

7DAY | PROFIT | SYSTEM



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Introduction

I'd first like to thank you for purchasing my Online Profits In 7 Days training course. I know that this system works and if you use the tips I will be sharing with you, then I know that it will work for you too.

The main purpose of the training is to show you in every detail what I do to make a profit with each campaign I set up, within 7 days. So I will show you each step and what you must do on that day. Most steps don't take too long and can easily be fitted in around your normal day to day duties.

It took me quite a long time to test and tweak this system, so you are getting many hours of my hard work right here and now. Some things may look simple but don't ignore them. Just follow each step exactly as I show you.

Each campaign should generate a small amount of profit each week. If you then combine that with a new campaign each week, that is 52 campaigns all earning money in just 12 months time.

When you have that, you have serious income potential.

So that's enough talking for now, let's get straight into the steps...

Day 1

So it is day 1 of your first week, what exactly are you going to do today?

Well it can be described in just one word – RESEARCH.

Yes it may sound boring but this is by far the most important step of the whole process. Get this wrong and you just won't make any money whatsoever. Get it right and you'll be laughing all the way to the bank!

We are going to look at what subject to create our campaign on, what keywords would be best to target and finally what affiliate programs we can promote to earn money with.

So the first step is:

Choosing A Subject

There are no exact ways to choose a guaranteed winner when picking your subject. If there was I would be a millionaire many times over!

But what there are, are certain key things to look out for and follow.

Here is my golden rule of picking a subject:

Find a market where there is a problem, and then give them the solution.

Sounds too simple right?

Well you would be surprised at just how many times people get this so wrong. Every market has problems of some sort. People want to fix something, remove something, improve something and if you can show them how they can do it fast, they will pay to buy a product. When they do this you earn money.

Let's take a quick look at the [Clickbank Marketplace](#):

home | sign up | marketplace | sitemap | my account | search

CLICKBANK®

Sell Products | Promote Products | Buy Products | About Us | Customer Service

Affiliate Home | Why ClickBank | Sign up | Marketplace | FAQ | Tools | Resources

Search the ClickBank Marketplace

Category: All Categories | Subcat: All Sub-Categories | Keywords: | Product Type: All Products | Sort by: Popularity | Language: All | Show: 10 results per page | Go | Reset

use the ClickBank Marketplace drop-down categories and sub-categories, the keyword search engine, and the sort by function to find digital products. Click "view pinch page" under the product to view how the product will be presented to customers. Check the stats under each product to determine how much you can earn for converted customer referrals. Once you have a product you want to promote, click "create hotspot" under the product and begin referring sales today.

[Search Help](#) | [Rankings Help](#) | [Marketplace FAQ](#)

List of Categories

<input type="checkbox"/> Business to Business	<input type="checkbox"/> Marketing & Ads
<input type="checkbox"/> Health & Fitness	<input type="checkbox"/> Fun & Entertainment
<input type="checkbox"/> Home & Family	<input type="checkbox"/> Sports & Recreation
<input type="checkbox"/> Computing & Internet	<input type="checkbox"/> Society & Culture
<input type="checkbox"/> Money & Employment	

Sponsored Links

[#1 Affiliate Commissions](#)
Affiliates **\$60k-72%** per sale.
[www.RegistryFox.com](#)

[Top Affiliates Make \\$100,000+/Month!](#)
HOT NICHE, 3%+ Conv. Rate
[www.ChosenSoft.com](#)

[Receive Checks From Google!](#)
Work from Home!
[www.bqchecksmonthly.com](#)

[TOP Converting Program!](#)
Affiliates **\$60k-72%** per sale.
[www.evolution.ws](#)

[Best Anti-Spamware Program](#)
Affiliates **\$60k-72%** per sale.
[www.SpyWareMaker.com](#)

[FBCT Affiliate Course](#)
How To Make \$1000/month
[www.GoogleProfits.com](#)

Have a look through the categories and look at the best sellers in each category. These products sell thousands of copies. Buyers are looking to:

Lose Weight
Build Muscle
Improve Their Golf
Remove Acne
Cure Panic Attacks

They all have a problem that they want to fix. That is what you are looking for when choosing your subject.

