



# **From Stuck to Success**

## **#2 - Fear of Technology Online**

# Disclaimer:

I want to ensure that you know your rights and what to expect when using this document. So, here's the scoop in a more laid-back tone:

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2. **Use It Wisely:** This document is here to inform and entertain you, but it's not a replacement for professional advice. The thoughts and ideas here are what the author and the team think, but everyone's different. So, don't skip your doctor or lawyer visits on our account!

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6. **Help a Friend Out:** Last but not least, full disclosure - some of the links in this eBook might help us earn a little dough. It's a way to keep the lights on, and we appreciate your support.

So, now you know the score. Feel free to dive into this eBook with a cup of tea or your favourite snack.

Enjoy, learn, and use it wisely!

“All this talk about autoresponders, funnels, domains — I feel like I’m trying to build a rocket with no manual.”

If you’ve ever muttered those words—or something like them—then you’re in the right place.

Because making money online (MMO) is sold to us like it’s supposed to be simple. Quick. Plug-and-play. But the moment you start messing with autoresponders, DNS settings, or funnel builders with a dozen little icons you don’t recognise... it feels like someone dropped you in the middle of a cockpit and told you to fly the plane. No instructions. No co-pilot. Just... go.

You know what it really feels like?

It feels like everyone else got the manual. You didn’t.

I still remember the first time I tried to set up an email automation.

I had the idea. The freebie. The words. Heck, I even wrote the email. But when I opened up the platform—some free tool I found that everyone on a forum swore was “easy”—I stared at the screen for twenty minutes and couldn’t figure out how to link the opt-in form to the actual email.

I clicked, unclicked, re-clicked. I toggled things that shouldn’t be toggled. I created three different automations that all led nowhere.

Eventually, I gave up, closed the laptop, and took the dog for a walk.

That walk turned into a week. I didn’t go back to the project for seven days.

Why?

Because deep down, it wasn’t just the tech that tripped me up.

It was the voice in my head saying: “See? *You’re not cut out for this.*”

And if you’ve ever shut your screen in frustration, walked away from a funnel that looked “too complex,” or deleted a half-built page because you couldn’t figure out where the headline settings were hiding...

...I want you to know: *you're not broken.*

This is part of the path. Messy. Confusing. Unfairly complicated sometimes. But part of it.

Here's the thing that nobody wants to say out loud:

Most of the people who succeed at MMO stuff? They struggled with this too.

They just forget.

Because once you figure out how to embed a form, it *feels* easy. Once you know where to click to publish a page, you assume it's obvious. But it's not. Not at first.

And no matter how many "easy funnel builder" platforms spring up—there's always a learning curve. A moment where your brain freezes and goes: *wait, what?*

Even worse?

Every tutorial you find assumes you already know *something*.

It's like showing up to a beginner's salsa class and the instructor starts with, "Okay, let's jump straight into intermediate footwork." No rhythm, no context. Just... follow along. Good luck.

And that's where the shame creeps in.

Because when something's marketed as "simple," but you're struggling with it, the only logical conclusion your brain can come to is: *I must be the problem.*

That's a lie.

Let's repeat that.

**That's a lie.**

The real problem? No one teaches this stuff in a *human* way.

They give you steps. But not context. They give you features—but not *confidence*.

And here's the wild part: once you figure it out—just *enough* to make it work—it's like someone turns the light on. Suddenly, it clicks.

But until that moment? You feel lost. And tired. And honestly, a bit stupid. (Which again—you're not.)

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There's a woman I once heard about—we'll call her Jenny.

Jenny was 63, recently retired, and wanted to start a small digital product business selling templates to parents. Smart woman. Sharp. But terrified of tech.

She told her coach, *"I feel like I'm sitting at a piano for the first time, and everyone else is already playing Beethoven."*

That one hit him hard.

Because he, like me, I knew what she meant, it's that moment when you open a new tool—let's say ConvertKit, or Leadpages, or WordPress—and it feels like the entire internet is speaking a different language.

I understand: Jenny eventually launched her first product. It took her three months to finish what could've taken someone "experienced" a week. But she did it.

And you know what she said afterwards?

*"It still confuses me. But I'm not scared of it anymore."*

That's the goal.

