GROWING YOUR LIST WITH SOCIAL NETWORKING

Set-Up Checklist:

- ✓ Good Profile Picture (of yourself)
- ✓ Profile Picture Description
- ✓ Quality Cover Photo/Graphic
- ✓ Quick Intro

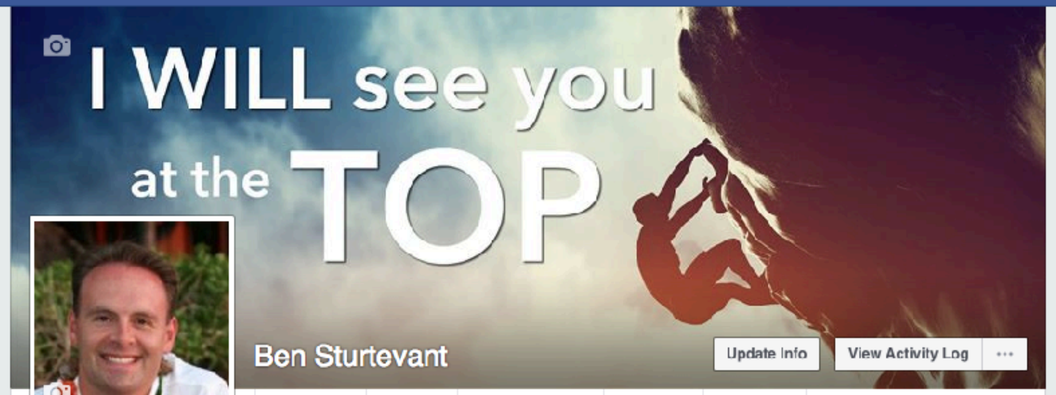
Ben Sturtevant
Ben
Home
THAT'S ME!
Ben Sturtevant
Edit Profile
View Activity Log
Timeline
About
Friends 4,931
Photos
More
What is your position at Self-Employed?
Make Post
Photo/Video
Live Video
Life Event
What's on your mind?
Photo/Video
Feeling/Activity
Intro
I'm a husband, father of two and a proud professional Network Marketer.
http://www.realnetworker.com
Founder & CEO at Ben Sturtevant - Real Networker
Self-Employed
Lives in Santa Rosa, California
From Santa Rosa, California
Joined October 2008
Followed by 1,077 people
Manages Ben Sturtevant - Real Networker
Ben Sturtevant shared Todd Falcone's post.
September 21 at 3:47pm
Todd Falcone
September 21 at 9:29am
You ever blow it and realize what a huge mistake it was and vowed to NEVER do it again???? Yea...me too.
How about doing something AWESOME...and you told you...

Tips For Effective Social Networking:

- ➡ Add 10-15 Friends Daily (Goal: 5,000 Friends)
- ➡ Limit Connections With Cross-line Networkers
- ➡ Interact & Contribute = A.C.C.
  Ask Questions, **C**omment, **C**ontribute (ADD VALUE!!!)
- ➡ Limit Opportunity Posts To 20% Of Posts
- ➡ Don’t Be Negative!
- ➡ NO POLITICS!
- ➡ Never SPAM People
- ➡ BE CONSISTENT!

Ben Sturtevant

Ben | Home 20+



Ben Sturtevant

Update Info | View Activity Log | ...

Timeline | About | Friends 4,948 | Photos | More

Friends

+ Find Friends

All Friends 4,948 | Recently Added | New Posts | Birthdays | Work | Current City | More

Search for your friends

Josh Henderson 2,581 friends ★ Friends	Jill Wallsmith 2,652 friends ✓ Friends
Steve Bono 997 friends ✓ Friends	Benson Keith Boreyko 189 mutual friends ★ Friends
Todd Falcone 4,660 friends ★ Friends	Nancy Tait Dokter 352 friends ★ Friends
Art Jonak 275 mutual friends ★ Friends	Michael Manuel 353 friends ★ Friends
Jordan Adler 4,993 friends ★ Friends	Evan Klassen 371 mutual friends ✓ Friends
John Melton 157 mutual friends ✓ Friends	Brian Carruthers 300 mutual friends ✓ Friends

Sponsored

Swiffer

New Swiffer Wet
Absorb + Lock di
Georgie's paw pr
never before.

Like Page

$99.99 at Amazo
amazon.com
Razer Mamba R2
0136010-R3U1
Grade Chroma 1
Sponsor... - $39.9

Friends

Suggest Friends

All Friends 4,993 | Mutual Friends | Recently Added | Work | High School | More

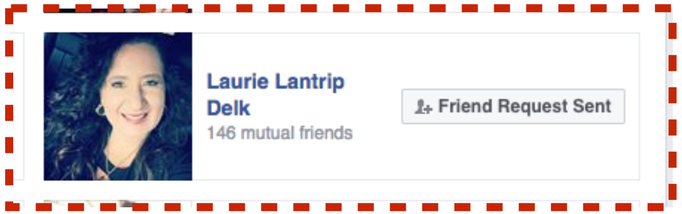
Search Friends

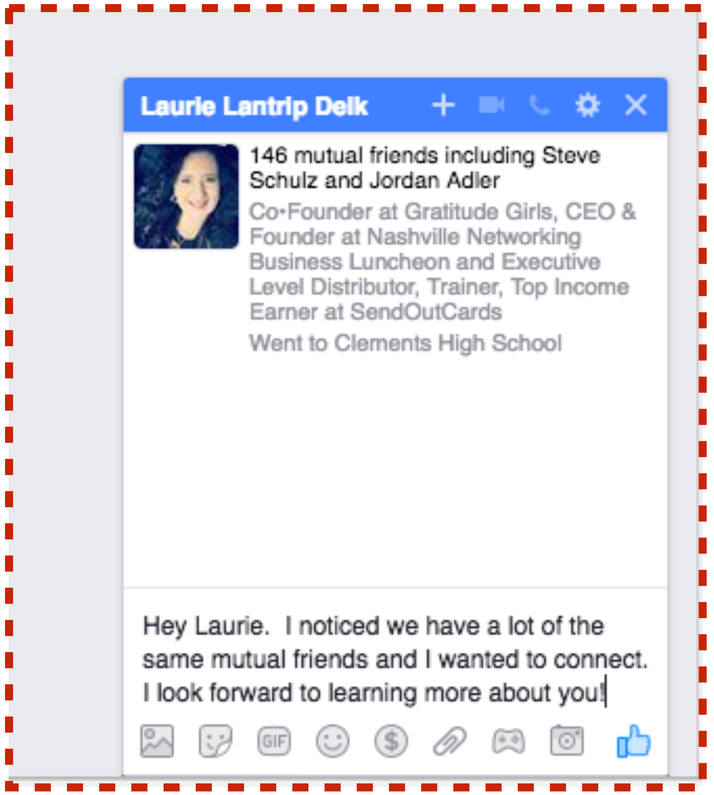
Marina Worre 215 mutual friends	Add Friend	Jenny Rose Heartsong 8 mutual friends	Add Friend
Eric Worre 216 mutual friends	Add Friend	Roger Hallback 105 mutual friends	Add Friend
Bob Golden 36 mutual friends	Add Friend	Laurie Lantrip Delk 146 mutual friends	Add Friend
Kelly Hanner	Add Friend	Mark Shunock 3 mutual friends	Add Friend
Donna Johnson 164 mutual friends	Add Friend	Gayle Zientek 73 mutual friends	Add Friend
Lynn Selwa 28 mutual friends	Add Friend	Hayley Hobson 29 mutual friends	Add Friend