More importantly you want to drill down and find a mini problem that you may not have heard of before. There is no point trying to target the term "improve my golf swing" because there will be thousands of people already targeting that phrase. But if you find when doing your keyword research (in the next step) that people are searching for "how to correct my backswing" then you will have less competition but they would still benefit from the product you will recommend to them.

So your aim is to find problems that people have, then give them the ideal solution to their problem which will be in the form of an ebook or physical product to buy.

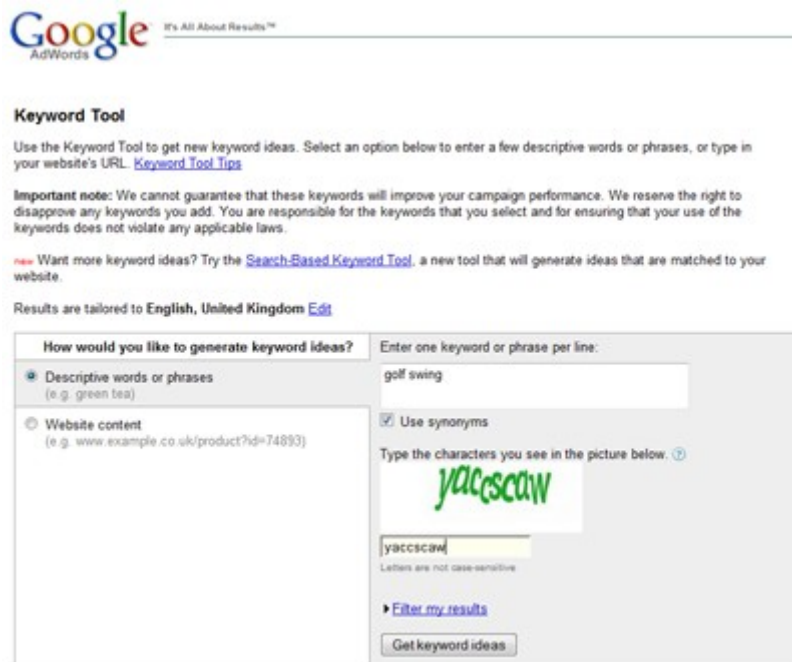
A 100% free service that may help you here is called [Niche A Day](#). Each day they send you a niche and list of keywords to check out

and it is well worth your time to subscribe to it. You'll discover so many niches you would never even think about before!

Choosing Your Keywords

So you should now have at least an idea of a subject you want to find more information on. It's time to find some keywords that we will be targeting with our lenses.

So let's head over to the [Google Keyword Tool](#) and see what we can find. We'll stick with the golf example to find our keywords and search for the term "golf swing".



Google AdWords It's All About Results™

Keyword Tool

Use the Keyword Tool to get new keyword ideas. Select an option below to enter a few descriptive words or phrases, or type in your website's URL. [Keyword Tool Tips](#)

Important note: We cannot guarantee that these keywords will improve your campaign performance. We reserve the right to disapprove any keywords you add. You are responsible for the keywords that you select and for ensuring that your use of the keywords does not violate any applicable laws.

new Want more keyword ideas? Try the [Search-Based Keyword Tool](#), a new tool that will generate ideas that are matched to your website.

Results are tailored to English, United Kingdom [Edit](#)

How would you like to generate keyword ideas?

☒ Descriptive words or phrases
(e.g. green tea)

☐ Website content
(e.g. www.example.co.uk/product?id=74893)

Enter one keyword or phrase per line:

golf swing

☒ Use synonyms

Type the characters you see in the picture below. [?](#)

