

Starting from Nothing - Daily Habits to Build a Business from Scratch in Just 30 Days

I'm going to assume you already know what you'll be doing for your business. I'll assume you have a business model set up or at least chosen and that you're ready to get started with it. I'll also assume that you're ready to adopt daily positive profitable success habits.

You're going to take the next 30 days to focus on the most important habits that will lead to profitability. This might mean that you don't pay attention to everything in this list and that's okay. Pay attention to what's going to help you profit the most over the next month and beyond.

The 5 Bucks a Day Connection

5 Bucks A Day has been my most popular product. It's popular, and has been from the very start, because of what it is and how it helps people get started the right way. It makes me smile when I think of all the success stories that have come from this book.

When I started my current business, I was very frustrated. I'd been successful in business before, but I was struggling with the new direction. I was desperate to profit... and fast. The fact was that I needed to profit at that time because I was deep in debt, had an offline business that was slowly but surely failing, and I was virtually unemployable because I had been out of the job market for so long... not that I had any interest in taking a regular job anyway.

Focus was a huge problem then, as it is for many people. It's hard to know where to put your attention. There are so many different profitable business models out there and so many great success stories that it's hard not to be taken in by it all. The bright shiny objects and false promises pop up all the time.

But, as I said, I had to be successful. I was deep in debt and at that time my mindset was threatening to make me feel like it would always be that way. I needed to find some success.

So, I developed the 5 Bucks a Day Strategy and quickly got myself out of that situation. I won't go very in depth about the strategy here, but I will tell you what the gist of it is.

Essentially, *5 Bucks a Day* is all about finding a profitable business model you can focus on for a week or so at a time, with the goal of earning just \$5 a day with that one project. You focus only on that project until you complete it.

The next week, you add on another \$5 a day project and complete it. The goal is that your two completed projects will now earn you \$10 in now-passive income per day.

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You rinse and repeat and do this until you're earning a full-time income. This is great for those who are just starting out in business, and I know many people who have worked this business model up to very long-term success. They found which projects they enjoy and that are the most profitable. They don't have all their eggs in one basket. The 5 Bucks a Day strategy helps you spread things out.

If you're struggling, I think this strategy will help you to focus on smaller projects over time until you gain your footing and figure out what you like. It will also help you start earning right away.

When you start earning pretty much right away, it helps you gain your confidence. When you've never earned anything at all, it's hard to imagine that you ever will. But, you will if you keep at it.

5 Bucks a Day is all about developing positive habits that lead to real results very quickly. You can certainly try this model if you want to start earning over the next 30 days as you work on setting yourself up for success with positive work habits.

Figure out What You Want

Since you're just starting out, you might not know exactly what you want in business. It's important for you to outline your goals and work your way backwards. How are you going to achieve those goals? Which business model are you going to use? Why did you get into business in the first place?

You have to know what you want and then figure out how you're going to get there. And, if you work hard enough, you really *can* get there.

Promise yourself that you're not going to jump from business model to business model, unless you're doing so through a guided program and strategy like 5 Bucks a Day. Focus and follow through with your projects—complete one before moving on to another. Don't skip around, never completing or achieving anything.

It helps to figure out what your Reason Why is in business. You might say that you're doing this to earn extra money – but what is your end game here? What do you really want?

Define Your Goals

This goes hand-in-hand with that topic. What are your goals? Figure them out and write them down. You can figure out your long-term goals as well as your short-term goals.

Remember to be very specific with these goals. Figure out exactly how much you want to earn and by when. Write these goals down and revisit them frequently.

Define Your Business Model

It's also important to define your business model. What are you going to sell? What kind of buy buttons are you going to have out there? How do you want to be known among the members of your audience?

Define your business model very clearly. This might also be a time for you to develop a mission statement and a business plan. When you do this, then you establish firmly in your mind that this is a real business. This is a business you're determined to succeed with.

Study Success

As part of this process, it helps to study those who are already successful. What are they doing? What was their journey?

Many people are very open and honest about their journey these days. They share what works and what doesn't work. They share their ups and downs. The honest ones won't trick you into thinking they were an overnight success. They'll help you find your true success.

Following in the footsteps of success helps in a few different ways. You'll know that what you're doing is likely to be profitable. You'll also know you're not alone in this. It will give you a mindset boost and a boost in confidence to know that someone has been successful before you.

Find a Viable Business Plan

Earlier in this section, I mentioned that you might want to create a business plan for yourself. If you aren't sure or if you simply want to follow steps others have

laid out for you, then there are no doubt products, books, and courses that can help you do that.

Find someone you admire. Follow through with their how-to business product from start to finish. They will lay all the steps out for you so you can do the work and see results.

I've mentioned before that it's easy to get started in business with \$0 these days, especially when you're working online, although it's certainly possible with offline marketing and things of that nature as well. There are plenty of fantastic info products that can help you get started, so there really are no excuses... even if you're new.

Create a 30-Day Schedule for Yourself

The next 30 days have to count. You're just starting out in business and you want to see real results this month. How quickly you see results and how much of a result you see really depends on your business model, your dedication, and the amount of time you have to spend on this.

Be realistic about how much time you have to spend every single day. Make a plan and follow through with it. Create a daily to-do list. Figure out what you're going to do every week and every month. Make the next 30 days count.

When you schedule yourself, you'll be a lot more likely to follow through. What you're doing will seem more real. It will seem like something you're just naturally going to wake up and do every day.

Don't leave this to chance – create that 30-day schedule to dramatically improve your chances of success.

Follow Through Every Day

It's easy to put things off. But, you've dedicated yourself to developing more positive work habits so you can be more profitable this month. That means following through every day.

Follow through even when you don't necessarily feel like it. Follow through and get things done – at least one important thing on your list every day.

If you can just get one thing accomplished that's on your to-do list at the start of each day, I'm confident that you'll suddenly feel more in the zone and able to accomplish much more before the end of your day.

Make sure you're getting enough sleep. Make sure you're resting. Make sure you're rewarding yourself for things big and small. That will make it so much easier for you to follow through. If you're working from home, you have the luxury of being able to take a short nap when you feel fatigued, so give yourself permission to do that.

Pay Attention to the 10 Positive and Negative Habits

We've already talked about the 10 positive and negative habits related to success.

Study these. Maybe even post them on your wall. Do whatever you can do to eliminate the negative habits and adopt the positive habits. That will help you become so much more successful. It might be challenging to get started over these next 30 days, but you can make it happen.

Take Consistent Action

Consistent action is important. You can't expect to start off working really hard this week... only to start slacking off. You'll be disappointed at the end of the month because you lost your momentum. Remember that you get out of this what you put into it.

Be consistent about what you do. Even if you only spend an hour or two in your business every day, be consistent about that. Consistency matters and the little things add up to big things. Brand that in your mind.

Follow Through and Demand Success from Yourself

In the end, you are the only one who can guarantee success for yourself. You're also the only one who can guarantee you aren't successful.

You have control over your own life. Choose the path that will lead you to success. Choose to work hard every day. Choose to plan ahead. Choose to have goals you stop at nothing to succeed with.

This is all up to you. That's a lot of pressure, but it's also very freeing. Work hard to develop positive success habits that will help you become profitable even if you're just starting out.

You can start from nothing and develop daily habits to build a business from scratch in just 30 days.



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