

# Bonus 1

## *The Busy Dad Swipe File Vault*

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## 1. X / IG Hook Swipe File

Use these hooks when you don't know how to start a post. Do not copy every word forever, but use them as structure.

I have no clue what your niche is, so the majority are based on my niche “busy dads”. But that is probably not yours. So change the niche, pain, result, or timeframe.

Because the goal is not to sound clever or so, but to make the right person, your target audience, stop scrolling.

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### A. Pain Hooks

1. The hardest part about being a dad isn't work.  
It's coming home with no energy left.
2. A lot of dads say they want freedom.  
But what they really want is one calm evening with their kids.
3. You don't need more motivation.  
You need a system that still works when you're tired.
4. Most dads are one bad week away from quitting their goals.
5. If your income depends on your time, you'll always feel stuck.
6. You can love your family and still feel trapped by your schedule.

7. Your problem isn't that you don't care.  
It's that your life is already full.
8. Many don't actually need more motivation.  
They need less friction.
9. A lot of busy dads don't feel lazy.  
They feel mentally full.
10. Most people are not tired because they work hard.  
They're tired because their brain never fully shuts off.
11. The hardest part about building online isn't strategy.  
It's trying to do it while real life keeps moving.
12. A lot of people secretly feel behind in life.  
They just don't say it out loud.
13. Most unhealthy habits are not caused by lack of knowledge.  
They come from overload and exhaustion.
14. Most couples don't suddenly grow apart.  
Distance builds quietly.
15. If your income depends on your energy every day, life will always feel unstable.

These hooks work because they create immediate recognition. The reader feels:  
"That's exactly how I feel."

Pain hooks are powerful because people pay attention to problems they already experience every day.

Especially in your niche, emotion matters:

- stress
- time pressure
- feeling behind
- lack of energy

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## B. Result Hooks

11. How to build a simple online income system in 30–60 minutes a day.
12. How busy people are making their first \$100–\$500 online without building a huge business.
13. The simplest way to start building leverage online.
14. How to become healthier without turning your life upside down.
15. How to build systems that still work during stressful weeks.
16. How to create calmer mornings without waking up at 5am.
17. How to build an audience without posting 24/7.
18. How to become more present at home without working less.
19. How to simplify online business so it actually fits into real life.
20. How to create income that doesn't completely depend on your time.

These hooks work because they show possibility. They give people hope without sounding unrealistic.

A good result hook feels:

- simple
- clear
- achievable

That's important. So, busy dads do NOT want:

- hype
- "get rich quick"
- complicated promises

They want: a realistic next step, and that's why small, believable results work best.

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## C. Belief Shift Hooks

21. Majority of people doesn't need more information.  
They need clearer priorities.

22. You don't need a complicated business model.  
You need a repeatable one.
23. More discipline is usually NOT the answer.  
Better systems are.
24. You don't need more time.  
You need fewer decisions.
25. Most creators don't need more content ideas.  
They need stronger positioning.
26. The goal is not to work harder after work.  
The goal is leverage.
27. You don't need to become a different person to improve your life.
28. Most diets fail because they rely too much on motivation.
29. Most people are trying to scale chaos.
30. Consistency becomes easier when the system becomes smaller.

These hooks work because they challenge old thinking. People often believe:

- they need more time
- more followers
- more knowledge
- a better idea

Belief shift hooks interrupt that pattern. They create curiosity because the reader suddenly thinks:

“Wait... maybe I've been focusing on the wrong thing.”

These hooks are very strong for building authority.

---

## D. Contrarian Hooks

31. Most side hustles are terrible for busy dads.

32. Posting more is not the answer.
33. Followers are overrated if you don't collect emails.
34. A big audience won't save a weak offer.
35. Your logo won't make you money.
36. A website is not the business.
37. Learning more is often the reason you're still stuck.
38. Motivation is a bad business plan.
39. If your content doesn't lead to an email list, you're renting attention.
40. Motivation is a terrible long-term strategy.
41. More content is usually not the answer.
42. Followers are overrated if nobody trusts you.
43. A website is not a business.
44. Most people don't need another income stream.  
They need one that actually works.
45. Hustle culture is usually just bad system design.
46. If your business only works when you feel motivated,  
you don't have a business.  
You have a mood.
47. More information is often the reason people stay stuck.