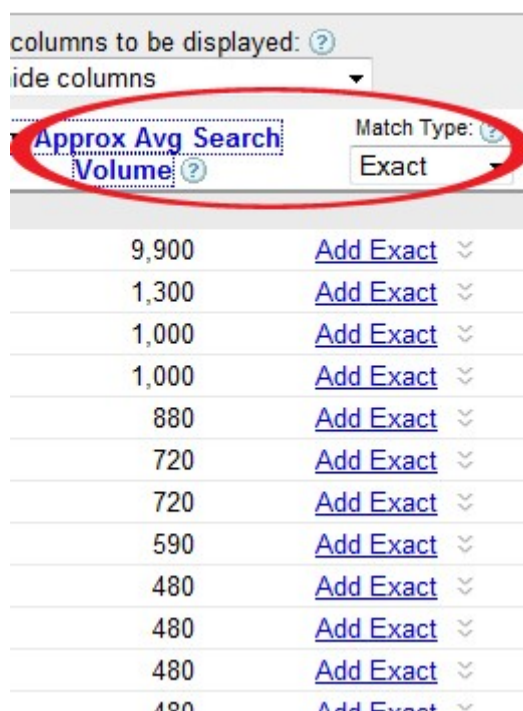
yaccscaw

yaccscaw

Letters are not case-sensitive

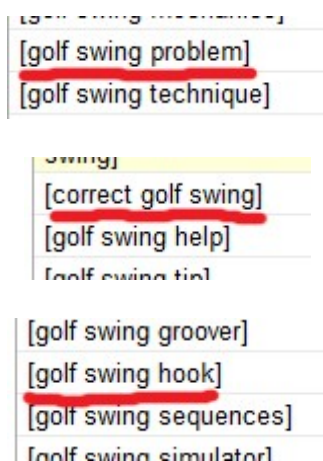
[Filter my results](#)

Once we click on "Get keyword ideas" it gives us the keywords, which we then sort by Average Search Volume and Exact Match.



columns to be displayed: ?	Match Type: ?
hide columns	Exact
Approx Avg Search Volume ?	
9,900	Add Exact ∨
1,300	Add Exact ∨
1,000	Add Exact ∨
1,000	Add Exact ∨
880	Add Exact ∨
720	Add Exact ∨
720	Add Exact ∨
590	Add Exact ∨
480	Add Exact ∨
480	Add Exact ∨
480	Add Exact ∨
480	Add Exact ∨

What we do then is scroll down the list from top to bottom and look for keywords that are problem related. Here are just a few I can pick out:



[golf swing problem]
[golf swing technique]
[correct golf swing]
[golf swing help]
[golf swing tiel]
[golf swing groover]
[golf swing hook]
[golf swing sequences]
[golf swing simulator]

These are people who have problems with their swing and are looking for ways to correct the problem. Now although they might not be getting a lot of searches each month, it doesn't need many of them for us to make money. Look for keywords with more than 50 searches a month if possible but if the keyword is a real buying keyword such as "*product to help me cure my acne*" then that

would be a winner even though there would be less than 50 searches a month.

The more urgent the problem – the more eager the person is to solve it – the easier it is for them to pay for the solution.

Ideally you want to find keywords that contain 3 words or more because we will be able to rank higher in the search engines with our lenses for these keywords.

You need a minimum of 5 keywords before you move onto the next step. These should all be related to one particular problem because then we can find just one product to help solve these issues.

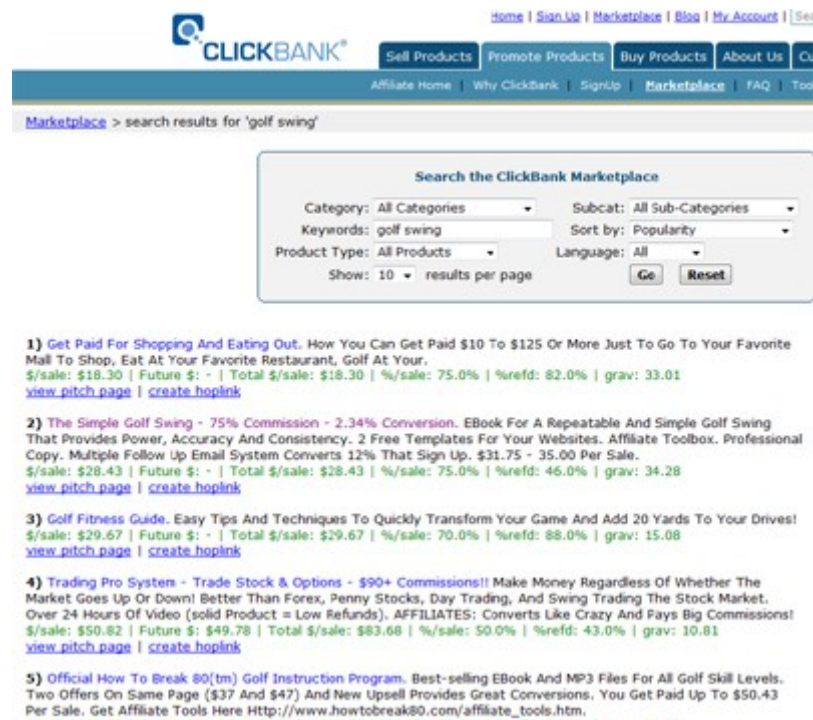
The more micro and specific the problem is, the better.

