Amazing Self

AFFILIATE SWIPE PACK

Everything you need to promote Amazing Self

Ready-to-send emails, social posts, hooks, articles and ad copy for the $37 a month membership that works on health, wealth, relationships and mindset together. 60-day money-back guarantee.



31
emails

52
social posts and scripts

30
hooks in 10 angles

aff.amazingself.com · Unica Publications · affiliates@amazingself.com

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Every swipe is also online. Save your hoplink once on the Promotion Links page at aff.amazingself.com and the emails, posts and ads in the affiliate area show your own link, ready to copy.

PART 1

How to use this pack

This pack holds the swipes from the Amazing Self affiliate area in one file: 31 ready-to-send emails, 52 social posts and video scripts, newsletter and solo ad copy, 10 angles with 30 opening hooks, 7 article summaries, keywords for ads and the promotion rules. Keep it open while you write, or copy straight from the Word version.

The online area fills in your hoplink for you once you save it. In this pack you put it in yourself, so every link is written out with **YOURIDHERE** and **YOURTRACKINGHERE** for you to replace.

Placeholders are shown **{like_this}**, and notes for you to rewrite in your own words are shown *[like this]*.

Six steps before you send anything

1. **Make your hoplink.** Take the format on the next page and put your ClickBank ID where it says **YOURIDHERE**. The tracking ID is optional: use a short label such as email1 or fb_group, and ClickBank shows you which send made each sale.
2. **Pick the page.** Change the end of the link (type=) to the page you want readers to land on: hp1, sp4, sp1 or sp2.
3. **Put your link in.** In the emails the link is already written out in full. Find and replace **YOURIDHERE** with your ID and **YOURTRACKINGHERE** with your tracking label, once per swipe.
4. **Swap {first_name} for your autoresponder tag,** with a fallback such as "there". In AWeber that is **{!firstname_fix}**; in Mailchimp it is *|FNAME|*.
5. **Fill in the square brackets.** One true sentence from you, about why you are sharing this, does more for clicks than anything else in the email. Only write what is true for you.
6. **Keep the disclosure line** in every email, post, article and video description: "I may earn a commission if you buy through my link, at no extra cost to you."

> **No spam, ever.** Only email people who opted in to your list, and follow CAN-SPAM and the rules of your own country. Spammers are reported to ClickBank and removed from the program. Never promise anyone a set result: what Amazing Self gives each reader depends on what they do with it, and results vary.

PART 2

Your hoplink and landing pages

The hoplink format

```
https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1
```

`affiliate=`	Your ClickBank ID (your account nickname). Put it where the swipes say YOURIDHERE.
`vendor=`	amazeself. Leave this exactly as it is.
`tid=`	Your tracking ID. Optional, only you can see it, and it tells you which email, post or ad made each sale. Put it where the swipes say YOURTRACKINGHERE, or delete `&tid=YOURTRACKINGHERE` if you do not use one.
`type=`	The page your reader lands on. The four below are the ones to use.

The four pages your link can open

`type=hp1`

The Amazing Self sales page

The default. The full sales page, for warm lists and anyone who already knows what you are sharing.

`type=sp4`

The recorded webinar

A recorded presentation. Good for readers who like to watch and listen before they decide.

`type=sp1`

Special Report 1: Happier, Wealthier

A short report that opens the door gently. Suits cooler traffic and articles.

`type=sp2`

Special Report 2: Millionaire Mindset

A short report on the money side. Suits wealth and mindset audiences.

Not sure which to use? Start with hp1. The email swipes in this pack all use hp1, and you can change the ending to any of the four.

PART 3

Commissions at a glance

60%
on the initial sale
about US$22.20 on the first $37 payment

50%
recurring
about US$18.50 every month the member stays

60%
on upsells
on any upsell a member takes

- Amazing Self costs $37 a month, billed monthly. The sales page shows "$49, just $37 per month".
- Members can cancel any time, and there is a 60-day money-back guarantee.
- Commission amounts are worked out from the $37 price. What you earn depends on your own audience and how you share it, and results vary.

PART 4

31 email swipes

Each email has three subject lines to choose from or to test against each other, a preheader (the grey line many inboxes show after the subject), and the email itself. Rewrite the notes in square brackets in your own words.

Introduction sequence (5 emails)

For a list that has not heard of Amazing Self yet. Send one a day, or one every other day. Each email covers one part of the membership, so people who skip one still get the whole picture.

01 The four-area idea

Day 1

SUBJECT LINES

1. **Something I came across**
2. **Four parts of life, one monthly read**
3. **Why most self-help only fixes one thing**

PREHEADER

Health, money, relationships and mindset, covered side by side every month.

Hi **{first_name}**,

Most self-help sticks to one subject. A diet book is about food. A money course is about money. A dating book is about dating.

Real life doesn't sort itself into boxes like that. When money is tight, you sleep badly. When you sleep badly, you snap at the people you love. Do that often enough and you start to believe you are the problem.

That's why Amazing Self caught my eye. It's a monthly membership that covers four areas at once: Health, Wealth, Relationships and Mindset.

Each month you get a magazine with a section for each area, a one-on-one interview with an expert, and two video lessons on building wealth from Mark Ling.

[Add one honest line about why you're sharing this]

It's edited by Amanda Selby and Mark Ling, and the idea is that you give it about 30 minutes a week. That felt realistic to me.

Have a look at what you get each month

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Over the next few days I'll tell you a bit more about each part.

Talk soon,
[Your name]

P.S. It's $37 a month, you can cancel any time, and there's a 60-day money-back guarantee, so you can read the first edition before you make up your mind.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

02 Inside the magazine

Day 2

SUBJECT LINES

1. **A few article titles that made me stop**
2. **What is inside the Amazing Self Magazine**
3. **Debt, diets, dating and belief**

PREHEADER

A quick look at the contents page, which says more than any sales pitch.

Hi **{first_name}**,

Yesterday I mentioned Amazing Self. Today I want to show you what you actually read each month, because a contents page tells you more than any sales pitch.

The magazine is the heart of it. The first edition runs to over 140 pages, split into four sections: Wealth, Health, Relationships and Mindset.

Here are some of the article titles:

• Getting Out From Under the Debt Boulder

• Wealth Creation 101

• How to Lose Weight by Thinking Differently About Food and Exercise

• How to NEVER Diet Again

• 6 Ways to Be More Attractive Right Now

• Manage Your Beliefs, Master Your Life

You don't have to read it cover to cover. Start with the section that matters most to you this month and leave the rest for later.

[Add one honest line about why you're sharing this]

See everything that comes in the magazine

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Tomorrow I'll tell you about the monthly interviews. They come with a written transcript, so you can read them if you would rather not listen.

> *Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.*

03 The monthly interview

Day 3

SUBJECT LINES

1. **A one-on-one interview, every month**
2. **What Mark Joyner talks about**
3. **If you would rather listen than read**

PREHEADER

Each month one expert sits down for a one-on-one interview. Audio plus transcript.

> Hi **{first_name}**,
>
> Some people learn best by reading. Others need to hear a real person explain how they think.
>
> Amazing Self gives you both. Alongside the magazine, every month you get an Amazing Journey Session: a one-on-one interview with a personal development expert, as audio with a full transcript.
>
> The first presenter is Mark Joyner, the best-selling author who founded Simpleology. His session is about building wealth and reaching your life goals.
>
> What I like about interviews is that you hear the thinking behind the advice, not only the advice. You can play one on a walk or in the car, then go back to the transcript for the parts you want to keep.
>
> *[Add one honest line about why you're sharing this]*
>
> Read about the Amazing Journey Sessions
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Talk soon,
> *[Your name]*
>
> P.S. New members also get a bonus session with Marie Forleo on mastering your health, wealth, relationships and mindset. I'll say more about that soon.
>
> *Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.*

04 The money lessons

Day 4

SUBJECT LINES

1. **Two money lessons a month**
2. **Money skills nobody taught us at school**
3. **Mark Ling's monthly videos**

PREHEADER

Step-by-step video lessons, made for people with no previous experience.

Hi **{first_name}**,

Plenty of people feel a little embarrassed about money. Not because they are careless, but because nobody ever sat them down and explained how it works.