---

Contrarian hooks work because they create tension and go against what people usually hear online. That makes the brain pause.

Keep in mind that the statement still needs to feel believable. Bad contrarian content feels fake or extreme. And good contrarian content feels surprising, but true.

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## E. Story Hooks

41. I used to think I needed more time.  
I was wrong.

42. I wasted months trying to learn everything before starting.
43. I thought online business had to be complicated.  
I was wrong.
44. I kept saving posts and watching videos.  
But I still wasn't moving.
45. I thought the answer was working harder.  
Usually it just made me more tired.
46. The moment I simplified everything, progress became easier.
47. I stopped chasing perfect routines.  
That changed more than I expected.
48. I didn't need another strategy.  
I needed a system I could actually repeat.
49. I used to start over every Monday.
50. I wish someone told me earlier that simplicity compounds.

Story hooks work because stories feel human. People connect faster with experiences than with advice. A good story hook creates emotional movement:

- frustration
- realization
- progress

And it also lowers resistance. The post feels less like “teaching” and more like someone sharing something real. That’s why story content builds trust very fast.

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## F. Authority hooks

51. Smart creators build systems that survive low-energy days.
52. Content without direction creates attention.  
Content with direction creates customers.
53. The best systems usually look boring from the outside.
54. The strongest businesses are often the simplest.
55. Simplicity scales better than chaos.
56. Most people underestimate how powerful clarity really is.

57. Better systems create calmer lives.
  58. People trust consistency more than intensity.
  59. Most successful creators repeat the same core message for years.
  60. Sustainable systems outperform emotional motivation long term.
- 

## G. “Underrated” Hooks

61. You tell yourself you’ll work on your goals tonight.  
Then life happens.
62. Some days the hardest part is simply starting.
63. Real life gets noisy fast.
64. Most systems fail the moment the week becomes stressful.
65. The best plan is usually the one you can still follow when tired.
66. Some people are not lazy.  
They’re just mentally overloaded.
67. Most people don’t need more pressure.  
They need more clarity.
68. Building slowly is still building.
69. A simple system removes a surprising amount of stress.
70. Most people are closer than they think.  
They just keep restarting.

These hooks work because they feel more thoughtful and real. They usually sound less “marketing-like”. A lot of people are tired of loud business content.

Underrated hooks often create:

- trust
- calm authority
- deeper connection

These are especially strong for building long-term followers and email subscribers.

## 2. Full Post Swipe File

Okay, use these posts as models. You don't want to copy forever, but you need to understand the pattern.

Each post should do one of three things:

- make them feel understood
  - give them a clear insight
  - move them toward your email list
- 

## 1. Pain Post

Most dads don't have a time problem.

They have an income problem.

If your income depends on your time, your schedule will always feel full.

Work.

Family.

Bills.

Responsibilities.

There's almost no room left.

That's why a small email income system makes sense.

It gives you leverage.

Not overnight.

But step by step.

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## 2. Simple System Post

The simplest online income system:

Post something useful.

Send people to your email list.

Build trust through email.

Recommend something that solves a real problem.

That's it.

Most people make it too complex.

They build websites, logos, funnels, and 20-step plans.

Start smaller.

Post → Email → Offer.

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## 3. Story Post

I used to think I needed more time.

More quiet hours.

More energy.

More space.

But honestly, that was not the real issue.

The real issue was that I had no system.

So every day felt like starting from zero.

Once I focused on one simple path, things became easier:

attention → email → offer

Still work.

But finally clear.

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## 4. Belief Shift Post

You don't need to be an expert to start.

You need to be one step ahead of someone.

That's enough.

If you solved a problem, learned a skill, or found a better way to do something...

you can help the person who is still stuck.