Finding A Product

So you now have identified a problem in the particular niche market, let's take a look and find a product to solve it.

The first place to look is the [Clickbank Marketplace](#) again. Type in your main keywords and see what gets returned. If there is a product that can solve the problems you have identified then you have a winner.

So we type in "golf swing" and take a look through the listings that are returned:



The screenshot shows the ClickBank Marketplace interface. At the top, there's a navigation bar with links like Home, Sign Up, Marketplace, Blog, My Account, and Sell Products. Below this, a search bar indicates 'Marketplace > search results for 'golf swing''. A search filter box titled 'Search the ClickBank Marketplace' contains dropdown menus for Category (All Categories), Subcat (All Sub-Categories), Keywords (golf swing), Sort by (Popularity), Product Type (All Products), and Language (All). It also has a 'Show: 10 results per page' option and 'Go' and 'Reset' buttons. Below the search box, five product listings are displayed, each with a title, description, and performance metrics like \$/sale, Future \$, Total \$/sale, %/sale, %refd, and grav. Each listing includes links to 'view pitch page' and 'create hoplink'.

1) Get Paid For Shopping And Eating Out. How You Can Get Paid \$10 To \$125 Or More Just To Go To Your Favorite Mall To Shop, Eat At Your Favorite Restaurant, Golf At Your.
\$/sale: \$18.30 | Future \$: - | Total \$/sale: \$18.30 | %/sale: 75.0% | %refd: 82.0% | grav: 33.01
[view pitch page](#) | [create hoplink](#)

2) The Simple Golf Swing - 75% Commission - 2.34% Conversion. EBook For A Repeatable And Simple Golf Swing That Provides Power, Accuracy And Consistency. 2 Free Templates For Your Websites. Affiliate Toolbox. Professional Copy. Multiple Follow Up Email System Converts 12% That Sign Up. \$31.75 - 35.00 Per Sale.
\$/sale: \$28.43 | Future \$: - | Total \$/sale: \$28.43 | %/sale: 75.0% | %refd: 46.0% | grav: 34.28
[view pitch page](#) | [create hoplink](#)

3) Golf Fitness Guide. Easy Tips And Techniques To Quickly Transform Your Game And Add 20 Yards To Your Drives!
\$/sale: \$29.67 | Future \$: - | Total \$/sale: \$29.67 | %/sale: 70.0% | %refd: 88.0% | grav: 15.08
[view pitch page](#) | [create hoplink](#)

4) Trading Pro System - Trade Stock & Options - \$90+ Commissions!! Make Money Regardless Of Whether The Market Goes Up Or Down! Better Than Forex, Penny Stocks, Day Trading, And Swing Trading The Stock Market. Over 24 Hours Of Video (solid Product = Low Refunds). AFFILIATES: Converts Like Crazy And Pays Big Commissions!
\$/sale: \$50.82 | Future \$: \$49.78 | Total \$/sale: \$83.68 | %/sale: 50.0% | %refd: 43.0% | grav: 10.81
[view pitch page](#) | [create hoplink](#)

5) Official How To Break 80(tm) Golf Instruction Program. Best-selling EBook And MP3 Files For All Golf Skill Levels. Two Offers On Same Page (\$37 And \$47) And New Upsell Provides Great Conversions. You Get Paid Up To \$50.43 Per Sale. Get Affiliate Tools Here [Http://www.howtobreak80.com/affiliate_tools.htm](http://www.howtobreak80.com/affiliate_tools.htm).

We then visit each website and make sure it solves our problems and also looks a professional site.

When you have found one that is a match, write it down for later.

If you cannot find a product in Clickbank, then try using other affiliate programs such as [CJ.com](#), [Amazon](#) or even [eBay](#). Physical products can sell just as well as digital products.

So that is now the end of day 1. You should have identified a market, chosen your keywords and have a product to promote. Let's move on to day 2.