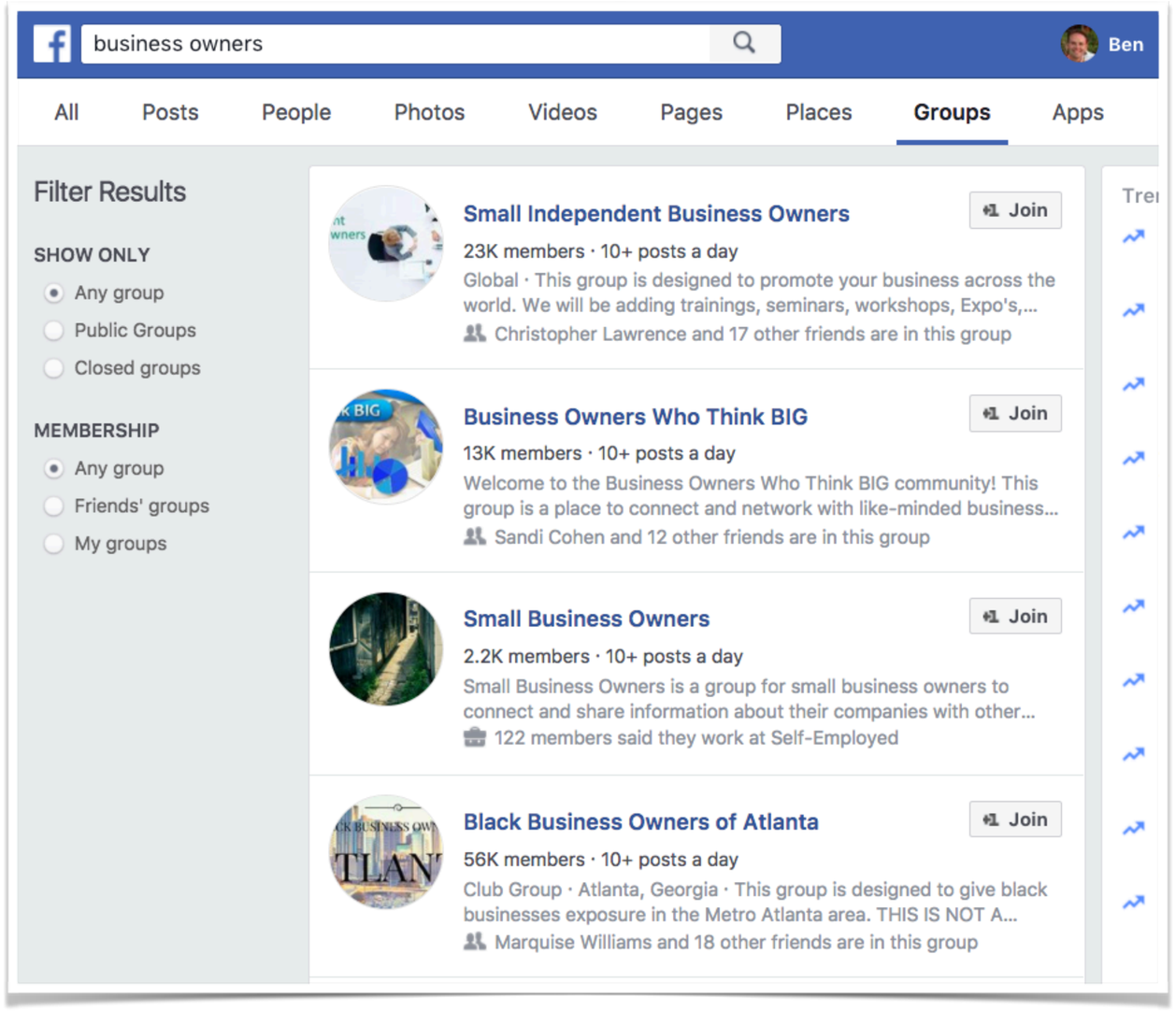
Sponsor

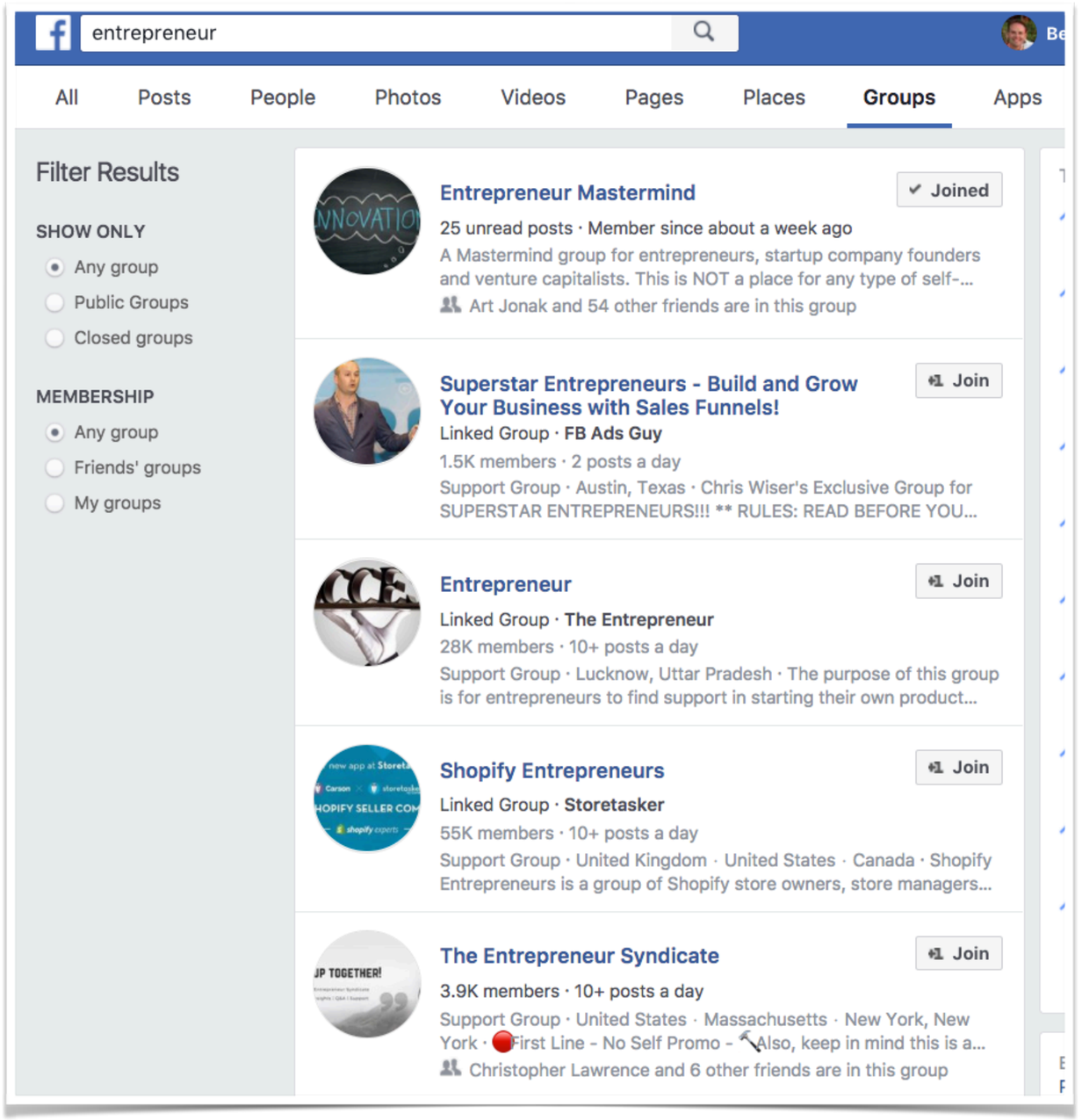
$15.99 at amazon.c
Five Star Subject, 1 Sheets, A
$15.99