That's how most simple online businesses start.

Not with perfection.

With usefulness.

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## 5. Direct CTA Post

If you're a busy dad and want to build your first \$100-\$500 online, start simple.

No ads.

No big audience.

No complicated funnel.

Just:

Post → Email → Offer

I made a free 5-day system that shows the basics.

Start here:

[LINK]

---

## 6. Contrarian Post

Most side hustles are bad for busy dads.

Not because they can't work.

But because they need too much time.

If you already work all day and have kids at home, you don't need another job after work.

You need leverage.

That's why I like email.

You write once.

You build trust over time.

You sell without chasing people all day.

---

## 7. "No Big Audience" Post

You don't need 10,000 followers to make money online.

You need the right 100 people to trust you.

That starts with:

clear content

a useful email list

one simple offer

Followers are nice.

But buyers come from trust.

And trust is much easier to build through email.

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## 8. Practical Post

Here's what I'd do if I had 30 minutes a day:

10 min: write one useful post

10 min: reply to people in my niche

10 min: improve my email system

That's it.

Not sexy.

But it compounds.

Most people don't need a more complex plan.

They need one they can actually repeat.

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## 9. Emotional Post

A lot of dads don't want to be rich.

Not really.

They want to stop feeling squeezed.

They want less pressure.

More control.

More calm evenings.

Money matters because time matters.

That's why building a small online income system is not just about money.

It's about having options.

---

## 10. “What Not To Do” Post

Don't start with:

a logo

a full website

a huge product

a 10-step funnel

Start with:

one niche

one offer

one email list

one simple content system

You can improve later.

But you can't improve something you never launch.

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## 11. Email List Post

Social media is rented attention.

Your email list is owned attention.

That sounds boring until you understand what it means.

A platform can limit your reach tomorrow.

But your list?

You can email them directly.

That's why every busy dad building online should start collecting emails early.

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## 12. First \$100 Post

Your first \$100 online matters.

Not because it changes your life.

It won't.

But because it proves something important:

someone paid you for value.

That moment changes how you see business.

It stops being theory.

And starts becoming real.

---

## 13. Lead Magnet CTA Post

I made a free 5-day system for busy dads who want to start making money online.

It shows the simple path:

get attention

collect emails

recommend useful offers

You can do it in 30–60 minutes a day.

Start here:

[LINK]

---

## 14. Relatable Post

You say you'll work on your idea tonight.

Then dinner happens.

Kids need attention.

You're tired.

The evening disappears.

That's normal.

This is why your system must be simple.

If it only works when life is calm, it won't work for busy dads.

---

## 15. Offer Post

A good offer is easy to explain.

Bad:

"I help people build an online business."

Better:

"I help busy dads make their first \$100-\$500 online with a simple email system."

Clear beats clever.

Every time.

---

## 16. Reply-Bait Without Being Cringe

Most dads don't need more ideas.

They need fewer decisions.

That's why I like simple systems.

One path.

One offer.

One daily routine.

What's the biggest thing that slows you down right now?

---

## 17. Soft Sell Post

I'm building something for busy dads who want to make their first money online without overcomplicating it.

Not a huge course.

Not 100 lessons.

A simple system you can follow in 30–60 minutes a day.

If that sounds useful, keep an eye on this page.

---

## 18. "Tired Tuesday" Post

Your system should work on a tired Tuesday.

Not only when you feel motivated.

That's the real test.

If your plan needs perfect energy, perfect focus, and perfect time...

it's not a good plan for busy dads.

Make it smaller.

Then repeat it.

---

## 19. Authority Post

The money is not in posting more.

The money is in building a path.

A post without a path is just noise.

A post with a path can become:

attention → email subscriber → trust → sale

That's the difference.

Same content.

Better system.

---

## 20. Founder POV Post

I'm not interested in teaching busy dads another complicated business model.

Most dads don't need more complexity.

They need a simple path they can follow after work, when life is loud and energy is low.

That's the whole idea behind The Dad Systems.

Simple income systems for real life.

