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Contact Me

If you wish to contact me for any reason please use my Support Desk for a speedy response.

Disclaimers

This newsletter is for your informational purposes only and any advice offered should be used at your own discretion. As with any business venture, if you are in doubt, you should always seek legal advice.

Whilst I will only ever recommend resources which I genuinely believe will help you in your online business, some links contained in this newsletter may earn me a referral commission. This will NOT cost you anything extra though and will help keep this newsletter FREE!

Aaron Leighton
Internet Entrepreneur

Aaron Leighton's

IMIntegrity Newsletter

“Putting The Integrity Back Into Internet Marketing”

Issue 3—May 2011

Welcome to the May issue of my *IMIntegrity Newsletter!*



For those of you who don't know me or are new to my newsletter, my name is **Aaron Leighton** and I've been an internet marketer for the past 9 or 10 years. I live in Wellington, New Zealand with my wife and our two young children - a son aged 1 (who's just started walking!) and a daughter aged 6.

I started my blog (which you can find at www.IMIntegrity.com) back in mid 2010 after being totally dismayed at some of the trends that were emerging from within the Internet Marketing industry. I called it “IMIntegrity” as this was short for **Internet Marketing Integrity**. My goal is to try to restore some integrity & honesty into internet marketing.

The intention of this monthly newsletter is to provide you with the very best tools, resources and information to help you succeed in your online business.

I still need your feedback though on what it is YOU would like to see in this newsletter because I want it to be helpful to my readers.

I spend a good deal of my time each month hunting out and testing relevant resources that will help my readers in their online business. Many are nothing more than junk but in amongst the many products I test, there are a few gems. I try and let you know about them as I find them.

It's my belief that by looking after my readers and subscribers by providing them with honest and accurate reviews, advice and resources to help them in their online business - we can all benefit.

I really don't think that it's necessary to scam people in order to make a decent living online. There are plenty of ways to make money by using ethical marketing methods and treating your subscribers and customers with the respect they deserve.

My motto is **“Together we can help each other succeed!”**

If you ever need my assistance, please let me know and I will help in any way I can. The most reliable method for contacting me is by [logging a support ticket at my Support Desk](#) (which in nearly all cases, I personally respond to).

I hope you enjoy this issue of the newsletter and, as mentioned, welcome any feedback you may have for improvement in future issues. **Feel free to pass the newsletter on to your friends and subscribers!** I plan on releasing each month's issue towards the end of each month.

Aaron Leighton

“Pass It On!”



If you enjoy this newsletter, **feel free to pass it on** to your own subscribers or website visitors.

If you're not already on one of my lists and would like to receive this newsletter on a monthly basis **free of charge**, please click below.

[Sign Up To Receive The IMIntegrity Newsletter Free Every Month](#)



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[Readers' MarketPlace](#)

[Frame Of Mind](#)

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Are You An "Expert?"

In the coming months, I'll be looking for high quality, useful content that will benefit my readers of this newsletter.

If you have an area of expertise in internet marketing or a related field and would be interested in contributing valuable, informative content for this newsletter on a monthly or one-off basis, then why not [drop me a line at my Support Desk?](#)

Perhaps we can discuss how we can make such a venture a win-win?



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How To Choose A Good Autoresponder For Your Business

Autoresponders are an essential part of any online business and if you are not using one to automate your business then you are losing money – big time! In this issue, we'll cover what to look for in an autoresponder and which type of autoresponder is best for your online business.

Firstly.... What Is An Autoresponder?

An autoresponder is a tool which allows you to send messages to opt-in subscribers automatically at pre-defined intervals. These messages are generally referred to as "follow-up messages." After setting up a pre-defined "follow-up" series, you can concentrate on sending traffic to a squeeze page (a page which contains an opt-in form where a visitor fills in their name and email in order to receive some sort of gift – usually a free report or the like) and watch sales or commissions from affiliate products come in as your subscribers cycle through your follow-up series – **all on complete autopilot.**

An autoresponder also allows you to manually "broadcast" an email to particular lists, either at a scheduled time, or immediately.

