YOUR FIRST 30 DAYS ACTION PLAN

(AI-Boosted)

Daily Steps to Online Success

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🚀 Your First 30 Days Action Plan (AI-Boosted)

Week 1: Pick Your Path + Foundation

Goal: Decide your model and set up your base.

Day 1: Choose Your Model (Affiliate or Digital Product)

- Grab a notebook or open a doc.

- Ask yourself: *Do I want to recommend other people's products, or do I want to sell my own?*

- If you're unsure, use this quick rule of thumb:

    - Affiliate Marketing → best if you want to get moving fast, with little setup.

    - A Digital Product → best if you like creating and want to build an asset that's yours.

Don't overthink this, pick one for now. You can always expand later. This is one area where complete newbies (and many seasoned online marketers) get stuck, and that's understandable. It's human nature to want to get things right but getting started is more important than betting it perfect.

By the end of Week 1, you'll know what you're selling and have the skeleton of your funnel.

Day 2: Research Your Niche with AI

- Open ChatGPT (or another AI tool).

- Enter a prompt like: *"List 10 common problems [audience] struggles with and what they search for online."*

  - For example: "List 10 common problems seniors face when starting an online side hustle."

- Make a list of **3–5 possible niches** you could explore.

- Circle one that feels both interesting to you and profitable. Niches like health, wealth, relationships, hobbies are safe zones and consistently profitable.

Day 3: Find Products or Ideas

- If you chose **affiliate marketing:**

  - Search affiliate networks (ClickBank, WarriorPlus, PartnerStack, Amazon, SaaS tools).

  - Pick ONE product that solves a problem your audience has. One that AI identified in Day 2.

- If you chose **digital product:**

  - Use AI to brainstorm product ideas: *"Give me 10 low-ticket product ideas for [niche]."*

  - Pick one that you could realistically create in a weekend (e.g. checklist, cheat sheet, guide etc.).

By the end of today, you've chosen your **first offer**.

Day 4: Choose Your Platform + Autoresponder

Now you need two key tools working together:

1. **A page builder (to collect emails).**

2. **An autoresponder/email service (to store emails and send follow-ups).**

Some platforms combine both. Others don't.

Option A: All-in-One Platforms (Easy Start)

- **Systeme.io** → includes both landing page builder + autoresponder.

- **GetResponse** → also includes both (and has lots of templates).

With these, you don't need to worry about "connecting" two different tools, it's built in.

Option B: Separate Tools (More Flexible)

If you're using **WordPress** or a simple builder like **Carrd**:

- You'll need to connect it to an autoresponder such as **MailerLite, ConvertKit, AWeber, ActiveCampaign or Getresponse**.

- These tools give you a form or code snippet you can paste into your page, so sign-ups flow into your list.

Slightly more setup, but you get more control if you plan to scale.

Your Action Steps Today:

1. Decide if you want "all-in-one" (easier for beginners) or "separate tools" (more flexible long-term).

2. Sign up for your chosen platform.

3. If you chose separate tools, connect your landing page to your email service using the integration or form code they provide.

If you're just getting started or not very techie, the Option A will be the best route. You can always change over to separate options later.

By the end of today: You'll have a platform picked AND an autoresponder ready to start collecting subscribers.

Now we're moving – keep up the good work.

Day 5: Set Up Your Landing Page

- Use the built-in templates provided by each solution - don't try to design from scratch. You can get more specialised later when you're making money.

- Add a simple headline: *"Get my free [lead magnet] to help you [solve problem]."*

- Add an opt-in form (connect it to your email tool that you chose earlier).

- Add a thank-you message that tells them what's next.

By the end of today, you've got a basic page live (even if it's rough).

Day 6: Pick an Email Service + Connect

- If you didn't choose Getresponse in day 4, sign up for MailerLite (it's easy for beginners and free for up to 1,000 subs).

- Create one list/group called "Subscribers."

- Connect your landing page to MailerLite (usually a 2-click integration).

By the end of today, your page + email tool are connected. Anyone who opts in will land on your list.

Day 7: Review + Celebrate Small Wins

- You now have:

    o A chosen model (affiliate or digital).

    o A product or product idea.

    o A platform with a basic landing page.

    o An email tool connected.

- That's your foundation done. You're further forward than most people who "think about starting" for months will be.

Take a breather, review your setup, and get ready for Week 2 (building your lead magnet + emails). Oh, and give yourself a big pat on the back for a job well done.