---

## 21. “Small Start” Post

Start smaller than you think.

One niche.

One offer.

One lead magnet.

One email sequence.

One daily content habit.

That’s enough.

Most people don’t fail because they start too small.

They fail because they start too big and quit.

---

## 22. Objection Post

“I don’t have time.”

Fair.

But you don’t need 4 hours a day.

You need 30 focused minutes.

The problem is usually not the amount of time.

It’s not knowing what to do when you finally sit down.

That’s what a system fixes.

---

## 23. Email-Based Business Post

An email business is simple.

Not easy.

Simple.

You build a list of people who care about one problem.

You help them.

You recommend useful things.

You repeat.

That's the model.

No magic.

No hype.

Just trust and offers.

---

## 24. Pinned-Style Post

I used to feel like I was always behind.

Working all day.

Coming home tired.

Telling myself I'd figure something out soon.

But nothing changed.

Then I realized:

if your income depends on your time, you'll always feel stuck.

So I started building a simple email income system.

I wrote the first steps here:

[LINK]

---

## 25. Last Line CTA Post

Most dads are closer than they think.

They don't need a new personality.

They don't need to wake up at 5am.

They don't need to become a guru.

They need a simple system that fits into real life.

I made the starting point here:

[LINK]

## 3. Email Swipe File

These emails are NOT meant to be copied forever. Just use them as structure.

Pay attention to: flow, tone, simplicity and clarity

Most good emails are not complicated at all, they just feel human.

---

## A. Welcome Email

## Why this works

This email works because it lowers friction immediately.

The subscriber feels they are in the right place. It also sets expectations and increases future open rates.

Simple welcome emails usually outperform long complicated ones.

---

Subject:

welcome

Email:

Hey,

Glad you're here.

Over the next few days, I'll show you the simple system busy dads can use to start making money online without turning life upside down.

No hype.

No "grind 24/7" nonsense.

Just:

- simple content
- email
- offers
- consistency

That's it.

And honestly, most people overcomplicate this way too much.

Tomorrow I'll send you the first lesson.

Quick thing first:

If this email landed in promotions, move it to primary so you don't miss the next one.

Talk soon,

[Name]

---

## B. Story Email

### Why this works

Story emails build trust fast.

People relate to emotions and situations more than advice.

Good story emails make readers think: "this person understands my situation."

That emotional connection makes future selling much easier.

---

Subject:

I thought I needed more time

Email:

I used to think my problem was time.

I thought:

"If I just had more quiet hours... more energy... more space..."

then I'd finally start.

But honestly?

That wasn't the real issue.

The real issue was that I had no system.

So every day felt random.

I'd save ideas.

Watch videos.

Read threads.

And still do nothing.

Not because I was lazy.

I just didn't know what actually mattered.

Once I simplified everything into:

post → email → offer

things finally started making sense.

Not overnight.

But enough to finally feel movement.

That's the whole reason I built this system for busy dads.

Because most dads don't need more information.

They need clarity.

Talk tomorrow,

[Name]

---

## C. Value Email

### Why this works

Value emails work because they create small wins.

The reader feels: "I can actually do this."

That increases trust and momentum. Good value emails are simple and actionable. And not overloaded with theory.

---

Subject:

the simplest online income model

Email:

Most online business models are too heavy for busy dads.

Too many moving parts.

Too much time.

Too much learning before action.

That's why I like simple email systems.

Here's the model:

1. Post useful content
2. Collect emails
3. Build trust
4. Recommend useful offers

That's it.

No huge audience needed.

No complicated funnel.

And the best part?

You can build it slowly.

Even with limited time.

A lot of people think they need:

- more followers
- better branding
- more knowledge

Usually they just need one clear system.

Tomorrow I'll show you the biggest mistake most beginners make.

Talk soon,

[Name]

---

## D. Soft Sell Email

### Why this works

Soft sell emails work because they feel natural.

They don't pressure people.

They connect the problem to the offer in a calm, logical way.

That works very well in trust-based niches like yours.