What Types Of Things Can I Do With An Autoresponder?

Autoresponders are a great way to automate the delivery of e-courses, gifts from squeeze pages or provide welcome information to new customers or members. There are of course many more ways you can use an autoresponder to improve efficiencies in your online business and those are just a few of the typical uses.

What Types Of Autoresponders Are Available?

There are basically two types of autoresponder you can get. You can use either a self hosted script which you can host on your own web hosting account or subscribe to a service which is hosted externally from your hosting account.

There are pros and cons of both, however generally speaking, I recommend using a hosted service (one that is hosted by a third party). Below is a brief summary of the MAIN "pros and cons" of each:

| Self Hosted Script | | Hosted Service | |
|------------------------|---------------------------|-------------------------|-----------------------|
| Pros | Cons | Pros | Cons |
| Generally one-off cost | Needs to be updated | Automatic updates | Generally monthly fee |
| More control | More spam complaints* | Better deliverability** | Little control |
| | Limits on email per hr*** | Less spam complaints | |

* Potentially it is harder to PROVE that a person opted in—even if you use double optin because you could have just purchased an email address and IP address from elsewhere.

** Generally speaking, dedicated hosted services have better deliverability than scripts hosted on your own domain—especially if you use shared hosting.

*** Most hosts limit the number of emails that can be sent per hour—therefore if you have a large list it can take hours or even days to have your emails sent.

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If you do decide to go with a self-hosted solution then I have listed a couple of reputable ones below:

[AutoresponsePlus](#)

[Interspire](#)

Free vs Paid Autoresponders

You have two options when choosing an autoresponder service. You can choose to use a free service or you can go with a paid service.

Despite the fact that I refer to them as "free services," more often than not, free services are not actually free. They will generally end up *costing* you money in the long-run and therefore I do not recommend them to my readers – especially those serious about building a solid online business. Free services will often offset the fact that they are "free" by placing advertising in your email messages. Not only does this look unprofessional, but it also distracts your readers from focusing entirely on your offers.

The other reason I would steer clear of free services is because there is nothing to say you won't wake up one day to find that they have simply vanished and taken your list with them too! This is much less likely to happen with a well established paid service as they will not want to lose recurring revenue so have a vested interest in continuing to run their service.

Having been warned about the pitfalls of using a free autoresponder service, ***if you insist on using one***, then I suggest checking out [Listwire](#) or [FreeAutoBot](#).

Whilst at first it may seem expensive to use a paid service when there are free services available, the long-term benefits of using a paid service far outweigh the short-term cost savings in using a free autoresponder and they are not as expensive as you might think.

Here is a quick summary of the "pros and cons" of using either free or paid services:

| Free Services | | Paid Services | |
|-----------------|--|--|--|
| Pros | Cons | Pros | Cons |
| No initial cost | Actually do "cost" in long run (ads in emails). | Updated frequently | Monthly / Annual fee |
| | Support can be poor compared to paid | Dedicated support | Generally can't import leads into system |
| | Generally can't import into a paid service later | Better deliverability | |
| | Could be "gone" tomorrow | More likely to be around for the long haul | |
| | Lack of professionalism | | |



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I personally recommend starting out the way you intend to continue and using a paid service from the outset. The initial cost will be recovered by just having a few responsive subscribers. [AWeber](#) and [GetResponse](#) are probably two of the most popular autoresponders for Internet marketers however they are not cheap any longer. I personally use Aweber however I know a lot of people can't afford their pricing – especially when just starting out.

One service that is gaining good traction amongst the Internet marketing community and has a very low entry point is [Imnicamail](#). Their plans start at just a fraction of what Aweber and GetResponse charge and there are [many positive reviews amongst its users](#) so it is definitely a service worth considering given their pricing structure compared to the other two.

The problem with starting with a free service and then deciding to migrate to a paid service is that most paid services will not allow you to import leads from external sources. This means that all the subscribers that have joined your free autoresponder will, in many cases, be unable to be imported into your paid service and you will need to start again from scratch or entice them to opt in to your new paid autoresponder.

Double Opt-In Or Single Opt-In?

