



7-DAY CREATOR STARTER

SIMPLE DAILY STEPS. NO OVERWHELM.



MOUNTAINLIFE 208

DAY 1 – START WHERE YOU ARE

Welcome.

This isn't about perfection. It's about movement.
Most people don't fail because they can't do something.
They fail because they wait until everything feels "ready."

You don't need better tools.

You don't need more time.

You don't need confidence first.

You need action.

Today's Focus

Your only job today is to start.

Do This Today

- Pick one platform (TikTok, Instagram, or Facebook)
 - Post one piece of content
 - It can be simple, quiet, imperfect

Ideas if you're stuck:

- A short clip with text
- A photo with a thought
- A 5–10 second video with music

That's it.

Reminder

Consistency beats talent.

Momentum beats motivation.

Tomorrow, we simplify this even more.



DAY 2 – KEEP IT SIMPLE

If you posted yesterday, you're already ahead.

If you didn't, that's okay — today still counts.

Most people quit because they overcomplicate things.

We're not doing that.

Today's Focus

Simple content done consistently wins.

Do This Today

- Post one more time
- Use the same format as yesterday if possible
- Don't change styles, fonts, or ideas yet

Repetition is how momentum forms.

Rule

If it takes longer than 10 minutes to post, you're doing too much.

Tomorrow, we lock in a repeatable format.



DAY 3 – FIND YOUR LANE

You don't need to copy everyone.

You need a lane you can stay in.

Today's Focus

Choose one content style you can repeat.

Examples:

- Text over video
- Quotes or thoughts
- Short clips with music
 - Talking to camera
- Product or process clips

Do This Today

- Choose ONE style
- Post using that style
- Save it as your “default”

This is now your lane.

Reminder

You don't grow by being different.

You grow by being consistent.

Tomorrow, we remove pressure completely.



DAY 4 – REMOVE PRESSURE

Pressure kills creativity.

Systems remove pressure.

Today's Focus

You are not here to impress.

You are here to show up.

Do This Today

- Post your default style again
- Do NOT check views for 24 hours
- Do NOT delete or repost

Posting is the win.

Results come later.

Truth

Most people stop right before it starts working.

Tomorrow, we talk about leverage.



DAY 5 – USE SYSTEMS, NOT WILLPOWER

Willpower runs out.

Systems don't.

This is where most people level up.

Today's Focus

Using tools that make posting easier and faster.

Do This Today

- Post once using your default style
- Start thinking in templates
- Ask yourself: "How can I make this repeatable?"

If you want a shortcut, this is where real systems matter.

(This is where tools and programs can save months of trial and error.)

Tomorrow, we connect effort to opportunity.



DAY 6 – TURN ACTION INTO OPPORTUNITY

Posting builds visibility.

Systems turn visibility into income.

Today's Focus

Understanding that content is leverage.

You don't need millions of views.

You need direction.

Do This Today

- Post once

- Add a simple call to action if it feels right

- Keep everything low pressure

Pay attention to what feels natural.

Thought

People don't make money online because they post more.

They make money because they post with intention.

Tomorrow, we zoom out.



DAY 7 – KEEP GOING

If you've made it here, you've already won.

Most people never last seven days.

Today's Focus

Decide who you're becoming.

Do This Today

- Post once
- Look back at Day 1
- Notice what's changed

Confidence doesn't come first.

Consistency creates confidence.

Final Reminder

Momentum is built daily.

Systems make it sustainable.

If you want to go deeper, faster, and with more structure, this is where having the right system matters.

Keep going.