---

Subject:

this is what helped me simplify everything

Email:

One thing I realized pretty quickly:

Most people stay stuck because everything feels too complicated.

Too many ideas.  
Too many strategies.  
Too much noise.

That's why simple systems matter.

You don't need 10 income streams.

You need:

- one offer
- one path
- one repeatable system

That's exactly what I started building around.

And honestly, it made everything easier.

Less guessing.  
Less overwhelm.  
More movement.

If you want to see the simple structure I recommend for busy dads, you can check it here:

[LINK]

No pressure.

Just wanted to share what actually helped me simplify things.

[Name]

---

## **E. Direct CTA Email**

### **Why this works**

Direct CTA emails work because they remove uncertainty.

The reader understands:

- what the offer is
- who it's for
- what result it helps create

No confusion.

Simple clarity converts much better than “clever” copy.

---

Subject:

for busy dads who want to start simple

Email:

If you're trying to build online income while balancing work, kids, and real life...

you do NOT need a complicated business model.

You need a simple system you can actually follow.

That's why I built:

[PRODUCT NAME]

Inside, I show:

- how to pick a simple offer
- how to write posts that get clicks
- how to build a small email system
- how to do all of this in 30–60 minutes a day

No fluff.

No giant course.

Just practical steps.

You can check it here:

[LINK]

Talk soon,

[Name]

---

## F. Last Chance Email

### Why this works

This email works because it creates urgency without sounding aggressive.

It reminds people:

- time is moving
- staying stuck has a cost
- action matters

Good urgency feels calm and honest.

Not pushy.

---

Subject:

don't let this become another thing you almost did

Email:

Quick reminder.

If you wanted to join [PRODUCT NAME], this is the last day.

And honestly...

the biggest reason I'm sending this is because I know how easy it is to delay things.

Life gets busy.

You tell yourself:  
“I’ll do it later.”

Then a few weeks pass.

Nothing changes.

That’s why simple systems matter so much.

Not because they’re exciting.

But because they’re realistic.

If you want a practical system for building your first online income without overcomplicating everything, you can join here:

[LINK]

Whatever you decide:

just don’t stay stuck in research mode forever.

[Name]

## 4. CTA Swipe File

If your CTA is weak you will lose clicks. It has nothing to do with bad content.

A good CTA should feel simple, natural en low pressure.

---

## Why these CTAs work

So, good CTAs reduce friction. They tell people what to do next, why it matters and what they’ll get. Most bad CTAs sound desperate, vague and too aggressive. Good CTAs feel calm and clear.

---

## A. Soft CTA

1. If this sounds useful, start here: [LINK]
  2. I wrote the simple version here: [LINK]
  3. If you're trying to keep this simple, this will help: [LINK]
  4. I broke the whole system down here: [LINK]
  5. This is the exact framework I'd start with today: [LINK]
  6. Start here before you overcomplicate things: [LINK]
  7. If you only have 30 minutes a day, read this: [LINK]
  8. I made a simple guide for this here: [LINK]
  9. This is the cleanest place to start: [LINK]
  10. You can steal the structure here: [LINK]
- 

## B. Curiosity CTA

11. Most people miss this part completely. I explained it here: [LINK]
  12. This changes everything once it clicks: [LINK]
  13. The simple version is here: [LINK]
  14. There's one part most people ignore. I explained it here: [LINK]
  15. This is where things usually start making sense: [LINK]
  16. I wish someone showed me this earlier: [LINK]
  17. This is the part that simplified everything for me: [LINK]
  18. I wrote the full breakdown here: [LINK]
  19. There's a much easier way to do this: [LINK]
  20. This is what finally made it click for me: [LINK]
- 

## C. Busy Dad CTA

21. Built specifically for busy dads: [LINK]
22. If you're trying to build income around real life, start here: [LINK]
23. This is for dads who don't have hours every day: [LINK]