Many autoresponders allow you to choose between double opt-in or single opt-in however I personally use double opt-in because it provides more evidence that a subscriber did in fact subscribe to my autoresponder. It also tends to improve the responsiveness of your list because you have a lot less fake email addresses being used.

When using double opt-in, after a subscriber has signed up to your autoresponder via a form on your website they must login to their email and click a confirmation link. If someone else was to sign up for your autoresponder using another person's email address then they would not be able to confirm the subscription. Therefore ONLY the owner of that email address can actually confirm their subscription to your list. This keeps you better protected from potential spam complaints. You may find you get a slightly lower opt-in rate than if you were to use single opt-in but the responsiveness of the list long-term is likely to be higher.

On the flipside, using single opt-in means that a subscriber can potentially be added to your list by someone else because there is no need to confirm the subscription. This could potentially lead to spam complaints in the future so for most of my readers, I do not recommend using such a setting.

My Recommendation?

For most people starting out, [Aweber](#) is now too expensive so after doing a fair bit of research on a cost effective alternative, I would recommend [Imnicamail](#). Overall it may not have all the "bells and whistles" of Aweber but it is certainly very acceptable for most marketers and much better than using a self-hosted or free solution (in my opinion.)

Every online business needs an autoresponder so you will need to make a decision at some point, if you haven't had to already and it's definitely best to start out on the right foot rather than have to start over again once you realize you chose the wrong option.



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Why 99% Of People Will NEVER Make A Dime Online - And How You Can Become One Of The 1% That Does!

I wanted to write this article because I know so many of my subscribers are trying so hard to make money online but simply can't seem to get themselves out of the "starting blocks." For most of them it's not for lack of trying, but more because they're doing the wrong things at the wrong times and lack the focus needed to create a sustainable income stream.

There are plenty examples of people with no educational background, and very little money to start with, who have gone on to build successful online businesses. There's absolutely no reason why you can't do the same and there's no better time to do it than right now!

Below are some key tips that will ensure that you have a good chance of succeeding:

Do Your Research!

The first thing I recommend is to decide on what it is you want to do online. Just jumping right in and saying "I want to make money online" is unlikely to be any real help and certainly won't progress you much closer to your end goal.

Some things to consider (amongst others) might be:

- What will your "niche" be?
- What method do you think you will use to make money? (e.g. affiliate marketing, product creation, Google AdSense etc.)
- How much time can you devote to your "business?"

Most people who start trying to earn money online jump in head first however a little bit of research can go a long way to getting off on the right foot and sparing your Credit Card from being maxed out before you even get off the starting line!

Look For A Method For Long-Term Consistent Profits Over Short Term Gains

Sometimes you need cash in a hurry but in almost all cases where income is promised as being "pushbutton easy", "fully automated", you'll only end up throwing good money after bad. I strongly recommend finding a system which has a proven track record of producing long-term gains and consistent results for others over something that is virtually untested.

Dedicate Time To Learning And Time To Actioning

So many people spend so much of their time trying to learn new things that they never find enough time to actually ACTION them. Whilst it's important to spend some of your focusing on **learning** new skills, it is also important to make sure you allow enough time to actually put those new skills into action.

I suggest spending 20% of your time learning new skills and the other 80% putting them into action. Obviously there will be other things that need to be done during the week but regarding the time spent learning and "actioning," I suggest a 20/80 split.

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And whilst we're on the topic of learning new skills... If I was to give one other piece of advice, it would be to [learn everything you can about traffic generation](#). If you know how to generate a ton of targeted traffic then you really can't help but succeed online. The success of every other aspect of online business revolves around traffic - list building, affiliate marketing, product creation – it all hinges on being able to get enough potential buyers in front of your offers.

Focus And Stick With One Thing Long Enough To See Results

A lot of "newbies" are guilty of skipping from one program to the next and never really giving the first program a chance to gain any traction. Assuming you've done your research in the first place, you've chosen a solid "system" to work with. Therefore, if you commit to a program or system then it's important to make sure that you give it enough time to work for you. Be prepared to put the effort and stick with it until you see the desired results. Expect to give it a good couple of months before you see results with most programs. What you're looking for are consistent, repeatable and scalable results that you can rely on.