That's the gap the Abundant Wealth Series is there to fill. Every month Mark Ling, co-editor of Amazing Self, records two video presentations on building wealth. He goes step by step, and they are made for people with no previous experience.

They sit alongside the Wealth section of the magazine, which covers residual income, reducing and clearing debt, your own money psychology, and building an investment portfolio whether you start with $100 or $100,000.

To be clear, this is education. It won't make money for you. It teaches you how money works so you can make better choices with yours.

[Add one honest line about why you're sharing this]

See what the Abundant Wealth Series covers

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. The membership is $37 a month and you can cancel any time.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

05

Who it is for

Day 5 or 6

SUBJECT LINES

1. **Who Amazing Self is (and is not) for**
2. **A quick yes or no**
3. **My last note about Amazing Self**

PREHEADER

If one of these sounds like you, it is worth five minutes of your time.

Hi **{first_name}**,

This is my last email about Amazing Self for now, so I'll keep it simple.

It's probably a good fit if you:

• feel stuck, or feel that everything is just "okay"

• keep setting goals and losing track of them

• tend to put things off and then feel bad about it

• want help with more than one part of your life at the same time

It's not for you if you want a quick fix. It's a monthly read, built around giving it about 30 minutes a week.

Each month you get the Amazing Self Magazine (Health, Wealth, Relationships and Mindset), a one-on-one expert interview, and two wealth video lessons from Mark Ling. New members also get six guided visualization Mind Movies and a bonus interview with Marie Forleo.

[Add one honest line about why you're sharing this]

Take a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. It's $37 a month. If you join and it isn't right for you, the 60-day money-back guarantee means you can ask for a full refund.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

A month inside Amazing Self (5-email story sequence)

Walks your reader through one month as a member, week by week, so they can picture using it before they buy. Send one every two days. Use it instead of the introduction sequence for a list that likes stories more than feature lists, or a few weeks after it for people who did not join.

06 Week one: the magazine arrives

Day 1

SUBJECT LINES

1. **What would you read first?**
2. **Over 140 pages, and where to start**
3. **The first evening with a new magazine**

PREHEADER

A walk through one month of Amazing Self, starting with the first evening.

Hi **{first_name}**,

Over the next week or so I want to try something a little different. Instead of listing what a membership includes, I'm going to walk you through what one month of it looks like, week by week.

It's called Amazing Self, and every month it covers four parts of life: your health, your money, your relationships and your mindset.

Week one starts with the magazine. The first edition runs to over 140 pages, so the obvious worry is that it sits there unread, like the last book you bought with the best of intentions.

The way round that is to skip reading it in order. You open the contents, find the section that matches whatever is bothering you most this month, and start there. If money is keeping you up at night, that might be an article called "Getting Out From Under the Debt Boulder". If it's your weight, it might be "How to NEVER Diet Again".

One article on one quiet evening is all week one asks of you.

[Add one line about which section you would open first, and why]

Have a look at the contents of the first edition

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. In my next email I'll tell you about week two, which you can do with your headphones in.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

07 Week two: an interview on a walk

Day 3

SUBJECT LINES

1. **Headphones in, phone in your pocket**
2. **Week two of a month with Amazing Self**
3. **What Mark Joyner talks about**

PREHEADER

Each month an expert sits down for a one-on-one interview, with a transcript to keep.

Hi **{first_name}**,

In my last email I walked you through week one of an Amazing Self month: one article from the magazine, chosen for whatever matters most to you right now.

Week two is easier still, because you can do it while you're doing something else.

Every month members get an Amazing Journey Session, a one-on-one interview with someone from the personal development world. It comes as audio with a full written transcript.

The first one is with Mark Joyner, the best-selling author who founded Simpleology. It's called "How to get Wealth and Achieve all your life goals".

So picture week two like this. You put your headphones in for a walk, a drive or the washing up, and you listen to someone who has built something explain how they think. Later, if a line stuck with you, you find it in the transcript and write it down somewhere you'll see it.

[Add one line about when you would listen: on a commute, a walk or at the gym]

Read about the Amazing Journey Sessions

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Week three is about money, and it comes from Mark Ling, one of the two people who edit Amazing Self.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

08 Week three: two lessons on money

Day 5

SUBJECT LINES

1. **Week three is about money**
2. **Two videos and a notebook**
3. **What Mark Ling teaches each month**

PREHEADER

Mark Ling's two monthly video lessons, made for people starting from scratch.

Hi **{first_name}**,

So far in this walk through an Amazing Self month we've had one magazine article in week one and an expert interview on a walk in week two.

Week three is when you sit down with a notebook.

Every month Mark Ling, co-editor of Amazing Self and the wealth creation expert on the team, records two video presentations for members. They're called the Abundant Wealth Series. He goes step by step, and the lessons are made for people with no previous experience.

They sit alongside the Wealth section of the magazine, which covers residual income, clearing debt, your own money psychology and building an investment portfolio, whether you start with $100 or $100,000. The first edition even has an article called "11 Critical Differences Between Rich and Poor".

This is education, so what you do with it is up to you, and results vary from person to person. What you get is a clear, regular lesson on how money works from someone who built his own wealth from the ground up.

[Add one line about what you would most like to understand about money]

See what the Abundant Wealth Series covers

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Week four is the quietest week of the month. I'll tell you about it in a couple of days.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

09 Week four: picture where you are heading

Day 7

SUBJECT LINES

1. **The quietest week of the month**
2. **Six short videos and a look back**
3. **Week four of a month with Amazing Self**

PREHEADER

The bonus Mind Movies, the Marie Forleo interview and a look back at the month.

Hi **{first_name}**,

This is the last week in our walk through a month with Amazing Self, and it's the quietest one.

New members get six Guided Visualization Mind Movies as a bonus. They're short videos built around the Law of Attraction, made for the moment when you want to picture clearly the life you're working towards.

Week four is a good time for them. You've just spent three weeks reading, listening and learning, and this is when you stop for a moment and look at where all of it is taking you.

There's also a bonus interview with Marie Forleo called "How to Achieve Mastery of your Health, Wealth, Relationships and Mindset". Marie calls herself a "multi-passionate" entrepreneur, and her session pulls all four areas of the membership together, which makes it a natural way to finish the month.

Then the next edition arrives, and you pick a new place to start.

[Add one line about the one thing you would picture first]

See the bonuses that come with membership

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. I'll send one more short note about this, covering what most people ask about first: the price and the guarantee.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

10 The price, and 60 days to decide

Day 9

SUBJECT LINES

1. **What a month of this costs**
2. **$37, and 60 days to decide**
3. **The question I saved for last**

PREHEADER

$37 a month, cancel any time, and a 60-day money-back guarantee.

Hi **{first_name}**,

Over the last few emails I've walked you through one month as an Amazing Self member: an article in week one, an interview in week two, Mark Ling's money lessons in week three and the visualization videos in week four.

The next thing most people want to know is what it costs.

Amazing Self is $37 a month. You're billed monthly and you can cancel any time.

It also comes with a 60-day, 100% money-back guarantee. The editors say that if the first edition doesn't live up to everything they promise, they insist you ask for a full refund, no questions asked.

Sixty days is enough to live through the whole month I've just described, and a good part of the next one. So the fairest way to decide is to try a month and see whether you actually use it.

[Add one honest line about why you think it is worth a try]

Start your first month of Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. If you join and decide it isn't for you, you ask for your refund through the online contact form within the 60 days.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

Area by area (3 emails)

Pick the one that matches what your list cares about most, or send all three a few days apart after the introduction sequence.

11 Health: thinking differently about food

Health or fitness lists

SUBJECT LINES

1. **You have probably tried the diet already**
2. **A different angle on food and exercise**
3. **How to never diet again (an article)**

PREHEADER

The Health section starts with how you think, not with what is on your plate.