Your key takeaway for Week 1:
Don't chase perfection. The goal is to get your foundation in place, a system that can actually collect leads. Once that's set up, everything else becomes easier.

Never forget throughout your online marketing career that your list is the most important asset in your business. Everything else can be taken away from you but you own your leads, your mailing list. As long as you have that you can continue to make a living online.

Week 2: Build Your Lead Magnet + Email Flow

Goal: Start capturing and nurturing leads.

Day 8: Choose Your Lead Magnet Format

- Keep it **short, useful, and specific** - something people can consume in 10 minutes or less.

- Popular formats:

  - Checklist (*"10 Quick Wins for…"*)

  - Cheatsheet (*"Beginner's Guide to…"*)

  - Short PDF guide (5–10 pages max)

  - Templates/swipe files (*email scripts, caption ideas*)

By the end of today: You've decided your format and topic.

Day 9: Draft the Content with AI

- Open ChatGPT (or another AI tool).

- Example prompt: *"Create a step-by-step checklist for [audience] to [achieve goal]. Keep it short and beginner-friendly."*

- Generate your first draft, then **add your voice**: stories, tips, or a personal note. This is an important step. AI is your assistant, not your voice. Add your own observations, explanations and ideas to male it your own.

By the end of today: You've got a working draft (don't worry about design yet).

Day 10: Design Your Lead Magnet

- Use **Canva** (or similar) to make it look professional.

- Pick a simple template → paste your content in → add a cover page.

- Export as a PDF.

By the end of today: You've got a finished, ready-to-deliver lead magnet.

Day 11: Upload + Delivery Setup

- Upload your PDF so new subscribers can access it. Options here are:

  - Direct upload in your email platform (e.g. MailerLite, ConvertKit).

  - Upload to Google Drive or Dropbox → and share the link.

- Connect it to your **welcome email** so it delivers automatically when someone signs up.

By the end of today: Your lead magnet is automated so that subscribers get it instantly.

Day 12: Write Your Email Sequence (Part 1)

- Use AI to draft 2–3 short, friendly emails:

  - **Email 1 (Welcome):** Deliver the lead magnet, set expectations.

  - **Email 2 (Value):** Share a tip, quick win, or short story.

  - **Email 3 (Intro to your Offer):** Gently introduce your product or affiliate link.

By the end of today: You've got your first three emails drafted. Great work!

Day 13: Expand Your Sequence (Optional But Very Powerful)

- Add 2 more emails if you can:

  - **Email 4 (More Value):** Another tip, answer a common question, or bust a myth.

  - **Email 5 (Soft Pitch):** Stronger push to your offer, but framed as a "solution."

- AI prompt: *"Write a 200-word friendly email for [audience] that shares a quick tip about [topic], ending with a recommendation for [offer]."*

By the end of today: You've got 3–5 emails loaded into your autoresponder. Keep going, you're doing great.

Day 14: Test + Review

- Sign up on your own landing page yourself and check that:

  - The lead magnet delivers correctly.

  - The emails send in the right order.

  - Links inside emails work.

  - You are added successfully to your list

- If everything flows smoothly you're ready to start driving traffic in Week 3.

NOTE: I always sign up to my own lists. That way when I send out emails to the list in future I always know if they're getting through.

By the end of today: You've built a working funnel, people can join your list, get value, and be introduced to your offer on autopilot.

Your key takeaway for Week 2:
Your lead magnet + email flow is your "engine." Even if you only have 10 subscribers, you now have a system that builds trust and introduces your offer automatically. From here, you just add fuel (traffic) and more subscribers.
You've now got something valuable to give away and an automated follow-up running.

Week 3: Traffic Launch (Pick ONE Channel)

Goal: Get your first eyeballs on your funnel.

Day 15: Pick Your Main Traffic Channel

- Choose ONE to focus on for the next 30 days. Options:

    - **Fast attention:** TikTok / Reels / YouTube Shorts.

    - **Evergreen:** Pinterest / YouTube.

    - **Paid:** Solo ads or small ad campaigns.

- Don't worry about "missing out" on other platforms. Starting narrow keeps you consistent.

By the end of today: You've committed to your primary channel.

Day 16: Research Content That Works

- Look at what's already successful in your niche.

    - On TikTok/Reels → search your niche hashtag.

