FREE GUIDE

The AI Small Business Starter Guide

The simple 7-day plan to start your own solo business using AI tools, without a big bill and without writing a line of code.

- No coding needed
- Low startup costs
- Flexible income

FREE GUIDE

PRINT IT. USE IT.

Featuring the 7-Day Small Business Starter Plan

BEFORE YOU START

Your paycheck is only as safe as someone else's decision.

Prices keep going up. Companies keep cutting jobs. More and more work is being done by software. If you have felt that little knot in your stomach lately, you are not imagining things.

Here is the good news. The same tools that are shrinking the job market are now in your hands. One person with a laptop can do what used to take a small team.

578,926

new business applications filed in the U.S. in July 2026 alone.

Source: U.S. Census Bureau, Business Formation Statistics (seasonally adjusted). September 2026 was still 534,947.

That is more than half a million people in one month saying, "I will build something of my own." They are not all quitting their jobs. Many are adding a second income on the side, so one boss, one company, or one bad quarter cannot take everything from them.

This guide gives you a plan to join them. It is seven days long. Each day has one job. By day seven, you can have a real offer, a real way to get paid, and real conversations with real customers.

Be honest with yourself for one minute: If your income stopped next month, how long could you hold on? Keep that answer in mind as you read.

CHAPTER 1

Starting a business used to cost a fortune. Not anymore.

Not long ago, you needed an office, expensive software, a lawyer, and a few employees just to get going. That kept a lot of smart people on the sidelines.

That wall is gone. AI tools now do the heavy lifting for you. Here is what they can do for you today:

1

They write for you

Emails, offers, ads, and proposals in minutes. You read it, fix it, and make it sound like you.

2

They build for you

A simple website, a booking calendar, and a way to take payments. No coding. No tech degree.

3

They research for you

Ask them who needs help, what customers complain about, and what others charge. You get answers in minutes, not weeks.

4

They keep you organized

Follow-up messages, to-do lists, and simple systems so you are not doing everything by hand.

What does this mean for you? The risk is much smaller than it was ten years ago. You can test an idea, learn fast, and keep your day job while you do it.

YOUR STARTING POINT

Six questions. Your answers shape your plan.

You answered these when you asked for this guide. Here is what each answer means for you. Put a check next to yours.

1 What's your income goal?

- [ ] **Up to $1,000 a month**
  A great first target. For many people, a couple of regular customers can get you there.
- [ ] **$1,000 to $3,000 a month**
  A few steady customers, or one higher-priced offer. Your price matters more than your hours.
- [ ] **$3,000 or more a month**
  It takes a strong offer, a fair price, and steady outreach. This is where talking to a professional helps the most.

2 What is your work-from-home experience?

- [ ] **Brand new, or none**
  Perfect. This plan starts at zero. The AI tools handle the tech. You bring the willingness.
- [ ] **Some experience**
  You already have a head start. Use it on Day 1 to pick your skill.
- [ ] **Lots of experience**
  Your experience is your offer. Spend extra time on Day 2 and put a higher price on it.

3 What type of schedule are you looking for?

- [ ] **Part-time**
  Many people start this way. Work the plan in evenings and weekends and keep your paycheck while you build.
- [ ] **Full-time**
  Move faster on Days 5 and 6. More messages means more calls, and more calls means more customers.
- [ ] **Flexible, or open to either**
  A good place to be. Start small, and let your customers tell you when to grow.

4 When are you available to work?

- [ ] **Anytime, I'm flexible**
  Easy. You can say yes to any call time and answer customers fast.
- [ ] **Mornings**
  Many business owners are free early. Offer morning call times.
- [ ] **Afternoons**
  Good for calling local businesses after their lunch rush.
- [ ] **Evenings**
  Build and send messages at night. Add a lunch-hour call slot to your booking link.

5 How ready are you to get started?

- [ ] **I'm ready right now**
  Turn to Day 1 and start today. Do not wait for a better time.
- [ ] **Within the next week**
  Put one hour a day on your calendar now. Then start on that date.
- [ ] **Within the next month**
  Read the whole plan this week. Pick a start date and circle it.
- [ ] **Just browsing for now**
  No pressure. Print the checklist and keep it close. Come back when the time feels right.

6 What is motivating you to look for something new right now?

Write it in your own words. This is your reason. On the hard days, read it again.

Your answers matter. If you talk to a professional, they will already know where you are starting from. That means no small talk, just useful advice.

CHAPTER 2

The 7-Day Starter Plan

One job a day. Use any AI chat tool you like. Copy the prompts, swap in your own details, and keep moving.

DAY 1 Pick your skill

Every solid business solves one problem for one kind of person. Look at your job, your hobbies, and what friends ask you for help with. Pick the one people would pay to have done for them.

TRY THIS PROMPT

> *"Here is my work background and what I'm good at: [your details]. List 10 simple services I could sell to small businesses or busy families. Rank them by how easy they are to start."*

DONE WHEN: **you can say, "I help [who] with [what]."**

DAY 2 Create your offer

People do not buy "services." They buy results. Do not say "social media help." Say "30 days of posts, done for you, for local real estate agents." Give it a clear start, a clear finish, and a clear price.

TRY THIS PROMPT

> *"Turn this skill into one clear offer with a result, a timeline, and a price: [your skill + who you help]. Give me three price options."*

DONE WHEN: **your offer fits in one sentence and has a price on it.**

DAY 3 Set up the basics

Keep it small. You need four things: a free email address, a booking calendar link, a one-page website, and a way to get paid. Free or low-cost tools can handle all four. Ask your AI chat tool to write the words for your page, then paste them in.

