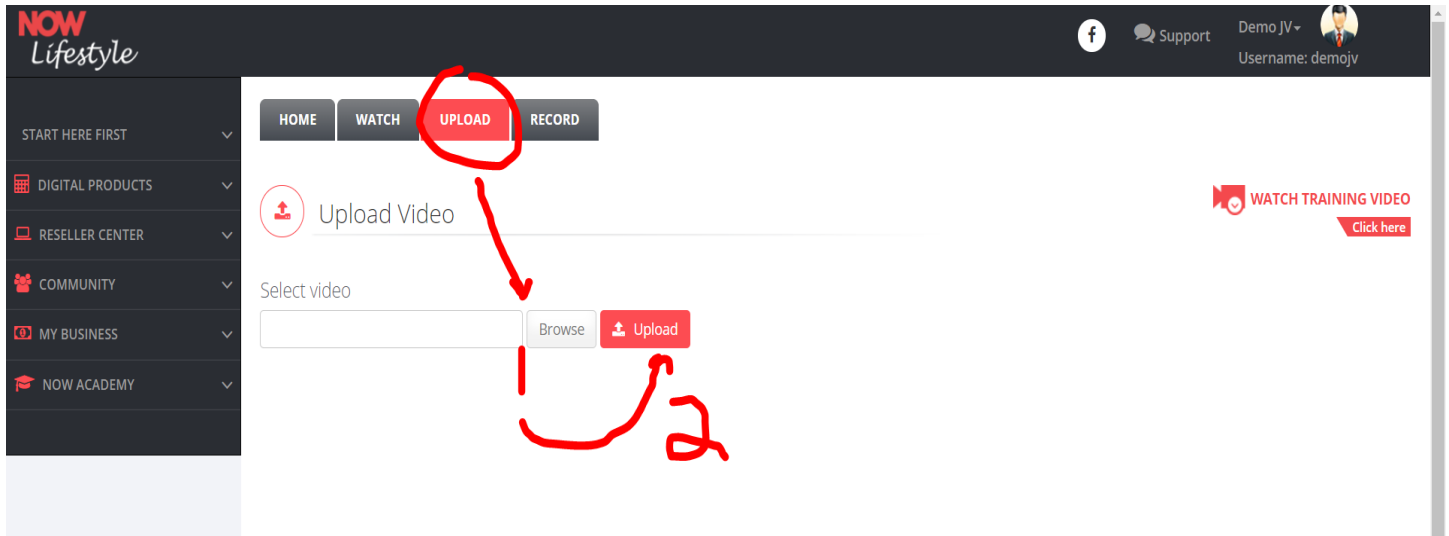
\_\_\_\_ **Home:** See the videos that YOU have personally uploaded to gain access to edit them and grab embed links as well as see those that are currently being converted/rendered by the system



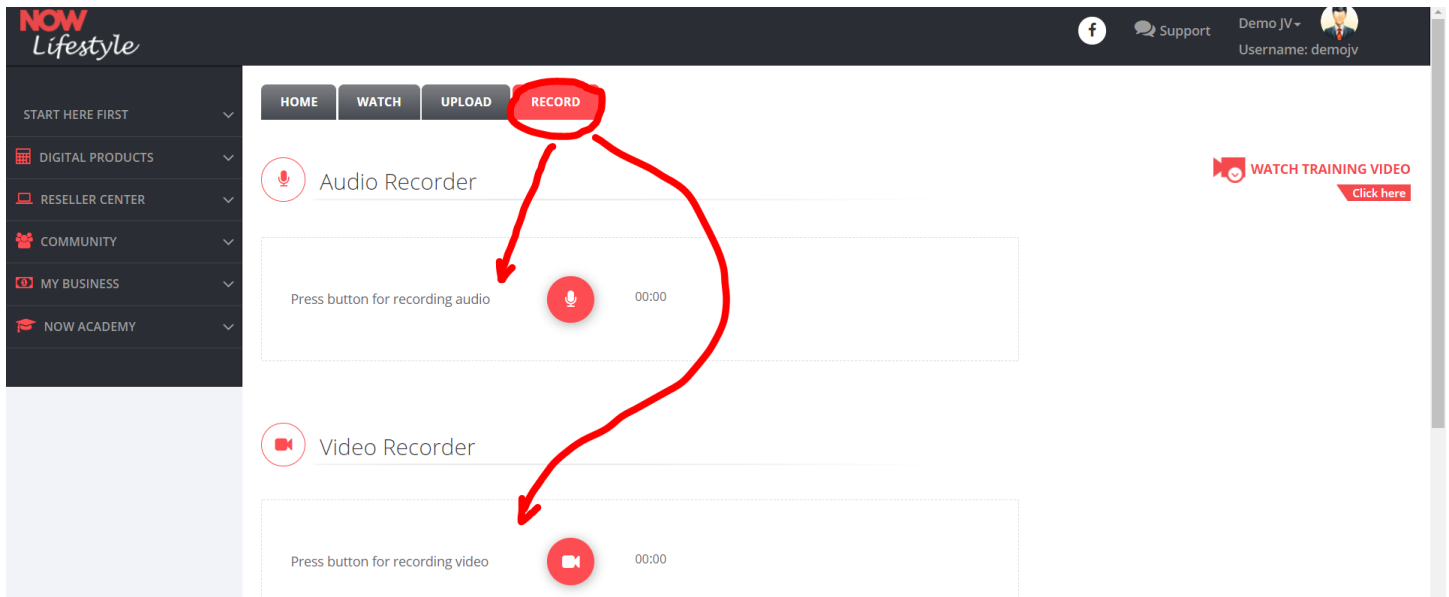
\_\_\_\_ **Watch:** Watch, embed, share and use videos from thousands of other members of Now Lifestyle that you can benefit from in your own business.



\_\_\_\_ **Upload:** Once you have recorded a video using your device you can browse to find the file and then upload the file into the system and begin to edit details like title, keywords and description.



\_\_\_\_ **Record:** Here you can record videos AND audio files using your device



Remember, no one should think they need to or can be able to learn this all in one day or week for that matter. Try to eliminate information overload and do a few tasks a day, then share what you have learned with your social media or other connections (and your LINKS!!!)

Being consistently consistent is what will help cause you to continue improving and growing your business. You get out of it what you put into it.

In addition to sharing on your own pages, be sure to share in the NLS FB group what you are learning and if you have a question or are stuck on some idea/concept, be sure to be as specific as you can so we can help.

Master Trainer Dave Gardner

