

FREE STARTER PACK

The Simple Guide + Daily Prompts

Pick Your Payday in plain words: what to do each day, and copy-paste prompts for ChatGPT or Claude. Five days, Mon Oct 26 to Fri Oct 30. Two live calls, three WhatsApp days.

“You can't add without subtracting. You're always giving up something.”

Every yes costs something: time, money or energy. So on Day 1 you set your 3-prong focus all at once: what you'll give up, what that lets you save (time or money), and what that frees you to earn. Then you work all three together, every day.

Start here

1. **Take the Payday Picker.** 10 quick taps. You get your Payday Personality and 3 start-here moves (one save time, one save money, one earn).
2. **Fill in your 3-prong focus.** Give up, save, earn. One line each, in the card above. Rough is fine. We finish it together on Day 1.
3. **Get your Payday Tracker ready.** It's pages 9 and 10 of this guide. Print them front and back and keep them handy all week. A filled-in example is on the Guide page.
4. **Join the WhatsApp group.** Days 2 to 4 happen there: your moves, a screenshot, a cheer.
5. **Save the two live calls.** Mon Oct 26 and Fri Oct 30, 11 AM ET (8 AM PT), in the Zoom room. Can't make it? Both have a replay.

How the week works

Mon	Live call	Set your 3-prong focus: give up, save, earn
Tue	WhatsApp	Get your first win (all 3 prongs in play)
Wed	WhatsApp	Stack a second move (any kind)
Thu	WhatsApp	Push your earn move further
Fri	Live call	Count your payday

My 3-prong focus

Give up	_____
Save	_____
Earn	_____



Rocketing and rolling

Every day mixes all three prongs. Save time to earn more. Save money to get money back. Many small steps or a few bigger ones. Both count.



Money saved counts as money in your pocket

Ten dollars you didn't spend counts the same as ten dollars you earned. Log it all on your Payday Tracker. A move that's worth something every month or year goes on its own line.



AI is the helper. You make the move.

Every prompt is optional. Use one or several. Paste it into ChatGPT or Claude when you want a hand picking, planning or wording something.

Payday Picker

go.coachingthatclicks.com/payday-picker

Payday Tracker: filled-in example

go.coachingthatclicks.com/daily-guide/#tracker

Zoom room

coachingthatclicks.com/zoom

75 Starter Moves

go.coachingthatclicks.com/starter-moves

Escape Hatch

go.coachingthatclicks.com/escape-hatch

Payday Tracker (blank)

Pages 9 and 10 of this guide

WhatsApp group

coachingthatclicks.com/pickyourpayday-whatsapp

No income promises: what you save or earn depends on you, your time and your town. Estimates are estimates. Not financial, tax or legal advice.

Set your 3-prong focus

The live kickoff. One big idea, then you set all three prongs at once.

Live on Zoom at 11 AM ET (8 AM PT) with Aquita and Sadie. The replay goes up after.

 **Today's goal: Set your 3 prongs, then take the first step of one move.**
It could be one big move, or lots of little ones here, there and everywhere. Both count. The important thing is to take action.

You can't add without subtracting. You're always giving up something. Today you decide it on purpose, all three prongs at once: what you'll give up, what that lets you save, and what that frees you to earn.

My 3-prong focus

Goal

Circle one: \$10 · \$100 · Path to \$1,000

Give up

Save

Earn

Do this

- ☐ **Come to the live call, or watch the replay.** We walk through the idea once, together.
- ☐ **Fill in your 3 prongs.** One line each in the card above.
- ☐ **Pick a move for each prong.** Your 3 from the Payday Picker are a great start: one save time, one save money, one earn.
- ☐ **Do the first step of one move today.** An earn move if you can. Any move counts.

 **About 1 hour with the call, 20 minutes without**

Consider this, and that too

- Haven't taken the Payday Picker yet? It picks 3 moves for your personality in about 2 minutes.
- Want a target? Try the napkin Freedom Number prompt in today's AI prompts.

Check in

- ☐ Post your 3 prongs in the WhatsApp group: "Give up: [THIS]. Save: [THAT]. Earn: [THIS]."
- ☐ Add today's moves to your Payday Tracker: what you gave up, plus any time saved, money saved or money earned.

Today's tools: Payday Picker (go.coachingthatclicks.com/payday-picker) · All the starter moves (go.coachingthatclicks.com/starter-moves) · Escape Hatch (go.coachingthatclicks.com/escape-hatch) · Payday Tracker (blank) (go.coachingthatclicks.com/daily-guide/Pick-Your-Payday-Tracker.pdf) · Filled-in tracker example (go.coachingthatclicks.com/daily-guide/Pick-Your-Payday-Tracker-EXAMPLE.pdf) · **AI prompts:** page 7

 **Log every move on your Payday Tracker** (pages 9 and 10, print them front and back). Little moves count too.

My notes: today's moves, and what they gave me

Get your first win

All three prongs in play. Get one move done today.

