MASTIN KIPP'S

TOP SECRET

MASTIN KIPP'S SUPER SECRET MEGA ADVANCED CUTTING-EDGE FACEBOOK AND **INSTAGRAM LIVE STRATEGY**

1. Feel some stress.

2. Open your Facebook and/ or Instagram App (extra credit for doing both).

3. Feel even more stress.

4. Pause, wait and feel more stress.

5. Let the stress pass over you.

6. Remember that your grandparents were in a World War and probably the Great Depression.

7. Realize how blessed you are to have exponential technology at your finger tips.

8. Click on Go Live.

9. Share your heart, a lesson or a key little nugget of wisdom.

- 10. Make sure to release any judgement of yourself during the
- Facebook or Instagram Live.
- 11. Make an offer for people to get more from you every once in a while.
- 12. Hit End Live Broadcast.
- 13. Enjoy a slight bout of vulnerability hangover.
- 14. Congrats. You did it. That's all there is to it.
- 15. Repeat daily until your death many, many years in the future.