



From Stuck to Success

#5 - Lack of Consistency

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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!

Lack of Consistency

“I jump from one thing to the next, hoping one of them will finally click... why can't I stay focused?”

That one stings, doesn't it?

You start something with the best intentions—new funnel, new affiliate program, maybe a challenge you saw on YouTube—and for a day or two, you're flying. Excited. Making lists. Sketching ideas on sticky notes. Watching training videos at 1 am because this time, it *feels* like the one.

Then something happens.

You get stuck on a tech issue. Or distracted by another shiny product promising faster results. Or maybe... you just get tired. Worn down from starting over so many times that the thought of continuing feels heavier than quitting. So you quietly shelve the project and tell yourself you'll circle back “later.”

But later becomes never. And the next week? You're back at it. New niche, new name, new plan.

It's not laziness. It's not lack of ambition.

It's survival.

You're trying to protect your hope by constantly rebooting it. Because if you *commit* and it still doesn't work, what does that say about you?

That's a terrifying thought. So instead, you keep moving sideways. A little progress here, a little dabbling there. Just enough motion to feel like you're trying, but never quite enough traction to make anything stick.

Sound familiar?

You're not alone. This is one of the most common struggles in the Make Money Online (MMO) world. Not because you're broken, but because **the system rewards distraction.**

Let's be honest. This space is a minefield of miracle claims and FOMO marketing. Everywhere you turn, someone's shouting that *their* method is the fastest, cheapest, easiest way to success. So of course, you bounce around. Of course, your focus fractures. It's not a character flaw. It's conditioning.

But here's the good news: you can change it. Not overnight. Not with another colour-coded planner. But with a shift in how you see your work—and yourself.

Let's talk about that.

First, understand this: **Consistency isn't about willpower. It's about identity.**

When you tell yourself, "*I'm someone who always quits,*" your brain starts to believe you. It wires in failure as part of your self-image. But the moment you start saying, "*I'm someone who shows up—even when it's messy,*" something changes. You stop chasing the dopamine of newness and start settling into the quiet power of showing up anyway.

So how do you start?

Lower the bar.

Seriously. Set goals so laughably simple that you *can't* skip them. Write 100 words a day. Watch one training video *and take one note*. Post one piece of content without overthinking it.

Tiny wins build trust. And trust is what fuels focus.

Let me tell you about somebody I heard about - Alex.

Alex had tried every MMO model you can think of—dropshipping, affiliate blogging, Kindle books. Every time, he'd get about 30% in and abandon ship. His usual comment was, "I just lose steam."

But what really came out was fear. Fear of finishing and finding out it didn't work. Fear that maybe he *wasn't* cut out for this. So instead of pushing through the dip, he'd pivot to something safer—new, clean, full of potential.

Then he tried something different and he picked *one* path and committed to 15 minutes a day. That's it. No big push. No five-hour deep dives. Just 15 minutes, every day, for 30 days.

He picked a niche site. Posted once a week. Didn't try to "scale" or optimise. Just... showed up.

By week four, he had 500 visits and his first Amazon sale: \$3.28. Nothing earth-shattering. But enough to prove that staying the course *worked*.

Now he's still going. Small, steady, focused.

Because consistency doesn't look like hustling. It looks like *not quitting*.

Here's another angle: Ask yourself what you'd do if no one ever saw it.

Would you still write that blog post? Record that video? Create that product?

Or is part of your burnout coming from chasing applause instead of progress?

A lot of inconsistency comes from trying to impress imaginary followers or hit invisible milestones. But when you start doing it for *you* to grow, to learn, to build, suddenly the process gets lighter. Less pressure. More play.

Give yourself permission to suck for a while. To be bad before you're good. Because everyone you admire went through that phase—they just didn't livestream it.

And let's not forget: part of the reason you're so scattered is because you care.

You *want* this to work. You're trying to figure out the right angle, the best path, the fastest route. That's not weakness. That's resourcefulness.

But it's also a trap if you never land the plane.

So here's what I want you to try:

Pick one method. Just one. Affiliate marketing. Print-on-demand. Email list building. Doesn't matter which. The method is the container. What matters is committing to it.

Make a micro-plan. Break your next 7 days into bite-sized actions. No more than 30 minutes per day. Stick it on a note near your desk.

Track action, not results. You can't control clicks or sales—but you *can* control what you do. Count the reps. That's what builds momentum.

And maybe most importantly?

Forgive your past flakiness.

