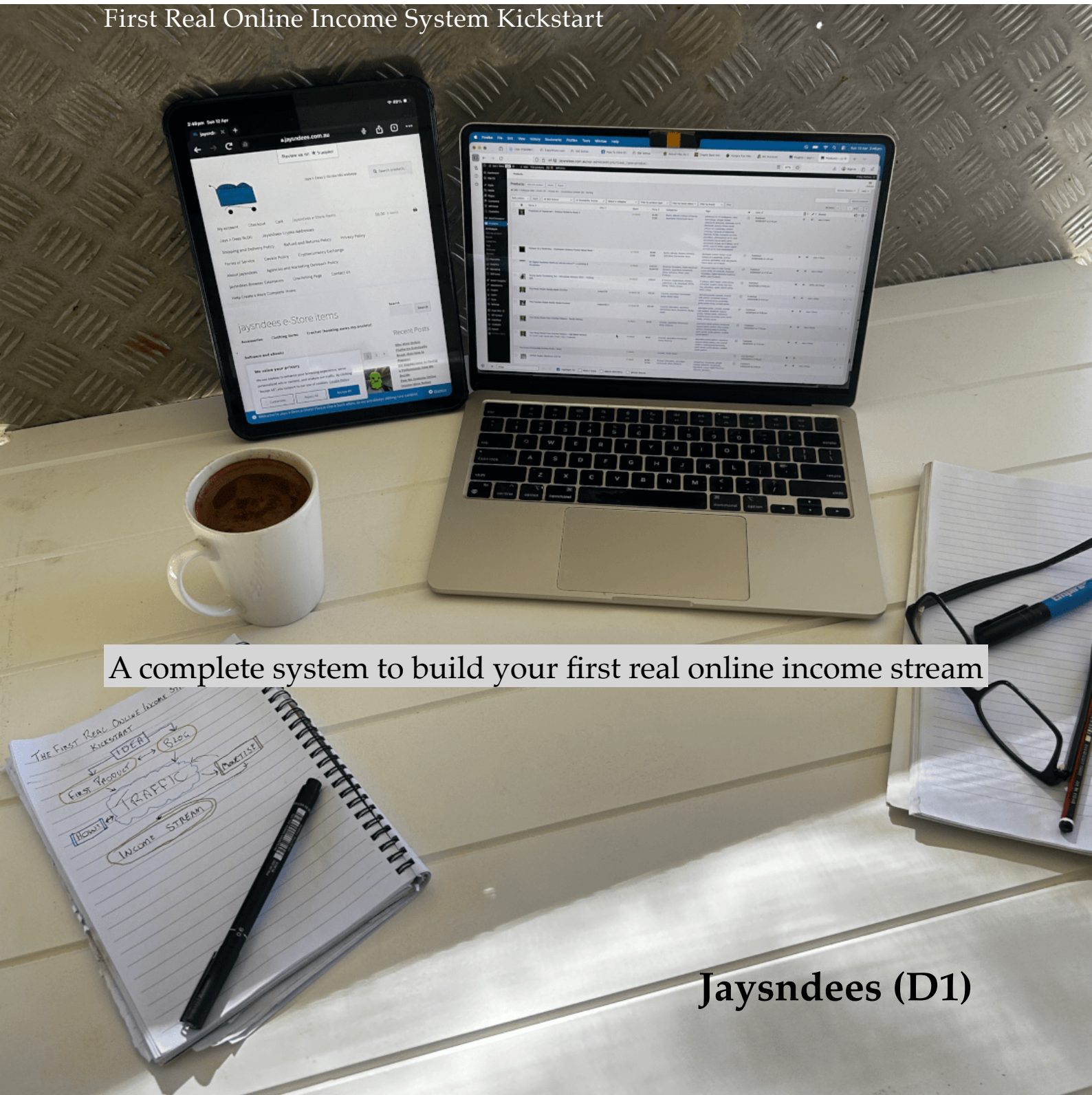


F.R.O.I.S.K. - Start Here Guide

First Real Online Income System Kickstart



A complete system to build your first real online income stream

Jaysndeeds (D1)

© 2026 Jays n Dees. All rights reserved.

This material is provided for personal use only as part of the FROISK system.

You may not:

- reproduce or distribute this material
- share access with others
- upload this content to any platform
- resell or repurpose this material in any form

This includes, but is not limited to:

- free or paid courses
- digital products
- coaching programs
- content redistribution

Transmitted in any form or by any means, including:

- digital
- electronic
- mechanical

Except for brief quotations used for review or educational reference.

Any unauthorised use may result in removal of access and further action where necessary.

For permissions or enquiries, contact: contact@jaysndees.com.au

◆ 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 Guide

This guide is designed to be used **step-by-step**, not just read.



The Right Approach

To get the most from this guide:

- follow each section in order
- make decisions as you go
- take action alongside reading

This works when you use it - not when you just read it.

Step-by-Step Process

1. Read in Order

Each section builds on the previous one.

Skipping ahead can lead to confusion.

2. Make Decisions As You Go

You will be asked to:

- choose a model
- define a product
- select a platform

Make these decisions as you move through the guide.

3. Keep It Simple

Do not:

- overthink decisions
- add unnecessary complexity
- try to improve everything at once

Simple systems get built.
Complex systems get delayed.

4. Take Action Early

Do not wait until you “understand everything”.
Start building as soon as you have enough clarity.

5. Focus on Completion

Your goal is to:

- finish each step
- build a working system
- get something live

Not to:

- perfect everything
- create something advanced

The One-System Rule

Throughout this guide:

- choose one model
- build one product
- use one platform

Do not:

- try multiple directions at once
- switch mid-way
- restart unnecessarily

Version 1 Mindset

You are building your first version.

That means:

- it can be simple
- it can be basic
- it can be improved later

It does not need to be perfect -
it needs to be finished.

If You Feel Stuck

If you find yourself:

- overthinking
- delaying decisions
- wanting to restart

Return to:

👉 the last step you completed

👉 and continue forward

Final Reminder

Progress comes from completing steps -
not from planning them.

◆ Welcome

You now have everything you need to build your first real income stream.

After reading these documents you will be in a better position than most to correctly kickstart your First Real Online Income Stream.

◆ Where to Start

👉 Step 1:

Read:
FROISK Guided DIY Manual

👉 Step 2:

Follow:
5-Day Kickstart Plan

👉 Step 3:

Use:
Setup Checklist

◆ Recommended Flow

1. System Manual
2. Model Selection
3. Product Guide
4. 5-Day Plan
5. Setup Checklist
6. Content + Growth

◆ Keep This in Mind

- keep it simple
- do not overthink
- focus on completion

◆ If You Get Stuck

Go back one step - not back to the beginning

◆ Optional Support

If you want guidance or help building this, support options are available.

These options are available with either the:

- Done With Me Edition

Or the

- Done For Me Edition

◆ Extended Support

Further support beyond the initial period is available as a recurring monthly subscription. This is an offer provided only at the end of the initial support period.