

EBOOK

The Starter Guide

BY @SAMPLE.CREATOR

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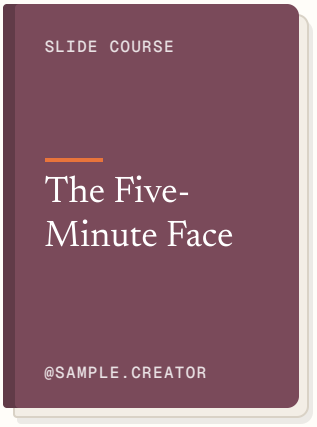
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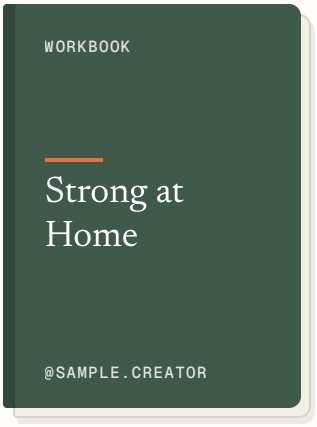
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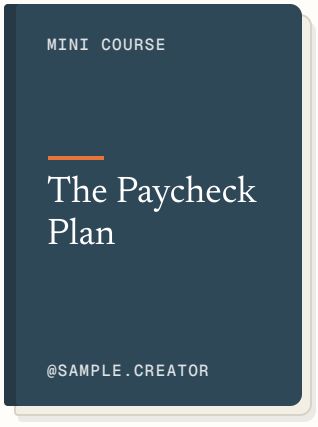
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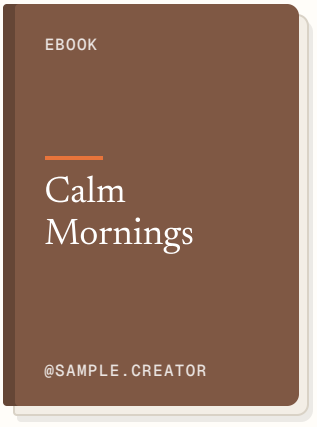
BEAUTY



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PARENTING



GARDENING

INSIDE

Contents

01 Start here

02 The basics, in plain words

03 Your first week

04 Common mistakes, and easy fixes

05 Going further

06 Quick reference

01

Start here



Your followers keep asking the same few questions. This book answers them in one place, in the order a beginner needs them.

Read it front to back the first time. After that, use the quick reference at the end whenever you need a reminder.

What you'll need

- About 20 minutes a day for the first week
- The short list of basics in chapter 2
- A notebook, or the printable pages at the back

02

The basics, in plain words



Most of what feels complicated comes down to three ideas. Get these right and everything else is detail.

1. Start smaller than you think

A small win you repeat beats a big plan you abandon. Pick the simplest version of the habit and do only that for a week.

2. Make it easy to begin

Set things up the night before. The fewer decisions between you and starting, the more often you'll start.

3. Notice what works

Keep a two-line note each day: what you did, and how it felt. Patterns show up within a week.

03

Your first week



Here is a simple week you can follow as written, then adjust.

- **Day 1:** set up your space and do the smallest version once
- **Day 2:** repeat, and write your two-line note
- **Day 3:** add one small step
- **Day 4:** rest, and read your notes
- **Day 5:** repeat day 3
- **Day 6:** try the variation in chapter 5
- **Day 7:** look back, and choose next week's one change

By the end of the week you'll know what fits your life, which is worth more than any perfect plan.

04

Common mistakes, and easy fixes



Almost everyone hits the same bumps. None of them mean you're doing it wrong.

Doing too much at once

Cut back to the smallest version until it feels automatic, then add one thing.

Skipping a day and stopping

Missing once is normal. The rule is simple: never miss twice in a row.

Comparing your start to someone's middle

The people you follow have years of practice. Compare yourself with last week instead.

05

Going further



Once the basics feel easy, these are the next steps followers ask about most.

- Build a weekly routine around your three best days
- Swap in one new technique a week, never more
- Share your progress: it keeps you going and helps others start

Each of these builds on the first week, so there's no need to rush.

06

Quick reference



Tear this page out, or keep it open on your phone.

- Start smaller than you think
- Set up the night before
- Two-line note every day
- Never miss twice in a row
- One change a week

THIS EXAMPLE VS. YOURS

Everything here is customized for you

This example uses generic content and stock photos so you can see the format. Your version is written from your own posts and the material you add, so it reads like you and answers what your followers ask.

- ✓ Your own posts, tips and recipes become the chapters, in your voice
- ✓ Your title, your price, and the questions your followers actually ask
- ✓ Your photos, or images made for your topic, instead of these stock photos
- ✓ Nothing goes on sale until you've read and approved every page

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Thanks for reading.

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