> Hi **{first_name}**,
>
> If you have ever started a diet on a Monday and given up by Thursday, you are in very large company.
>
> The Health section of the Amazing Self Magazine starts somewhere else. One of its articles is called "How to Lose Weight by Thinking Differently About Food and Exercise". Another is "How to NEVER Diet Again".
>
> The section is written by people like Tracey Trimmer, author of The Trimmer Method. It covers nutrition, exercise, motivation, body image and eating habits, and it takes a hard look at the latest diet fads and exercise crazes.
>
> The work is still yours to do, and the section gives you a fresh way to look at it.
>
> Health is one of four sections, so the same issue also covers money, relationships and mindset.
>
> *[Add one honest line about why you're sharing this]*
>
> Read more about the Health section
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Talk soon,
> *[Your name]*
>
> P.S. Results vary from person to person. Please talk to your doctor before you change your diet or exercise in a big way. The magazine is general reading, not medical advice.
>
> *Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.*

12 Wealth: the debt boulder

Money, business or frugal-living lists

SUBJECT LINES

1. **The debt boulder**
2. **Money skills nobody taught us**
3. **Wealth Creation 101, one page at a time**

PREHEADER

Practical money reading, plus two video lessons a month.

Hi **{first_name}**,

There's an article in Amazing Self called "Getting Out From Under the Debt Boulder". I like the title, because that's exactly how debt feels. It sits on you, and every month it seems a little heavier.

The Wealth section of the magazine is built around problems like that: reducing and clearing debt, understanding your own money habits, residual income, and the basics of building wealth. One article is simply called "Wealth Creation 101".

On top of the magazine, Mark Ling records two video lessons a month in the Abundant Wealth Series. They go step by step and assume you are starting from scratch.

None of this is a get-rich plan, and nobody can promise you a result. It's a steady monthly education in how money works, written for normal people.

[Add one honest line about why you're sharing this]

See the Wealth section and the video lessons

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Membership is $37 a month. If it doesn't earn its place in your budget, the 60-day guarantee gets you a full refund.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

13 Relationships and mindset

Dating, relationship or personal growth lists

SUBJECT LINES

1. **Friends, dating and the voice in your head**
2. **The part of self-help that starts inside**
3. **Attitude adjustments (an article)**

PREHEADER

Two sections of the magazine on how you see yourself and how you connect.

Hi **{first_name}**,

How you feel about yourself shows up in every conversation you have, and most of us know it. Knowing what to do about it is the harder part.

Two sections of the Amazing Self Magazine deal with this head on.

The Relationships section is mostly about the romantic side, with articles like "6 Ways to Be More Attractive Right Now" and "Attitude Adjustments for Maximum Magnetism". It also covers making friends, enjoying yourself at parties, and dealing with loneliness as an adult.

The Mindset section is about your thoughts, beliefs and attitudes, with pieces like "Manage Your Beliefs, Master Your Life" and "Easy Ways to Change Your Mindset Right Now". The editors say you need an open mind for this part, and they promise no airy-fairy nonsense.

[Add one honest line about why you're sharing this]

Read about the Relationships and Mindset sections

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Contributors include relationship author Andrew Rusbatch and self-help writer Mirabelle Summers, alongside the co-editors Amanda Selby and Mark Ling.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

Magazine article series (5 emails)

Each email is built around a real article title from the first edition of the Amazing Self Magazine. They tease the article without giving away what is in it, so your reader has a reason to click. Send them a week apart, or pick the one or two that suit your list best.

14 Article: Getting Out From Under the Debt Boulder

Money, debt or frugal-living lists

SUBJECT LINES

1. **That heavy feeling when the statement arrives**
2. **The best name for debt I have seen**
3. **Getting out from under the debt boulder**

PREHEADER

One article from the Wealth section, for the day the bills arrive.

Hi **{first_name}**,

Do you know the feeling on the day the credit card statement arrives? You leave the envelope on the side for a while, and when you finally open it, you look at the minimum payment and nothing else.

Lots of people live with that for years. It isn't a dramatic crisis. It's a weight that sits on you every month and makes everything else a little harder, from sleeping well to the conversations you'd rather not have at home.

There's an article in the first edition of the Amazing Self Magazine with the best name for it I've come across: "Getting Out From Under the Debt Boulder".

It's in the Wealth section, which covers how to manage, reduce and clear debt, and how to understand your own money habits so the same boulder doesn't roll back on top of you next year.

[If you are happy to, add one line about your own experience with debt]

Read about the Wealth section of Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Members also get two video lessons on money every month from Mark Ling, made for people starting from scratch. Results vary, and what you get out of it depends on what you put in.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

15 Article: 6 Ways to Be More Attractive Right Now

Dating, relationship or confidence lists

SUBJECT LINES

1. **6 ways to be more attractive right now**
2. **What makes someone attractive across a room?**
3. **Before your next night out**

PREHEADER

A Relationships article from the Amazing Self Magazine, and why the title says right now.

Hi **{first_name}**,

Think about the most attractive person you know. I don't mean the best-looking one. I mean the one people are drawn to, the one who walks into a room and the whole room seems to warm up.

Most of us have met someone like that, and most of us have wondered what they have that we don't.

The Relationships section of the Amazing Self Magazine is built around that question. Its stated aim is to help you grow your ability to be attractive by spotting and letting go of the beliefs and habits that have been holding you back.

One article in the first edition is called "6 Ways to Be More Attractive Right Now". I like the "right now" part, because it points to things you can start this week instead of a ten-year project.

Next to it are "Attitude Adjustments for Maximum Magnetism" and one I'll leave you to discover for yourself: "How to Attract More MOTOS Through Excellent Conversation".

[Add one line of your own about confidence or dating]

See what is in the Relationships section

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. The section also covers making friends, enjoying yourself at parties and dealing with loneliness as an adult, so it's useful whether or not you're dating.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

16 Article: How to NEVER Diet Again

Health, weight-loss or fitness lists

SUBJECT LINES

1. **How to NEVER diet again**
2. **The Monday diet and the Thursday pizza**
3. **For anyone tired of starting over**

PREHEADER

From the Health section of Amazing Self, next to an article on thinking differently about food.

Hi **{first_name}**,

Lots of people have a diet they start on a Monday. By Thursday there's a pizza box in the recycling, and by Sunday night they're planning the next Monday.

If that sounds familiar, you'll see why one article title in the Amazing Self Magazine caught my eye: "How to NEVER Diet Again".

It sits in the Health section next to another one, "How to Lose Weight by Thinking Differently About Food and Exercise". Put the two titles side by side and you can see the idea behind the section: change the way you think about food and exercise first, and the rest gets easier to stick to.

The Health section is written by people like Tracey Trimmer, author of The Trimmer Method. It covers nutrition, exercise, motivation, body image and eating habits, and takes a hard look at the latest diet fads and exercise crazes.

[Add one line about your own experience with diets, if you are happy to share it]

Read about the Health section

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Results vary from person to person, and the magazine is general reading rather than medical advice, so check with your doctor before any big change to how you eat or exercise.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

17 Article: Wealth Creation 101

Money, business or side-income lists

SUBJECT LINES

1. **Wealth Creation 101**
2. **11 differences between rich and poor**
3. **Who taught you how money works?**

PREHEADER

Two articles from the Wealth section, for anyone who was never taught how money works.

Hi **{first_name}**,

Here's a question worth a minute of your time. Who taught you how money works?

For most of us the true answer is nobody. We learned how to earn it, and we picked up the rest from our parents, from adverts and from our own mistakes.

That's why two titles in the first edition of the Amazing Self Magazine stood out to me. One is "Wealth Creation 101". The other is "11 Critical Differences Between Rich and Poor: How to Become a Rich Person by Acting Like One".

I'll leave the eleven differences to the article, because I'd only spoil it.

The Wealth section also covers residual income, reducing debt, your own money psychology and building an investment portfolio, whether you're investing $100 or $100,000. On top of that, Mark Ling, co-editor of Amazing Self, adds two step-by-step video lessons every month.

[Add one line about what you wish someone had taught you about money]

See the Wealth section and the video lessons

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. This is money education, so nobody can promise you a result. Results vary and depend on what you do with what you learn.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

18 Article: Easy Ways to Change Your Mindset Right Now

Personal growth, motivation or Law of Attraction lists

SUBJECT LINES

1. **Easy ways to change your mindset right now**
2. **The voice that says this won't work either**
3. **Manage your beliefs, master your life**

PREHEADER

From the Mindset section, which asks for an open mind and leaves out the airy-fairy nonsense.

