

# 30 DAY ACTION PLAN



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# INTRODUCTION

Welcome to Your 30-Day Action Planner

If you've ever felt overwhelmed, confused, or unsure where to begin with creating digital income — you're exactly where you're supposed to be. This planner was designed for women like you: women in their 50s, 60s, and beyond who are ready to take back control of their time, their confidence, and their financial future.

Not by hustling.

Not by learning complicated tech.

Not by doing something that feels too big or too fast. But by taking small, simple, doable steps — one day at a time. This 30-Day Action Planner is built on purpose. I wanted a way for women to feel empowered instead of intimidated. To feel supported instead of overwhelmed. To feel like, “Yes, I really can do this.”

Each day is intentionally short.

Each task builds on the last.

Each step is designed to give you clarity, confidence, and momentum — even if you're starting from scratch, even if you're not “techy,” and even if you've tried before and felt stuck.

You'll learn how to:

- choose a profitable idea that fits YOU
- use ChatGPT as your research partner
- decide between creating your own product or using MRR/PLR shortcuts
- create a digital product in Canva
- set up your store simply
- promote your product without fear
- build real confidence along the way
- 

You don't need a huge audience.

You don't need a fancy website.

You don't need anyone's permission.

You just need direction, support, and small daily wins — and that's exactly what this planner gives you.

By the time you reach Day 30, you will have completed more toward your financial freedom than most people ever will. You'll have your first digital product, your store, your first posts — and most importantly, momentum.

This is your time.

This is your turning point.

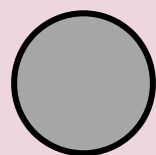
Let's take this journey together — one step at a time.

# WEEK 1 – CLARITY & RESEARCH

## “Find Your Profitable Idea”

This week is designed to help you identify your niche, validate your idea, and choose a product that WILL sell.

You will use ChatGPT as your research assistant.



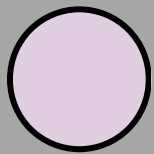
## Day 1 – Define Your “Why”

Write down why you want to build a digital product business.

Examples:

- “I want financial freedom.”
- “I want to stop living paycheck to paycheck.”
- “I want something that’s mine.”

This is your anchor — keep it visible.



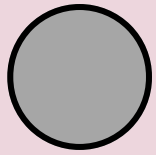
## **Day 2 — List Topics You're Interested In**

Write 3–5 topics you enjoy or know about.

Examples:

- Organization
- Budgeting
- Pets
- Self-care
- Journaling
- Spirituality
- Wellness
- Recipes
- Confidence

Choose topics that feel natural to you.



## Day 3 Prompt (Copy & Paste This Into ChatGPT)

PROMPT:

“ChatGPT, I am starting a digital product business and I want to explore BOTH original product ideas and PLR/MRR products I can resell.

My interests are: [insert your interests].

My skills or life experience include: [insert your skills].

My ideal customer is: [describe who you think would benefit].

Please give me TWO lists:

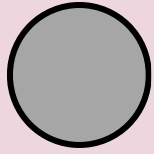
SECTION A: Original digital product ideas I can create myself

Give me at least 15 ideas that:

- are beginner-friendly
- can be created using Canva
- solve a real problem
- have strong demand
- and don't require complex tech

For each idea include:

1. What the product is
2. Why people buy it
3. Who it's for
4. How easy it is for a beginner to create



## **SECTION B: MRR/PLR digital product ideas I can buy and resell**

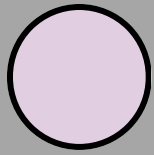
Give me at least 10 ideas for PLR/MRR products that:

- are popular and sell consistently
- have evergreen demand
- can be customized quickly in Canva
- are perfect for beginners who want quick wins

For each idea include:

1. What the product is
2. Why it sells well
3. How a beginner can customize it so it stands out
4. Who the ideal customer would be

Finally, based on my interests and skills, tell me whether I should start with creating a product from scratch, using PLR/MRR, or combining the two.”



## Day 4 — Validate Your Top Product Ideas

(So You Don't Waste Time or Money)

Most beginners make the mistake of choosing a product idea before validating demand.

Not you.

Today you're going to confirm which ideas are actually worth pursuing — and which ones should be crossed off your list.

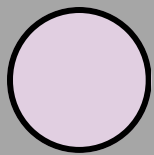
This saves you weeks of frustration and helps you choose a product that will sell.

Today's Goal:

You will validate two ideas:

1. Your top original product idea
2. Your top MRR/PLR product option

Then ChatGPT will help you choose which one is the best starting point for YOU.



## **Day 4 Prompt (Copy & Paste Into ChatGPT) PROMPT:**

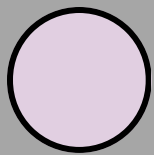
“ChatGPT, I need your help validating two product ideas so I choose the one with the best chance of selling.

ORIGINAL PRODUCT IDEA:

[insert the idea you liked from yesterday]

MRR/PLR PRODUCT IDEA:

[insert the MRR/PLR idea you liked from yesterday]

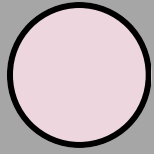


Please validate BOTH ideas using the criteria below:

1. Who the ideal buyer is
2. Why they want this product
3. The core problem it solves
4. The size of the demand (small, medium, large — explain why)
5. Competition level
6. Whether this is strong for a beginner
7. Potential selling price range
8. How simple it is to launch quickly
- 9.

Then tell me which ONE idea is the best choice for me right now based on:

- my experience level
- how fast I want results
- how overwhelmed/not overwhelmed I feel
- and which product would realistically perform better as a beginner.”



## **SECTION B: MRR/PLR digital product ideas I can buy and resell**

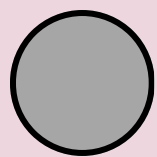
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- are popular and sell consistently
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For each idea include:

1. What the product is
2. Why it sells well
3. How a beginner can customize it so it stands out
4. Who the ideal customer would be

Finally, based on my interests and skills, tell me whether I should start with creating a product from scratch, using PLR/MRR, or combining the two.”



## **DAY 5 – Deep-Dive Market Research (Including MRR/PLR)**

Today is about understanding WHAT people want and WHY they buy — so you can create or customize a product that sells easily.

Most beginners skip this step.

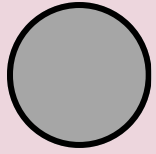
But YOU won't, because it gives you something powerful: certainty.

Your Goal Today:

Understand what buyers in your niche are struggling with, searching for, and spending money on.

How to Do It (Simple Version):

1. Go to Amazon, Etsy, Pinterest, or Google.
2. Look at bestsellers in your niche.
3. Notice common problems people talk about.
4. Notice patterns in product titles and descriptions.



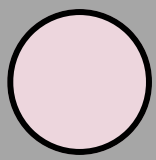
Then ask ChatGPT this:

Prompt:

“ChatGPT, please perform a deep market research analysis on the niche: [your niche].

Include:

- Top-selling digital products
- Top-selling PLR/MRR in this niche
- Customer pain points
- What buyers complain about
- The gaps in the market
- What beginners can create fastest
- What customers are searching for
- Suggestions for a simple but profitable product I could create OR resell”



## DAY 6 – Choose the Easiest, Fastest, Most Realistic Path

Now that you have data, it's time to choose the path that fits YOU.

This is where you eliminate overwhelm completely.  
Today's Question:

“What is the simplest, fastest path for me — based on my energy, my background, my comfort level, and my confidence right now?”

Use ChatGPT as your decision partner:

Prompt:

“Based on my interests, skills, and research so far, should I:  
– create my own product,  
– start with PLR/MRR, or  
– do a hybrid (improving an existing PLR/MRR product)?

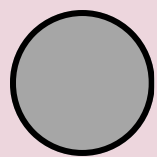
Recommend the easiest, fastest, and most achievable starting point for me.”

Why This Matters:

You aren't choosing the perfect path.

You're choosing the practical path.

Most women over 50 need this reassurance: You can't get it wrong. Just start.



## **DAY 7 – Commit to Your First Product**

Today you're making a decision that will carry you through the next three weeks.

No second guessing.

No jumping around.

No comparing yourself to others.

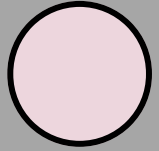
Your Task:

Choose ONE product from your research and validation.

Then say this out loud:

“I commit to creating and launching this product. I choose progress over perfection.”  
This is the moment you become a digital creator.

# WEEK 2: PRODUCT CREATION



## DAY 8 – Get Your Product Structure (Original or PLR/MRR)

If You're Creating an Original Product:

Ask ChatGPT to build a professional outline:

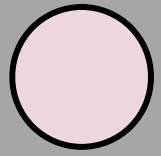
Prompt:

“ChatGPT, I'm creating a digital product called [product name].

Please create a detailed, beginner-friendly outline with sections, explanations, and actionable steps.”

Review it. Ask for changes. Fine-tune.

This becomes your “blueprint.”



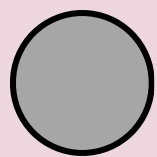
If You're Using a PLR/MRR Product:

Review what's inside your PLR/MRR package.

Your task today:

- highlight what you want to keep
- cross out what you want to remove
- identify what's missing
- note what you want to add

Your goal is: uniqueness without overwhelm.



## **DAY 9 – Write or Rewrite Your Content (ChatGPT-Friendly)**

If You're Creating Your Own Product:

Give ChatGPT the outline from Day 8 and ask:

Prompt:

“Write the full content for this outline in a clear, warm, helpful tone for beginners.”

Then break the content into sections if needed.

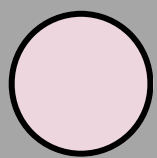
If You're Customizing PLR/MRR:

Take a section of the PLR text and say:

Prompt:

“Rewrite this in my tone: warm, simple, encouraging, and beginner-friendly. Make it unique and clearer.”

This removes the robotic or generic sound of typical PLR.



## **DAY 10 – Add Your Personal Voice (Your “Secret Sauce”)**

This step is important because:

MRR/PLR doesn't have your story.

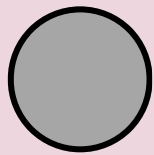
ChatGPT doesn't have your lived experience.

Today, add:

- ONE personal anecdote
- ONE real-life example
- ONE tip from your own life
- Your opinion on the topic
- Encouragement only you can give

This is what creates authenticity.

This is what builds emotional connection.



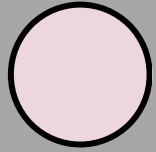
## **DAY 11 – Move Your Content Into Canva (No Design Skill Needed)**

Today is about assembling your content in Canva.

Your Task:

1. Open Canva.
2. Search for a template that matches your product style.
3. Replace placeholder text with your content.
4. Keep your design simple and readable.
5. Use 1–2 colors max.
- 6.

For women over 50, clarity beats fancy design.



## DAY 12 – Improve, Polish, and Finalize

Things to check today:

- Is the font readable?
- Are pages too cluttered?
- Does the flow make sense?
- Are instructions clear?
- Is anything confusing?
- 

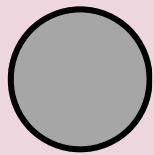
Use ChatGPT for editing help:

“Rewrite this section more clearly.”

“Explain this tip in simpler terms.”

Your Goal Today:

Make your product clean, helpful, and easy to understand.



## **DAY 13 – Create Your Cover + Download Your Final PDF**

Your cover is the first impression — keep it simple.

Your cover should include:

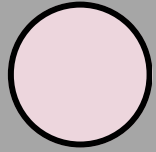
- Product title
- Subtitle
- Clean background
- One clear graphic

Avoid clutter.

Think “high-end but simple.”

Then download as a PDF.

You now have a finished product.



## **DAY 14 – Celebrate Your FIRST Digital Product**

Today is not about work.

It's about acknowledging yourself.

You have accomplished something millions of women WANT to do but never start.

You did it.

Take a walk, treat yourself, or simply sit in gratitude.

You're now ready for WEEK 3.

# WEEK 3 — SET UP YOUR STORE

## Your goal this week: Get ready to SELL.

### DAY 15 — Choose Your Selling Platform (No Wrong Choice)

Here's the expanded breakdown:

#### Stan Store

- Easiest for beginners
- Perfect for Instagram/Facebook
- Looks clean and modern
- Takes 2 minutes to set up

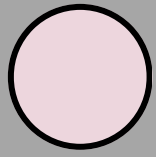
#### Systeme.io

- Great if you want funnels, email, automation
- Perfect for long-term scaling
- Also beginner-friendly

#### Beacons

- Fastest setup
- Good if you want a simple link-in-bio store
- Lightweight and clean

Choose the one that feels least intimidating.



## **DAY 16 – Open Your Account + Explore**

Today is familiarization only — no pressure.

Click through the dashboard.

Look at the “Add product” button.

See how payments connect.

Look at design options.

Your goal is simply getting comfortable.



## **DAY 17 — Add Your Product to Your Store**

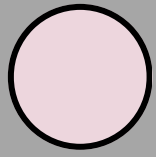
Upload your PDF.

Paste your description (ChatGPT can refine it).

Choose a price (\$7–\$27).

Use this prompt for your description:

“Write a simple but compelling product description for a digital product called [name]. Make it clear, inspiring, and easy to understand.”



## **DAY 18 – Create Your Listing Image (Mockup)**

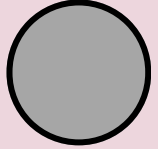
People judge with their eyes.

Your mockup creates instant trust.

Use Canva's "mockup" search.

Place your cover on a digital tablet or notebook image.

Keep colors clean and calming.



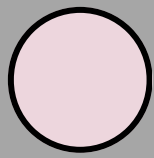
## **DAY 19 – Connect Your Payments (Stripe or PayPal)**

This is easier than people expect.

Most platforms walk you through it.

Once connected, your business can officially RECEIVE MONEY.

That's a powerful moment.



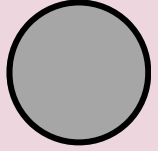
## **DAY 20 – Preview Everything**

Check your store from a phone AND a desktop.

Make sure:

- buttons work
- images load
- text is readable
- checkout isn't confusing

If you find something off, fix it gently — no stress.



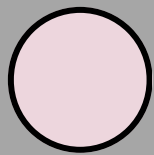
## **DAY 21 — Do a Test Purchase**

Buy your product (or ask a friend to).

Make sure:

- ✓ download works
- ✓ email confirmation arrives
- ✓ link isn't broken
- ✓ file is correct

You now have a fully functioning store.



## **WEEK 4 – PROMOTION & FIRST PROFIT (Expanded Version)**

**Your goal: Start sharing without fear.**

### **DAY 22 – Ask ChatGPT to Write Your Story Post (Expanded Prompt)**

Prompt:

“Write a heartfelt Facebook/Instagram post about why I created my first digital product. Make it emotional but simple, relatable to women over 50, and written in my voice.”

Your task:

Personalize the parts that matter most.  
Your story creates connection, not sales pressure.



## **DAY 23 — Create a Beautiful Promo Graphic**

Use Canva:

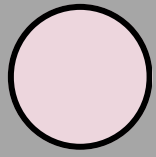
- your product mockup
- 1 headline
- clean background

Examples:

“Just Launched!”

“My First Digital Product”

“Created for Women Who Want More Freedom”



## **DAY 24 – Post It Publicly**

The hardest step.

But the most important.

People BUY from your courage.

Once it's out there, your new business is officially real.



## **DAY 25 — Ask for Gentle Feedback**

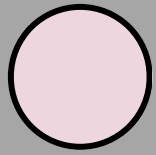
Pick someone supportive.

Show them your product or your store.

Ask:

“What do you think? Anything confusing?”

This builds confidence.



## **DAY 26 – Create a Helpful Tip Post** **Ask ChatGPT:**

“Write a simple, helpful tip related to my digital product. Add a warm tone and include a gentle invitation to check out my product.”

Post it.

This positions you as someone who shares VALUE — not just promotions.



## **DAY 27 — Engage, Respond, and Connect**

Social media rewards connection.

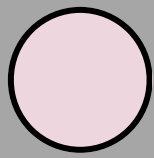
Reply to every comment.

Thank people for support.

Message anyone who expresses interest.

You're not selling.

You're building relationships.



## **DAY 28 – Soft Outreach**

Message 2–3 people in your circle.

Use:

“Hey! I just created a new digital product and thought of you. No pressure to buy — just excited to share what I’ve been working on.”

Authenticity sells — pressure doesn’t.

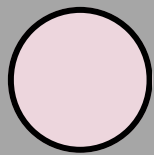


## **DAY 29 — Review What Worked (This Is Your First CEO Moment)**

Ask yourself:

- Which posts did people respond to?
- What felt easiest to do?
- What would you do differently next month?
- What did you enjoy most?
- 

This reflection is how you grow into a confident digital creator.



## **DAY 30 – Celebrate, Reflect & Plan Your Next Step**

You've now:

- ✓ Created a product
- ✓ Set up a store
- ✓ Posted publicly
- ✓ Shared value
- ✓ Started building confidence
- ✓ Taken real action

Most women never make it to Day 1.

But YOU made it to Day 30.

You now have the foundation for your new digital income stream.

# CLOSING

You Did It — And This Is Only the Beginning

If you're reading this page, that means you made it through all 30 days. And let me tell you something most people never hear enough:

I'm proud of you. Truly.

You showed up for yourself.

You took action — not in giant leaps, but in small steps that actually stick.

You learned new things, pushed through doubt, and kept moving forward, even when you weren't sure what the next step would look like.

Most women never make it this far.

They stay stuck in overwhelm, fear, and “maybe someday.”  
But not you.

You chose to try.

You chose to grow.

And that choice alone separates you from 99% of beginners.

Now you have:

- ✓ Your niche
- ✓ Your validated idea
- ✓ Your digital product
- ✓ Your store
- ✓ Your first promotional posts
- ✓ Your first real momentum

This is no longer a dream.

This is something you built.

As you move forward, remember:

You don't have to rush.

You don't have to be perfect.

You don't have to compare yourself to anyone.

All you need to do is keep going — one product at a time, one small action at a time, one new decision at a time.

If you create just one new product each month, your digital library will grow.

Your confidence will grow.

Your income will grow.

And soon, you'll look back and think,

“I can't believe how far I've come.”

Your journey isn't ending here — it's just beginning.  
I can't wait to see what you create next.

The world needs your voice, your wisdom, your ideas, and your experience.

And now?

You have everything you need to turn them into something powerful.

You are capable.

You are ready.

And your best days are ahead of you.

Let's keep going.

I'm cheering you on every step of the way.

— Linda Kajda

Founder, Wealthy Women Digital Warriors

**Be sure to check out our other products here:**

[www.WealthyWomenDigitalWarriors](http://www.WealthyWomenDigitalWarriors)