No call today. It all happens in the WhatsApp group.

 **Today's goal:** Get one win you can see, and post it.

It could be one big move, or lots of little ones here, there and everywhere. Both count. The important thing is to take action.

Today is about a first win you can see. Pick at least one move from your 3 prongs and do it. Try to make one of them an earn move. Saving time or money counts too, and it makes room for the earning.

Do this

- ☐ **Look at your 3 prongs.** Give up, save, earn. Which move can you finish today?
- ☐ **Do at least one move.** An earn move is encouraged every day: list it, offer it or ask one person.
- ☐ **Post your win in the WhatsApp group.** Your move plus a screenshot or a quick note.

 **About 20 to 30 minutes**

Consider this, and that too

- Pair a save-time move with an earn move: use the time you free up to list, offer or ask.
- Run the Escape Hatch to find your real hours. About 10 minutes, and it saves your plan.

Check in

- ☐ Post today's win in the WhatsApp group.
- ☐ Add it to your Payday Tracker. Little moves count too, so log every one.

Today's tools: All the starter moves (go.coachingthatclicks.com/starter-moves) · Escape Hatch (go.coachingthatclicks.com/escape-hatch) · Payday Picker (go.coachingthatclicks.com/payday-picker) · AI prompts: page 7

 **Log every move on your Payday Tracker** (pages 9 and 10, print them front and back). Little moves count too.

My notes: today's moves, and what they gave me

Stack a second move

It might not be a second money-making move. Save time, save money or earn. It all counts toward your goal.

No call today. It all happens in the WhatsApp group.

 **Today's goal: Stack a second move. Any kind counts toward your goal.**
It could be one big move, or lots of little ones here, there and everywhere. Both count. The important thing is to take action.

Rocketing and rolling. Keep yesterday's move going and stack a second one on top. Your second move might not make money, and that's fine. Saving time or saving money counts too, and what you save still adds up toward your goal. Many small steps or a few bigger ones.

Do this

- ☐ **Check yesterday's move.** Finish it, repeat it, or follow up on it.
- ☐ **Add a second move, any kind.** Save time, save money or earn. It might not be a money-making move, and that's fine. What you save counts toward your goal.
- ☐ **Keep your earn move moving, if you have one.** Answer messages, post it again, or ask one more person.

 **About 20 to 30 minutes**

Consider this, and that too

- Save money to get money back: return something, cancel a charge, or sell something you don't use.
- Look at last month's charges for one thing you forgot you pay for.

Check in

- ☐ Post your two moves in the WhatsApp group (a number or just an emoji, your call).
- ☐ Add both moves to your Payday Tracker. Time saved and money saved count toward your goal too.
- ☐ Cheer one other person's win. It's free and it feels great.

Today's tools: All the starter moves (go.coachingthatclicks.com/starter-moves) · Escape Hatch (go.coachingthatclicks.com/escape-hatch) · Payday Picker (go.coachingthatclicks.com/payday-picker) ·
AI prompts: page 8

 **Log every move on your Payday Tracker** (pages 9 and 10, print them front and back). Little moves count too.

My notes: today's moves, and what they gave me

Push your earn move further

Take your earn move one step bigger, with a save move rolling beside it.

No call today. It all happens in the WhatsApp group.

 **Today's goal:** Take your earn move one step further.

It could be one big move, or lots of little ones here, there and everywhere. Both count. The important thing is to take action.

Take your earn move one step further today: tell more people, follow up, or offer it a second time. Keep a save move rolling beside it, so the room you made keeps working for you.

Do this

- ☐ **Push your earn move one step further.** Tell more people, follow up once, or make a second offer.
- ☐ **Keep one save move rolling.** Time or money. Small is fine.
- ☐ **Catch up your Payday Tracker.** Every move from the week on it, even the little ones. Screenshots and receipts help. Tomorrow we count.

 **About 30 minutes**

Consider this, and that too

- Use time you saved this week for one focused earning block, even 30 minutes.
- Plant one seed move that pays later, like a listing that takes a while to sell.

Check in

- ☐ Post your earn move in the WhatsApp group so we can cheer it on.
- ☐ Join us tomorrow at 11 AM ET (8 AM PT) to count your payday.