> Hi **{first_name}**,
>
> Everyone has a voice in their head that comments on their plans. For some people it's a cheerleader. For a lot of us it's more like a tired relative who has seen it all before and is quite sure this won't work either.
>
> The Mindset section of the Amazing Self Magazine is about that voice: your thoughts, beliefs and attitudes, and how changing them changes what you actually do.
>
> Two articles in the first edition are "Manage Your Beliefs, Master Your Life" and "Easy Ways to Change Your Mindset Right Now".
>
> The editors say you'll need an open mind for this section, and in the same breath they promise you won't find any airy-fairy nonsense in it, only practical how-tos. They also call it the section to start with if you want to change your life from the ground floor up, because the way you think shows up in your health, your money and your relationships too.
>
> *[Add one line about a belief you have had to change yourself]*
>
> Read about the Mindset section
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Talk soon,
> *[Your name]*
>
> P.S. It's $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.
>
> *Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.*

Value, bonuses and guarantee (5 emails)

For people who opened or clicked your earlier emails but have not joined. They answer the questions people ask before they buy: what do I get every month, what else comes with it, what if I don't like it, and what if I never finish it. Save "Last word" for the end of any series: it closes politely without a fake deadline.

19 What you get every month

Any time, or when readers ask what the $37 covers

SUBJECT LINES

1. **What $37 a month gets you**
2. **Three things arrive every month**
3. **The full list in one email**

PREHEADER

A magazine, an expert interview and two money videos, every month you stay.

Hi **{first_name}**,

When something costs money every month, the fair question is what turns up every month. So here's the full list for Amazing Self.

Every month you're a member, you get:

- The Amazing Self Magazine. A new edition with four sections: Health, Wealth, Relationships and Mindset. The first edition alone runs to over 140 pages.
- An Amazing Journey Session. A one-on-one interview with an expert, as audio with a full transcript. The first is with Mark Joyner, the best-selling author who founded Simpleology.
- The Abundant Wealth Series. Two step-by-step video presentations on building wealth from Mark Ling, made for people with no previous experience.

When you join, you also get two bonuses: six Guided Visualization Mind Movies, and a bonus interview with Marie Forleo on mastering your health, wealth, relationships and mindset.

It costs $37 a month. You're billed monthly, you can cancel whenever you like, and there's a 60-day money-back guarantee.

[Add one line about the part you think your readers will use most]

See everything that comes with Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Because it's monthly, it keeps going for as long as it's useful to you, and you can stop the day it isn't.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

20 The bonuses: Marie Forleo and six Mind Movies

After the introduction sequence

SUBJECT LINES

1. **A bonus interview with Marie Forleo**
2. **Six short visualization videos**
3. **Two extras for new members**

PREHEADER

Six guided visualization Mind Movies and a bonus session with Marie Forleo.

Hi **{first_name}**,

When you join Amazing Self, two bonuses come with your membership.

The first is a bonus Amazing Journey Session with Marie Forleo, called "How to Achieve Mastery of your Health, Wealth, Relationships and Mindset". Marie is known for her work with entrepreneurs and her "multi-passionate" approach to life and business, so she fits a membership that covers all four areas.

The second is a set of six Guided Visualization Mind Movies. They're short videos built around the Law of Attraction, made for those moments when you want to picture clearly the life you are working towards.

Both sit on top of the monthly magazine, the expert interview and Mark Ling's two wealth videos.

[Add one honest line about why you're sharing this]

See the bonuses on the Amazing Self page

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. Amazing Self is $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

21 The 60-day guarantee

2 or 3 days after the bonus email

SUBJECT LINES

1. **60 days to make up your mind**
2. **What if you don't like it?**
3. **The question I would ask first**

PREHEADER

$37 a month, cancel any time, full refund within 60 days.

Hi **{first_name}**,

Let me answer the question I would ask first: what if I sign up and it isn't for me?

Amazing Self costs $37 a month, and you can cancel any time. It also comes with a 60-day, 100% money-back guarantee. If it doesn't live up to what the page describes, you ask for a refund within 60 days and you get your money back. No questions asked.

That gives you time to read a full edition of the magazine, listen to an expert interview and watch Mark Ling's wealth videos before you decide whether to keep it.

[Add one honest line about why you're sharing this]

Read the guarantee and see what is included

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. The bonuses, six guided visualization Mind Movies and a session with Marie Forleo, come with your membership.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

22 Bought self-help before and never finished it?

For readers who clicked but did not join

SUBJECT LINES

1. **The book on your bedside table**
2. **Bought self-help before and never finished it?**
3. **Why this one comes monthly**

PREHEADER

If you have a shelf of good intentions, this is worth two minutes.

Hi **{first_name}**,

Plenty of us have a self-help book on the bedside table with a bookmark stuck somewhere around page forty. It was a good book. Life got in the way, and after a few weeks it felt too late to pick it back up.

If that's happened to you, it's a fair reason to be wary of buying anything else like it.

Here's why I think Amazing Self is worth a look anyway. It doesn't ask you to get through one big book. A new edition arrives every month with a section on each of four areas of life, so you're never behind. If you skip this month's mindset article, nothing is lost, and the next edition gives you a fresh place to start.

The editors ask for about 30 minutes a week. That might be one article, one interview on a walk, or one of Mark Ling's money videos.

And if you try it and it ends up on the bedside table too, the 60-day money-back guarantee means you can ask for a full refund.

[Add one honest line about why you are sharing this]

Have a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. It's $37 a month and you can cancel any time.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

23 Last word (no deadline)

The final email in any Amazing Self series

SUBJECT LINES

1. **My last word on Amazing Self**
2. **Before I move on to other things**
3. **If you've been meaning to look**

PREHEADER

Nothing is closing. This is simply the last time I'll mention it for a while.

Hi **{first_name}**,

This is the last email I'll send about Amazing Self for a while. Nothing is closing and the price isn't going up. I just want to give you one clear chance to look before I move on to other topics.

So here's everything in one place.

Amazing Self is a monthly membership for your health, your money, your relationships and your mindset. Each month you get the Amazing Self Magazine, a one-on-one expert interview with a

transcript, and two video lessons on building wealth from Mark Ling. New members also get six visualization Mind Movies and a bonus interview with Marie Forleo.

It costs $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.

If you've been meaning to have a look and kept putting it off, today is a good day for it, if only because this is the last time I'll remind you.

[Add one honest line about why you are sharing this]

Take a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. If you know someone who has been talking about making changes this year, feel free to forward this email to them.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

Story broadcasts (2 emails)

Stand-alone emails for any week. They work well a few weeks after the introduction sequence, or on their own for a list that likes stories more than product news.

24 The Sunday night list

Any time, ideally a Sunday

SUBJECT LINES

1. **The Sunday night list**
2. **Same goals, different week**
3. **Do you have a list like this?**

PREHEADER

Eat better. Pay off the card. Call that friend. Sound familiar?

Hi **{first_name}**,

Picture a Sunday night. Someone sits down with a notebook and writes their goals for the week.

Eat better. Pay something off the credit card. Call the friend they keep meaning to call. Stop putting things off.

By Wednesday the notebook is in a drawer. The next Sunday the same list comes out again, almost word for word.

Often it isn't willpower at all. Those goals are tangled together, and most advice only pulls on one thread at a time.

That's the idea behind Amazing Self. It's a monthly membership that covers health, money, relationships and mindset side by side, with a magazine, a one-on-one expert interview and two wealth video lessons each month. It asks for about 30 minutes a week.

[Add one honest line about why you're sharing this]

See how Amazing Self works

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. There's a 60-day money-back guarantee, so your first month is a low-risk experiment.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

25 It is okay to ask for help

Any time

SUBJECT LINES

1. **When did asking for help get so hard?**
2. **You don't have to work it all out alone**
3. **A small admission**

PREHEADER

Nobody who gets anywhere does it entirely on their own.

Hi **{first_name}**,

Somewhere along the way, a lot of us picked up the idea that needing help means we are not good enough. Not strong enough, not smart enough, not disciplined enough.

Amanda Selby and Mark Ling, who edit Amazing Self, see it the other way round. Their point is that nobody who succeeds does it all on their own, and that asking for help takes courage.

