



**GIVEAWAY PROGRAM**

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# THE 15-MINUTE MOMENTUM TRACKER

***Build Daily Progress That Compounds Into  
Autopilot Success***

## **Why You Need This Tracker**

You don't need hours of focus. You need 15 intentional minutes every day.

This tracker helps you stay consistent, celebrate small wins, and see your business grow one micro-step at a time.

Because momentum isn't built by doing everything once. It's built by doing something every day.

## **The 15-Minute Rule**

“If you can’t do it in 15 minutes, you’re overcomplicating it.”

Every task inside your digital business — from sending an email to tweaking a headline — can be broken down into a 15-minute action.

That’s how beginners win.

One tiny, repeatable task at a time.

## **How to Use the Tracker**

Print or open the digital version of this sheet.

At the start of each day, pick one 15-minute action from the list below.

Check it off once complete.

After 7 days, celebrate your progress — no matter how small.

## **The 15-Minute Action List**

Choose one or more Categories per day:

### Product

Rebrand 1 cover or edit 1 title in Canva

### Email

Write 1 short story or add 1 email to your sequence

### Funnel

Check 1 page link or update 1 headline

### Traffic

Post 1 value tip or promote 1 funnel link

### Engagement

Reply to 2 comments or answer 1 question in a group

### Analytics

Check opens, clicks, or conversions for the day

## **Weekly Momentum Log**

Day	Task Chosen	Time Started	Completed (✓)	Small Win I Noticed
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

✓ Goal: Complete 5 out of 7 days each week.

That’s 75 minutes total — less than two TV episodes — to keep your business moving.

### **Reflection Prompt**

At the end of each week, ask yourself:

“What small action created the biggest impact this week?”

Repeat it next week – that’s how you build sustainable growth.

### **Next Step**

You already have the tools and templates in your Autopilot Earnings Bundle to make these 15 minutes matter.

### **Access Your Bundle Here**

and use this tracker to turn your daily effort into unstoppable momentum.

### **Remember:**

“You don’t need more hours.

You need more intentional minutes.”

Every checkmark on this tracker is proof you’re building your autopilot income – one day at a time.



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