Today's tools: All the starter moves (go.coachingthatclicks.com/starter-moves) · Escape Hatch (go.coachingthatclicks.com/escape-hatch) · Payday Picker (go.coachingthatclicks.com/payday-picker) ·
AI prompts: page 8

 **Log every move on your Payday Tracker** (pages 9 and 10, print them front and back). Little moves count too.

My notes: today's moves, and what they gave me

Count your payday

The live wrap-up. Three questions, then we celebrate.

Live on Zoom at 11 AM ET (8 AM PT) with Aquita and Sadie. The replay goes up after.

 **Today's goal: Count it all up: what you saved plus what you earned.**
It could be one big move, or lots of little ones here, there and everywhere. Both count. The important thing is to take action.

Count everything with three questions. Ten dollars gets the same cheer as two hundred. Zero gets a cheer too, because the moves still happened.

Do this

- ☐ **Come to the live call, or watch the replay.** We count together and cheer every number.
- ☐ **Answer the three questions.** Your Payday Tracker has the answers: what you gave up, what you kept, and what you did.
- ☐ **Circle your best move.** The one that gave you the most for the time. That's the one you repeat next week.

 **About 1 hour with the call, 30 minutes without**

Consider this, and that too

- Add saved plus earned. That's your money in your pocket this week. The back of your tracker does the math with you. Any "worth \$X a year" move goes on its own line.
- Keep going: run the week again with the starter moves, or keep your best move going.

Check in

- ☐ Post your three answers in the WhatsApp group.
- ☐ Pick what's next: one move to repeat, one new move to try.

Today's tools: All the starter moves (go.coachingthatclicks.com/starter-moves) • Escape Hatch check-in (go.coachingthatclicks.com/escape-hatch) • **AI prompts:** page 8

 **Log every move on your Payday Tracker** (pages 9 and 10, print them front and back). Little moves count too.

Count your payday: my three answers

1. What are you giving up?

2. What are you keeping?

3. What did you take action on to keep more and bring in?

Copy, fill in, paste

Use one, or several. Paste into ChatGPT or Claude, fill in the [BRACKETS], and you make the move.

Start every prompt with this line: I'm doing Pick Your Payday, a free 5-day challenge. The big idea: you can't add without subtracting, so I set a 3-prong focus (what I give up, what that lets me save in time or money, and what that frees me to earn) and work all three together. Money I save counts as money in my pocket, just like money I earn. You're my helper. Keep it simple, friendly and doable for a busy person. Don't suggest prices or promise income. I set my own prices.

Day 1 • Set your 3-prong focus

Find my 3 prongs

Here's what a normal weekday looks like for me: [MORNING, AFTERNOON, EVENING IN A FEW WORDS]. Things I spend time or money on that I'd be OK cutting back this week: [ANY IDEAS, OR NOT SURE]. My Payday Personality is [MY TYPE, FROM THE PAYDAY PICKER]. Help me set my 3-prong focus for this week: one thing to give up, what that lets me save (time or money, roughly how much), and one small way to earn with what it frees up. Give me two options for each, then help me write three short lines: "Give up: _____. Save: _____. Earn: _____."

Napkin Freedom Number

Help me do napkin math for my Freedom Number. My must-pay bills each month are roughly: [LIST EACH BILL AND ABOUT HOW MUCH]. Money that shows up every month no matter what: [AMOUNT, OR 0]. Add a small cushion of about 10 percent to the bills, subtract the reliable money, and show me my monthly gap and my weekly gap. Keep the math simple and show your work. This is a rough target for me, not financial advice.

Day 2 • Get your first win

Plan my day across all 3 prongs

My 3-prong focus this week: Give up: [THIS]. Save: [TIME OR MONEY]. Earn: [THIS]. Today I have about [NUMBER] minutes and I have [PHONE / CAR / COMPUTER / NONE OF THESE]. Give me a short plan for today with one move for each prong, in the order that works best (for example, save time first so I have room to earn). Keep each move small enough to start in the next 10 minutes.

Help me say it

I need to [ASK SOMEONE IF THEY WANT MY HELP / TELL FRIENDS WHAT I'M SELLING / CALL A COMPANY TO LOWER A BILL / HAND OFF A CHORE]. Here's the situation: [ONE OR TWO SENTENCES]. Write me a short, friendly script or text I can use, in plain everyday words. Leave a [MY PRICE] blank anywhere a price would go. Give me two versions: one warm, one short.

Privacy: leave out your full name, address, account numbers and passwords. Fill in the [BRACKETS] first.

Copy, fill in, paste

Use one, or several. Paste into ChatGPT or Claude, fill in the [BRACKETS], and you make the move.