I think they're right. Most people you admire had a teacher, a coach, a book that turned up at the right time, or a friend who told them the truth.

Amazing Self is one way to get that kind of help without a big commitment. Each month there's a magazine covering health, wealth, relationships and mindset, a one-on-one interview with an expert, and two step-by-step video lessons on building wealth from Mark Ling.

[Add one honest line about why you're sharing this]

Have a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. It's $37 a month and you can cancel any time. If it isn't right for you, the 60-day guarantee means you get your money back.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

Short reminders and teasers (4 emails)

Under 100 words each. Use them as a nudge a week or two after a longer email, or for a list that prefers short notes. The teasers lean on curiosity, so they suit readers who skim.

26 Quick one

A week after any longer email

SUBJECT LINES

1. **Quick one**
2. **Four areas, one membership**
3. **In case you missed it**

PREHEADER

Health, wealth, relationships and mindset for $37 a month.

Hi **{first_name}**,

Quick one today.

If you have been meaning to work on your health, your money, your relationships or your mindset (or all four), Amazing Self covers each of them every month. You get one magazine, one expert interview and two wealth video lessons.

[Add one honest line about why you're sharing this]

Take a look here

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. There's a 60-day money-back guarantee.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

27 Which one would you fix first?

Any time

SUBJECT LINES

1. **Which one would you fix first?**
2. **Health, money, love or mindset?**
3. **One question for you**

PREHEADER

Pick one area. The other three will be there when you are ready.

Hi **{first_name}**,

If you could improve one part of your life this year, which would it be: your health, your money, your relationships or the way you think?

Amazing Self covers all four every month, so you can start with the one that matters most and come back to the others when you are ready.

[Add one honest line about why you're sharing this]

See what is inside Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. $37 a month, cancel any time, 60-day money-back guarantee.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

28 Teaser: what are MOTOS?

Any time, as a curiosity email

SUBJECT LINES

1. **What are MOTOS?**
2. **One article title I had to read twice**
3. **A word you might not know**

PREHEADER

It's in the title of one of the Relationships articles.

Hi **{first_name}**,

One article in the Amazing Self Magazine is called "How to Attract More MOTOS Through Excellent Conversation".

If you'd like to know what a MOTO is, and why good conversation brings more of them into your life, you'll find the answer in the Relationships section of the first edition.

[Add one short line of your own]

Have a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. It's $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

29 Teaser: 30 minutes a week

Any time

SUBJECT LINES

1. **30 minutes a week**
2. **What would you do with 30 minutes?**
3. **About the length of one TV episode**

PREHEADER

The one thing the editors of Amazing Self ask of you.

Hi **{first_name}**,

The two people who edit Amazing Self ask one thing of their members: about 30 minutes of your time each week.

That could be one magazine article on a Sunday evening, or one expert interview on the way to work. In return you get a monthly read on your health, money, relationships and mindset, plus two money lessons a month from Mark Ling.

[Add one short line of your own]

See what you get for 30 minutes a week

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. There's a 60-day money-back guarantee, and you can cancel any time.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

Classic emails (from the original kit, tidied)

The two emails from the old affiliate area, brought up to date with the current offer and bonuses.

30 Classic: Ticket to life success

Any time

SUBJECT LINES

1. **Amazing Self: a ticket to life success**
2. **A personal development system with four parts**
3. **Amazing Self: a personal development blueprint**

PREHEADER

One monthly membership for your health, wealth, relationships and mindset.

Hi **{first_name}**,

Looking for more success with your health, your relationships and your money?

Amazing Self has brought together a team with experience in every area of life: relationship writers and coaches, health and fitness experts, a wealth creation expert, self-improvement authors, plus a guest interview with a leading expert every month.

[Add one honest line about why you're sharing this]

Take a look at Amazing Self here

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

If you have health or weight goals, if you want more from your relationships, or if you want to understand money better, Amazing Self gives you real-world instructions you can start using straight away.

It puts Health, Wealth, Relationships and Mindset together in one membership. Each month you get a new edition of the Amazing Self Magazine, plus an Amazing Journey Session (a one-on-one expert interview) and the Abundant Wealth Series (two video lessons from Mark Ling).

New members also get six guided visualization Mind Movies and a bonus interview with Marie Forleo.

See what is in this month's edition

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. It's $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.

Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.

31 Classic: Secrets to your dream life

Any time

SUBJECT LINES

1. **Amazing Self shares secrets to your dream life**
2. **If your dream is better health, read this**
3. **Four areas of life, one monthly system**

PREHEADER

Health, wealth, relationships and mindset in one monthly membership.

Hi **{first_name}**,

If you are ready to stop putting your dreams on hold, I think you should take a look at Amazing Self. It's a four-in-one personal development system for your health, wealth, relationships and mindset.

If your dream is to learn the law of attraction, lose weight, feel healthier and live a more active, fun life...

If your dream is more wealth, more holidays and more time with the people you love...

If your dream is relationships that fulfil you and open doors for you...

If your dream is to feel better about yourself and become a more positive person...

Then Amazing Self is worth a look.

Find out more about Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Every page of every monthly edition is written to speak to the things that hold people back: to help you see what is in your way and why it is there, and then how to deal with it.

Amazing Self isn't one person's opinion of what success looks like. The editors, Amanda Selby and Mark Ling, brought together writers on relationships, health and fitness, wealth creation and personal growth, plus a guest expert interviewed every month.

Each month you get a new Amazing Self Magazine, the Amazing Journey Sessions and the Abundant Wealth Series. New members also get six guided visualization Mind Movies and a bonus session with Marie Forleo.

[Add one honest line about why you're sharing this]

Take a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Talk soon,
[Your name]

P.S. You can try it with a 60-day, 100% money-back guarantee. It's $37 a month and you can cancel any time.

> *Disclosure: I may earn a commission if you buy through my link, at no extra cost to you.*

PART 5

Newsletter and solo ad copy

Short ads for other people's newsletters, full solo ads for a list you rent or swap with, and one-line links for your own posts.

Newsletter ads

Four areas, one monthly read about 50 words

> Self-help that covers all four
>
> Health, money, relationships, mindset. Most self-help picks one. Amazing Self covers all four every month: a magazine, a one-on-one expert interview and two step-by-step wealth video lessons. $37 a month, cancel any time, 60-day money-back guarantee.
>
> Take a look at Amazing Self
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

The Sunday night list about 50 words

> Same goals every Sunday?
>
> Eat better. Pay off the card. Call that friend. If the same list comes back every week, take a look at Amazing Self. It covers health, wealth, relationships and mindset side by side, for about 30 minutes a week. 60-day money-back guarantee.
>
> See what is inside
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Self-help that covers all four about 100 words

> One membership for health, wealth, relationships and mindset
>
> When money is tight, you sleep badly. When you sleep badly, you snap at the people you love. Life doesn't come in neat boxes, so why does most self-help?
>
> Amazing Self is a monthly membership edited by Amanda Selby and Mark Ling. Every month you get the Amazing Self Magazine with a section on each area, a one-on-one interview with a personal development expert (audio and transcript), and two step-by-step video lessons on building wealth.
>
> It's $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.

> Read more about Amazing Self
>
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

Money skills from scratch about 100 words

> Money skills nobody taught you at school
>
> Most of us were never shown how money really works. Amazing Self helps fill that gap.
>
> Its Wealth section covers getting out of debt, residual income, your own money psychology and building an investment portfolio, whether you start with $100 or $100,000. Every month Mark Ling adds two step-by-step video lessons, made for people with no previous experience.
>
> It's education, not a get-rich scheme. The same membership also covers health, relationships and mindset. $37 a month, cancel any time, with a 60-day money-back guarantee.
>
> See the Wealth section and video lessons
>
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

What you get each month about 150 words

> Give it 30 minutes a week
>
> Amazing Self is a monthly self-improvement membership for four areas of life: Health, Wealth, Relationships and Mindset. It's edited by Amanda Selby and Mark Ling, and built around giving it about 30 minutes a week.
>
> Each month you get the Amazing Self Magazine, with articles like "Getting Out From Under the Debt Boulder", "How to NEVER Diet Again" and "6 Ways to Be More Attractive Right Now". You also get an Amazing Journey Session, a one-on-one interview with an expert such as Mark Joyner, founder of Simpleology, as audio with a transcript. And Mark Ling records two step-by-step video lessons on building wealth.
>
> New members get six guided visualization Mind Movies and a bonus interview with Marie Forleo. It's $37 a month, cancel any time, with a 60-day money-back guarantee.
>
> Take a look at Amazing Self
>
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

It is okay to ask for help about 150 words

> Nobody does it all on their own
>
> Somewhere along the way, many of us decided that needing help means we're not good enough. Not strong enough, not smart enough, not disciplined enough.