Not mastery. Not perfection. Just... less fear.

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Let's talk about that fear for a second.

Fear of pressing the wrong button. Fear of breaking something. Fear of sending an email to your entire list with "TEST EMAIL" as the subject line. (I've done it. So have thousands of others.)

Or the fear that your landing page looks unprofessional.

Or that your links won't work.

Or that some stranger will laugh at your first attempt.

You know what all that fear is, underneath it?

### **Fear of not being good enough.**

It shows up as “I don’t get this tech,” but really, it’s *“I don’t want to fail again.”*

And it makes sense—especially if you’ve already tried stuff in the past that didn’t work.

Courses you didn’t finish. Tools you paid for but never used. Funnels you built but never published. The weight of those false starts can feel heavier than a brand-new learning curve.

But here’s the truth: *tech doesn’t care how many times you start over.*

That sounds flippant, but really—it’s freeing. Because every time you begin again, you’re not starting from zero. You’re starting from *experience*.

Even if that experience was mostly frustration and rage-clicking.

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Can I be brutally honest?

You don’t need 90% of the tools people say you do.

You don’t need a full-blown CRM. Or pixel tracking. Or Zapier automations. You don’t need a \$300 course on building funnels when all you’re trying to do is get your first lead magnet out there.

You need:

- One squeeze page
- One simple email platform
- One email to welcome people
- One thing to give them (a PDF, a video, a tip sheet—whatever)

And that’s it.

Launch *that*.

Forget the rest until it matters.

You want a weird metaphor? Here's one.

Trying to build your first online system with all the bells and whistles is like trying to make a four-course French dinner on a camping stove, in the dark, with one hand.

Just make toast.

Make *decent toast*. Get confident flipping the slices. Add some jam. Then we'll talk about soufflés.

I know this might sound like a motivational email disguised as an artifice—and maybe it is—but sometimes people need permission.

Permission to be bad at this before they get good.

Permission to fumble.

Permission to look silly.

Permission to be a beginner.

When you give yourself that grace, everything softens.

The pressure eases. The fog lifts.

And suddenly, you're not building a rocket anymore. You're just connecting two dots. Adding one sentence. Uploading one file. One step at a time.

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Look, if you're still here—reading this, nodding occasionally, maybe with a little lump in your throat—it's because you *care*.

You care enough to want to learn.

You care enough to keep showing up, even after setbacks.

You care enough to feel stupid—which means you're brave enough to try.

That matters. More than most people realize.

So take that messy little funnel of yours and publish the damn thing.

Let it be rough. Let it be wonky. Let the headline be too big and the footer link be the wrong color.

But let it **live**.

Because something real and imperfect will always beat something perfect that never sees the light of day.

You don't need a rocket.

You need a paper plane.

You fold it. You throw it. You watch it fly.

And if it crashes? You fold another.

You're building.

You're learning.

And you're doing it scared, which is the only way anything worth doing ever gets done.

Keep going.

I'll be here when you need the next step.

And try too the must-have resource for ambitious achievers [here](#)

# The 24-Hour Tech Confidence Challenge: Crush Overwhelm and Make Real Progress Online (Even If You're Still Scared of Funnels)

*“All this talk about autoresponders, funnels, domains — I feel like I’m trying to build a rocket with no manual.”*

If that line hits a little too close to home... good. That means this challenge is exactly what you need.

Because here’s the truth no one tells you: you don’t need months of learning or a stack of expensive software to start making real progress in your online business.

What you need is a breakthrough moment.

Not the “aha!” moment where everything magically clicks—but the gritty, do-something-different moment. The moment when you stop waiting to feel ready and instead give yourself a short, focused window of time to *act*—imperfectly, maybe messily, but decisively.

That’s where momentum lives.

And momentum is where fear begins to lose its grip.

So let me introduce you to the **24-Hour Tech Confidence Challenge**—a no-fluff, low-risk, high-win sprint designed specifically for people who want to make money online but feel paralysed by the technology.

Not by laziness.

Not by lack of effort.

But by that horrible, brain-fogging swirl of words like DNS, opt-in form, pixel, automation...

Let’s change that.

You’ve got 24 hours. Let’s get something real done.

