

# F.R.O.I.S.K. - Website + Setup Checklist

First Real Online Income System Kickstart



A simple step-by-step guide to getting your system live

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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 Checklist

This checklist is designed to help you:

- avoid overcomplicating
- focus on what matters
- get your system live quickly

### Use it like this:

- work through each section in order
- tick off items as you complete them
- do not add unnecessary steps

▮ Your goal is to build a working system - not a perfect one.

## ◆ SECTION 1 - Pre-Setup (Clarity First)

Before setting anything up, confirm:

- ☐ I have chosen ONE income model
- ☐ I have defined my first product
- ☐ I understand how it makes money
- ☐ I am not changing direction this week

👉 If not complete this first before continuing

## ◆ SECTION 2 - Platform Setup

### ● If Using Website (WordPress + WooCommerce)

#### Domain & Hosting

- ☐ Domain name chosen
- ☐ Hosting account set up
- ☐ Domain connected to hosting

#### WordPress Setup

- ☐ WordPress installed
- ☐ Basic theme activated
- ☐ Admin access confirmed

## If Using No-Website Platform

### Platform Setup

- ☐ Account created
- ☐ Profile / store basics filled out
- ☐ Payment details set up

## If Using POD Platform

### POD Setup

- ☐ Account created
- ☐ Store connected (if required)
- ☐ Basic product created

## SECTION 3 - Core Structure

### Website Path:

- ☐ Homepage created
- ☐ Product page created
- ☐ Basic navigation set up
- ☐ Blog section enabled

### No-Website / POD Path:

- ☐ Product listing created
- ☐ Description written
- ☐ Pricing set

## ◆ SECTION 4 - Product Setup

- ☐ Product created (Version 1)
- ☐ Product description written clearly
- ☐ Delivery method confirmed
- ☐ Product uploaded/listed

👉 Keep this simple - Version 1 only

## ◆ SECTION 5 - System Connection

- ☐ Product is visible to users
- ☐ Pages are linked correctly
- ☐ Navigation works
- ☐ Blog/content connects to product

## ◆ SECTION 6 - Payment & Function

- ☐ Payment method set up
- ☐ Test transaction completed (if possible)
- ☐ Confirmation/thank you page works



## ◆ SECTION 7 - First Content

- ☐ First piece of content created
- ☐ Content connects to product
- ☐ Content published

## ◆ SECTION 8 - Traffic Setup

- ☐ ONE traffic platform chosen
- ☐ First 3–5 traffic actions created (pins/posts)
- ☐ Links point to product or content

## ◆ SECTION 9 - Go Live Checklist

Before launch:

- ☐ Product is live
- ☐ Pages are accessible
- ☐ Links work correctly
- ☐ System is usable



### **Final Rule:**

| If it works, it's ready.



## ◆ SECTION 10 - What to Ignore (IMPORTANT)

Do NOT worry about:

- advanced design
- multiple products
- complex funnels
- automation tools
- scaling strategies

👉 These come later

## ◆ SECTION 11 - Quick Reality Check

If you feel stuck:

- are you overcomplicating something?
- are you trying to improve instead of finishing?
- are you adding steps that aren't required?

👉 Return to the checklist and continue

## ◆ SECTION 12 - Completion

Once complete, you should have:

- one model
- one product
- one platform
- one working system

👉 That is your starting point

## **FINAL NOTE**

This checklist is not about building something impressive.  
It's about building something real.