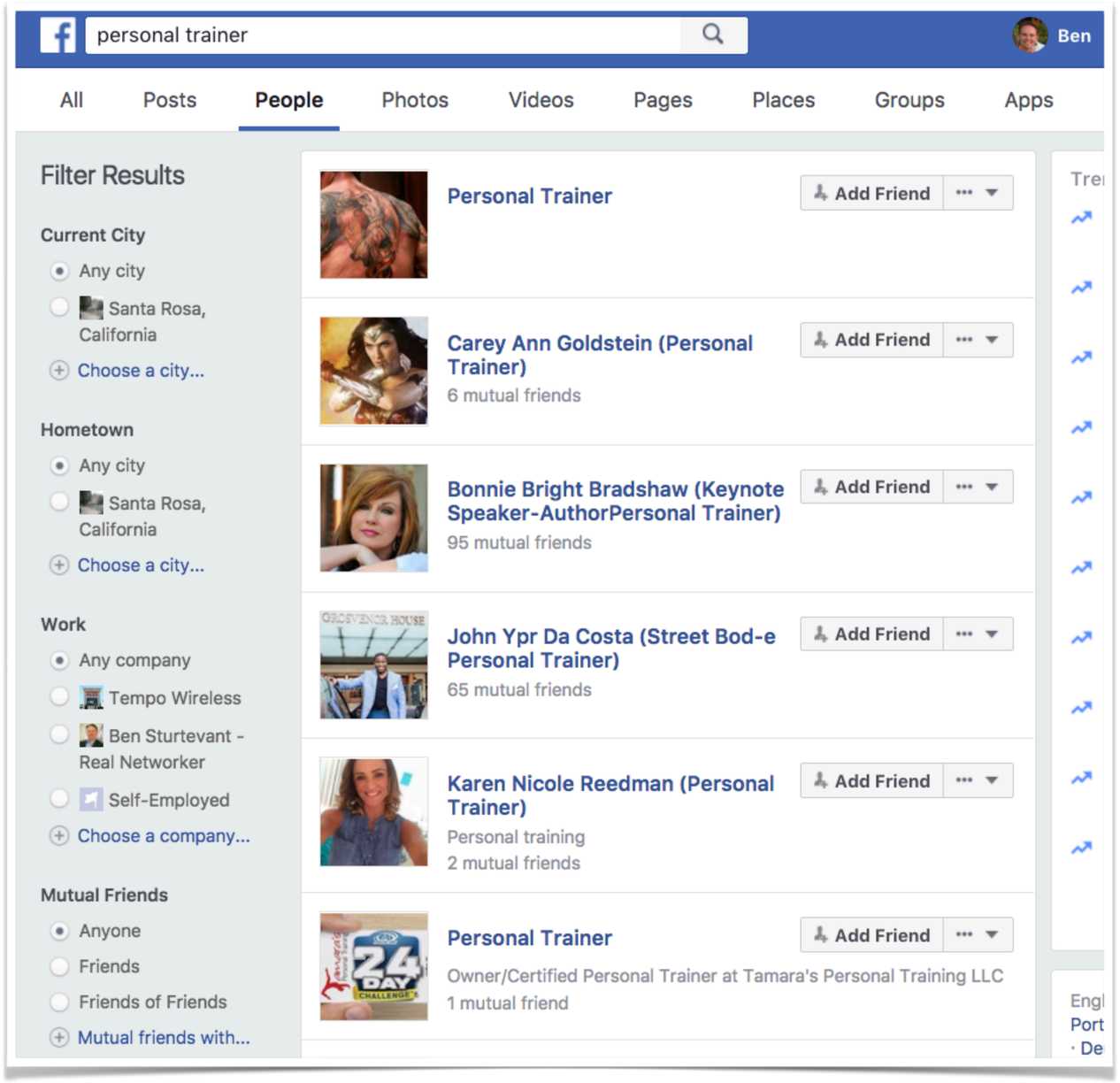
Upgrade techsmith
The new Brand ne catching extensi...

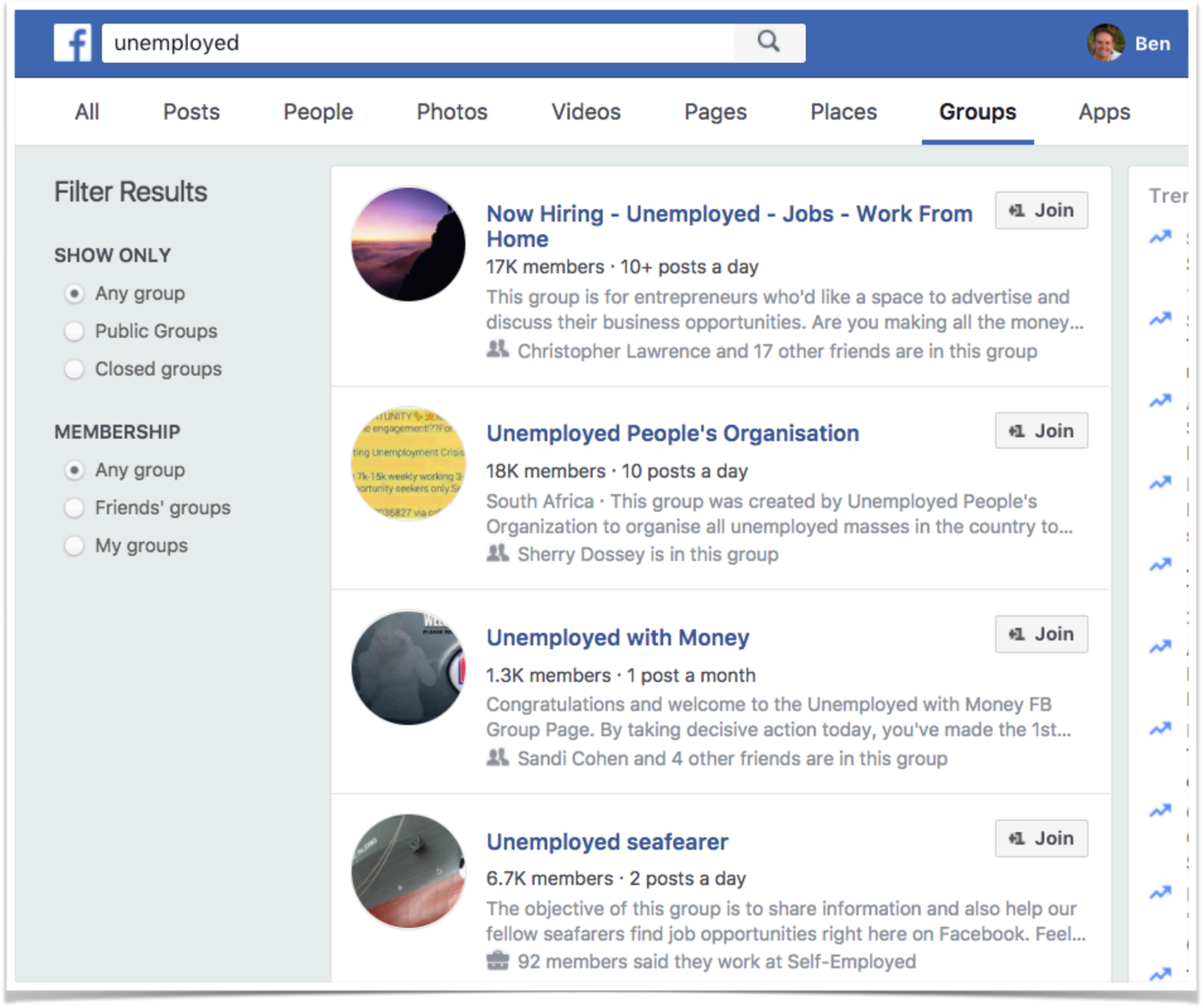





business owners
Ben
All
Posts
People
Photos
Videos
Pages
Places
Groups
Apps
Filter Results
SHOW ONLY
Any group
Public Groups
Closed groups
MEMBERSHIP
Any group
Friends' groups
My groups
Small Independent Business Owners
Join
23K members · 10+ posts a day
Global · This group is designed to promote your business across the world. We will be adding trainings, seminars, workshops, Expo's,...
Christopher Lawrence and 17 other friends are in this group
Business Owners Who Think BIG
Join
13K members · 10+ posts a day
Welcome to the Business Owners Who Think BIG community! This group is a place to connect and network with like-minded business...
Sandi Cohen and 12 other friends are in this group
Small Business Owners
Join
2.2K members · 10+ posts a day
Small Business Owners is a group for small business owners to connect and share information about their companies with other...
122 members said they work at Self-Employed
Black Business Owners of Atlanta
Join
56K members · 10+ posts a day
Club Group · Atlanta, Georgia · This group is designed to give black businesses exposure in the Metro Atlanta area. THIS IS NOT A...
Marquise Williams and 18 other friends are in this group