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**Challenge #1: Create a “No-Design” Squeeze Page That Actually Works**

You're going to build a single squeeze page. No fancy logos. No colour palettes. Just a clear offer and a form.

**Why it works:**

Perfectionism is the enemy of momentum. When you give yourself permission to build a *functional*, not perfect, squeeze page, something changes. You shift from planning mode to execution mode—and that's the energy that builds businesses.

**How to do it:**

Use a free tool like [Carrd](#) or [Systeme.io](#)—both have free versions that are easy to learn. Choose a one-section template. Write a headline that speaks to one problem your ideal reader has. Add 3 short bullets. Then drop in a name + email form from MailerLite, ConvertKit, or whatever platform you're using.

Boom—done.

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**Challenge #2: Set Up a Single Welcome Email (With No Tech Wizardry)**

Autoresponders sound terrifying, but in 24 hours you don't need a whole sequence. You just need *one* email.

**Why it works:**

The fear comes from overwhelm. But when you create just one welcome email—and test it yourself—you break the “this is too complicated” spell. You prove to your brain that yes, you *can* do this.

**How to do it:**

Log in to your email platform (MailerLite, ConvertKit, etc.) and create an automation that triggers when someone joins your list. Write one email. Say hello. Give them the freebie you promised (or just say thank you). That's it.

**What to say:**

Don't overthink it. A simple:

*“Hey, I'm glad you're here. I know tech can be overwhelming, but I've got your back. Here's what to expect...”*

Just showing up in someone's inbox is a win.

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### **Challenge #3: Choose and Claim Your Domain (Without Analysis Paralysis)**

You don't need a \$500 brand package. You just need to register a domain.

#### **Why it works:**

A domain makes things feel *real*. Tangible. Like you've staked a flag in the ground. Even if you don't build a site right away, the simple act of claiming your space online is a power move.

#### **How to do it:**

Go to Namecheap or Google Domains. Choose something simple. Use your name or your niche. No hyphens. No weird spellings. Buy it. That's it. Done in under 10 minutes.

#### **What it unlocks:**

Once you have your domain, you can start setting up your email, building a landing page, or connecting it to your funnel. But even if you do *nothing else* with it right now, you've made your first real move into business territory.

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### **Challenge #4: Watch ONE Tech Tutorial and Take Messy Action Immediately**

YouTube and course libraries are minefields. But one tutorial—just one—that leads to action? That's gold.

#### **Why it works:**

We consume too much and act too little. This challenge flips that. Pick a single tutorial (under 15 minutes), follow along, and implement what you learned immediately—even if you do it badly.

#### **How to do it:**

Search YouTube for something like “how to create a simple landing page with [your tool]” or “how to send a welcome email in MailerLite.” Mute distractions. Watch it once. Pause and do each step as you go.

**Important:** Don't watch another video. Don't tweak. Just finish the task.

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### **Challenge #5: Send One Person Your Page and Ask for Feedback**

This one is bold—but powerful.

**Why it works:**

You break the silence. You make your page *real* by showing it to someone else. It stops being a secret project and starts becoming something you share.

**How to do it:**

Once your page is built, send it to a friend, a Facebook group, or someone you trust. Ask one question: “Can you tell me if anything’s unclear or confusing?”

**Why this matters:**

You’re not asking for approval. You’re building muscle. Every time you show your work—even if it’s rough—you build confidence.

**It’s Your Turn — Take the 24-Hour Tech Confidence Challenge**

You don’t need a course.

You don’t need perfect branding.

You just need a window. One block of time. 24 hours to *act*, not overthink.

And yes—maybe you’ll stumble. Maybe you’ll curse your screen or mess up your form settings or pick a domain you end up changing later.

But you’ll be moving. And movement, even messy, even uncertain, is what creates transformation.

So here’s your invitation:

- \* **Pick one—or all five—of these challenges.**
- \* **Start now. Give yourself just 24 hours.**
- \* **Build something real. Publish it. Send it. Share it.**
- \* **Let the tech be messy. Let it be human. Let it be yours.**

Because you don’t need to build a rocket. You just need to launch a paper plane.

And once you see it lift, even just a little, the fear starts to fade.

Are you in?

Let’s build.

**P.S. Don’t forget to try the must-have resource for ambitious achievers [here](#)**