The editors of Amazing Self, Amanda Selby and Mark Ling, see it the other way round. Asking for help takes courage, and nobody who gets anywhere does it entirely alone.

So they built a monthly membership that gives you help in four areas at once. You get a magazine with sections on health, wealth, relationships and mindset; a one-on-one interview with a personal development expert, with a transcript; and two step-by-step video lessons on building wealth from Mark Ling. New members also get a bonus session with Marie Forleo and six guided visualization Mind Movies.

It's $37 a month and you can cancel any time. If it isn't right for you, the 60-day money-back guarantee covers you.

See what is inside Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Solo ads

Version A: the four-area idea

SUBJECT LINES

1. **Why most self-help only fixes one thing**
2. **Four parts of life, one monthly read**
3. **Health, money, love and mindset**

PREHEADER

One membership that covers all four, side by side.

Hi **{first_name}**,

Most self-help sticks to one subject. A diet book is about food. A money course is about money. A dating book is about dating.

But life doesn't sort itself into boxes. When money is tight you sleep badly, when you sleep badly you snap at the people you love, and before long you feel like you are the problem.

Amazing Self takes a different approach. It's a monthly membership that covers four areas side by side: Health, Wealth, Relationships and Mindset. Every month you get:

• the Amazing Self Magazine, with a section on each area

• an Amazing Journey Session: a one-on-one interview with a personal development expert, as audio with a transcript

• two step-by-step video lessons on building wealth from co-editor Mark Ling

New members also get six guided visualization Mind Movies and a bonus interview with Marie Forleo.

Have a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

It's $37 a month and you can cancel any time.

P.S. There's a 60-day money-back guarantee, so you can read the first edition before you decide.

This is a paid recommendation: the sender may earn a commission if you buy, at no extra cost to you.

Version B: the Sunday night list

SUBJECT LINES

1. **The Sunday night list**
2. **Same goals, different week**
3. **Do you have a list like this?**

PREHEADER

Eat better. Pay off the card. Call that friend. Sound familiar?

Hi **{first_name}**,

Picture a Sunday night. Someone sits down with a notebook and writes their goals for the week.

Eat better. Pay something off the credit card. Call the friend they keep meaning to call. Stop putting things off.

By Wednesday the notebook is in a drawer. The next Sunday the same list comes out again.

Often it isn't willpower. Those goals are tangled together, and most advice only pulls on one thread at a time.

Amazing Self pulls on all of them. It's a monthly membership, edited by Amanda Selby and Mark Ling, covering health, wealth, relationships and mindset. Each month brings a magazine, a one-on-one expert interview and two wealth video lessons, and it asks for about 30 minutes a week.

See how Amazing Self works

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

P.S. It's $37 a month, cancel any time, with a 60-day money-back guarantee.

This is a paid recommendation: the sender may earn a commission if you buy, at no extra cost to you.

One-line links

Health, wealth, relationships and mindset in one monthly membership: take a look at Amazing Self

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1.`

> P.S. If you want help with your health, your money and your relationships in one place, have a look at Amazing Self `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1` (60-day money-back guarantee).
>
> Same goals every year? Amazing Self `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1` covers four areas of life every month, for about 30 minutes a week.
>
> Learn how money works with two step-by-step video lessons a month from Mark Ling, inside Amazing Self `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1.`
>
> New members of Amazing Self get a bonus interview with Marie Forleo. See what else is included `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1.`

PART 6

52 social posts and video scripts

Every post carries a disclosure, so leave it in. Where you see the hoplink written out, replace `YOURIDHERE` and `YOURTRACKINGHERE` with yours. Instagram and TikTok do not make links in posts clickable, so put your link, or better a page on your own site, in your bio.

Facebook

Post on your own profile, page or a group you run. Facebook links are clickable, so the hoplink can go in the post. A question at the end gets people commenting, which shows the post to more of your friends.

When one area slips, the rest follow

> Have you noticed that when one part of life goes wrong, the rest tends to follow it down?
>
> A stressful month with money, and the healthy eating goes first. A rough patch at home, and work gets harder to face.
>
> Amazing Self is a monthly membership that works on all four at once: health, wealth, relationships and mindset. Every month there's a new issue of the magazine (the first one is over 140 pages), a one-on-one expert interview you can listen to or read, and two step-by-step videos from Mark Ling on wealth-building skills.
>
> It's $37 a month, you can cancel any time, and there's a 60-day money-back guarantee.
>
> Have a look here:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Which of the four is pulling the others down for you right now?
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

The shelf of unfinished books

> Quick question: how many self-help books on your shelf did you actually finish?
>
> Most of us buy them on a good day, read three chapters, and then life gets in the way. The motivation was real. It just ran out.
>
> That's why I like the idea behind Amazing Self. Instead of one book that ends, a new issue turns up every month: a magazine on health, wealth, relationships and mindset (the first issue is over 140 pages), plus an expert interview and two videos.
>
> Here's the page if you're curious:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

> (I'm an affiliate, so I may earn a commission if you join through my link, at no extra cost to you.)

30 minutes a week

> The Amazing Self sales page asks for one thing: 30 minutes of your time each week.
>
> That's one lunch break. Or one walk with an interview playing in your ears.
>
> For that half-hour you get a monthly magazine on health, wealth, relationships and mindset, a one-on-one interview with an expert (the first is Mark Joyner, founder of Simpleology), and two step-by-step videos from Mark Ling.
>
> If you've been "too busy" for yourself for a while, this might be the easiest place to start:
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Where would you find your 30 minutes?
>
> (Affiliate link: I may earn a commission, at no extra cost to you.)

What if it doesn't work for me?

> Before you spend another penny on self-help, ask one question: what happens if it doesn't work for me?
>
> With Amazing Self, the answer is simple. It's $37 a month, you can cancel whenever you like, and you have 60 days to ask for your money back if it isn't for you.
>
> In the meantime you get the monthly magazine, the Amazing Journey Sessions interviews, two Abundant Wealth Series videos from Mark Ling, and as a bonus, six guided visualization videos and an interview with Marie Forleo.
>
> Take a look:
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> (I may earn a commission if you join through my link, at no extra cost to you.)

One-on-one with the experts

> Most self-help puts the expert on a stage, a long way from you.
>
> The Amazing Journey Sessions inside Amazing Self do it differently: every month, one expert, one-on-one, with the audio for the car and a transcript for your notebook. The first is Mark Joyner, founder of Simpleology, on how to get wealth and reach your goals. New members also get a bonus session with Marie Forleo on mastering health, wealth, relationships and mindset.
>
> If you love a good podcast, you'll see the appeal:
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

> Who would you most like to hear interviewed?
>
> (Affiliate link: I may earn a commission, at no extra cost to you.)

The diet that starts every Monday

> How many Mondays have you started a new diet on?
>
> I stopped counting a long time ago. Every Monday felt like the one that would stick, and by Thursday I was back where I started.
>
> One of the articles in the Amazing Self Magazine is called "How to NEVER Diet Again", and it comes at the whole thing from a different place: losing weight by changing the way you think about food and exercise, before you change what's on your plate.
>
> That's one article in a magazine that comes out every month, with sections on health, wealth, relationships and mindset. The first issue is over 140 pages.
>
> Have a read here:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> What day did your last diet end?
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

The debt boulder

> Some debts feel like a pebble in your shoe. Others feel like a boulder sitting on your chest every time the post arrives.
>
> If you know the second feeling, there's an article in the Amazing Self Magazine written for exactly that moment, called "Getting Out From Under the Debt Boulder". The wealth section also covers how to reduce debt and then clear it for good, and the money habits in your own head that keep pulling you back into it.
>
> The magazine is part of a $37 a month membership that you can cancel any time, and you have 60 days to ask for your money back if it isn't for you.
>
> Here's where to start:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

Who writes the magazine

> When you pick up a magazine about your own life, it matters who's writing it.