TRY THIS PROMPT

> *"Write a one-page website for this offer: [your offer]. Include a headline, three benefits, a short about-me, and a button that says Book a Free Call."*

DONE WHEN: a stranger can visit your page and book a time with you.

DAY 4 Write your messages

Write three short messages you can send to possible customers. Do not make them pushy. Lead with something helpful. For example: "I noticed your page is missing a booking button. Here is a quick fix. Want me to show you?"

TRY THIS PROMPT

> *"Write three short, friendly messages to a [type of business] owner. Point out one small thing I can help them fix. Keep each one under 80 words and end with a question."*

DONE WHEN: you have three messages saved and ready to send.

Notice something? So far you have spent close to nothing. The only thing you are spending is time, and you are getting it back in progress.

DAY 5 Start the conversations

Make a list of 20 people or businesses who could use your help. Check local business listings, social pages, and groups you are already in. Send your messages. Your goal is not to sell today. Your goal is a short 15-minute call.

TRY THIS PROMPT

> *"Help me build a list of 20 types of local businesses that need [my service]. Tell me where to find them and what to say first."*

DONE WHEN: 20 messages are sent.

DAY 6 Talk and listen

When someone replies, book the call. On the call, ask more than you talk. Try questions like: "What is the hardest part of this for you right now?" and "What happens if it stays that way?" Write down their exact words. Then show how your offer fixes that exact problem.

TRY THIS PROMPT

> *"Give me 8 simple questions to ask a [type of business] owner on a first call to learn what they struggle with and what a fix would be worth to them."*

DONE WHEN: you have had at least one real conversation and tweaked your offer based on it.

The bigger picture most people miss

A solo business is not about quitting your job and risking everything. It is about adding a second source of income that you own. When your own customers pay you directly, one employer's bad news cannot take everything away.

DAY 7 **Get your first customer**

When someone says yes, send a simple payment link and a welcome message. Use AI to help you do the work well and fast, then read everything before it goes out. It is still your name on it.

TRY THIS PROMPT

> *"Write a welcome email for a new customer who just paid for [my offer]. Tell them what happens next, how long it takes, and how to reach me."*

DONE WHEN: someone has agreed to work with you. You are now a business owner.

CHAPTER 3

Keep your costs close to zero.

The biggest mistake new owners make is spending too much too soon. Fancy tools and big plans feel safe, but they add pressure. Follow three rules instead:

1. **Skip the fancy stuff.**
   No logo package, no office, no big software bundle. Not yet. Prove people will pay first.

2. **Only pay for tools that earn or save.**
   If a tool does not bring in money or save you real time each week, you do not need it yet.

3. **Cash comes first.**
   Do not worry about "growing" until a customer has paid you. Paid customers solve most early problems.

REAL TALK

Where most people get stuck.

The plan is simple. That does not mean it is always easy. Here are the five spots where people slow down or quit:

1. **Picking the wrong offer**
   It sounds good, but nobody is looking to buy it.

2. **Pricing too low**
   Cheap work attracts hard customers and burns you out.

3. **Doing it all alone**
   Guessing for weeks when one good answer would save the time.

4. **Letting AI do all the talking**
   People buy from people. Your voice is your edge.

5. **Waiting for the "perfect" moment**
   There isn't one. The business owners you admire started messy.

Here is the shortcut: A short talk with a professional who has helped people start can save you weeks of guessing. They can look at your skills, spot the best offer for you, and point out the mistakes before you make them.

Not sure what to sell? Ideas people get paid for every day:

- Social media posts
- Bookkeeping help
- Simple websites
- Resume help
- Scheduling and admin
- Tutoring and coaching

PRINT THIS PAGE

Your 7-day checklist.

Stick it on the fridge or next to your computer. Check off one box a day.

- [ ] **DAY 1** Pick your skill. Finish: "I help ____ with ____."
- [ ] **DAY 2** Write your offer in one sentence. Add a price.
- [ ] **DAY 3** Set up email, booking link, one-page site, and payment link.
- [ ] **DAY 4** Write three friendly messages.
- [ ] **DAY 5** Send 20 messages. Ask for a 15-minute call.
- [ ] **DAY 6** Hold your calls. Ask questions. Write down their words.
- [ ] **DAY 7** Send your payment link. Welcome your first customer.

MY ONE-SENTENCE OFFER

I help _____ with _____ so they can _____.

My price: $_____

Started but feeling stuck on any box? That is normal. Turn the page to see how to get help.

YOUR NEXT STEP

Reading is step one. Taking action is what changes things.

A guide can give you the plan. It cannot look at your life, your skills, and your goals and tell you what to do first. A real person can.

Talk to a professional. It is free to start, and it takes a few minutes.

1

Share your info

Your answers to the six questions tell us where you are starting.

2

We pass it on

Your information goes to one of our professionals, who reads it before reaching out.

3

Get real advice

You get advice and specific details for your situation. No guessing.

On your call, you can ask about:

- ✔ Which offer fits your skills, your schedule, and your income goal
- ✔ What to charge so the work is worth your time
- ✔ The simplest setup to get paid and get going
- ✔ How to find your first customers faster

Talk to a Professional →

Go back to the page where you got this guide, tap the button, and share your info.

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