You were learning. You were surviving. You were doing your best with what you knew. But now... now you know better. And you can choose different.

Because you don't need a perfect run. You just need a streak long enough to see what happens *after* it gets boring.

That's where focus lives.

So no, you're not doomed to jump from thing to thing forever. You're just overdue for a simpler approach, one rooted in grace and grit, not guilt.

You're still here. Still curious. Still trying.

And that means you're closer than you think.

So take a breath. Pick your lane. And give yourself permission to stay the course.

Not because it's easy.

But because you've finally decided: ***this is the one worth finishing.***

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

24-Hour Challenge: Finally Stay Focused and Move Forward

“I jump from one thing to the next, hoping one of them will finally click... why can't I stay focused?”

If that line hits close to home, you're in good company. It's a familiar ache in the Make Money Online (MMO) space—a cycle of half-started projects, forgotten logins, and a folder full of half-built funnels or abandoned swipe files. You're not lazy. You're not unmotivated. You're just stuck in what I call *the loop of hopeful pivots*.

And it's time to break out of it.

The answer isn't another new system or secret formula. It's something much simpler—and more powerful: **focused, time-sensitive action**.

There's something magical about a ticking clock. When you give yourself 24 hours—just one single day—to make progress, your brain quiets the perfectionism and panic. You don't have time to chase distractions or reinvent the wheel. You just do the next thing.

That's the power of a 24-hour challenge. Not to build an empire, but to build *momentum*.

So if you're tired of feeling scattered, tired of starting over, here's your reset. Below are five laser-focused micro-challenges you can start and complete in a single day. Pick one. Stick with it. And finally feel what it's like to finish something.

1. The “One Page, One Offer” Challenge

The Challenge: Create a single-page offer for a digital product or service—free or paid. No multiple tabs. No complex funnels. Just one page, one action, one goal.

Use Carrd, Systeme.io, or a free MailerLite landing page builder. Add a short headline, 3 bullet points of value, a call to action (like a download button or email form), and an image.

Why It Works: It cuts through overwhelm and forces you to complete a simple offer—one of the hardest things for chronic starters. Instead of dreaming up a full brand, you build something *usable today*.

2. The “Pick a Niche and Stick” Declaration

The Challenge: Choose *one niche* to work with for the next 30 days. Write a short, public declaration in a journal, your social feed, or just an index card near your desk.

“I commit to [niche] for 30 days. No new ideas, no jumping ship.”

Then spend the rest of your 24-hour challenge building a content list, offering ideas, or just researching the top five voices in your niche.

Why It Works: Often, the problem isn’t starting—it’s *not deciding*. When you publicly declare and lock in a choice, it eases decision fatigue. The path becomes clearer.

3. The “Mini Content Sprint”

The Challenge: Batch create 3 short pieces of content in 90 minutes.

These could be:

- 3 Instagram tips
- 3 YouTube Shorts
- 3 Email subject lines with opening hooks
- 3 Pinterest pins

Don’t overthink branding or visuals. Keep it raw, real, and useful.

Why It Works: You stop obsessing over polish and start flexing your “creator” muscle. Plus, batching content removes the daily burden of starting from scratch.

4. The “Digital Declutter” Focus Reset

The Challenge: Clear out your digital workspace in one hour. Pick one area:

- Your browser bookmarks
- Your desktop or download folder

- Your inbox (unsub from 5 MMO newsletters you never open)
- Your “project ideas” notebook or file dump

Then set up one clean workspace: a fresh folder, a blank Google Doc, or a dashboard.

Why It Works: Chaos breeds chaos. When your digital world feels cluttered, so does your brain. This gives you breathing room—and space to focus on what matters.

5. The “Just Ship It” Button Push

The Challenge: Take something that’s 80% done and publish it. Today.

Maybe it’s a blog post, a YouTube video, a PDF, or a squeeze page. Even if it’s not perfect, even if you’re unsure - it goes live.

Why It Works: This challenge rewires your brain to value *completion over perfection*. You’ll learn faster by doing than by doubting.

Ready to pick one?

Don’t overthink it. Just scan the list and choose the one that feels a little scary, but completely doable. Then start the timer: 24 hours.

Because here’s the truth: focus isn’t something you wait for. It’s something you *build*—by showing up, completing small wins, and proving to yourself that you can see something through.

You’re not flaky. You’re just used to false starts. Let today be the day you finish.

Pick your challenge. Start the clock. And reclaim your momentum—*one focused day at a time*.

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