> The Amazing Self Magazine is edited by Amanda Selby, who writes about relationships and personal development, and Mark Ling, who built his own business online and writes the wealth side. They're joined by Tracey Trimmer on fitness and health, Andrew Rusbatch on relationships and personal success, Mirabelle Summers on relationships and self-help, and a special guest every month.
>
> The first issue is over 140 pages, and a new one arrives every month with your membership.
>
> Take a look inside:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

Sixty days to decide

> If you could read a whole magazine, listen to an expert interview and watch the videos before you decided whether any of it was worth paying for, would you try it?
>
> That's what Amazing Self's 60-day money-back guarantee gives you. You join at $37 a month, you use everything for up to 60 days, and if it isn't for you, you ask for a full refund through the contact form. You can also cancel any time after that.
>
> I like offers that let you make up your mind with the real thing in your hands:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

From $49 to $37

> I worked out what Amazing Self costs per week, and it came to about the price of a takeaway coffee and a muffin.
>
> The sales page lists it at $49 a month, and right now it's $37. For that you get the monthly magazine on health, wealth, relationships and mindset, a one-on-one expert interview with audio and a transcript, two Abundant Wealth Series videos from Mark Ling, and bonuses for new members: six guided visualization videos and an interview with Marie Forleo.
>
> Cancel any time, and there's a 60-day money-back guarantee:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> What do you spend $37 a month on that you'd happily swap?
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

Your beliefs run the show

> There's a belief you picked up before you were ten that may still decide how you spend money, who you trust and how hard you push yourself.
>
> Most of us never stop to find out which one it is.
>
> The mindset section of the Amazing Self Magazine goes after exactly that, with articles like "Manage Your Beliefs, Master Your Life" and "Easy Ways to Change Your Mindset Right Now". It arrives every month alongside sections on health, wealth and relationships.
>
> Have a look:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> (Affiliate link: I may earn a commission if you join, at no extra cost to you.)

Instagram captions

Links in Instagram captions are not clickable. Put your hoplink (or a presell page) on a link-in-bio page and say "link in bio". Turn on the Paid Partnership label if Instagram offers it to you, and keep #ad at the start.

Unfinished books

> #ad How many self-help books on your shelf did you actually finish?
>
> Most of us buy them on a good day, read three chapters, and then life gets in the way. The motivation was real. It just ran out.
>
> Amazing Self keeps topping it up: a new magazine every month on health, wealth, relationships and mindset (the first issue is over 140 pages), an expert interview to listen to, and two step-by-step videos from Mark Ling.
>
> $37 a month, cancel any time, 60-day money-back guarantee. Link in my bio.
>
> #selfimprovement #personaldevelopment #selfhelpbooks #personalgrowth #growthmindset #bookstagram #mindset

A gift to yourself

> #ad You remember everyone else's birthday. Who's remembering you the other eleven months?
>
> Amazing Self is a little monthly appointment with yourself. A new magazine to read with your coffee. An expert interview for your walk. Two videos for a quiet evening.
>
> Health, wealth, relationships and mindset, all in one place, from $37 a month with a 60-day money-back guarantee. Link in my bio.

#selfcare #selflove #metime #personalgrowth #selfimprovement #wellbeing #mindsetmatters

Morning visualization

#ad A vision board on the fridge is easy to stop seeing.

A short guided video you press play on each morning is much harder to ignore.

New Amazing Self members get six Guided Visualization Mind Movies, made to be part of your morning routine and keep your mind on what you want. They come with a monthly magazine, expert interviews and two videos from Mark Ling.

60-day money-back guarantee. Link in my bio.

#lawofattraction #visualization #manifestation #morningroutine #visionboard #goalsetting #mindset

30 minutes a week

#ad You don't need a morning routine that starts at 5am.

You need one half-hour a week, and a clear idea of what to do with it.

That's all Amazing Self asks for. Each month: a magazine on health, wealth, relationships and mindset, a one-on-one expert interview, and two step-by-step videos. Cancel any time, and you have 60 days to change your mind. Link in my bio.

#busymom #worklifebalance #personaldevelopment #selfimprovement #habits #productivity #growthmindset

Four areas (carousel)

#ad Fix one part of your life, and the other three quietly pull it back.

A tight month with money and the healthy eating stops. A rough patch at home and work feels heavier.

Amazing Self works on all four together: health, wealth, relationships and mindset, with a new magazine, an expert interview and two videos every month. Swipe through for a taste of what's inside, then tap the link in my bio.

#personaldevelopment #selfimprovement #healthymindset #moneymindset #relationshipgoals #mindset #lifebalance

NOTE

Carousel idea: slide 1 "Fix one, and the other three pull it back." Slides 2 to 5: one each for Health, Wealth, Relationships, Mindset, with one magazine topic per slide (for example "How to

> NEVER Diet Again", "Wealth Creation 101", "6 Ways to Be More Attractive Right Now", "Easy Ways to Change Your Mindset Right Now"). Slide 6: "Link in bio."

Attraction

> #ad There are 6 ways to be more attractive that you can start on before you've finished your coffee this morning.
>
> None of them involve a new haircut or a gym membership.
>
> They're in the relationships section of the Amazing Self Magazine, which arrives every month with sections on health, wealth and mindset too. Amanda Selby, who writes about relationships and personal development, is one of its editors.
>
> $37 a month, cancel any time, 60-day money-back guarantee. Link in my bio.
>
> #relationships #confidence #selflove #dating #relationshipadvice #personalgrowth #selfimprovement

Headphones on, walk

> #ad My favourite part of a long walk is the interview playing in my ears.
>
> Amazing Self members get a new one every month, one-on-one with an expert, with the audio for your walk and a full transcript for when you want to underline things. The first is Mark Joyner, founder of Simpleology, on getting wealth and reaching your goals.
>
> New members also get a bonus interview with Marie Forleo. Link in my bio.
>
> #podcastlover #walkingpodcast #selfimprovement #personalgrowth #mindset #goals #learning

Money in your head

> #ad Your money problems might start long before you open your banking app.
>
> The wealth section of the Amazing Self Magazine spends real time on financial psychology: the way you think and feel about money, and how that quietly decides what you do with it. Alongside it are articles on getting out of debt and building an investment portfolio whether you start with $100 or $100,000.
>
> New issue every month. Link in my bio.
>
> #moneymindset #personalfinance #debtfree #wealthmindset #mindset #selfimprovement #financialgoals

Two new videos every month

> #ad Mark Ling records two new videos every month, and they start from the idea that you've never done any of this before.
>
> They're called the Abundant Wealth Series, and they walk through wealth-building skills step by step, even if you have no previous experience. They come with the Amazing Self membership along with the monthly magazine and an expert interview.
>
> $37 a month and 60 days to change your mind. Link in my bio.
>
> #wealthbuilding #learnsomethingnew #moneymindset #personaldevelopment #financialgoals #selfimprovement #growthmindset

Weekend reading (carousel)

> #ad Eight articles I'd read this weekend, and every one of them is in the same magazine.
>
> They're from the Amazing Self Magazine, which comes out every month with sections on health, wealth, relationships and mindset. The first issue is over 140 pages. Swipe through and tell me in the comments which one you'd read first.
>
> Link in my bio.
>
> #weekendreading #readinglist #selfimprovement #personalgrowth #mindset #wellbeing #bookstagram

NOTE

> Carousel idea: slide 1 "8 things I'm reading this weekend." Slides 2 to 9: one magazine article title per slide (How to NEVER Diet Again; Getting Out From Under the Debt Boulder; 6 Ways to Be More Attractive Right Now; Manage Your Beliefs, Master Your Life; Wealth Creation 101; Attitude Adjustments for Maximum Magnetism; Lose Weight by Thinking Differently About Food and Exercise; Easy Ways to Change Your Mindset Right Now). Last slide: "All in one magazine. Link in bio."