Set Realistic Goals And Break Them Down Into Daily Targets

You've probably heard it many times before but goalsetting is extremely important if you want to succeed in any aspect of life. Ask any successful person and they will most likely tell you that the reason for their success is, at least in part, attributable to setting realistic and measurable goals and developing solid "action plans" to achieve these goals.

Breakdown your goals into monthly, weekly and daily targets. So, as an example, if you wanted to make \$60,000 a year, you would need to make about \$5000 per month. That would mean each week you would need to earn approximately \$1250. Breaking that further down to a daily target you'd be looking at trying to earn an income of around \$175 per day. (Obviously this doesn't take into account any expenses but I'm sure you get the idea! Break down the goals into bite-sized chunks and you'll be more like to achieve them.)

Get Yourself A Coach Or Follow People Who You Can Trust

Almost all truly successful marketers have been coached or mentored by someone who is already successful. If you think you can't afford the "luxury" of a coach then you should definitely think again – because it will cut your learning curve by years if you are lucky enough to be able to find the right person to coach you!

And Last But Not Least - "Information Overload!"

The problem for most people is NOT that there are NOT ENOUGH ways to make money online but more that there are TOO MANY WAYS and it's easy to become totally overwhelmed. More often than not, information overload quickly sets in, virtually paralyzing you from taking any positive action towards your own success.

This is SUCH a common problem amongst online marketers that I've decided to devote an entire article to it in next month's newsletter. There simply wasn't enough space or time in this month's issue to do the topic justice. **Stay tuned for that in next month's issue where I'll give you some killer tips for banishing "information overload" FOREVER!**



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FREE RESOURCES

AWESOME Free Banner Creator!

The other day I was trying to create a simple animated banner for a product I wanted to advertise and I came across this great free site—BannerSnack.com

I still can't believe that this one is actually free (there IS an upgraded membership available but I haven't had the need to use it) and provides so many features. Not sure how long it will remain free but right now it is, so I recommend checking it out while you can—no catches here... **Just a great free resource** you can use to create great looking banner ads!

Grab My **FREE** Super Fast Website Indexing Tool And Get Your New Sites Into Google In Record Time!



[Click Here To Download Your Copy](#)

FREE RESOURCES

This section of my newsletter focuses on some great **free resources** that I've found around the net or that I am personally offering to my subscribers.

NEW! My Marketing Training: I've put together my latest video training site which focuses on providing YOU with a whole range of internet marketing related training videos. **Grab your FREE membership today!**

Instant Cash Injection: This powerful yet simple "system" can help you to generate a great income online. The best part is that it's totally scalable and easy enough for virtually anyone to succeed with. The ebook also provides a "surprise" twist towards the end which is also a powerful way to earn additional income easily.

Social Media Quickstart: This easy to follow report will show you how to get your social media efforts off to a flying start!

WP Clickbank Membership Plugin: Run your own Wordpress based membership sites using Clickbank! Simple to install.

Spin Master Pro: An excellent article spinning software that allows you to easily create unique content from almost any article.

This one I am personally giving away to my subscribers and readers—along with **free distribution rights** so that you can also offer it as a gift from your website.

PlatinumPopup: A fully featured popup plugin for Wordpress. One of the best popup plugins of its kind.

Definitely worth checking out!



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IMPORTANT NOTE: My aim in this section of the newsletter is to bring you great deals and quality products from the Warrior Forum WSOs section. "WSO Corner" is in no way affiliated with or endorsed by the Warrior Forum.

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The #1 Internet Marketing Forum Since 1997

WARRIOR

WARRIOR SPECIAL OFFERS

F O R U M

"WSO CORNER"

WSO stands for **Warrior Special Offers** and this section is dedicated to bringing you the best WSOs I've seen over the past month or so. The great thing about WSOs is that you can actually see what other CUSTOMERS think of the product or service BEFORE you shell out any of your hard-earned cash! I only plan on bringing you the highest quality WSOs in this section of my newsletter and in almost all cases, they will be ones that I have actually purchased myself first.

