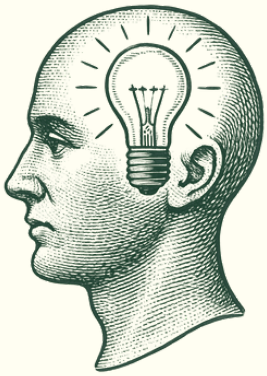
Mind To Money Steps







Lesson 2

30-Day 1k Challenge

Let's get started on your goals today! Print and complete the form, then place it somewhere you'll see it daily as a reminder and motivator.



30-Day $1k Challenge

This Action Sheet is your roadmap to earning your first $1,000 in 30 days. Follow the plan, track your progress daily, and commit to consistent action. Place this sheet somewhere you'll see every day — your fridge, nightstand, or bathroom mirror — to keep your goal top of mind.

Step 1: Pick Your Income Path

Due Date

Decide your path: selling time (freelance, gigs, deliveries) or selling value (skills, products, services). Write it below:

Step 2: Set the $1,000 Target

Due Date

Break it down: $1k = about $34/day. Write your daily earning target and how you plan to hit it:

Step 3: Find a Quick Win

Due Date

List at least 3 fast cash wins you can achieve in the next 7 days (sell unused items, quick gigs, small services):

Step 4: Build Your Offer

Due Date

Create your simple offer: I help [person] get [result] for [price]. Write your one-line offer below:

Step 5: Sell Before You're Ready

Due Date

Who are the first 5 people you can reach out to TODAY with your offer? List their names:

Step 6: Daily Action Rule

Due Date

Commit to daily action. Write 3 things you'll do every day to move closer to $1,000 (e.g., outreach, deliver gigs, sell items):

Step 7: Track & Stack

Due Date

Track your daily earnings. Use the table below to record progress and keep your streak alive:

30-Day $1k Challenge

Day	Date	Target ($)	Earned ($)	Notes
1		e.g. 34		
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
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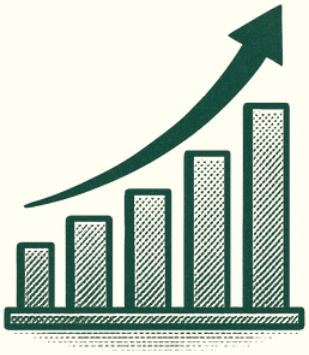
23				
24				
25				
26				
27				
28				
29				
30				

Remember

Stay consistent for 30 days — small daily wins add up fast. Rewatch Lesson 2 anytime you need a boost of motivation. Stick to the challenge, and watch your first $1,000 become reality.







We believe in you, keep going!

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