entrepreneur
All
Posts
People
Photos
Videos
Pages
Places
Groups
Apps
Filter Results
SHOW ONLY
Any group
Public Groups
Closed groups
MEMBERSHIP
Any group
Friends' groups
My groups
Entrepreneur Mastermind
Joined
25 unread posts · Member since about a week ago
A Mastermind group for entrepreneurs, startup company founders and venture capitalists. This is NOT a place for any type of self-...
Art Jonak and 54 other friends are in this group
Superstar Entrepreneurs - Build and Grow Your Business with Sales Funnels!
Join
Linked Group · FB Ads Guy
1.5K members · 2 posts a day
Support Group · Austin, Texas · Chris Wiser's Exclusive Group for SUPERSTAR ENTREPRENEURS!!! ** RULES: READ BEFORE YOU...
Entrepreneur
Join
Linked Group · The Entrepreneur
28K members · 10+ posts a day
Support Group · Lucknow, Uttar Pradesh · The purpose of this group is for entrepreneurs to find support in starting their own product...
Shopify Entrepreneurs
Join
Linked Group · Storetasker
55K members · 10+ posts a day
Support Group · United Kingdom · United States · Canada · Shopify Entrepreneurs is a group of Shopify store owners, store managers...
The Entrepreneur Syndicate
Join
3.9K members · 10+ posts a day
Support Group · United States · Massachusetts · New York, New York · First Line - No Self Promo - Also, keep in mind this is a...
Christopher Lawrence and 6 other friends are in this group


personal trainer
Ben
All
Posts
People
Photos
Videos
Pages
Places
Groups
Apps
Filter Results
Current City
Any city
Santa Rosa, California
Choose a city...
Hometown
Any city
Santa Rosa, California
Choose a city...
Work
Any company
Tempo Wireless
Ben Sturtevant - Real Networker
Self-Employed
Choose a company...
Mutual Friends
Anyone
Friends
Friends of Friends
Mutual friends with...
Personal Trainer
Add Friend
Carey Ann Goldstein (Personal Trainer)
6 mutual friends
Add Friend
Bonnie Bright Bradshaw (Keynote Speaker-AuthorPersonal Trainer)
95 mutual friends
Add Friend
John Ypr Da Costa (Street Bod-e Personal Trainer)
65 mutual friends
Add Friend
Karen Nicole Reedman (Personal Trainer)
Personal training
2 mutual friends
Add Friend
Personal Trainer
Owner/Certified Personal Trainer at Tamara's Personal Training LLC
1 mutual friend
Add Friend


unemployed
Ben
All
Posts
People
Photos
Videos
Pages
Places
Groups
Apps
Filter Results
SHOW ONLY
Any group
Public Groups
Closed groups
MEMBERSHIP
Any group
Friends' groups
My groups
Now Hiring - Unemployed - Jobs - Work From Home
Join
17K members · 10+ posts a day
This group is for entrepreneurs who'd like a space to advertise and discuss their business opportunities. Are you making all the money...
Christopher Lawrence and 17 other friends are in this group
Unemployed People's Organisation
Join
18K members · 10 posts a day
South Africa · This group was created by Unemployed People's Organization to organise all unemployed masses in the country to...
Sherry Dossey is in this group
Unemployed with Money
Join
1.3K members · 1 post a month
Congratulations and welcome to the Unemployed with Money FB Group Page. By taking decisive action today, you've made the 1st...
Sandi Cohen and 4 other friends are in this group
Unemployed seafarer
Join
6.7K members · 2 posts a day
The objective of this group is to share information and also help our fellow seafarers find job opportunities right here on Facebook. Feel...
92 members said they work at Self-Employed

Joined | Notifications | Share | ···

RECENT ACTIVITY

Sam Bakhtiar
4 hrs

Like Comment

ADD MEMBERS

+ Enter name or email address...

MEMBERS 135,379 Members (1,647 new)

SUGGESTED MEMBERS Hide

Donna Patterson Add Member

Michelle Barnes Add Member

Sandi Cohen Add Member

See More

DESCRIPTION

This group was created to help educate the public on proper weig... See More

GROUP TYPE

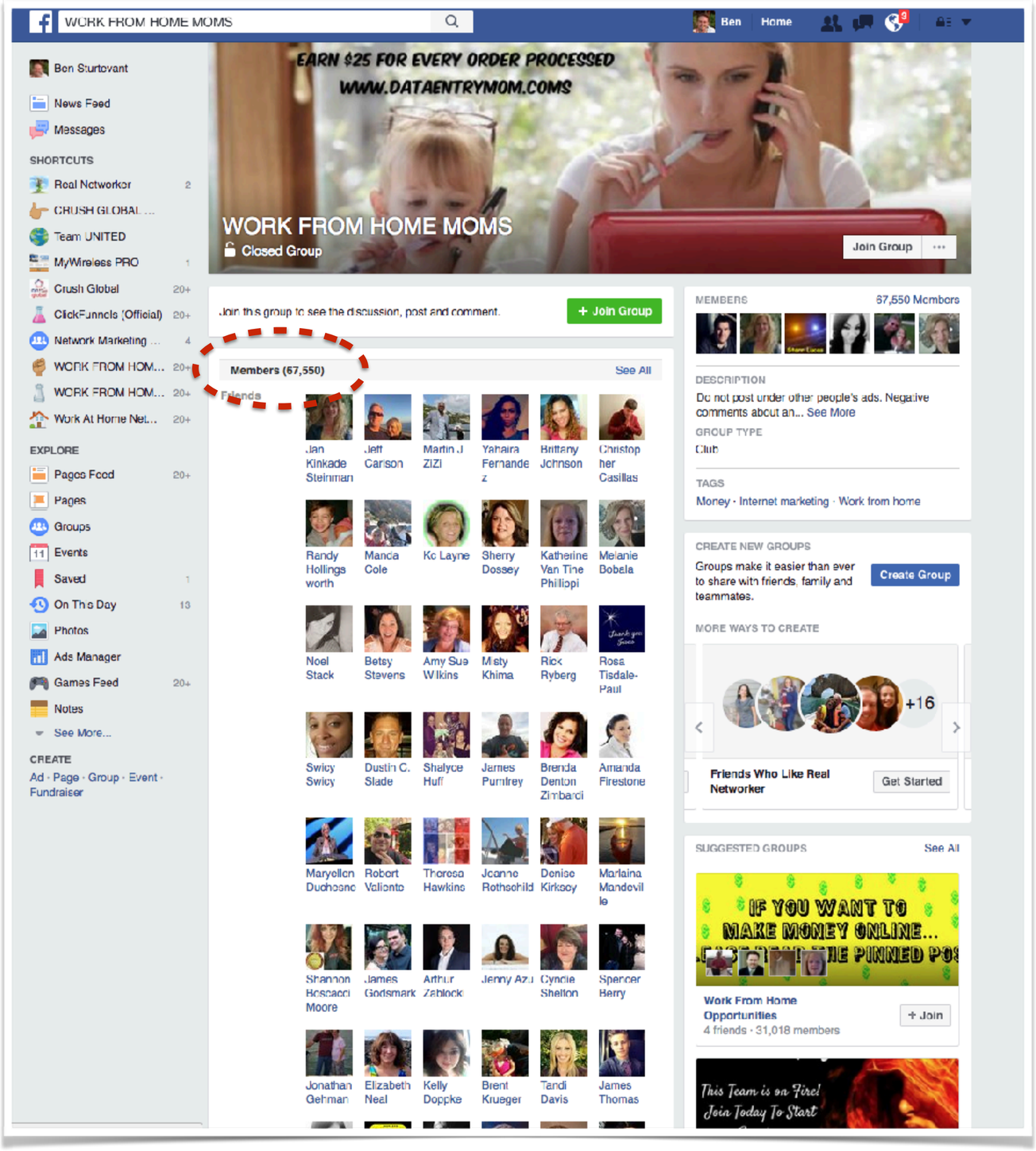
Support

TAGS

Losing Weight

CREATE NEW GROUPS

Groups make it easier than ever to share with friends, family and teammates. Create Group