    - On Pinterest → check popular pins in your topic.

    - On YouTube → see which videos get high views in your niche.

- Note **hooks, topics, and styles** that grab attention.

By the end of today: You have 5–10 proven ideas to model.

Day 17: Generate Content Ideas with AI

- Ask AI: *"Give me 20 TikTok hook ideas for beginners in [your niche]."*

- Or: *"List 10 YouTube video titles about [niche topic] that sound click-worthy."*

- Or: *"Write 10 Pinterest pin titles and descriptions for [your product/offer]."*

- Choose 5–10 that feel good to you.

By the end of today: You've got a list of ready-to-go content prompts.

Day 18: Create Your First 3 Pieces of Content

- Use your list and batch create 3 pieces.

    o TikTok/Reels → short clips (AI can help write scripts or captions).

    o Pinterest → design pins in Canva.

    o YouTube → record a short script or slideshow video.

- Keep them simple. Consistency matters more than polish right now.

By the end of today: You've got your first 3 pieces of content made.

Day 19: Post + Track

- Post your first 3 pieces of content to your chosen platform.

- Always include a link to your landing page (in bio, description, or pin URL).

- Track views, clicks, and opt-ins.

By the end of today: You're officially driving traffic into your funnel.

Day 20: Batch More Content

- Create and schedule another 5–7 pieces of content.

- Use AI to speed it up (scripts, captions, hashtags, titles).

- Batch creation = you're not scrambling every day.

By the end of today: You've got nearly a week's worth of content queued.

Day 21: Review + Adjust

- Check your early numbers:

  - Did anyone opt in?

  - Which post got the most views/clicks?

- Decide what to double down on:

  - If a TikTok hook popped, reuse that style.

  - If a Pinterest pin got clicks, make variations of it.

  - Success leaves clues, as they say. Check what's working and do more of it.

By the end of today: You've got your first set of traffic data and a plan to refine.

Your key takeaway for Week 3:
Traffic isn't about being everywhere. It's about being consistent somewhere. With AI, you can create content ideas, scripts, and visuals at speed, so showing up daily doesn't feel overwhelming. The goal this week is just 100 visitors - enough to test your funnel.

By the end of the week, you've got real people flowing into your system.

Week 4: Test, Tweak, and Improve

Goal: Learn from the numbers and optimise.

Day 22: Check Your Funnel Numbers

- Look at your stats so far:

    - **Opt-in rate:** How many visitors signed up? (Aim for 20–40%).

    - **Email open rate:** Are people opening? (Aim for 25–35%).

    - **Click-through rate:** Are they clicking your links?

- Don't panic if numbers are low this is normal for a first run.

By the end of today: You know your baseline numbers.

Day 23: Tweak Your Landing Page

- If opt-ins are under 20%:

    - Test a new headline (*"Get X in just 10 minutes a day"*).

    - Try a different lead magnet angle (more specific, faster win).

- Use AI: *"Write 10 variations of this headline with urgency and curiosity."*

- Update your page with 1–2 changes.

By the end of today: You've improved your landing page for higher conversions.

Day 24: Optimise Your Emails (Part 1)

- Check open rates:

- - o   If they're low test subject lines.

  - o   Ask AI: *"Give me 7 subject lines for [topic] that spark curiosity."*

- Change just 1–2 emails for testing and check results again.

By the end of today: You've refreshed your weakest subject lines.

Day 25: Optimise Your Emails (Part 2)

- Check clicks:

  - o   If no one's clicking maybe your call-to-action isn't clear.

  - o   Ask AI: *"Reword this call-to-action to make it more exciting and urgent."*

- Add links earlier in your emails (not just at the bottom).

By the end of today: Your emails are sharper, clearer, and more clickable.

Day 26: Test Your Content Hooks

- Review your social posts or videos: Which ones got more engagement?

- Use AI to create variations:
  "Give me 10 TikTok hooks similar to [this one]."
  "Give me 10 YouTube video hooks similar to [this one]"

- Plan your next batch based on what worked best.

By the end of today: You've got a refined content plan.

Day 27: Double Down on Wins

- If one platform, post, or pin drove most of your traffic then focus there.

- If one email got clicks then repurpose it into a social post.

- If one offer is resonating then promote it harder.

By the end of today: You're amplifying what's already working.

