WORKSHEET **Starter Noes Checklist**

*Tick each starter no on the day you try it. Then rate that day's hardest one from 0 to 10.*

Day 1: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

Day 2: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

Day 3: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

Day 4: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

Day 5: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

Day 6: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

Day 7: ☐ Upsell ☐ Wait ☐ Preference ☐ Check ☐ Skip Rating: _____

The starter no that was easiest: _____

What actually happened after my scariest one: _____

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