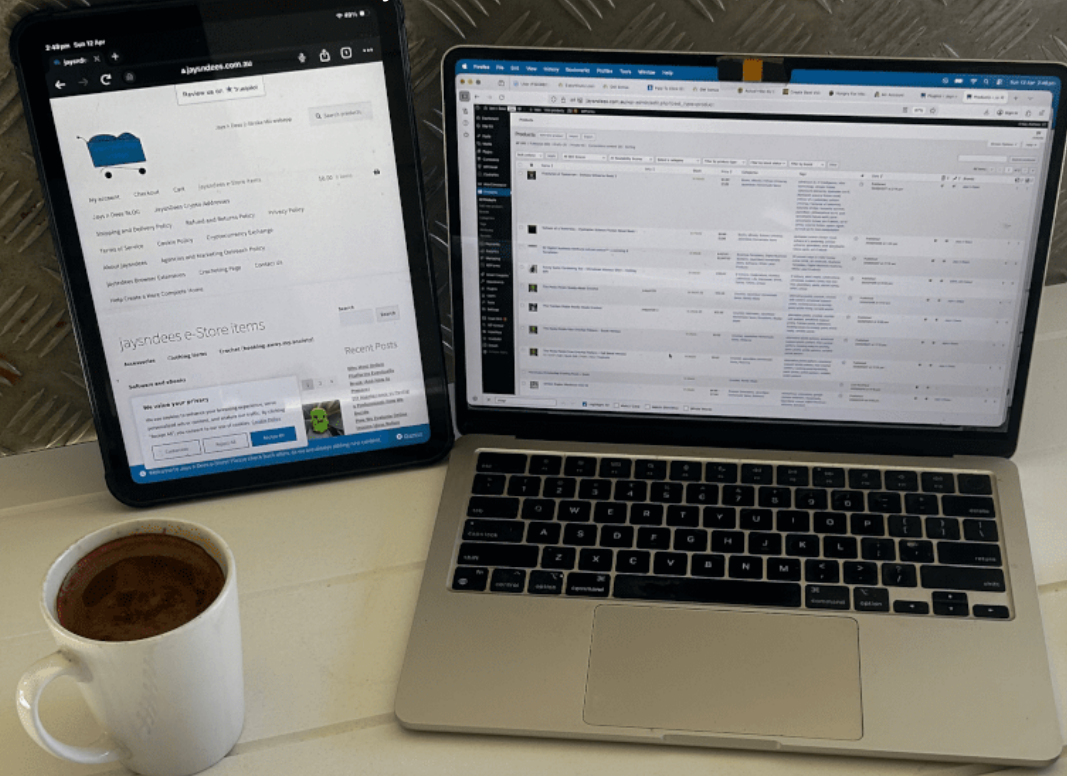


F.R.O.I.S.K. - 30 Day Roadmap

First Real Online Income System Kickstart



A simple plan to build momentum after your system goes 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 Roadmap

This roadmap is designed to help you:

- stay consistent
- avoid restarting
- build momentum over time

Use it like this:

- follow the weekly focus
- complete the key tasks
- keep your system simple
- build on what already exists

The goal is not fast results.

The goal is consistent progress.

◆ WEEK 1 - FOUNDATION

Goal:

Make sure your system is fully live and working


Focus:

- complete your setup
- confirm everything works
- stabilise your system

Tasks:

- ☐ Confirm your product is live
- ☐ Check all pages and links
- ☐ Test your system (basic functionality)
- ☐ Finalise Version 1 of your product
- ☐ Ensure your structure is clear

Outcome:

 You have:

- a working system
- a solid starting point

◆ WEEK 2 - CONTENT & CONNECTION

Goal:

Start building visibility and trust


Focus:

- create content
- connect it to your product
- begin traffic flow

Tasks:

- ☐ Publish 1–2 pieces of content
- ☐ Link content to your product
- ☐ Choose ONE traffic platform
- ☐ Create 3–5 traffic actions (pins / posts)

Outcome:

 Your system starts to:

- attract attention
- connect with people

◆ WEEK 3 - IMPROVE & REFINE

Goal:

Make your system clearer and stronger

Focus:

- improve your product
- simplify your structure
- refine your message

Tasks:

- ☐ Review your product and simplify where needed
- ☐ Improve clarity of your product page
- ☐ Clean up your structure
- ☐ Add 1–2 more content pieces

Outcome:

 Your system becomes:

- clearer
- easier to understand
- more usable

◆ WEEK 4 - CONSISTENCY & GROWTH

Goal:

Build a repeatable process

Focus:

- consistency
- content rhythm
- simple growth

Tasks:

- ☐ Set a simple posting schedule
- ☐ Plan your next 5–10 content ideas
- ☐ Continue traffic actions
- ☐ Improve product visibility

Outcome:

 Your system becomes:

- consistent
- stable
- growing

◆ WHAT YOU SHOULD HAVE AFTER 30 DAYS

By the end of this roadmap, you should have:

- a live system
- a working product
- a small content base
- a traffic direction
- a clear next step

👉 That puts you ahead of most people

◆ WHAT NOT TO DO

✗ Do NOT:

- start a new income stream
- rebuild your system
- switch platforms
- chase new ideas
- stop after Week 1

👉 These are the biggest momentum killers

◆ SIMPLE RULES TO FOLLOW

Rule 1:

👉 Keep your system simple

Rule 2:

👉 Stay consistent

Rule 3:

👉 Improve what exists

Rule 4:

👉 Do not restart

◆ IF YOU FEEL STUCK

Ask yourself:

- am I overcomplicating this?
- am I trying to do too much?
- am I avoiding finishing something?

👉 Then return to your last completed step and continue

◆ THE REAL GOAL

You are not trying to grow fast.
You are trying to **keep going**.