WORK FROM HOME MOMS
Ben
Home
Ben Sturtevant
News Feed
Messages
SHORTCUTS
Real Networker 2
CRUSH GLOBAL ...
Team UNITED
MyWireless PRO 1
Crush Global 20+
ClickFunnels (Official) 20+
Network Marketing ... 4
WORK FROM HOM... 20+
WORK FROM HOM... 20+
Work At Home Net... 20+
EXPLORE
Pages Feed 20+
Pages
Groups
Events
Saved 1
On This Day 13
Photos
Ads Manager
Games Feed 20+
Notes
See More...
CREATE
Ad · Page · Group · Event · Fundraiser
EARN $25 FOR EVERY ORDER PROCESSED
WWW.DATAENTRYMOM.COMS
WORK FROM HOME MOMS
Closed Group
Join Group
Join this group to see the discussion, post and comment.
+ Join Group
Members (67,550)
See All
Friends
Jan Kinkade Steinman
Jeff Carlson
Martin J ZIZI
Yahaira Fernandez
Brittany Johnson
Christopher Casillas
Randy Hollingsworth
Manca Cole
Kc Layne
Sherry Dossey
Katherine Van Tine Phillippi
Melanie Bobela
Noel Stack
Betsy Stevens
Amy Sue Wilkins
Misty Khima
Rick Ryberg
Rosa Tisdale-Paul
Swicy Swicy
Dustin C. Slade
Shalyce Huff
James Pumfrey
Brenda Denton Zimbardi
Amanda Firestone
Maryellen Duchesne
Robert Valiente
Theresa Hawkins
Joanne Rothschild
Denise Kirksey
Marlaina Mandeville
Shannon Boscacci Moore
James Godsmark
Arthur Zablocki
Jenny Azu
Cyndie Shelton
Spencer Berry
Jonathan Gehman
Elizabeth Neal
Kelly Doppke
Brent Krueger
Tandi Davis
James Thomas
MEMBERS
67,550 Members
DESCRIPTION
Do not post under other people's ads. Negative comments about an... See More
GROUP TYPE
Club
TAGS
Money · Internet marketing · Work from home
CREATE NEW GROUPS
Groups make it easier than ever to share with friends, family and teammates.
Create Group
MORE WAYS TO CREATE
+16
Friends Who Like Real Networker
Get Started
SUGGESTED GROUPS
See All
IF YOU WANT TO MAKE MONEY ONLINE...
Work From Home Opportunities
4 friends · 31,018 members
+ Join
This Team is on Fire! Join Today To Start

Knitting and Crochet Group

Ben Home 3

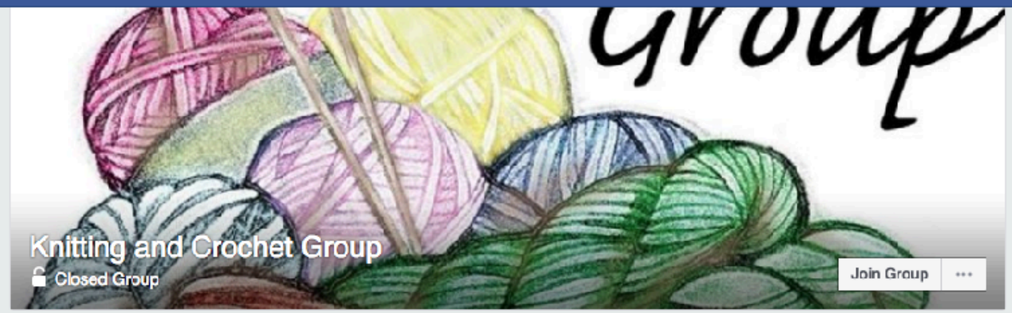
Ben Sturtevant

News Feed
Messages

SHORTCUTS
Real Networker 2
CRUSH GLOBAL ...
Team UNITED
MyWireless PRO 1
Crush Global 20+
ClickFunnels (Official) 20+
Network Marketing ... 4
WORK FROM HO...
WORK FROM HOM... 20+
Work At Home Net... 20+

EXPLORE
Pages Feed 20+
Pages
Groups
Events
Saved 1
On This Day 13
Photos
Ads Manager
Games Feed 20+
Notes
See More...

CREATE
Ad · Page · Group · Event · Fundraiser



Join this group to see the discussion, post and comment. + Join Group

Members (10,602) See All

Admins
Alison Robinson, Leah Huntley, Kerry Darter, Karlie Lock, Kelly Louise Gibb, Natalie Brophy
Jane Smith, Chelsea Elizabeth

Other Members
Mindy Lopez, Sinilind Sinilind, Suzy Harris, Autumn Ruth AnnaMae Presley, Rach Dent, Angel GR
Shruti Maheshwari, Carolyn Welch, Kim Mattina, Amanda Bryan, Alexandria Taylor, Shamim Afridi
Jasmine Radfern, Gidget Johnson, Nicole Kohagen, Vilma Lie, Nicholas Stirling, Zahra Iqbal Ali
Janine Dutch Tulip Holland, Carmen Bray, Hanna Mae, Misbah Munir Mk, Melissa Tapp, Lisa Silver

MEMBERS 10,602 Members

DESCRIPTION
This is a Knitting and Crochet Group where you can Sell, Share a... See More

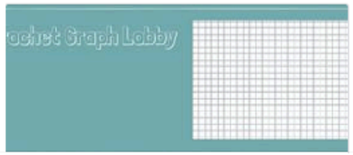
GROUP TYPE
Support

CREATE NEW GROUPS
Groups make it easier than ever to share with friends, family and teammates.
Create Group

SUGGESTED GROUPS See All

Crochet it & Create Dream Inspire
6,455 members
+ Join

Always Free Crochet Graphs
4,756 members
+ Join



FISHING DBN

Ben | Home

Ben Sturtevant

News Feed
Messages

SHORTCUTS
Real Networker 2
CRUSH GLOBAL ...
Team UNITED
MyWireless PRO 1
Crush Global 20+
ClickFunnels (Official) 20+
Network Marketing ... 4
WORK FROM HOM... 11
WORK FROM HOM... 20+
Work At Home Net... 20+

EXPLORE
Pages Feed 20+
Pages
Groups
Events
Saved 1
On This Day 13
Photos
Ads Manager
Games Feed 20+
Notes
See More...

CREATE
Ad · Page · Group · Event · Fundraiser

FISHING DBN

Public Group

Join Group ...

Discussion | Members | Events | Videos | Photos | Files

Search this group

Join this group to post and comment. + Join Group

RECENT ACTIVITY

Adam Kamdar
December 3 at 2:04am · Ethekwini, South Africa

Type "#TidalWave" and tag a friend,
and you could win one of four Fishing Jackets.
(Like, Share and be active on Township Hyper
and Fishing Dbn pages to increase your chances
of winning! Enter as many times as you like.)... See More

MEMBERS 37,716 Members

DESCRIPTION
This group was created as an educational tool for the public

-F... See More

TAGS
Fishing · Boating · Durban, South Africa · More

CREATE NEW GROUPS
Groups make it easier than ever to share with friends, family and teammates. Create Group

RECENT GROUP PHOTOS See All

SUGGESTED GROUPS See All

Danny Clay
Beth Haven
Joined
Added by Art Jonak on June 24, 2016

Scott Kufus
Founder at Better Planet Paper Products
Joined
Added by Art Jonak on September 13, 2016

Erlend Vatne
Works at Self Employed and Loving It!
Joined
Added by Art Jonak on June 24, 2016

Jonathan Buenrostro
Authorized Wireless Agent at Tempo Wireless
Joined
Added by Art Jonak on July 25, 2016

Justin Harrison
Owner at Self-Employed
Joined
Added by Martha Finney on October 20, 2015

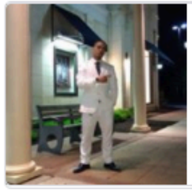
Todd Morris
Civilian Weather Forecaster at United States Air Force
Joined
Added by Art Jonak on July 23, 2017

