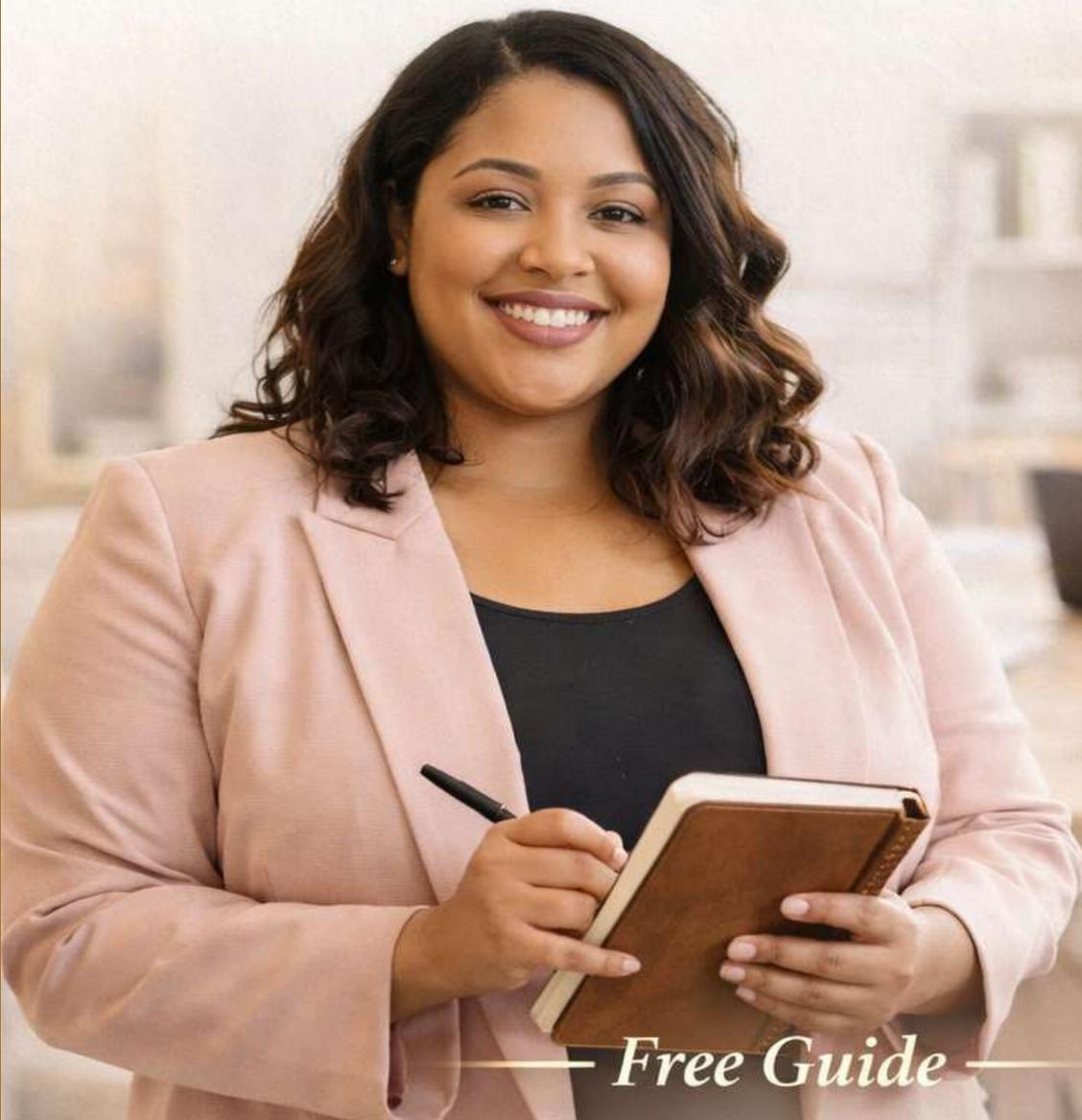




A woman's guide to easy weight loss, wellness and beauty

INCOME-BOOST CHECKLIST FOR WOMEN

Grow Your Income & Hit Financial Goals Faster



Free Guide

WELCOME

Most women don't need a total career change to improve their finances.

They need:

- A little extra income
- More financial breathing room
- Less dependence on one paycheck
- A sense of control over their money

The problem isn't lack of capability.

It's lack of a **clear starting structure**.

This checklist removes the confusion.

No complicated business plans.

No risky investments.

No unrealistic promises.

Just **bite-sized, realistic steps** that help you move from thinking about

earning more – to

actually doing it.

HOW TO USE THIS CHECKLIST

Don't try to do everything at once.

Work through:

- One section per day
- Or one section per week

Progress happens through motion – not perfection.

STEP 1

CLARIFY YOUR INCOME GOAL

- Decide how much extra income you want monthly

Examples: \$100, \$300, \$500, \$1,000

- Write your reason

Examples: bills, savings, independence, travel, security

Why this matters:

Clear goals create focused action.

STEP 2

IDENTIFY YOUR AVAILABLE TIME

- Choose realistic weekly hours

Examples: 3 hours, 5 hours, 10 hours

- Choose preferred work time

Morning / Evening / Weekends

Why this matters:

Income plans must fit real life to succeed.

STEP 3

LIST YOUR USABLE SKILLS

- Things you already know
- Things you enjoy doing
- Things people ask you for help with

Examples:

Writing, organizing, teaching, cooking, social media, caregiving, tech help

Why this matters:

You already have monetizable skills.

STEP 4

CHOOSE ONE INCOME PATH

- Side hustle service
- Online freelance work
- Affiliate marketing
- Selling digital products
- Local services

Pick **one** to start.

You can expand later.

Why this matters:

Focus beats scattered effort.

STEP 5

SET UP YOUR FIRST ACTION

- Create one profile or account
- Tell three people
- Post once online
- Apply to one opportunity

Why this matters:

Income begins with visibility.

STEP 6

CREATE A WEEKLY INCOME BLOCK

- Schedule non-negotiable income time

Example: Tuesday & Thursday 7–8pm

Why this matters:

Consistency builds momentum.

STEP 7

TRACK YOUR PROGRESS

- Record income earned
- Record hours spent
- Notice what feels easy or enjoyable

Why this matters:

Tracking shows what to grow.

STEP 8

TRACK YOUR PROGRESS

- Keep what works
- Drop what drains you
- Add one new action per month

Why this matters:

Income systems evolve naturally.

Micro-Movement

You are not "starting from zero."

You are starting from experience.

Small income streams become strong income foundations over time.

What You'll Notice Over Time

- Clearer money direction
- Increased confidence
- Reduced financial stress
- New independence
- Proof that earning more is possible

Because income growth is built – not wished for.

NEXT STEP GO DEEPER

If you'd like guided income systems, affiliate opportunities, and ready-to-use earning tools, visit the:

Money & Freedom Tab

on your Fit Firm & Fabulous website

There you'll find:

- Step-by-step income programs
- Affiliate toolkits
- Digital product systems
- Business-starter resources

Your earning potential is real – and expandable.

You don't need to figure it all out today.

You only need to take one income step forward.**

Fit Firm & Fabulous