- 24. Most dads don't need another side hustle. They need this: [LINK]
  - 25. A simple system for busy fathers: [LINK]
  - 26. If your evenings already feel full, this was made for you: [LINK]
  - 27. This fits into real life, not "hustle culture": [LINK]
  - 28. Made for dads with limited time and limited energy: [LINK]
  - 29. If you're tired of complicated business advice, read this: [LINK]
  - 30. A calmer way to build online income: [LINK]
- 

## D. Health Niche CTA

- 31. If you want a simpler approach to health, start here: [LINK]
  - 32. Most people don't need extreme routines. They need consistency: [LINK]
  - 33. This helped me stop overcomplicating fitness: [LINK]
  - 34. Sustainable health systems > motivation: [LINK]
  - 35. If your health plan only works when life is perfect, it's a bad plan: [LINK]
- 

## E. Wealth Niche CTA

- 36. Wealth gets easier once your systems get simpler: [LINK]
  - 37. Most people don't need more income streams. They need one that works: [LINK]
  - 38. Start with one clear income system: [LINK]
  - 39. This is how I'd start from zero today: [LINK]
  - 40. Small systems compound over time: [LINK]
- 

## F. Relationships Niche CTA

- 41. Better relationships usually start with better attention: [LINK]
- 42. Most people don't need more advice. They need calmer systems: [LINK]
- 43. A simple relationship reset starts here: [LINK]

- 44. Less distraction. More presence: [LINK]
  - 45. This helped me become more intentional at home: [LINK]
- 

## G. Reply CTA

- 46. What's the biggest thing slowing you down right now?
  - 47. Curious what part people struggle with most here.
  - 48. What's harder for you right now:  
time or consistency?
  - 49. What part of this feels hardest to apply?
  - 50. Have you experienced this too?
- 

## H. DM CTA

- 51. DM me "SYSTEM" and I'll send it over.
- 52. If you want the breakdown, send me "START".
- 53. DM me "EMAIL" if you want the simple version.
- 54. Message me "DAD" and I'll send the framework.
- 55. If you want the template, just DM me.

## 5. DM Swipe File

Many conversations end up in the DMs. People will ask you questions or just share their appreciation. DMs work best when they feel, relaxed, human and low pressure. Often, it's quite easy to make sales through DMs as well. However, you don't need to be salesy, just start a convo and it will happen naturally.

---

# Why these DMs work

So good DMs feel personal and not not automated or pushy. The best DMs usually ask simple questions, continue existing conversations or offer help naturally

That's why these scripts are short.

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## A. DM After Someone Likes Your Post

1. Hey, appreciate the support 🙌
  2. Thanks for liking the post. Glad it resonated.
  3. Appreciate you reading the thread.
  4. Saw you liked the post, thanks man.
  5. Glad that connected with you.
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## B. DM After Someone Replies

6. Appreciate the reply. Curious though, what part resonated most?
  7. Sounds like you've experienced this too.
  8. Yeah, a lot of people struggle with that part honestly.
  9. Appreciate the comment. How long have you been trying to build online?
  10. Totally get that. That's actually why I simplified my whole system.
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## C. DM To Learn Their Pain

11. What's the biggest thing slowing you down right now?
12. Curious, where do you feel most stuck?
13. Is it more a time issue or a clarity issue for you?

14. What have you tried so far?
  15. What part feels most overwhelming right now?
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## D. Soft Offer DM

16. Based on what you said, this might actually help:  
[LINK]
  17. I wrote a simple breakdown for this here:  
[LINK]
  18. This is the exact system I'd recommend starting with:  
[LINK]
  19. Might be useful for your situation:  
[LINK]
  20. This explains the structure much better than I can in DMs:  
[LINK]
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## E. Health Niche DM

21. Honestly, most people overcomplicate fitness.
  22. Sustainable systems matter more than motivation.
  23. What part of your health routine keeps breaking down?
  24. Most diets fail because they don't fit real life.
  25. Simple routines usually win long term.
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## F. Wealth Niche DM

26. Most people don't need more ideas. They need one working system.
27. What income model are you trying right now?
28. Honestly, simplicity compounds faster than complexity.