Debbie DeGrande
School of hard knocks
Joined
Added by Art Jonak on June 24, 2016

Dana Collins
National Executive Vice President at Arbonne International
Joined
Added by Art Jonak on September 15, 2016

Victor Llamas
New Member
Manila, Philippines
Joined
Added by Art Jonak on September 23, 2017

Nicholas Chatfield
New Member
Joined
Added by Art Jonak Today

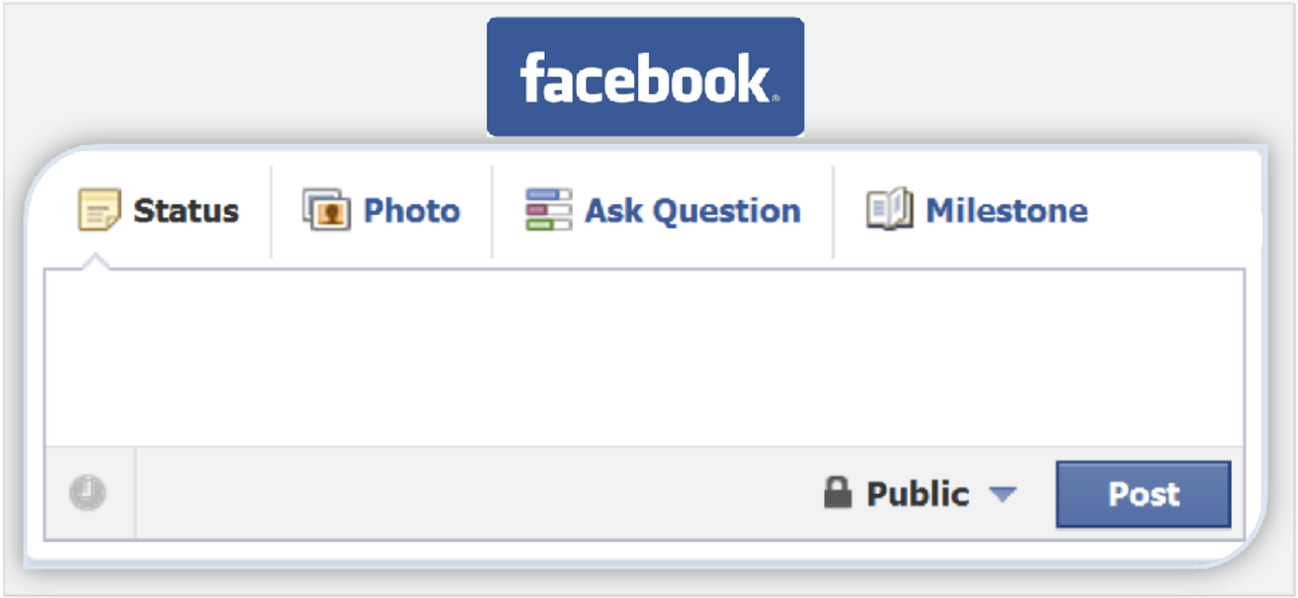


Steven Garcia
New Member
Works at United States Cold Storage, Inc.
Joined
Added by Art Jonak on September 17, 2017

Daniel Zeb
Works at Burgeon Consulting Group
Joined
Added by Art Jonak on September 12, 2017

FB Posts…

- Don’t put links to any outside website inside FB posts
- Ask people to comment or PM you for more info
- Try to stay away from using your company’s name or product name
- Stick to anything that adds VALUE!
- Stay consistent (2 to 5 posts per day of DIFFERENT types of posts)



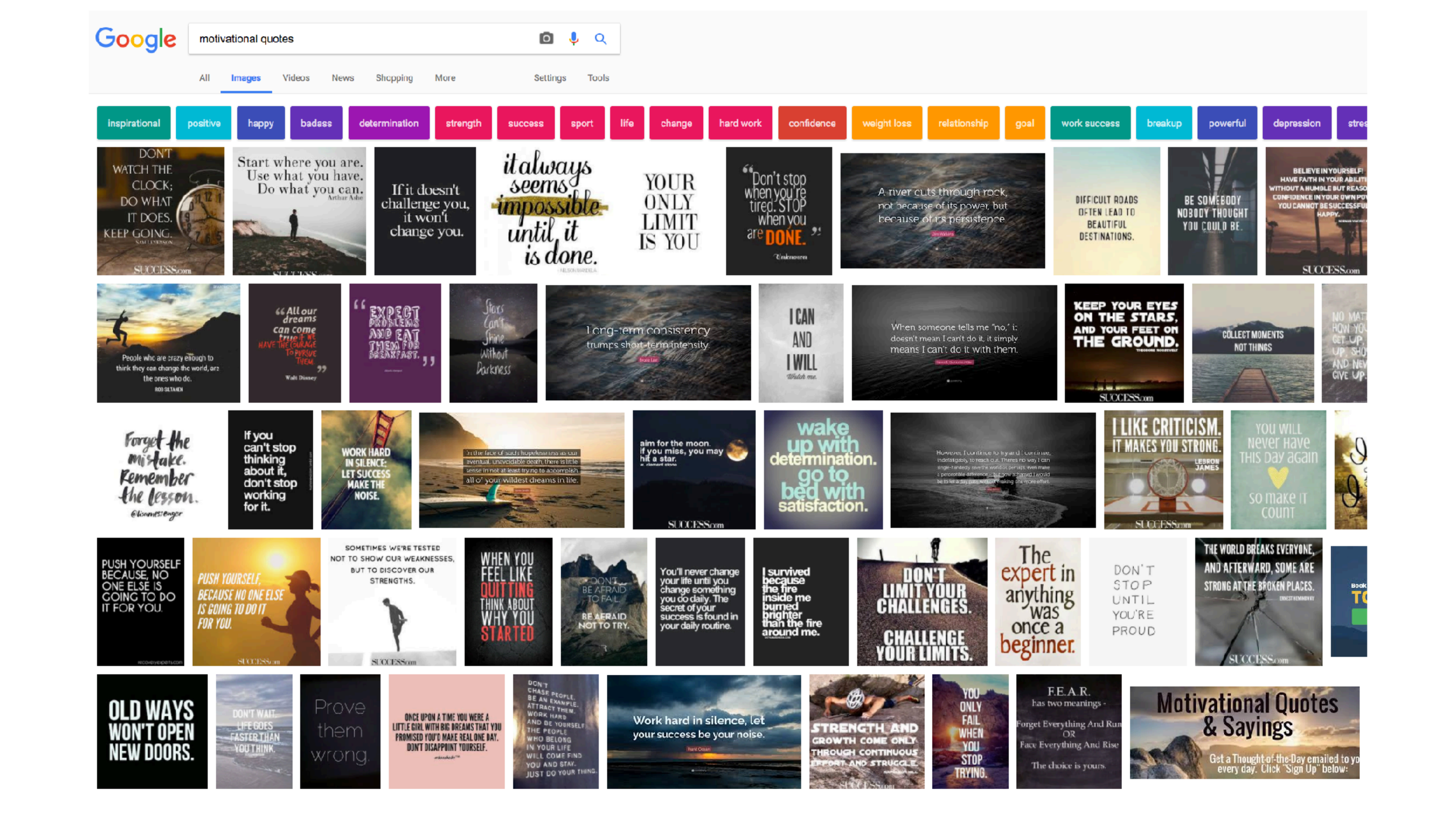
What NOT To Do:

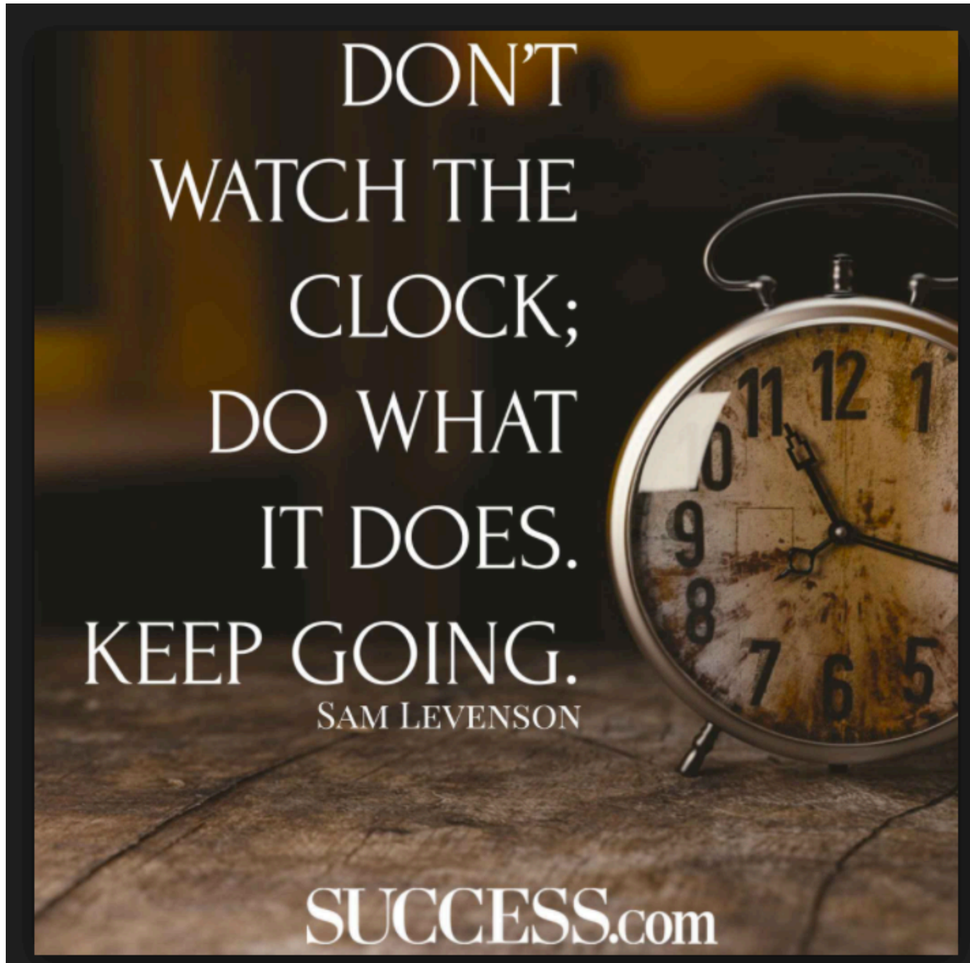
What NOT To Do:

Engage People:

Share Words Of Wisdom:

Inspire People:


Google
motivational quotes
All
Images
Videos
News
Shopping
More
Settings
Tools
inspirational
positive
happy
badass
determination
strength
success
sport
life
change
hard work
confidence
weight loss
relationship
goal
work success
breakup
powerful
depression
DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING.
Start where you are. Use what you have. Do what you can.
Arthur Ashe
If it doesn't challenge you, it won't change you.
it always seems impossible until it is done.
YOUR ONLY LIMIT IS YOU
"Don't stop when you're tired. STOP when you are DONE."
A river cuts through rock, not because of its power, but because of its persistence.
DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS.
BE SOMEBODY NOBODY THOUGHT YOU COULD BE.
BELIEVE IN YOURSELF!
SUCCESS.com
People who are crazy enough to think they can change the world, are the ones who do.
ROD SLTAKER
"All our dreams can come true if we have the courage to pursue them."
Walt Disney
"EXPECT PROBLEMS AND EAT THEM FOR BREAKFAST."
Stars Can't Shine Without Darkness
Long-term consistency trumps short-term intensity.
I CAN AND I WILL
When someone tells me "no," it doesn't mean I can't do it, it simply means I can't do it with them.
KEEP YOUR EYES ON THE STARS, AND YOUR FEET ON THE GROUND.
SUCCESS.com
COLLECT MOMENTS NOT THINGS
Forget the mistake. Remember the lesson.
If you can't stop thinking about it, don't stop working for it.
WORK HARD IN SILENCE; LET SUCCESS MAKE THE NOISE.
aim for the moon. If you miss, you may hit a star.
SUCCESS.com
wake up with determination. go to bed with satisfaction.
I LIKE CRITICISM. IT MAKES YOU STRONG.
LEBRON JAMES
SUCCESS.com
you will never have this day again
so make it count
PUSH YOURSELF BECAUSE, NO ONE ELSE IS GOING TO DO IT FOR YOU.
PUSH YOURSELF, BECAUSE NO ONE ELSE IS GOING TO DO IT FOR YOU.
SUCCESS.com
SOMETIMES WE'RE TESTED NOT TO SHOW OUR WEAKNESSES, BUT TO DISCOVER OUR STRENGTHS.
SUCCESS.com
WHEN YOU FEEL LIKE QUITTING THINK ABOUT WHY YOU STARTED
DON'T BE AFRAID TO FAIL BE AFRAID NOT TO TRY.
You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine.
I survived because the fire inside me burned brighter than the fire around me.
DON'T LIMIT YOUR CHALLENGES. CHALLENGE YOUR LIMITS.
The expert in anything was once a beginner.
DON'T STOP UNTIL YOU'RE PROUD
THE WORLD BREAKS EVERYONE, AND AFTERWARD, SOME ARE STRONG AT THE BROKEN PLACES.
ERNEST HEMINGWAY
SUCCESS.com
OLD WAYS WON'T OPEN NEW DOORS.
DON'T WAIT. LIFE GOES FASTER THAN YOU THINK.
Prove them wrong.
ONCE UPON A TIME YOU WERE A LITTLE GIRL WITH BIG DREAMS THAT YOU PROMISED YOU'D MAKE REAL ONE DAY. DON'T DISAPPOINT YOURSELF.
DON'T CHASE PEOPLE. BE AN EXAMPLE. ATTRACT THEM. WORK HARD AND BE YOURSELF. THE PEOPLE WHO BELONG IN YOUR LIFE WILL COME FIND YOU AND STAY. JUST DO YOUR THING.
Work hard in silence, let your success be your noise.
STRENGTH AND GROWTH COME ONLY THROUGH CONTINUOUS EFFORT AND STRUGGLE.
YOU ONLY FAIL WHEN YOU STOP TRYING.
F.E.A.R. has two meanings -
Forget Everything And Run
OR
Face Everything And Rise
The choice is yours.
Motivational Quotes & Sayings
Get a Thought-of-the-Day emailed to yo every day. Click "Sign Up" below:



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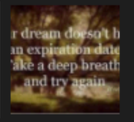

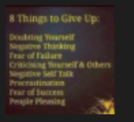

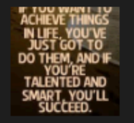

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Business Launch Announcements:

[redacted] added 2 new photos.
June 23 · Indianapolis, IN ·

🔥It's Go Time🔥

I'm so excited for our next 30 day Crush Shake challenge group to start. Starting July 5th, if your interested on shedding a few lbs or inches get with me Today!
Our first 30 day challenge group consists now of over 100 people that decided that they wanted to get started on a new healthier lifestyle and the group has shed over 60lbs total so far💪 Let me help you get started on a new healthier YOU!

I've already got 3 more locked in!! Who's next?

Like Comment Share

Recognition Posts Are Great:

GO LIVE!!!!