Day 2

Today we are going to create our Squidoo lenses and submit them to various sites, so that they get indexed in Google very quickly. We will create one lens per keyword and also create a new account for each lens, so that they are all separate.

Here are some important points about creating your Squidoo lenses:

#1 – Always put the main keyword in the name (URL) of your lens. This is crucial to make sure you get good rankings in Google.

#2 – The main keyword also needs to be in the Title of the lens and in the first module on the lens.

#3 – You should also have a link somewhere on the lens that is the main keyword. This can link to your affiliate product or even to another one of your lenses.

#4 – In relation to the above, once you have created your 5 lenses you should then go back into them and place a link from one to the next one. Use the main keyword of the lens you are linking to as the actual anchor text.

So let's head over to Squidoo:



Type in one of your main keywords into the “I want to make a page about...” box. For this example, let’s use one of our golf keywords. So we type in “Correct Golf Swing”.

Create your own page in 60 seconds.

Welcome to the world's easiest way to make a page online.
Share your interests, get found, and even earn money.
(For you or for charity). For free, of course.

We then fill in the options on Step #1:

STEP 1
Just the basics...

STEP 2
Add your content...

STEP 3
Share your page...

My page is about:
Pick one or two keywords that best describe your page.

Correct Golf Swing

Give it a title!

Correct Golf Swing

Pick the best category for your page »

<input type="radio"/> Music	<input type="radio"/> Business	<input type="radio"/> Shopping	<input type="radio"/> Movies & TV
<input type="radio"/> Tech & Geek	<input type="radio"/> Animals	<input type="radio"/> Arts	<input type="radio"/> DIY
<input type="radio"/> Health	<input checked="" type="radio"/> Sports	<input type="radio"/> How-To	<input type="radio"/> Travel
<input type="radio"/> Food	<input type="radio"/> News	<input type="radio"/> Autos	<input type="radio"/> Family

More ▾

Now pick one of these "Sports" Templates
These "starter packages" will get you going, fast.

☒ **Just do your own thing**
Make a page on whatever you want! We'll give you a few building blocks to start with, then you can take it from there.

☐ **Make a prediction**
Who will go to the SuperBowl? Who will win this weekend? Will your kid make the Varsity team this year? You tell us.

☐ **Go go fantasy!**
Make a page about your fantasy football, baseball or basketball team. Strut your stuff, sport.

Click continue and move onto Step #2. Fill in the fields as requested by Squidoo. Try to sound friendly and be informative in what you write:

Now, a few quick questions to help you load your page with great content.
(Don't worry, you can always change any of this later.)

Tell the world about Correct Golf Swing. Be passionate and don't hold back.

Many people look for correct golf swing tips when they have an issue with their golf swing. I would like to share some tips that I have learned and really helped my own golf swing. I hope you find them interesting and that they help you improve your game.

155 characters (Content strength: pretty good)

3 things you should know about Correct Golf Swing

Often just a small change can make the difference.




Practise your downswing and alignment more often.

Practise really does make perfect, so do it as often as you can.


167 characters (Content strength: getting better)

Items of interest on Amazon

Amazon category: **Spots & Outdoors** Search keywords: **Correct Golf S** **SEARCH**

Next step you will see this screen:



Share your knowledge. Make a difference.


What's Squidoo? Log in Join the community!

STEP 1 Just the basics...


STEP 2 Add your content...

STEP 3 Claim your page...

Great start! Here's a sneak peek of your page. Click **TURBO IT** to get even more of a headstart. Or just **PUBLISH** now, and add more content later.



or just [publish my page now](#)



This is a placeholder. You can upload your own photo later!

Many people look for correct golf swing tips when they have an issue with their golf swing. I would like to share some tips that I have learned and really helped my own golf swing. I hope you find them interesting and that they help you improve your game.

This is just a preview. Imagine how great your page will look when you add more content.

3 things you should know about Correct Golf Swing

Often just a small change can make the difference.

Practise your downswing and alignment more often.

Practise really does make perfect, so do it as often as you can.

Just click on "Publish my page now".

You'll then see this screen:

MagicBuilder on SQUIDOO™ Share your knowledge. Make a difference.
What's SQUIDOO? Log in Join the community!

