

# The Nap-Time Income Starter Guide

A simple 5-step roadmap for mamas who want to build income during naptime without burnout.



## Choose Your Online Business Model

Most mamas get stuck before they even start because they don't know what type of business is actually realistic with little pockets of time.

Here are the three naptime-friendly options that work beautifully for beginners:

### 1. Done-for-You Systems (DFY)

Think plug-and-play. The training and assets are already created for you. You focus on learning simple skills and sharing the system.

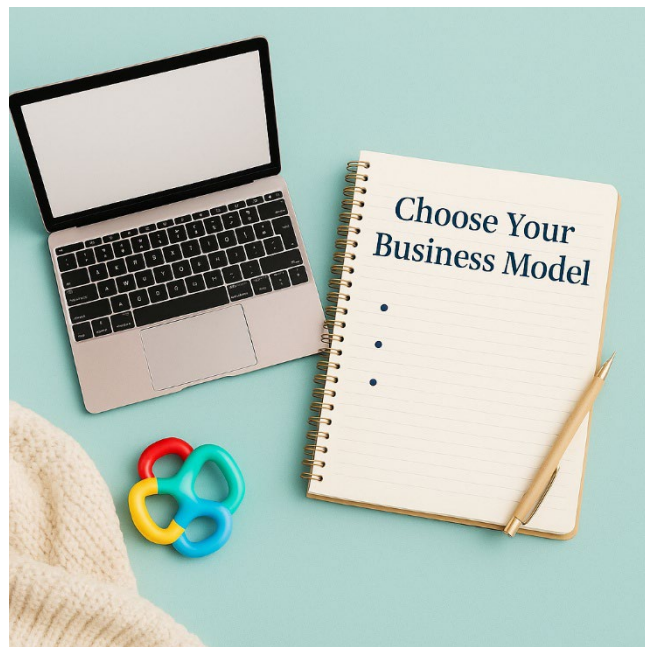
### 2. Digital Products

Guides, templates, courses, printables. Simple to create, simple to sell, and they work while you're busy living life.

### 3. Affiliate Income

Recommend things you love and earn a commission. Low pressure, no inventory, no customer service.

You don't need to choose your forever path right now. You just need to choose the one that feels doable today.



## Create a Simple Funnel That Works While You Live Busy Mom Life

A funnel isn't fancy. It's simply the path that moves someone from curious → connected → ready.



Your funnel has four pieces:

- A simple freebie
- A thank-you page
- A short email sequence
- A clear invitation into your offer

The goal isn't perfection. The goal is movement.

## Use a Naptime-Friendly Content Strategy

You don't need to be an influencer. You just need content that makes the right mama feel seen.



### 1. Simple story-based content

Share small moments from daily life that lead back to why you started.

### 2. B-roll videos that don't require your face every time

Pouring coffee, closing a laptop, rocking your baby. Record it all in 10 minutes.

### 3. Tiny educational tips

One thought. One shift. One 'I didn't know that' moment.

### 4. Calm, grounded messaging

Mamas don't need hype. They need hope.

## Build a Simple Email List and Light Automation

Your email list is where trust grows fast and your business becomes steady.

Here's what your email list needs:

A welcome email

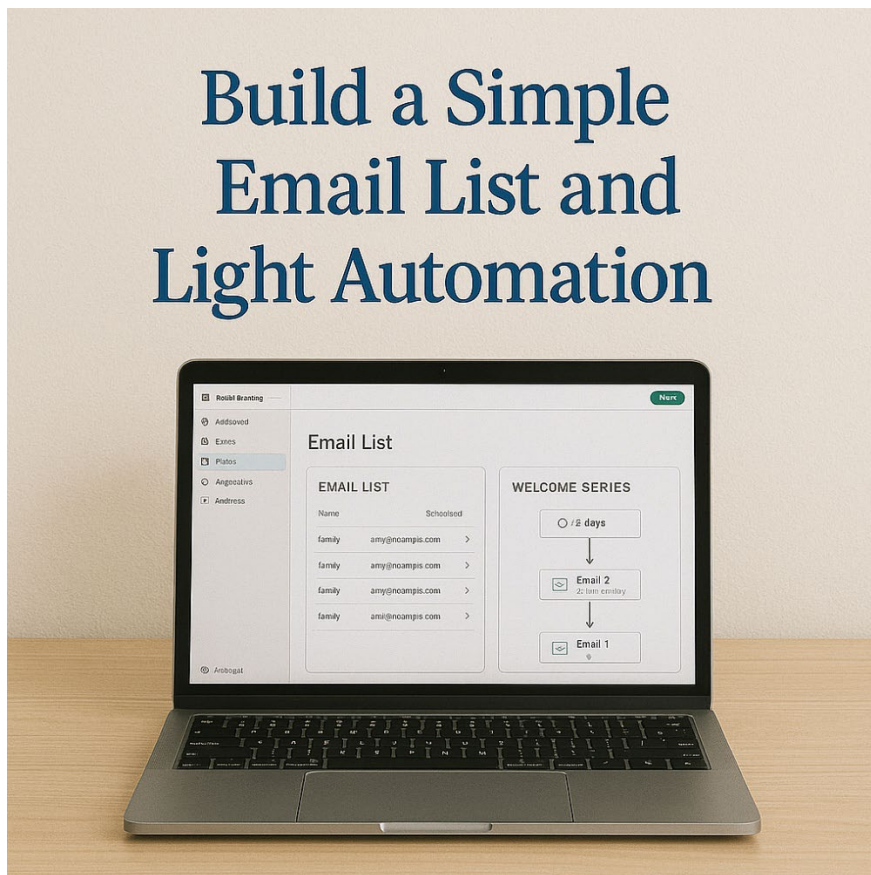
A warm introduction. Why you started. How you help.

A short nurture sequence

Little stories. Small lessons. Value that feels like a deep breath.

Occasional invitations

A gentle 'here's what I'm learning' or 'here's what helped me'.



## Use Your Email List to Make Money While You're Living Life

You can make money with a tiny list if your emails are helpful, honest, and human.

Email sales look like:

- Teaching something small
- Sharing a story that relates
- Inviting them to take the next step

You don't need to be loud. You just need to be consistent.

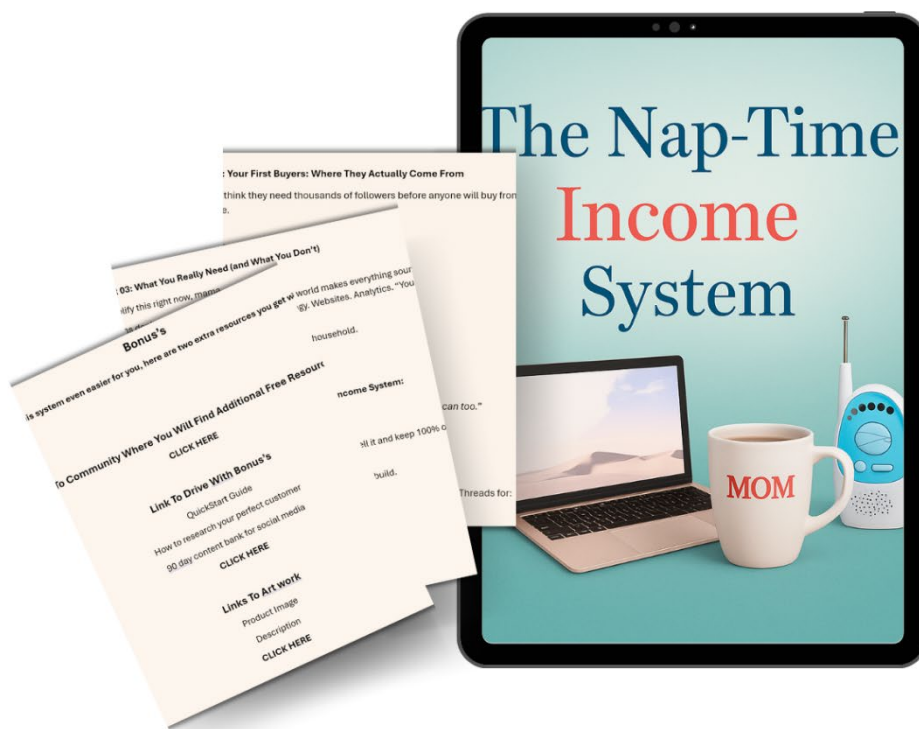


## NEXT STEPS

You are not behind. You are not late. You don't need 40 hours a week to build something real.

You just need a plan that works with your life as a mama.

If you want the step-by-step guidance that shows you exactly how to set everything up without guessing...



👉 **Check out The Nap-Time Income System**

Your beginner-friendly course that shows you exactly how to set up your first offer, funnel, and email flow and it can be your first product to sell because you get MRR!