



From Stuck to Success

#6 - Loneliness 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:

1. **Sharing is Caring:** Please remember that all the content in this document is like a secret family recipe. You can't copy or send it to anyone without getting a nod from us. It's kind of like borrowing your friend's favourite book - ask first!

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!

3. **No Oops Allowed:** While we've tried to make this perfect, we're not infallible. If you spot any goofs or things that don't add up, just know we didn't mean to. Our bad!

4. **Your Actions:** Your Responsibility: Anything you do after reading this eBook, whether it's splurging on a new gadget or diving into a new venture, is all on you. We can't take credit (or blame) for your choices. After all, you're the captain of your own ship!

5. **Results May Vary:** Just like how some folks swear by kale smoothies and others prefer a good old burger, your results from this eBook might differ. We can't promise the moon and stars because we're all unique.

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!

Fear of Loneliness Online?

“No one in my life understands this world... I feel like I’m doing it all alone.”

That one sits heavy, doesn’t it?

It’s not about the tech, or the funnels, or the latest shiny object someone’s promoting in your inbox. It’s about the quiet moments. The ones where you’re sitting in front of your screen at midnight, trying to piece together the 17th variation of your opt-in page while the rest of the house sleeps. The moments where you’re excited about a small win—a new subscriber, a dollar earned—and you turn to tell someone... and realise there’s no one who really *gets* it.

Maybe you’ve tried explaining what you’re building. Maybe you’ve said, “*I’m trying to build something online*” at the dinner table or in conversation with a friend. And maybe you’ve seen that blank stare or the polite nod that doesn’t reach their eyes. “*Oh, like an eBay store?*” someone asks. Or worse, “*Isn’t that kind of a scammy thing?*”

It’s isolating. Not because they don’t care, but because they just... don’t understand.

The internet marketing world, the make money online world—it’s weird. It’s invisible to most people. There’s no office. No paycheck stub. No water cooler chatter. Just you, your laptop, and a dream you can barely explain to yourself some days, let alone anyone else.

And when no one around you gets it, the self-doubt creeps in louder. *Am I wasting my time? Is this even real? Am I the only one doing this in a vacuum?*

The short answer? No. You’re absolutely not the only one.

This loneliness in the journey—it’s far more common than people admit. Most folks in the MMO space are doing it quietly. After work. Between naps and dinner dishes. From bedrooms and basements. There’s no applause. No outside validation. Just that internal whisper of *keep going*, often drowned out by external silence.

But here’s the deeper truth:

Loneliness doesn’t mean you’re on the wrong path. It means you’re on a path few people have the courage to walk.

Think about that.

Anyone can stay in the safe lane. Do the 9-to-5. Complain about their boss and wait for the weekend. But you—you chose something different. Something uncertain. Something with risk, yes—but also with freedom. Creativity. Possibility.

That decision alone puts you in rare company.

And maybe it *feels* like no one gets it, but I promise—you are not alone. There are thousands of us. Quiet builders. Late-night creators. People juggling life and login screens. And we're all searching for the same thing: connection.

So how do you find it, when your immediate world doesn't offer it?

Here's what helped me, and what might help you, too.

First—find your weird little corner of the internet.

I don't mean the loud, flashy forums where everyone's posting earnings screenshots and humblebragging about their latest launch. I mean the smaller groups. The subreddits. The niche Discord servers. The people talking about the *real stuff*—what worked, what didn't, how they stayed sane through it.

Lurk at first, if you need to. Then comment. DM someone. Join a co-working Zoom. Reach out. Even one real connection—someone who knows what an autoresponder is and doesn't roll their eyes when you say “tripwire funnel”—can change everything.

Second—talk to yourself like you'd talk to a fellow builder.

If a friend came to you and said, “I feel like no one understands what I'm doing,” you wouldn't say, “Yeah, you probably should quit.” You'd say, “That sucks. But keep going. You're onto something.”

So start saying that to yourself. Write it on a post-it. Say it out loud. It's cheesy, maybe. But in a world where no one claps when you hit publish, you've got to learn to clap for yourself.

Third—create connection through contribution.

Sounds counterintuitive when you feel like a loner, but sharing what *you're* learning—even if you feel like a beginner—draws people to you.

Post a blog about what you're trying. Share a screenshot of a small win. Write a thread about something that confused you and how you figured it out. Vulnerability creates community. Always.

I heard of a guy named Dan who started posting weekly updates in a marketing Facebook group. Nothing fancy—just a few lines every Friday: what he worked on, what went wrong, what he learned. After three weeks, people started commenting. Cheering him on. Asking questions. His updates became the glue of that group. Not because he was an expert—but because he *showed up*.

And maybe that's the heart of it.

You don't need a mastermind or a fancy mentorship to feel less alone. You just need proof that there are other humans out there building weird things on the internet, one click at a time.