"WSO Of The Month"

Need Traffic? >>> Grab Luke Brown's "Marketing Mind Hack"

Luke Brown is a member of Clickbank's "Elite" (a group of the very top Clickbank earners) so he knows a thing or two about making money online. I've previously purchased WSO's from him so I knew when I saw his latest one that I was in for a treat. He is genuinely one of those guys who really over-delivers and his "Marketing Mind Hack" was no exception. To see what I mean, take a look "behind the scenes" at the amount of content you get as part of this offer by [clicking here](#).

[Click Here To Get Your Copy Of Luke's Sensational WSO](#)

New Wordpress Theme Takes The Time Consuming Part Out Of Building Sites!

I use Wordpress a LOT- simply because, as a general rule, it's just so flexible.

The biggest problem I have though is actually finding a THEME that is easy to setup and will work well for me. It has to look professional but not take me hours upon hours to get looking great.

After many months of searching, I've found one. Not only that - but it's low-cost and comes **with a DEVELOPER license** so that I can use it to develop websites for my offline clients too.

The developer license alone is worth it!

[Get A WP-Efix Developer License Here!](#)

Maria Gudelis' Ultimate Consulting Challenge—For A Good Cause...

I'm honestly not sure how long this one will be around for due to the nature of this offer or whether the price will remain as low as it is right now as I type this. I just hope it's still running by the time you see this.

Maria is selling her "Ultimate Consulting Challenge" package which usually sells for \$497 at a CRAZY \$17 so that she can help raise money to help a friend who needs a lung transplant.

This package is SUPERB value (as are all of Maria's products) so you really can't go wrong when you secure yours.

[Start Getting Offline Clients TODAY!](#)

[Check Out OTHER Notable WSO's Here](#)



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WebMaster's Corner

HTML - PHP - CPANEL - FTP AND MORE



This Month's Focus— Hiding Download Pages

In today's lesson we're going to look at how you can protect your download or thank you pages from the search engines. If you don't do this, then it's relatively easy for others to find your product downloads simply by using Google or other search tools.

There are generally two methods that people use to do this but we are only going to focus on one today because the other method that some people use can be bypassed by those who know what they're doing!

The method you'll use involves modifying or creating a **robots.txt** file and uploading it to the public_html folder on your hosting account using either the Cpanel upload feature or an FTP software such as [Filezilla](#) or similar. *Here's how to do it:*

1. Create a robots.txt file—Open up notepad or a text editor and copy the code below then paste it into your text file:

```
User-agent: *  
Disallow /cgi-bin  
Disallow /yourdownloadfolder
```

Change the bit that says */yourdownloadfolder* to the name of your download folder (i.e. The folder you want to protect.) If the download folder is inside another folder then you will need to include that too. (e.g. */folder/downloadfolder*)

2. Upload the robots.txt file—Using Filezilla (or any FTP software) or Cpanel, upload the robots.txt file into the public_html folder. Once you've done this there is one further issue you need to deal with. If you don't do this one extra thing, then somebody can just type in their browser <http://www.yourdomain.com/robots.txt> and they would be able to see the text file with all the folders you are trying to protect! So we need to fix that...

3. Create and upload a blank index.htm file—So what we are going to do is create a blank index.htm file and then upload it to inside the **DOWNLOAD FOLDER**. To do this, we simply open notepad and save a blank notepad (text file) as index.htm

If we open up [Filezilla](#) we can then upload the blank index.htm file (created above) to the download folder that we are trying to protect and **we're done!** The Search Engines will not index our thank you (download) pages and our products will be less likely to be stolen!

[Click here to view a video showing in more detail how to hide your download pages from the Search Engines.](#)

[For more videos like this one, be sure to join my FREE MyMarketingTraining.com Video Training Membership!](#)

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SEO Workshop

SEO - "the process of improving ranking in search engine results."