- 29. Most beginners stay stuck because they switch directions too much.
  - 30. The goal is not “fast money”. The goal is sustainable systems.
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## G. Relationships Niche DM

- 31. Most relationship problems start with lack of attention, not lack of love.
  - 32. Real life gets noisy fast. Systems help.
  - 33. A lot of people are just mentally overloaded all the time.
  - 34. Presence matters more than perfection.
  - 35. Small consistent actions usually change relationships more than big gestures.
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## H. Follow-Up DM

- 36. Just checking in, did you get a chance to look at it?
  - 37. Curious what you thought.
  - 38. No pressure at all, just wanted to follow up.
  - 39. Let me know if anything felt unclear.
  - 40. Happy to help if you get stuck somewhere.
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## I. “No Pressure” Close

- 41. Either way, keep it simple.
- 42. Don't overthink it too much.
- 43. Most people just need a clear next step.
- 44. Start small and build momentum.
- 45. You're probably closer than you think.

## 6. Profile Bio Swipe File

Your bio should do one thing: instantly explain who you help, what result you help create and why someone should follow. Many are just too vague, too clever or too broad. Keep it simple and clear.

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### Why these bios work

Good bios create immediate positioning. People should understand your account in 3 seconds.

These bios are specific, outcome-driven, easy to understand and positioned around one clear transformation.

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### A. Busy Dad / Email Income Bios

1.

Helping busy dads build simple email income systems  
in 30–60 min/day  
→ first \$100–\$500 online

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2.

I help fathers stop trading all their time for money  
using simple content + email systems  
5-day system below ↓

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3.

Helping busy dads build online income  
without hustle culture or complicated funnels  
Started from 0 → documenting everything

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4.

Teaching busy fathers how to build:  
content → email → income  
without needing hours every day

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5.

Helping dads create extra income online  
through simple email systems  
Built for real life, not “grind culture”

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6.

I simplify online business for busy dads  
Simple posts.  
Simple emails.  
Simple offers.  
Start below ↓

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7.

Helping busy dads make their first online dollar  
using simple audience + email systems  
No ads. No fluff.

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8.

I help overwhelmed dads build simple online income systems  
without sacrificing family time

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9.

Helping busy fathers turn content into email subscribers and income  
→ practical systems only

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10.

Busy dad building calm online income systems  
sharing what actually works  
for people with limited time

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## B. Health Niche Bios

11.

Helping busy people lose weight  
with simple systems they can actually stick to  
No extreme routines.

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12.

I help normal people get healthier  
without overcomplicating fitness

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13.

Helping people build sustainable health systems  
for real life  
→ more energy, less overwhelm

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14.

Simple fitness systems for busy adults  
who are tired of starting over

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15.

Helping people simplify health, habits, and energy  
without obsession or burnout

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## C. Wealth / Online Business Bios

16.

Helping beginners make their first money online  
through simple systems and email marketing

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17.

I simplify online business for busy people  
→ content, email, offers, systems

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18.

Helping creators build calm online income systems  
without chasing algorithms all day

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19.

Teaching beginners how to build simple online income  
without complicated funnels or ads

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20.

Building simple digital income systems  
sharing everything I learn along the way

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## **D. Relationships / Presence Bios**

21.

Helping busy people become more present at home  
through simple systems and intentional habits

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22.

Teaching calmer communication and stronger relationships  
without therapy-speak or fluff

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23.

Helping couples reconnect  
through attention, routines, and simple habits

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24.

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Simple relationship systems for busy lives

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25.

Helping people become more present partners and parents  
in a distracted world

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## E. Strong “Authority + Journey” Bios

26.

Documenting how I’m building a calm online business  
in 30–60 min/day  
while balancing real life

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27.

Building simple systems for:  
income  
health  
and calmer living

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28.

Sharing practical systems for busy people  
who want more control over their time

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29.

Helping people simplify online business  
without fake guru nonsense

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30.

Testing simple systems for online income and leverage  
sharing what actually works