Which brings me to this:

Sometimes, the only way through loneliness is to let it sit with you, and keep going anyway.

Yes, it would be easier if your spouse understood what a lead magnet was. Yes, it would be more fun if your best mate asked how your launch went instead of changing the subject. But their silence doesn't mean your work isn't real. It just means you're doing something brave.

And brave is, by nature, a little lonely.

But only for a while.

Because the more you create, the more you show up, the more people you'll find who nod along and say, "Me too."

And one day, someone's going to DM you, or reply to your email, or comment on your post and say, "Thanks for sharing this. I thought I was the only one."

That moment? That's your reminder that even the loneliest journeys have footprints nearby. You just have to keep walking long enough to notice them.

So tonight, if the loneliness creeps in again, take a breath.

You're not crazy.

You're not alone.

You're just building something most people won't understand—until they see what you've made.

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

24-Hour Challenge: Beat Loneliness and Finally Focus Your MMO Journey

“No one in my life understands this world... I feel like I’m doing it all alone.”

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

If you’ve whispered either of those to yourself lately, know this: you are not alone—and you’re not broken.

Trying to make money online can feel like you’re building a spaceship in your backyard while your neighbors watch through the blinds. It’s quiet. Isolating. There’s no office chatter. No team meetings. No one around you who nods in recognition when you mention autoresponders or landing pages.

At the same time, your focus feels like a flickering candle in the wind. One day it’s email marketing, the next it’s YouTube automation, then a Shopify course sneaks into your feed and... you’re off again.

Loneliness and lack of consistency are like twin anchors. Heavy. Draining. And all too common in this journey.

But you can break the pattern—not with a massive course or a rigid productivity system—but with one focused burst of action.

That’s what this 24-hour challenge is all about. A single day. One micro-win. To reset your mindset, prove to yourself that you can follow through, and maybe even connect with someone else walking this same strange path.

Pick one of the following focused challenges and commit to completing it in the next 24 hours. You don’t need permission. Just a timer, a tiny bit of courage, and the willingness to see what happens when you finish something.

1. The “One Message, One Person” Connection Challenge

The Challenge: Reach out to one person in the online space. Someone from a Facebook group, a Reddit thread, or a YouTube channel you follow. Send a DM, leave a thoughtful comment, or reply to their email.

Why It Works: When you’re lonely in this journey, your mind convinces you that no one else gets it. But connection is one click away. Even a simple message—“Hey, thanks for that post, it really helped me”—can spark a conversation. And one real, human connection can change everything.

2. The “Choose Your Focus” Micro-Commitment

The Challenge: Pick one project or method to focus on for the next 7 days. It could be affiliate marketing, building a list, creating content—anything. Write it down. Say it out loud. Make it real.

Bonus: Post your decision in a public place—a group, a comment thread, even on your own social profile.

Why It Works: Most focus issues don’t come from laziness—they come from fear. Fear of picking wrong. Fear of wasting time. But choosing something quiets the noise. It gives your brain something to grip onto. Publicly declaring your focus makes it sticky.

3. The “Ship It Anyway” Imperfect Publishing Sprint

The Challenge: Take one thing you’ve been working on—a blog post, a video, a freebie PDF—and publish it today. Doesn’t matter if it’s messy. Doesn’t matter if only three people see it. Hit publish.

Why It Works: The act of shipping something, even imperfectly, breaks the cycle of overthinking. It creates momentum. And it proves to you that action is always better than perfection.

4. The “Create Three Days of Content in One Sitting” Challenge

The Challenge: Set a timer for 90 minutes and batch create three pieces of simple content around your chosen niche. They can be short posts, reels, emails, or helpful tips. Keep them short and real.

Why It Works: Batching shifts your mindset from starting over daily to creating with flow. It frees up mental energy and lets you show up with consistency, even when life is messy.

5. The “Digital Co-Working” Power Hour

The Challenge: Find a focus buddy or join a live co-working session for 60 minutes. No talking. Just silent work with someone else doing the same thing. If you can't find a group, invite one person from a forum or group to meet on Zoom.

Why It Works: Being seen working—even silently—boosts accountability. It reminds your nervous system that you're not alone, even if you're miles apart.

Ready to Break the Pattern?

If you've been feeling stuck in a fog of scattered effort and silent screens, this challenge is your line in the sand.

It's not about massive results. It's not about fixing everything in a day.

It's about proving to yourself that you can complete something. That you can stay focused, at least long enough to taste progress. That you're not as alone as your thoughts make you feel.

So pick one challenge. Any one.

Block off a slice of time. Shut down the distractions. Set a timer. And move.

Because clarity lives on the other side of motion. And connection? That's waiting for you, too. But only if you take the first step.

Let this be the day that things shift.

Let this be the day you don't do it all... but you do something real.

And maybe tomorrow, that's enough to keep going.

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