*This section of the newsletter will focus on **Search Engine Optimization (SEO)** to help you generate more targeted traffic to your websites. Targeted traffic from the search engines is one of the best traffic sources there is—primarily because it's **FREE!** Unfortunately, understanding the search engines and how to improve your website rankings is not always easy for the average marketer.*

Over the next few month's with the help of some SEO experts, I'll help unravel some of the mystery around SEO. Whilst this is in part an "inexact science," I'm sure that this will at least help you to generate a bit of extra targeted traffic to your websites and blogs.

How Backlinking Can Grow Your Online Business

So you've just spent a few thousand dollars on a quality website from your local web designer, or spent a few dozen hours designing your own site. It looks great, it says what you want it to say and it's definitely going to help your business grow... right?

After a week or so of religiously checking your stats you realize... no one is showing up to your site!

Unfortunately this is one of the most common problems when it comes to online promotion.

The old "if you build it, they will come" analogy simply doesn't work when it comes to websites. Did you know that some estimates state that there are over a billion new pages of web content generated EVERY DAY?

How in the world will anyone find your site when there are that many new pages coming online?

The simple answer to this question is through gaining better search engine rankings for keywords that are related to your business. This is done in three phases:

- Choosing Proper Keywords
- Doing Proper Onpage SEO
- Building Backlinks (Also referred to as Offpage SEO)

Now, if you (or your developer) did proper research when first designing your site then you've already had it optimized for a few keyword phrases that are relevant to your business and you're ready to go but...

If you have no idea what keywords are or how to do keyword research then I would recommend checking out my blog post on [Proper Keyword Research](#) and my post on [Proper Onpage SEO](#).

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Once you understand keyword research and on page SEO it's time to delve into the exciting world of building backlinks to grow your online presence.

What Is A Backlink?

Backlinks are simply links on other pages that point back to your website. For example if someone stumbled across your site and found it to be interesting, they may put a link on their site back to yours. It's not any more complicated than that.

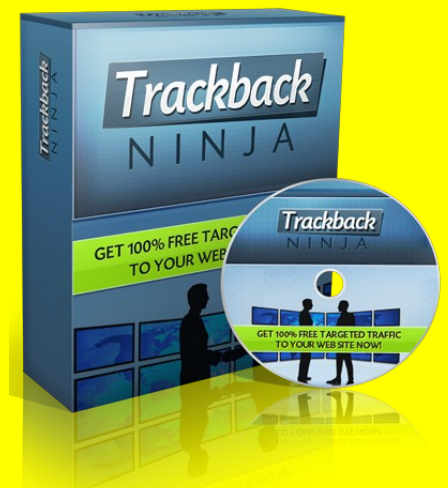
Why Do I Want Backlinks?

A while back, Google and then the other major search engines such as Yahoo and Bing decided that the more backlinks a page has pointing at it, the more relevant it must be to the topic. It's sort of like a popularity contest, for instance if site A is about 'Blue Widgets' and has 150 links pointing back to it while Site B which is also about 'Blue Widgets' only has 5 links pointing to it, Google assumes that Site A is more popular and probably more relevant to the term Blue Widgets. Therefore, Site A will receive a higher ranking in the results pages when someone searches for the term 'Blue Widgets' than site B.

A big factor in increasing your rankings for any given keyphrase is the Anchor Text that it used in the backlink to your site. Anchor text is the text used in the link itself. For example; Getting a link that says 'Blue Widgets' is going to be better for your rankings than getting a link that says 'Click Here'.

Join us for Part 2 of "How Backlinking Can Grow Your Online Business" (in next month's newsletter) where I look at different ways you can get backlinks and help speed your site's ranking process up a little!

"Trackback Ninja" Takes The Grunt-Work Out Of Getting Highly Relevant Backlinks For Your Blog!



[Grab Your "Reader Only" Special Pricing Here](#)



SOME OF MY WEB BUSINESSES

IMIntegrity.com
MyMarketingGoldmine.com
MyMarketingBasics.com
MyMarketingNewsletter.com
Digital-Info-Products.com
PlatinumPlugins.com
100-Bucks-A-Day.com
SuccessMindset.info

Aaron Leighton's

IMIntegrity Newsletter

"Putting The Integrity Back Into Internet Marketing"

Issue 3—May 2011



Buy - Sell - Swap

Readers' Marketplace



READER'S MARKETPLACE

You can post your classified ad for a crazy low price in one of the categories below (space permitting.)