STEP 1 Add the basics... STEP 2 Add your content... **STEP 3 Claim your page...**

So you're ready to publish your page?
Here are a couple more things to tweak if you want!


Title your page: Correct Golf Swing

Create your page URL: www.squidoo.com/Correct-Golf-Swing-1
(this can not be changed later)

Content rating: G RATED: Safe for all ages and suitable
not sure? Read up on our Ratings policy.

GO PUBLISH

Great start! Here's a sneak peek of your page. Click **TURBO IT** to get even more of a headstart. Or just **PUBLISH** now, and add more content later.

 Many people look for correct golf swing tips when they have an issue with their golf swing. I would like to share some tips that I have learned and really helped my own golf swing. I hope you find them interesting and that they help you improve your game.

This is a placeholder. You can upload your own photo later.

This is just a preview. Imagine how great your page will look when you add more content.

It is absolutely vital that you use your main keyword in the title AND URL of the page. If your main keyword is already taken, then you could insert a number or another word in the URL.

In this example, we managed to get Correct-Golf-Swing-Tips as our URL. Which is still very good.

Click on Go Publish and you'll get to the last screen:

MagicBuilder on SQUIDOO™ Share your knowledge. Make a difference.
What's SQUIDOO? Log in Join the community!

Already a lemmaster? Log in here.

Last step... time to set up an account! (It's free, of course).
Then we can whip together your page and you can start showing it off.

Email Address
We never ever share this or send you unwanted stuff, but make sure it's the right one, so we can confirm your account.

Create a username
This is what you'll go by in the site. It's best if it's your real name! Only letters, numbers, underscores, or dashes, please. Your username is permanent.

First name

Last name

Create a password

Type your password once more

☒ **YES, let's get started**

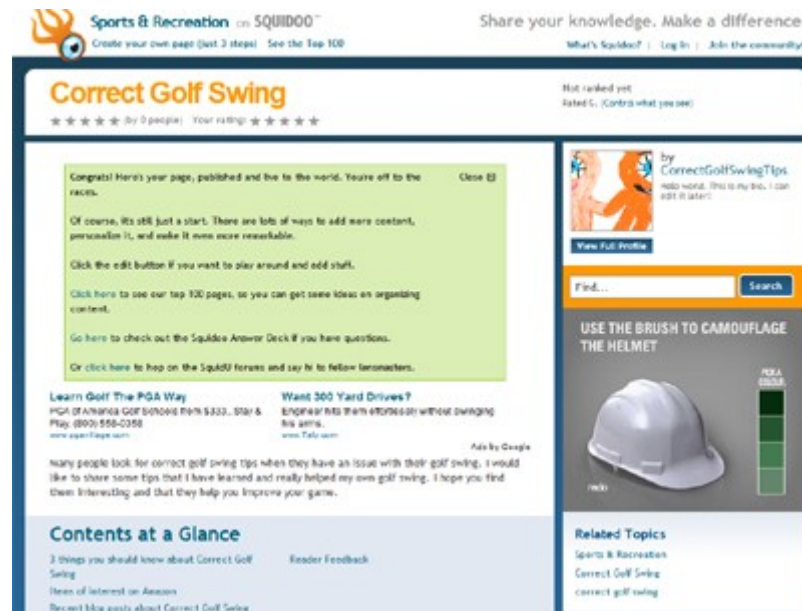
☐ Absolutely, I accept the [Terms of Service!](#) (And will check my email for a welcome email from Squidoo).

☐ Of course, I want to receive the popular [Lens of the Day](#).

☐ Yes, I want the Squidoo Review newsletter: tips on traffic, money, contests - from fellow lemmasters!

As you'll be setting up various lenses, you should use a free email address service such as gmail. Also try to make your username relate to the subject of your keyword, as this makes you look more professional.

Once you've filled in the fields, click on Publish at the bottom again and your lens will be created:



You should now go back into your account and add some more content to your lens that is related to your keyword. This doesn't have to be hundreds of words, just some useful tips or information. You can make it look more attractive by adding pictures or even video modules too.

And don't forget the most important part – towards the top of your lens (and maybe even at the bottom) add some information and/or a picture of your affiliate product. Be sure to include your affiliate link and test it on your lens.

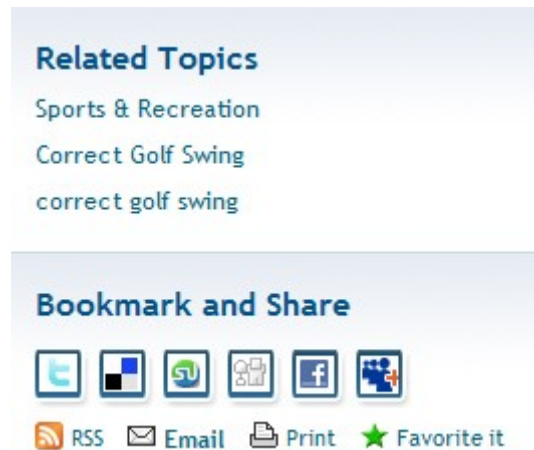
Getting Indexed

Once you have your lenses published, it is now time to let Google know you have made them.

This is a simple process and will only take a couple of minutes. The way to do it is to submit our RSS feed from the lenses to various sites. If you don't know what an RSS feed is, it is just a different

format of showing your content. It can be read by people with RSS readers.

To find your feed, just look at the sidebar of your lens and you'll see this column:



If you hover over the RSS icon, that is the URL to your feed. Just copy it and head over to the following sites and submit your feed to them:

Feedage.com

Feedagg.com

You can also bookmark the lens in 2-3 social bookmarking sites but don't over do it. You want Google to find it but not see lots of instant links pointing to it because that isn't natural.

Day 3

Today we are going to write some articles and submit them to Ezinearticles.com



The reason for this is simple, it is another authority link for Google to follow to make sure our lenses get indexed but it will also get some traffic to our lenses. This is because Ezinearticles ranks well in Google for thousands of articles on different subjects.

So we will write an article for each lens and submit it to Ezinearticles. Each one has to be a minimum of 250 words each and you should aim for around 350 words. You should also write a bio box which includes a link to your lens. This should give the reader a good reason to visit your lens. Some thing like:

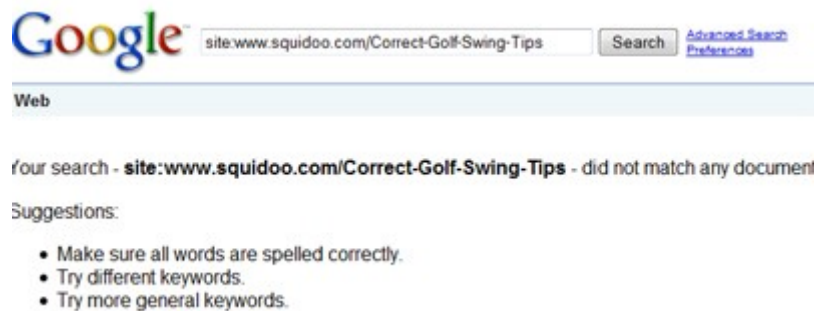
Visit our Squidoo lens for more information about improving your golf swing. We have lots of free tips and videos that will improve your swing today! – www.YOURSQUIDOOLENS.com

Once you have created and submitted them, it normally takes a few days for them to be included in the site.

Day 4

Today is quite an easy day. We are going to check whether our lenses are indexed in Google or not. Ideally they should have been picked up by now.

So head over to Google and type in the URL of your lens in the following format:



You should add the prefix of **site:** in front of the www. of your lens. This tells us that our lens is not indexed yet. If it shows your lens as a result, then you have been indexed.

If you have been indexed, then try searching for the main keyword for the lens in Google. If you can find your lens in the top 20 then this is a great start and we can work on increasing your positions.

If you haven't been indexed, don't worry your time will come!

Day 5

Today we are going to add some more content to our lenses.

As you may or may not know, Google loves unique content. So today we will give them some. We are going to use one of the Text Modules to add a couple of paragraphs of information about our main keywords.



Ideally, each new piece of content should be 150-300 words in length. You could even add a new video or image too. You basically just want to let Google know that you are constantly updating your lens as this will increase your positions in their index.

