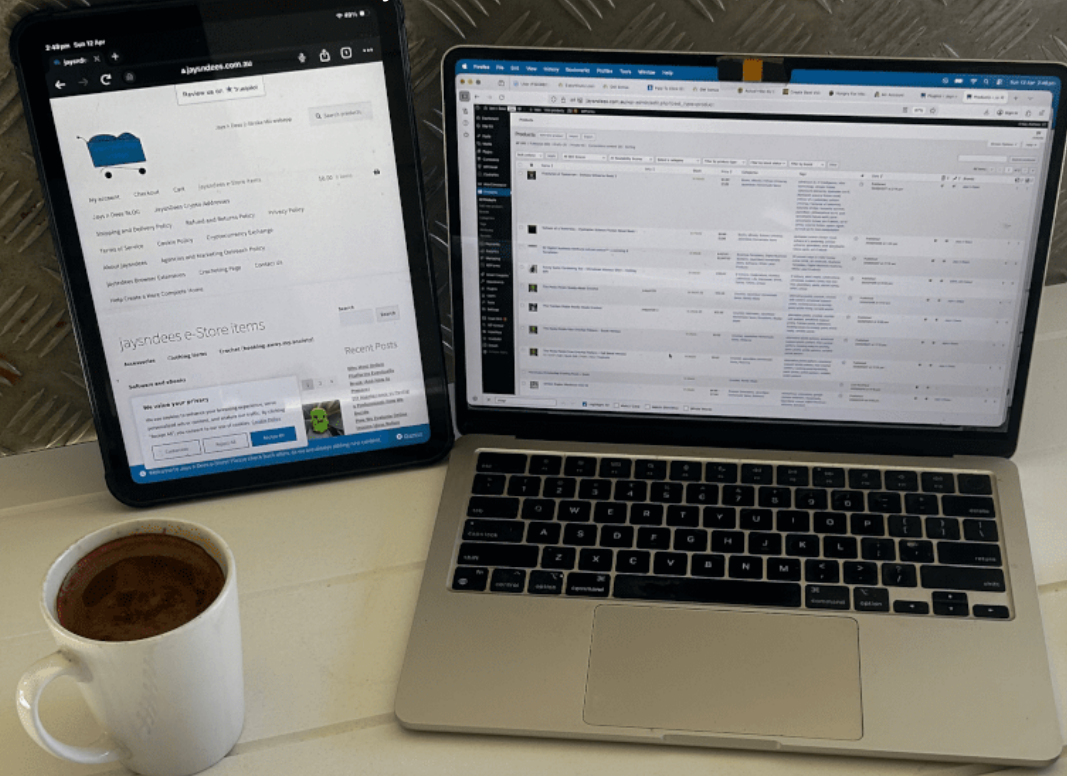


F.R.O.I.S.K. - 5 Day Kickstart Plan

First Real Online Income System Kickstart



A simple step-by-step plan to launch your first real income stream

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◆ Disclaimer & Expectations

This guide is designed to provide a clear and practical starting point for building your first online income stream.

It is not a guarantee of income, results, or success.



Important:

- Your results will depend on your effort, decisions, and consistency
- There are no guaranteed outcomes in online income
- This is not a “get rich quick” system

What This Guide Is

This guide is:

- a structured plan
- a simplified system
- a realistic starting point

What This Guide Is Not

This guide is not:

- a shortcut to instant income
- a fully automated system
- a done-for-you business

Effort & Time

Building something real requires:

- time
- focus
- consistent action

You will need to:

- make decisions
- complete tasks
- continue beyond the initial setup

Financial Expectations

Some parts of building an online income stream may involve costs, such as:

- domain names
- hosting
- tools or platforms

These are normal and part of building something real.

Responsibility

By using this guide, you understand that:

- you are responsible for your own actions and decisions
- you are building your own system
- results are not guaranteed

Final Note

This guide is designed to help you build something real - not to promise something unrealistic.

◆ How to Use This Plan

This plan is designed to help you:

- move quickly without overthinking
- focus on what actually matters
- go from idea → to live system

Use it like this:

- follow each day in order
- complete the tasks before moving on
- keep everything simple
- do not add extra steps

The goal is not perfection.

The goal is to get something real and live.

◆ DAY 1 - CLARITY

Goal:

Lock in your direction

Focus:

- choose your model
- define your product
- remove distractions

Tasks:

- ☐ Choose ONE income model
- ☐ Define your first product
- ☐ Write your product in one sentence
- ☐ Confirm how it makes money
- ☐ Decide what you are NOT doing

Outcome:

 You know exactly:

- what you're building
- how it works

◆ DAY 2 - SIMPLIFY & LOCK

Goal:

Make your idea buildable


Focus:

- simplify your product
- remove unnecessary complexity

Tasks:

- ☐ Check your product against the Product Framework
- ☐ Simplify anything that feels too big
- ☐ Confirm delivery format (PDF, POD, etc.)
- ☐ Ensure it solves ONE clear problem
- ☐ Finalise your product

Outcome:

 You have:

- a clear, simple, buildable product

◆ DAY 3 - BUILD YOUR SYSTEM

Goal:

Create your structure

Focus:

- set up your platform
- build your base system

Tasks:

- ☐ Set up your platform (website / store)
- ☐ Create your basic structure
 - product page
 - simple navigation
- ☐ Begin creating your product

Outcome:

 Your system starts to exist

◆ DAY 4 - CONNECT & PREPARE

Goal:

Make everything functional


Focus:

- connect your system
- prepare for launch

Tasks:

- ☐ Finish your product (Version 1)
- ☐ Upload or list your product
- ☐ Set up payment (if applicable)
- ☐ Link your pages together
- ☐ Create your first content piece

Outcome:

 Your system is ready to go live

◆ DAY 5 - GO LIVE

Goal:

Launch your system


Focus:

- make everything accessible
- begin traffic

Tasks:

- ☐ Make your product live
- ☐ Check everything works
- ☐ Publish your first content
- ☐ Create your first traffic actions (pins/posts)

Outcome:

 You now have:

- a live system
- a real starting point

◆ IF YOU FALL BEHIND

That's normal.

You can:

- extend this to 7–10 days
- repeat a day if needed
- continue forward without restarting

| Progress matters more than speed.

◆ QUICK REMINDERS

Keep it simple

- one model
- one product
- one platform

Avoid:

- overthinking
- adding extra steps
- switching direction

Focus on:

- 👉 finishing
- 👉 going live
- 👉 building momentum

◆ WHAT SUCCESS LOOKS LIKE

At the end of this plan, you should have:

- one working system
- one product live
- one clear direction

👉 That is your first real step forward

🔥 FINAL NOTE

You don't need more time.
You need to start - and finish.