[Terms and Conditions can be seen here.](#)

[To Place Your Ad—Click Here](#)

GENERAL FOR SALE

Need More Traffic? Here's your chance to get a complete step-by-step course on how to LITERALLY launch traffic to your site. [Grab your copy here for FREE!](#)

Want Perpetual \$20 Payments? Ewen Chia's latest super simple system for earning \$20 payments over and over again. [Join today to start cashing in!](#)

DOMAINS FOR SALE

I have a number of "aged" domains for sale. If you're interested, [click here for more details.](#)

Grab The Most Configurable
Popup Plugin For Wordpress
It's FREE!

Rated By Many As
The #1 Popup Plugin For
Wordpress!



[Click Here To Download
PlatinumPopup For Free!](#)

"Quote Of The Month"

"Failure is only the opportunity to more intelligently begin again."

Henry Ford



Aaron Leighton's

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"Frame Of Mind" YOUR PERSONAL GOAL ACHIEVEMENT SYSTEM

Issue 3—May 2011



If you've not worked through the previous modules yet, [you can access them here.](#)

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- SuccessMindset.info

Month 3 - Balanced Attack

Objective: The third month has been designed to get you in the habit of thinking about your goals every single day. Beyond that, this month will help you form the habit of writing your goals every day which is a much more powerful next step. By writing your goals every day, you actually get more involved with the idea. The act of writing the goal forces you to place much more mental focus on the goal and, as a result, you see the goal in a new light each day. New ideas come to your mind and new opportunities for achieving the goal will ultimately present themselves to you.

Work Breakdown: You are going to write out 5 or 6 of your top goals from 5 or 6 areas of your life... EVERY day this month. The most common life areas for goal setting include Financial, Career, Health, Fitness, Relationship, Spiritual, Personal, Fun, Contribution. The areas you choose are entirely up to you.

Balanced Attack Exercise

Print out 30 or 31 copies (depending on how many days are in this month) of the [daily goals template](#). Every morning, use a pen to literally write or print out your goals for each of your chosen areas of life. Do not worry about what you wrote the previous day. Simply describe your goal as you see and feel it now:

| Wk | Action |
|----|---|
| 1 | Write 5 or 6 of your goals each morning this week |
| 2 | Write 5 or 6 of your goals each morning this week |
| 3 | Write 5 or 6 of your goals each morning this week |
| 4 | Write 5 or 6 of your goals each morning this week |

Be sure to use your [Action Log](#) to track all of your goal achieving actions that you took this month. *Stay tuned next month for Lesson 3.*

Don't forget to [download the Daily Goals Template for Month 3 here.](#)



A Word Of Caution!

Initially this may seem a bit painful—even pointless to some—but I urge you to stick with it and dedicate a few minutes each day to work through the system.

Each month, I will be adding the next module to the newsletter & they each build upon the last.

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Worth Checking Out!

Below are a few products that I CAN recommend if you have an interest in the relevant areas. I want to remind you however, that I will only ever recommend products to you that I have either purchased myself or have first hand experience of and know to be of the highest quality. If I wouldn't purchase them myself then I wouldn't expect you to either! Please keep in mind— **I don't make recommendations lightly** since it's my credibility on the line. You can always rely on any recommendations that I do make, to be "worth checking out!"

How Would YOU Like Your Very Own Private Label Weekly Newsletter?

Having your own weekly marketing newsletter will add credibility to your business and brand you as an "expert." **Limited spots available at this price!**



[Click Here To Secure Your Weekly PLR Newsletter](#)



FastAttackTraffic

Flood Your Websites With A Ton Of **FREE** Highly Targeted Traffic With Craig's Low-Cost Traffic-Getting Blueprint!

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BRAND NEW—Super High Quality PLR Niche Blogs

HOT Mobile-Ready PLR Blogs. Professional design and easy to install.

Multiple color schemes.

At this price, you can't go wrong!



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