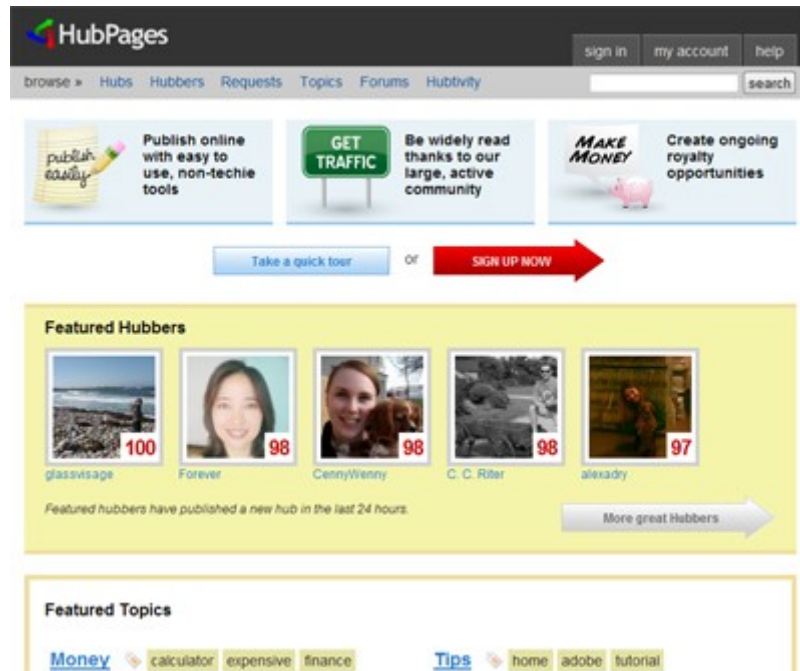
Once you have added your new content, submit your lens RSS feed again to:

Feedage.com
Feedagg.com

That should ensure Google finds the new content very quickly.

Day 6

Today we will get some more links to our lenses.



We are going to create a [Hub Page](#) for each lens and place a link to our Squidoo lenses on each one. We will also include our affiliate product on each lens too.

This is effective for 2 reasons:

- 1 – It gives us another authority link, so Google will see our lens as more important.
- 2 – Hub Pages rank high in Google too, so we can get traffic to our Hub Page, which will result in people clicking our affiliate link or visiting our lenses.

We will set them up similar to our lenses, with unique content modules and of course, the main keyword in the title and URL of each hub.

Day 7

By now our lenses should be indexed in Google and getting traffic. If you look at the stats section of your lenses you will see how many people have been to your lens and where they came from.

This is a great way to find new ideas for content for your lens. If you look at the actual keywords people are using to find your lens, you can see if you have any information on it. If you have just mentioned it once for instance, you should write another content module which includes some of these keywords.

You can basically keep creating content or even brand new lenses on these keywords. Of course they must be 100% relevant to your affiliate product and if so just keep expanded on your niche.

By doing this you can quickly dominate the niche faster than anyone else because you are finding out exactly what your target customers are wanting and you are creating content that helps them.

This is far more effective than using keywords from any keyword tool.

So write down any keywords that are relevant and you haven't already used and save them for later. You can then keep adding this new content onto existing or new lenses on regular occasions. This keeps your lens updated which Google loves.

What You Have Just Learned

What you have just learned is my effective way of finding profitable niches and exploiting them for free using Squidoo.

You now have the knowledge to find the right keywords to target for people desperately wanting to solve a problem. You know what to create to get them to your lens and you know how to find the products that would help them solve their problem.

If you think about it, it really is win-win all round. You are helping people find the exact solution to their issues, whilst at the same time earning money from the product owner.

By using this system I have managed to make profits in just 7 days in some of my niches. The more time you spend on your research in finding these problems that people are desperate to solve, the quicker you will begin making money.

It really is as simple as that.

Just keep creating these campaigns on a weekly basis and before you know it, you'll be earning affiliate commissions every single day.

That is what happened to me and there is no reason why it can't happen to you too. Just keep expanding on your keywords and moving into new niches.

I can almost guarantee you will find one that will be a winner and you wouldn't even share it with your closest friends!

Conclusion

So we've come to the end.

As I have just mentioned, you really do have all the information you now need to create your own affiliate income which could rival your current day job income.

Just put it to good use and it would be virtually impossible to fail.

Take your time doing the research, find desperate keywords, add a product that solves their problems and VOILA! You have a winning campaign right there.