Day 28: Plan the Next 30 Days

- Write down what you'll keep doing and what you'll change:

    o Which platform to focus on.

    o How often you'll post.

    o What lead magnet and/or offer tweaks you'll make.

- This becomes your roadmap for the next month.

By the end of today: You've got a simple, data-driven plan for growth.

Your key takeaway for Week 4:
Don't chase perfection. Your goal is to get enough feedback to know what to fix. AI makes testing easy: headlines, subject lines, hooks, and calls-to-action can all be generated in minutes.

Small tweaks add up and this cycle of testing and refining is what turns a small system into a real business.

👉 By the end of Week 4, you've proven your system works (even at a small scale) and you know what to improve.

Summing Up

- ✓ Start with ONE model (affiliate or simple product)

- ✓ use AI to do 80% of the grunt work

- ✓ build a micro-system (page + list + offer)

- ✓ pick ONE traffic source

- ✓ iterate quickly.

That's it. Nothing fancy.

The good news is what used to take months, you can now do in a *weekend* with AI.

☑ At 30 Days…

- You've chosen a model.
- You've built a basic funnel (page + list + offer).
- You've launched a lead magnet.
- You've started consistent traffic.
- You've collected data and made your first tweaks.

This is your minimum viable online business — small, simple, but alive.
From here, it's just rinse, repeat, and scale.

☑ Week 1 Checklist: Pick Your Path + Foundation

Use this simple tick-the-box checklist to stay on track.

☐ Day 1: Decide your model (Affiliate Marketing or Digital Product).

☐ Day 2: Use AI to research 3–5 niche ideas and pick one to focus on.

☐ Day 3: Choose your first product (Affiliate: pick ONE offer. Digital: pick ONE product idea).

☐ Day 4: Choose your platform + autoresponder (Systeme.io, GetResponse, or WordPress + MailerLite/ConvertKit).

☐ Day 5: Create a simple landing page with a headline, opt-in form, and thank-you message.

☐ Day 6: Connect your landing page to your email service (test that sign-ups go onto your list).

☐ Day 7: Review your progress – you now have your foundation in place!

☑ Week 2 Checklist: Build Your Lead Magnet + Email Flow

Use this tick-the-box checklist to keep on track as you set up your lead magnet and email sequence.

☐ Day 8: Choose your lead magnet format (checklist, cheatsheet, short PDF, templates).

☐ Day 9: Draft the content with AI (generate, then add your own voice).

☐ Day 10: Design your lead magnet in Canva (add cover + export as PDF).

☐ Day 11: Upload your lead magnet and connect delivery to your welcome email.

☐ Day 12: Write your first 3 emails (welcome, value, intro to offer).

☐ Day 13: Expand to 5 emails if possible (extra tip + stronger soft pitch).

☐ Day 14: Test your funnel – opt in yourself, check delivery + links.

☑ Week 3 Checklist: Traffic Launch (Pick ONE Channel)

Use this tick-the-box checklist to stay consistent as you start driving traffic into your funnel.

☐ Day 15: Pick ONE traffic channel (TikTok/Reels/Shorts, Pinterest, YouTube, or Paid Ads).

☐ Day 16: Research content that works in your niche (study top hashtags, videos, or pins).

☐ Day 17: Use AI to generate 10–20 content ideas (hooks, titles, pin descriptions).

☐ Day 18: Create your first 3 pieces of content (videos, pins, or posts).

☐ Day 19: Post your first 3 pieces and track opt-ins/clicks.

☐ Day 20: Batch another 5–7 pieces of content and schedule them.

☐ Day 21: Review your numbers (views, clicks, opt-ins) and note what to improve.

☑ Week 4 Checklist: Test, Tweak, and Improve

Use this tick-the-box checklist to track your optimisation tasks during Week 4.

☐ Day 22: Check your funnel numbers (opt-in rate, open rate, click-through rate).

☐ Day 23: Tweak your landing page (headline, lead magnet angle).

☐ Day 24: Optimise your emails – test subject lines to improve opens.

☐ Day 25: Optimise your emails – rework calls-to-action to boost clicks.

☐ Day 26: Review your content – identify which posts performed best and generate new hook variations with AI.

☐ Day 27: Double down on what's working – focus on your best traffic and content sources.

☐ Day 28: Plan your next 30 days – write down what to continue and what to improve.

If you need help with anything, feel free to contact me at my helpdesk:
https://asktrevorgreenfield.com

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Now - Let's get to it.