Start every prompt with this line: I'm doing Pick Your Payday, a free 5-day challenge. The big idea: you can't add without subtracting, so I set a 3-prong focus (what I give up, what that lets me save in time or money, and what that frees me to earn) and work all three together. Money I save counts as money in my pocket, just like money I earn. You're my helper. Keep it simple, friendly and doable for a busy person. Don't suggest prices or promise income. I set my own prices.

Day 3 • Stack a second move

Build on yesterday

Here's the move I did yesterday: [MOVE]. Here's what happened: [QUICK NOTES]. My 3-prong focus: Give up: [THIS]. Save: [THAT]. Earn: [THIS]. Suggest two next moves that build on it and fit in [NUMBER] minutes today. They can save time, save money or earn money. Any kind counts toward my goal. For each one, give me the first step in one sentence.

Find my money leaks

Here are my regular charges and spending from last month: [PASTE A LIST, NO ACCOUNT NUMBERS]. Find the three easiest places I could keep more money or get money back this week (cancel, lower, return or sell). For each one, tell me the first step, about how much it could keep me per month, and one honest watch-out.

Day 4 • Push your earn move further

Make my earn move bigger

Here's the earn move I've been working on: [MOVE]. What's happened so far: [QUICK NOTES]. Give me three ways to push it one step further today in under an hour (more people, a follow-up, a second offer), with the steps in order. Keep it realistic for someone with [NUMBER] free minutes and [WHAT I HAVE: PHONE, CAR, COMPUTER]. Skip anything that costs money to join or pays for recruiting people.

Help me tell people

I'm offering [WHAT I'M SELLING OR DOING] to [WHO IT'S FOR]. Write me a short, friendly post for [FACEBOOK / A LOCAL GROUP / A TEXT TO FRIENDS] in plain everyday words. Leave a [MY PRICE] blank anywhere a price would go. Give me two versions: one warm, one short.

Day 5 • Count your payday

Count my payday

Here's my Payday Tracker from the week: [PASTE OR TYPE EACH MOVE: WHAT I DID, WHAT I GAVE UP, TIME SAVED, MONEY SAVED, MONEY EARNED]. Sort them into three answers: 1. What am I giving up? 2. What am I keeping (hours found and money kept)? 3. What did I take action on to keep more and bring in? Then add four lines: money saved this week, money earned this week, hours found, and money in my pocket (saved plus earned). If a sale is made but not paid yet, list it on its own line. If something saves me money every month or year, show it on its own line as "worth about \$X a year" and don't add it into this week's total.

Plan next week

My best move this week was [MOVE] and it gave me [WHAT IT GAVE ME]. My Payday Personality is [MY TYPE] and I have about [NUMBER] minutes a day next week. Make me a simple plan for next week: repeat my best move, add one new move from a different leg (save time, save money or earn), and give me one small step per day, Monday to Friday.

Privacy: leave out your full name, address, account numbers and passwords. Fill in the [BRACKETS] first.

My Payday Tracker

One line per move. Little moves count. Any box can stay blank. Come back anytime and add more.

 **My goal (circle one): \$10 · \$100 · Path to \$1,000**

Shade a box for every move you log: ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ← I started!

		GIVE UP	SAVE		EARN	
	My move (what I did)	What I gave up	Time saved (min)	Money saved \$	Money earned \$	Repeats? ✓
e.g.	Skipped the drive-thru coffee	The coffee run	15	6		
Mon						
	Day total	Week so far: \$				
Tue						
	Day total	Week so far: \$				
Wed						
	Day total	Week so far: \$				
Thu						
	Day total	Week so far: \$				
Fri						
	Day total	Week so far: \$				

More moves than lines? Keep going on the back.  Saves you money every month? Tick Repeats and add it to "Keeps saving me money" on the back.  Sold but not paid yet? It goes in "Sold, not paid yet" on the back.

More moves + my payday

More moves (any day)

Day	My move (what I did)	GIVE UP	SAVE		EARN	Repeats? ✓
		What I gave up	Time saved (min)	Money saved \$	Money earned \$	

Keeps saving me money

The move	\$ a month	x 12 = \$ a year

Worth about \$_____ a year. Its own line: don't add it to this week.

Sold, not paid yet

What I sold	\$	Paid? ✓

When the money comes in, cross it out here and add it to Money earned.

Add it up

	Time saved (min)	Money saved \$	Money earned \$
Mon			
Tue			
Wed			
Thu			
Fri			
More moves (back)			
WEEK TOTAL			

Minutes ÷ 60 = _____ hours found

My payday this week

Money saved + Money earned =

\$ _____

On the way (sold, not paid yet): \$ _____

Goal check (circle one): Hit it! · Halfway there · I started

★ My best move to repeat next week:

