

◆ **Module 0 — The Reset**

(2 minutes · instant momentum · zero fluff)

⚡ Instant Win (Do this first)

By the end of this module, you will declare ONE 90-day rule that instantly kills confusion.

Win: You stop exploring. You start building.

🧠 Why This Module Exists (Strategic Move)

Wandering isn't lack of skill.

It's too many options + no decision lock.

This module cuts off exploration so every next step actually compounds.

Skip this → everything after becomes optional.

Do this → momentum becomes automatic.

The Master Prompt (Use as-is)

START PROMPT

“I want to stop wandering and start building.

Ask me only the questions required to lock a single 90-day focus.

Then generate a short ‘No-Explore Rule’ that tells me exactly what I will build — and what I will ignore — for the next 90 days.

Keep it brutally simple. No motivation. No options.”

END PROMPT

How to Use the Prompt (Step-by-Step)


Paste the prompt into ChatGPT

Answer the questions without overthinking

Accept the rule it generates

Do not modify it

That's it.

 Example Output (So You Don't Guess)

Your 90-Day No-Explore Rule:

“For the next 90 days, I will only build a simple email list around one topic.

I will not research new business models, tools, or platforms.

I will publish twice a week and improve only this one thing.”

This is what “locked” looks like.

 Next Micro-Action (2 minutes)

Copy your rule

Save it somewhere visible

Read it once per day — no edits

◆ **Module 1 — The Wandering Kill Switch**

(3 minutes · behavior lock · instant clarity)

⚡ Instant Win (Do this first)

By the end of this module, you will identify and shut down your personal wandering trigger.

Win: You know exactly what pulls you off track — and how to stop it.

🧠 Why This Module Exists (Strategic Move)

Most people don't wander randomly.

They wander because of one repeat trigger.

If you don't kill the trigger,
your 90-day rule gets broken silently.

This module cuts the wire.

 The Master Prompt (Use as-is)

 START PROMPT


“I want to identify the exact behavior that causes me to abandon focus.

Ask me a few direct questions to reveal my wandering trigger.

Then create a single ‘Kill Switch Rule’ that tells me what to do the moment that trigger appears.

Keep it strict, short, and non-negotiable.”

 END PROMPT


 How to Use the Prompt (Step-by-Step)

Paste the prompt into ChatGPT

Answer honestly (no justifying, no explaining)

Let it name your trigger

Accept the Kill Switch Rule without editing

 Example Output (So You Don't Guess)

Your Wandering Trigger:

“I start watching videos or reading posts about new income ideas.”

Your Kill Switch Rule:

“The moment I feel the urge to research a new idea, I close the tab and spend 10 minutes improving what I already chose.”

This is control.

 Next Micro-Action (Under 5 minutes)

Write your Kill Switch Rule

Add it directly under your 90-Day No-Explore Rule

Treat both as one contract

◆ **Module 2 — The Path Selector**

(3 minutes · forced decision · zero guessing)

⚡ Instant Win (Do this first)

By the end of this module, you will lock ONE income path you will build
— no backups, no maybes.

Win: One clear path replaces endless options.

🧠 Why This Module Exists (Strategic Move)

Most people fail before they start because:

they choose paths based on hype

not on fit

Wrong path = burnout.

Right path = consistency.

This module forces alignment, not excitement.

 The Master Prompt (Use as-is)

 START PROMPT

“I want to choose ONE realistic online income path that fits my time, energy, skills, and tolerance for uncertainty.

Ask me only the questions required to narrow this down.

Then recommend ONE path and explain in 3 short reasons why it fits me — and why the others don't.

No hype. No trends. One answer only.”

 END PROMPT

 How to Use the Prompt (Step-by-Step)


Paste the prompt into ChatGPT

Answer honestly — not aspirationally

Accept the ONE path it gives

Do not ask for alternatives

Decision > perfection.

 Example Output (So You Don't Guess)

Chosen Path:

“Build a simple niche email list and promote one relevant offer.”

Why This Fits You:

Low tech

Flexible time

Compounds weekly

Why Others Don't:

“You don't have the time or tolerance for constant content or client pressure.”

This is clarity — not comfort.

 Next Micro-Action (3 minutes)

Write your chosen path under your 90-Day Rule

Circle it

This is now non-negotiable

◆ **Module 3 — The Build Focus Lock**

(3 minutes · priority lock · fake-work elimination)

Instant Win (Do this first)

By the end of this module, you will lock ONE build activity and eliminate everything else.

Win: You know exactly what counts as progress — and what doesn't.

Why This Module Exists (Strategic Move)

Most people choose a path...

then sabotage it by doing too many “related” tasks.

Busy ≠ building.

This module defines what actually moves the needle.

No clarity here = slow death by distraction.

The Master Prompt (Use as-is)

 START PROMPT

“I have chosen my income path.

Help me define ONE core build activity that directly creates progress for this path.

Then list 3 common activities I must ignore — even if they feel productive.

Keep it strict, simple, and enforceable.”

 END PROMPT

 How to Use the Prompt (Step-by-Step)

Paste the prompt into ChatGPT

Paste your chosen path from Module 2

Accept the ONE build activity

Treat the ignore list as banned actions

No negotiation.

Example Output (So You Don't Guess)

Core Build Activity:

“Writing and publishing one email per week to a growing list.”

Ignore These (Even If They Feel Useful):

Designing logos

Researching new tools

Watching strategy videos

This is focus.

 Next Micro-Action (Under 5 minutes)

Write your Core Build Activity in bold

Place it above your workspace

If it's not this — it doesn't count

◆ **Module 4 — The First Build Action**

(3 minutes · momentum creation · no pretending)

⚡ Instant Win (Do this first)

By the end of this module, you will complete ONE real build action today.

Win: You move from planning to proof.

🧠 Why This Module Exists (Strategic Move)

Most people feel productive without producing anything.

They plan, outline, prepare — then stop.

Momentum only comes from finished actions, not intentions.

This module forces execution, not readiness.

 The Master Prompt (Use as-is)

 START PROMPT

“I have a chosen path and a core build activity.

Help me define ONE small but real build action I can complete today in under 30 minutes.

It must directly contribute to my path — not preparation.

Then tell me when to stop.”

 END PROMPT

 How to Use the Prompt (Step-by-Step)


Paste the prompt into ChatGPT

Paste your chosen path + core build activity

Accept the action exactly as written

Stop when it says stop

No over-delivery.

 Example Output (So You Don't Guess)


Today's Build Action:

“Write and save one draft email introducing your topic.”

Stop Rule:

“Stop once the draft is saved. Do not edit. Do not publish yet.”

This is real progress.

 Next Micro-Action (Now)

Do the action

Mark it as complete

Walk away

Momentum compounds when you stop on purpose.

◆ **Module 5 — The Anti-Quit Framework**

(3 minutes · drop-off prevention · discipline without motivation)

⚡ Instant Win (Do this first)

By the end of this module, you will install a rule that keeps you building even when motivation disappears.

Win: You stop quitting emotionally.

🧠 Why This Module Exists (Strategic Move)

People don't quit because it's hard.

They quit because results lag and doubt creeps in.

If building depends on motivation, it collapses.

This module replaces motivation with rules.

 The Master Prompt (Use as-is)

 START PROMPT

"I want a simple system that prevents me from quitting when progress feels slow.

Ask me a few direct questions about when I usually stop.

Then create one 'Anti-Quit Rule' that tells me exactly what to do on low-motivation days.

Keep it minimal and enforceable."

 END PROMPT

 How to Use the Prompt (Step-by-Step)


Paste the prompt into ChatGPT

Answer honestly about when you usually give up

Accept the Anti-Quit Rule

Do not adjust it later

Rules beat feelings.

 Example Output (So You Don't Guess)

Anti-Quit Rule:

“On days I feel stuck or discouraged, I will do exactly 15 minutes of my core build activity — then stop.”

This keeps the chain alive.

 Next Micro-Action (Under 2 minutes)

Write your Anti-Quit Rule under your other rules

Commit to following it even on bad days

That's how people outlast.

◆ **Module 6 — The Weekly Builder Loop**

(4 minutes · repeatable system · long-term control)

⚡ Instant Win (Do this first)

By the end of this module, you will lock a simple weekly loop that tells you:

what to build

when to build

when (and when not) to change direction

Win: Progress becomes automatic.

Why This Module Exists (Strategic Move)

Most people either:

overwork randomly, or

quit because they can't see progress

A weekly loop creates measurable momentum before money shows up.

This is how builders stay sane.

The Master Prompt (Use as-is)

START PROMPT

"I want a simple weekly build loop that keeps me moving without overwhelm."

Based on my chosen path and core build activity, create a 7-day loop that tells me:

- what to do
- how often
- how to measure progress
- when I am allowed to review or change direction

Keep it minimal and repeatable.”

 END PROMPT

 How to Use the Prompt (Step-by-Step)

Paste the prompt into ChatGPT

Paste your chosen path + core build activity

Accept the loop exactly as given

Repeat it weekly — no upgrades

Consistency > optimization.

Example Output (So You Don't Guess)

Weekly Builder Loop:

Mon: Build

Wed: Build

Fri: Build

Sun: Review only (10 minutes)

Progress Signal:

“Did I complete my core build activity at least once this week?”

Change Rule:

“No path changes before 90 days.”

This is control.

 Final Lock-In Action (3 minutes)

Write your weekly loop

Put it on your calendar

Start next week without redesigning anything

 CORE SYSTEM COMPLETE

You now have:

One path

One build focus

One daily action

One anti-quit rule

One weekly loop

No wandering.

Only building.