Tony Robbins UPW Virtual Event Checklist - March 2025

Environment & Technical Setup

[ ] Stable Internet Connection: Ensure a fast and reliable connection throughout the event.

[ ] Laptop/Desktop (recommended): A larger screen enhances interaction and engagement.

[ ] Backup Device (Tablet/Phone): Have a backup device ready in case of technical issues.

[ ] Chargers & Cables: Keep your devices fully charged throughout the day.

[ ] Headphones or External Speakers: Clear audio to enhance your experience.

[ ] Zoom Installed & Updated: Ensure your Zoom software is updated to avoid delays.

[ ] Good Lighting: Adequate lighting helps you remain visible during interactions.

[ ] Clear Camera View: Position your camera at eye-level for optimal engagement.

Comfort & Energy Management

[ ] Comfortable Seating: Choose a seat that allows comfort over extended periods.

[ ] Water Bottles or Pitcher: Stay hydrated for sustained energy.

[ ] Healthy Snacks: Prepare quick and nutritious snacks.

[ ] Meal Prep: Have meals ready for short breaks.

Physical Space Preparation

[ ] Dedicated Quiet Space: Minimize distractions by using a private room.

[ ] Clear Space to Move: Room to move freely, dance, and actively participate.

[ ] Comfortable Room Temperature: Maintain a room temperature that keeps you comfortable and focused.

Event Materials

[ ] Notebook/Journal: For capturing insights, ideas, and breakthroughs.

[ ] UPW Workbook (Printed or Digital): Easily accessible workbook provided by Tony Robbins' team.

[ ] Pens & Highlighters: For marking important notes and highlights.

[ ] Sticky Notes: To jot down quick reminders or quotes.

Mindset Preparation

[ ] Clearly Defined Intentions: Set clear goals for what you want to achieve from UPW.

[ ] Open Mindset for Learning: Stay curious and receptive throughout the experience.

Personal Comfort Items

[ ] Comfortable Clothing: Wear comfortable clothes suitable for prolonged sessions.

[ ] Warm Socks or Slippers: Maintain comfort and warmth during sessions.

[ ] Blanket or Sweater: Extra layers available for comfort.

Self-Care & Energy

[ ] Good Night's Sleep: Prioritize rest for maximum energy.

[ ] Quick Exercise/Stretching: Maintain high energy levels during breaks.

[ ] Meditation & Breathing Exercises: Practice mindfulness for focus and relaxation.

Event Schedule & Organization

[ ] Event Schedule (Printed/Digital): Have easy access to the event schedule.

[ ] Alarms/Timers Set: Reminders set for sessions and breaks.

[ ] Family/Household Notification: Let others know your event times to minimize disruptions.

Networking & Interaction

[ ] Virtual Background for Zoom: A professional or inspiring background.

[ ] Prepared Personal Introduction: Concise introduction ready for networking.

[ ] Social Media Connection (Hashtags): Connect with others using UPW hashtags.

Personal Development Tools

[ ] Vision Board/Goals Visible: Keep your goals visible to enhance motivation.

[ ] Inspirational Quotes/Photos: Surround yourself with positive reminders.

Post-Event Planning

[ ] Reflection Time Scheduled: Set aside time post-event to absorb insights.

[ ] Action Plan for Implementation: Develop clear next steps to integrate learnings.