



Guide to Implementing Consistent Habits for Business Growth

5 day challenge

WOW
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Introduction

When you begin your social media marketing journey you are probably totally overwhelmed and confused. Sooo much noise out there. So many tips and tricks when at the end it stands and falls with only a few things:

Relatability: Can you resonate with your audience? Are you providing solutions?

Show the outcome: Are you painting a picture of the potential future?

Trust: Foster a sense of community, trust

Consistency: Are you making your presence known? You need to take up Space!

Think of your online business as if it's a super fun hot spot! I'm all about those fun analogies! Picture this: you're a regular at your favorite restaurant, peeking in at the hours posted on the door. You plan your visit, all pumped up, but bam! The doors are shut tighter than a clam! A couple of days later, they're back in action, but on day four? Surprise! Closed again, out of nowhere! At this point, if you get stood up for the second or third time, you'd probably ghost that joint and swipe right on a new eatery, forgetting all about the old one!

Your online biz is like a relationship—it can't just ghost for weeks and then pop back in! Especially when you're in building mode. Consistency is the name of the game for business growth! I didn't want to drown you in a daunting 30-day plan—yikes! That's like trying to eat a buffet in one bite! Instead, I've whipped up a five-day action-packed guide filled with bite-sized steps on planning, time-blocking, and content creation. Follow these steps, and you'll craft a routine that boosts your productivity and sets you up for some serious growth, which is the dream, right?

As far as your stories go.. That is **YOUR** reality show! So no rules there and what and how much of your private life you share. It should be a mix of showing you, sell your product, information, fun, a behind the scenes show where ppl want to see the next episode!

Day 1: Strategic Planning



Now with this one... I am honest with you. When you start this might overwhelm you totally and you have no clue how to set your goals short or long term. If this is too much... Just skip it! You can do this step at any given time if you feel you have it more down pack where you want to go with it. Because being overwhelmed does only one thing: YOU END UP DOING NOTHING. I speak from experience...

But now, the thing that might help you drive is this: Do a Vision board with all the things on it you would do or get when you achieve your goal! And put it where you can see it A LOT! So you are reminded all the time what exactly you are working for!!!

Actionable Steps:

1. Lay out those business dreams and goals, both the shiny short-term ones and the grand long-term visions. Make them **S.M.A.R.T. – Specific, Measurable, Achievable, Relevant, and Time-bound.**
2. Pinpoint the superstar activities that'll rocket you toward those goals. Focus on the tasks that pack the biggest punch for your success!
3. If you feel very motivated, craft a treasure map that charts your course for the next month, quarter, and year. Chop those big dreams into bite-sized, do-able tasks! This one takes time though and requires you to know a lot how your strategy is.

Day 2: Time-Blocking



Time-blocking is like a superhero for your schedule, swooping in to save the day and zeroing in on the tasks that really matter!

Actionable Steps:

1. You have to decide some “non negotiable” things in your day! That could be to work out every day, to show up on your stories, create, engage with other content etc.
2. Claim Your Time Slots! Be specific and then stick with it!
3. If you are not a morning workout person then don't force it to be in the morning. You are more creative in the evening when the kids are in bed. Fine. Make it YOU but MAKE it.
4. Things that still need to get done but are not time sensitive makes those flexible.
5. Accountability partner helps! You have a friend in the same type of business. Do it together! Hold each other accountable. Call each other out if it's not done! Trust me it works wonder when you have to answer to someone else!

Day 3: Content Creation

Whipping up awesome content is the secret sauce for captivating your crowd and turbocharging your growth! Get ideas from other creators in your niche. Do not copy. I am talking about inspiration. Take it and make it your own. Watch closely, some content isn't even that complicated... a simple B-roll with a text and value in the caption. That is totally doable for a beginner. Don't over complicated it!

Actionable Steps:

1. **Identify Content Themes:** Choose themes relevant to your business and audience. These should align with your brand values and address your audience's needs.
2. **Develop a Content Calendar:** Plan your content ahead of time by creating a calendar. Include blog posts, social media updates, newsletters, and more. I like “notion” but there are a ton of option out there. If you are pen and paper then just get a physical planner. I do have to say digital works better for me because I can prepare caption and tags and when it's time to post you are ready to go.
3. **Create Content Pillars:** Meaning create 3-4 Pillars that your content is about. This is help you with ideas and your audience to understand what you are all about. The Pillars then can be broken down into a funny content, a value content, a controversial content. This makes it easier for you to stick to a certain topic and an alignment.
4. **Batch Content Creation:** Dedicate specific time blocks to creating content in batches. Now if you are more creative on the fly, fine too! There is no right or wrong here. You can maybe combine both methods. I don't always have all the ideas figured out all in one

session sometimes.. So maybe you get done 3-4 to start and then keep adding as you go. Certain stories you can prepare ahead so you can stay consistent on those as well.

Day 4: Review and Adjust

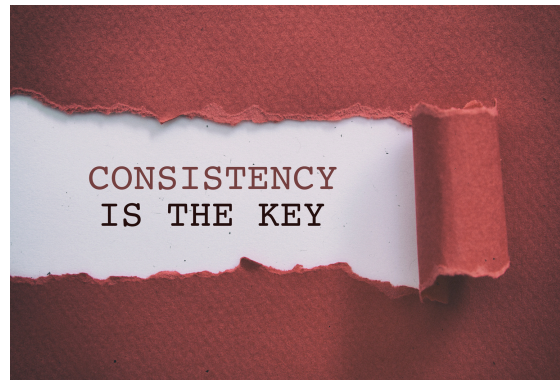


Regularly reviewing your progress is essential to stay on track and make necessary adjustments. You need to be able to pivot to find YOUR brand voice. This can be hard but is VERY important. In the beginning you are in the experimenting phase. Change things up until you feel it's really YOU. No matter how many tries. You will get it right. Practice makes perfect. Old saying that is true for almost anything really.

Actionable Steps:

1. **Analyze Performance:** One rule of thumb to go by here is this: Follows count **more** than views!!! A Reel with 1.000 views but 0 new Followers won't get you anywhere. A reel with 100 views and 20 new followers from it? Much better right? You want more eyes on YOU. Now if you get Engagement as in comments, that's when you know you have done something right! That is the King of it and you need to create more of THAT.
2. **Gather Feedback:** Seek feedback from your friends or mentors. Their insights can provide valuable perspectives on your content.
3. **Refine Your Plan:** Based on the analysis and feedback, refine your plans and make adjustments as needed to ensure continuous improvement.

Day 5: Building Consistency



Actionable Steps:

1. **Focus:** Evaluate your progress and plan for the next week.
2. **Task:** Write down what worked, what didn't, and what you'll improve.
3. **Celebrate Milestones:** Acknowledge and celebrate your achievements, no matter how small. This positive reinforcement encourages ongoing dedication.

Final words



“Success doesn’t come from what you do occasionally; it comes from what you do consistently.”

You need to create strong habits. If you are able to stick to a plan for 30 days it becomes the new normal. It will get so much easier and you will get quicker. Now watch closely at the results. Because consistently doing the WRONG thing won't get you anywhere either. So track your growth, not always the outcome here as in Sales counts. If you made a lot of connections that week that is a total win as well! Adjust your strategies as needed and experiments. And never compare yourself with someone else who has been doing this for years and years. That is not fair to you. Tunnel vision towards your goals. With dedication and

perseverance, you can achieve remarkable results. A dream without any actions will always stay a dream.

I really hope this helped you get started and up your consistency game.

If you are ready to dive in some of these topics above even further check out the Ultimate Branding Course which will give you over 30 hours of video training and will teach you everything you need to know about building a brand, Email marketing, Funnel building, System automations, attraction marketing and so much more. And it comes with 100% profit resell rights.

Just reach out to me with any questions you have or grab the preview of the course right

here: [UBC Preview](#)

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