Entrepreneur is live now.
12 mins ·

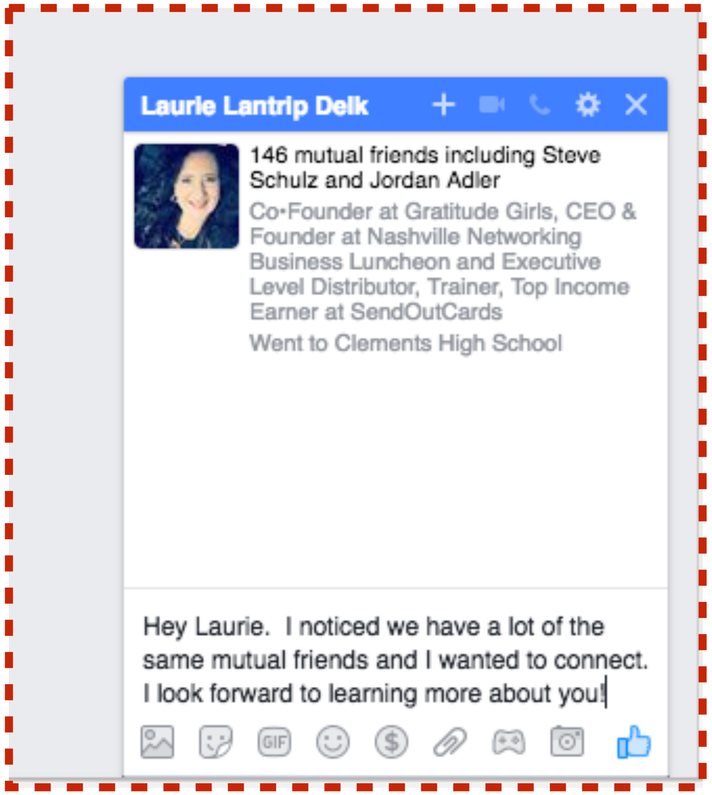
Can I Deduct This? – How to set up my Board of Directors and deduct all the related expenses with travel, dining and entertainment.With expert CPA/attorney Mark J Kohler.

52 7 Comments 24 Shares 7K Views

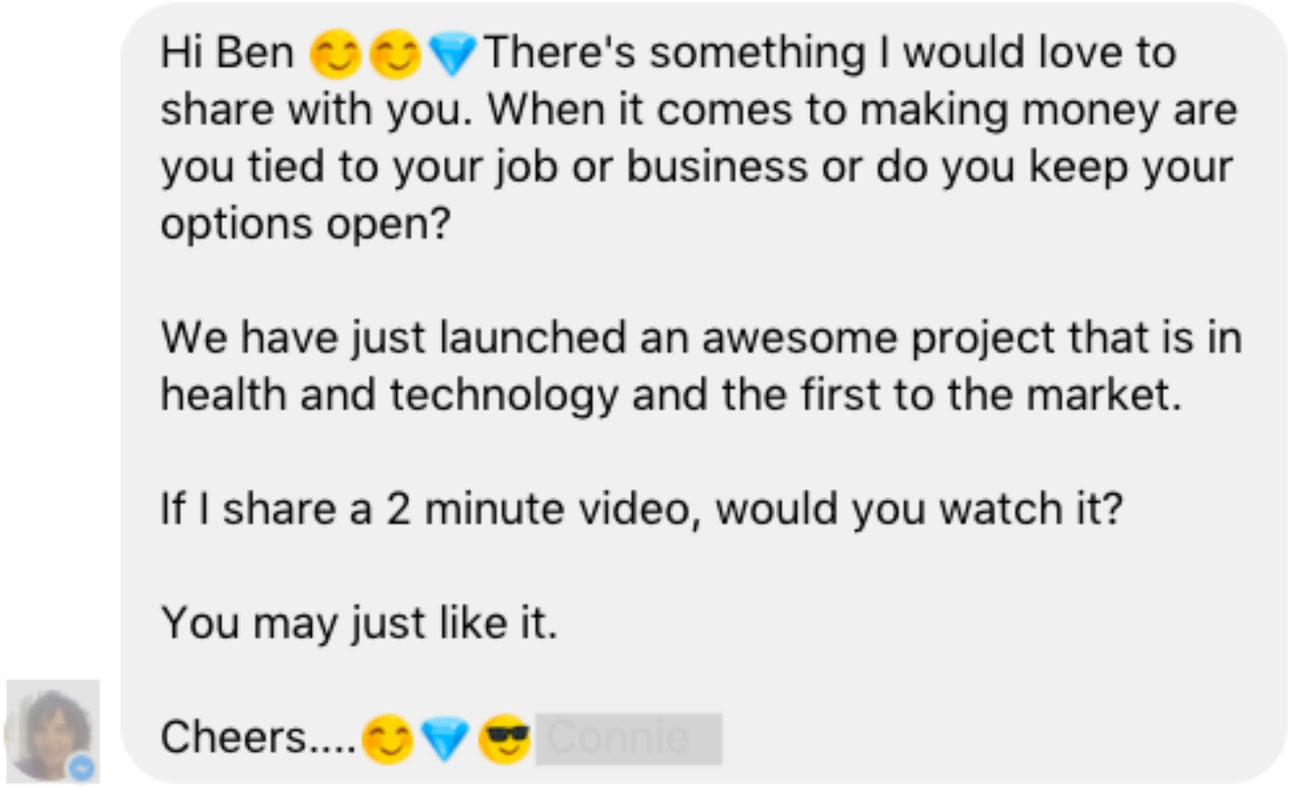
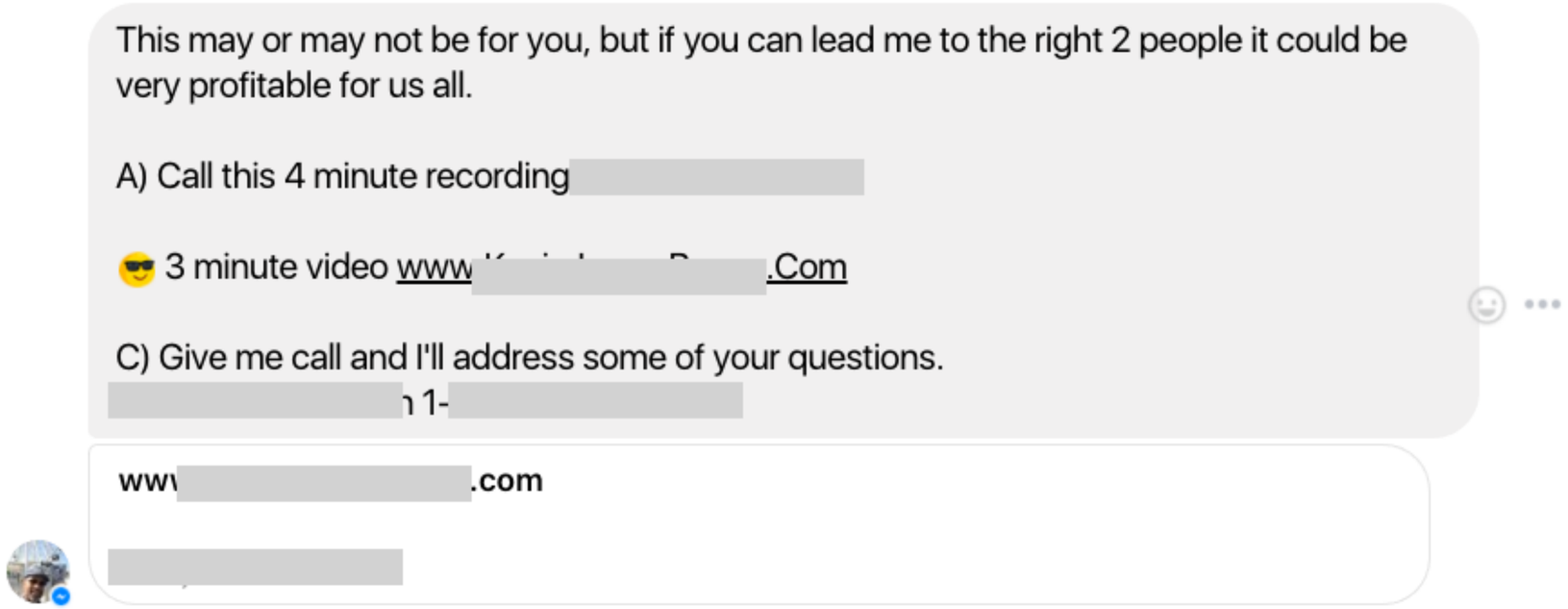
Like Comment Share

FB Messenger…

- ➡ Great for reaching out to new friends
- ➡ Take any inquiries about your posts into PM
- ➡ Have great energy and urgency
- ➡ Encourage a phone conversation if possible
- ➡ Don’t SPAM people!



What NOT To Do:



What NOT To Do: