

CHECKLIST

Five first steps to your *extra income* 40+

You don't need the whole plan figured out. Take one point at a time, at your own pace. Tick the box when you're done and move on when it feels right.

1

☐ Write down your why

What should an extra income give you? More security, more freedom or something of your own to build on? Your why is what carries you on the days when things move slowly.

Write: A year from now, what has an extra income made possible for me?

2

☐ Get an honest picture of how it actually works

Do your homework before you decide. Understand how different models make money, what they ask of you and what to watch out for. Facts first, decisions after.

Tip: Read chapter 1 of the book Network Marketing: The Untold Truth, free at patricnilsson.com.

3

☐ Choose a model and a team that feel safe

The right setting makes the journey both safer and more enjoyable. Here is what you can ask about:

☐ Products I believe in and like to use myself

☐ Pay is based on real sales to customers

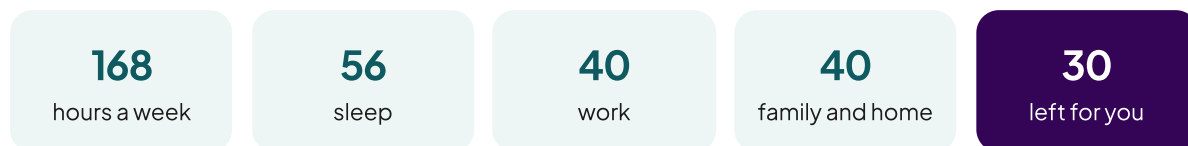
☐ No pressure to buy large stock or starter packs

☐ A mentor who takes the time and answers honestly

4

☐ Start small, alongside what you already have

You don't need to quit your job or turn your life upside down. Find the hours you actually have. A week has 168 hours, and most of them are already taken:



Think about it: How many of your hours do you want to spend on something new? Two hours a week is enough to get started.

5

☐ Take one small step a week rather than big leaps

Small steps you repeat beat big plans that never happen. Write down one concrete step for each week of the coming month.

Week 1 I will...	Week 2 I will...	Week 3 I will...	Week 4 I will...
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You don't need the whole plan figured out. What matters most is daring to take that first small step.

NEXT STEP

Free video course: The Foundation

Three short lessons on being seen, building trust and creating an income that doesn't depend only on your time.

WHEN YOU'RE READY

Book a free call

We talk about where you are and what might suit you. No strings attached, no pressure.