X and Threads

Each post fits X's 280 characters with the link (X counts any link as 23 characters). Threads allows 500, so you can add a line of your own there.

When money gets tight

> #ad Ever notice that when money gets tight, the healthy eating goes first? Health, wealth, relationships and mindset lean on each other. Amazing Self works on all four, every month.

> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

The book that ends

> #ad The trouble with a great self-help book is that it ends. Amazing Self sends a new one every month: a magazine (the first issue is over 140 pages), an expert interview and two videos.
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

No 5am routine

> #ad You don't need a morning routine that starts at 5am. You need 30 minutes a week and a clear idea of what to do with them.
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

Marie Forleo

> #ad Marie Forleo on mastering health, wealth, relationships and mindset at the same time. It's a bonus interview inside Amazing Self, transcript included.
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

Tried before

> #ad If you've tried and failed so often that you've stopped telling anyone you're trying again, this one's for you. 60 days to see if it helps, or your money back.
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

Nobody does it alone

> #ad Nobody successful did it on their own. Amazing Self: a monthly magazine, expert interviews and two videos from Mark Ling. $37 a month, cancel any time.
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

Diet thinking

> #ad There's an article called "How to NEVER Diet Again", and it doesn't start with food. It's in the Amazing Self Magazine.
> https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1

Mark Joyner

> #ad Mark Joyner, founder of Simpleology, sat down one-on-one to talk about getting wealth and reaching your goals. Audio and transcript, inside Amazing Self.
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

No experience needed

> #ad Two wealth-building videos every month from Mark Ling, made for people starting with no previous experience. They come with Amazing Self.
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Sixty days

> #ad Use it for 60 days. If it isn't for you, ask for your money back. That's the deal with Amazing Self, $37 a month and cancel any time.
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

$100 or $100,000

> #ad Whether you're starting with $100 or $100,000, the wealth section of the Amazing Self Magazine has a page on building your investment portfolio.
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Magnetism

> #ad One small change in attitude can make people warm to you before you've said a word. The Amazing Self Magazine calls it maximum magnetism.
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

LinkedIn

Keep it professional and personal: LinkedIn readers respond to time, focus and skills. Put the link in the post (or in the first comment if your posts with links get less reach).

Development that stops at the office door

> Most professional development stops at the office door.

We train for the job, then wonder why the rest of life (health, money at home, relationships, our own headspace) feels like it's running on empty. And when one of those slips, it shows up at work sooner or later.

Amazing Self is a monthly membership that covers all four: health, wealth, relationships and mindset. It asks for about 30 minutes a week. Each month there's a magazine (the first issue is over 140 pages), a one-on-one interview with an expert (the first is Mark Joyner, founder of Simpleology), and two step-by-step videos from internet entrepreneur Mark Ling.

If you're the person everyone else relies on, it might be worth 30 minutes of your week:

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Disclosure: this is an affiliate link, so I may earn a commission if you join, at no extra cost to you.

Asking for help

One of the hardest things for capable people to do is ask for help.

We would rather work it out alone, even when someone has already mapped the road. The people who move fastest usually stopped doing that a long time ago.

Amazing Self is built on that idea: experts who have done it, explaining it step by step, every month. A magazine across health, wealth, relationships and mindset, a monthly interview with audio and transcript, and two videos from Mark Ling on wealth-building skills, made for people with no previous experience.

$37 a month, cancel any time, 60-day money-back guarantee:

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

Disclosure: affiliate link. I may earn a commission, at no extra cost to you.

The skill nobody taught us at school

Nobody at school taught me how money really works, and most of the people I've worked with say the same.

We learn to earn it. We rarely learn how money can keep coming in after the work is done, how to reduce debt and then clear it, or why our own feelings about money shape so many of our decisions.

The wealth section of the Amazing Self Magazine covers those things every month, with articles such as "Wealth Creation 101". Members also get two Abundant Wealth Series videos from Mark Ling each month, made for people with no previous experience, and a one-on-one interview with an expert.

It's $37 a month with a 60-day money-back guarantee:

`https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`

> Disclosure: this is an affiliate link, so I may earn a commission if you join, at no extra cost to you.

Learning on the commute

> My most useful hour of learning each week happens in the car.
>
> Long interviews have taught me more than most training days, because you hear how someone really thinks, and not just what's on their slides.
>
> Amazing Self includes one of these every month: the Amazing Journey Sessions, one-on-one interviews with audio and a transcript. The first is Mark Joyner, founder of Simpleology, on getting wealth and reaching your goals, and new members also get a bonus session with Marie Forleo.
>
> The membership also includes a monthly magazine on health, wealth, relationships and mindset:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Disclosure: affiliate link. I may earn a commission, at no extra cost to you.

The first thing good people let slide

> The best people on a team are often the first to let their own health slide.
>
> Late nights, skipped lunches and a gym membership nobody uses. It works for a while, and then it shows up in the work.
>
> The Amazing Self Magazine gives health its own section every month, with fitness and health writer Tracey Trimmer among the contributors and articles such as "Lose Weight by Thinking Differently About Food and Exercise". It sits alongside sections on wealth, relationships and mindset, and the whole membership asks for about 30 minutes a week.
>
> Worth a look if you're the one holding everything together:
>
> `https://hop.clickbank.net/?affiliate=YOURIDHERE&vendor=amazeself&tid=YOURTRACKINGHERE&type=hp1`
>
> Disclosure: this is an affiliate link, so I may earn a commission if you join, at no extra cost to you.

Pinterest pins

Use the 1000 x 1500 pin image from the banners page. Paste the title and description below, add the alt text, and set the pin's destination link to your presell page or your hoplink (some boards and accounts limit redirect links, so a presell page on your own site is safer).

Self-Help That Keeps Coming: One Monthly Magazine for Health, Wealth, Love and Mindset

DESC

> Tired of self-help books you never finish? Amazing Self sends a new magazine every month, covering health, wealth, relationships and mindset (the first issue is over 140 pages), plus a one-on-one expert interview and two step-by-step videos. $37 a month, cancel any time, 60-day money-back guarantee. #affiliate #selfimprovement #personaldevelopment #selfhelp

ALT

> A woman reading a digital self-improvement magazine with a cup of coffee in warm morning light

BOARD

> Self Improvement, Personal Growth, Books Worth Reading

30 Minutes a Week for Your Health, Money, Relationships and Mindset

DESC

> No time for self-improvement? Amazing Self asks for about 30 minutes a week. Each month you get a magazine, an expert interview you can listen to on a walk, and two videos on wealth-building skills from Mark Ling. Try it for 60 days with a full money-back guarantee. #affiliate #busylife #selfcare #personalgrowth

ALT

> A busy parent reading on a tablet during a quiet half-hour at the kitchen table

BOARD

> Busy Mom Tips, Self Care Ideas, Work Life Balance

Morning Visualization Routine: 6 Guided Videos to Keep Your Goals in Front of You

DESC

> A vision board is easy to stop seeing. New Amazing Self members get six Guided Visualization Mind Movies, short Law of Attraction videos made for your morning routine, plus a monthly magazine and expert interviews. 60-day money-back guarantee. #affiliate #lawofattraction #visualization #morningroutine

ALT

> Sunrise over a calm window seat with a journal and a phone ready for a morning visualization

BOARD

> Law of Attraction, Morning Routine, Vision Board Ideas

Why Most Self-Help Stalls (and Why Working on 4 Areas at Once Helps)

DESC

> Fix one part of your life and the other three can pull it back. Amazing Self works on health, wealth, relationships and mindset together, with a new magazine, an interview and two videos each month. $37 a month, cancel any time. #affiliate #mindset #personaldevelopment #selfimprovement

ALT

> Four photos in a grid: a healthy breakfast, a savings jar, a couple laughing, and a person journalling

BOARD

> Personal Development, Mindset Quotes and Tips, Self Improvement

How to Get Out From Under the Debt Boulder (Plus Wealth Creation 101)

DESC

> Debt feels heavier every time the post arrives. The wealth section of the Amazing Self Magazine covers how to reduce debt and then clear it, financial psychology and building an investment portfolio from $100 upward. A new issue every month, $37 a month with a 60-day money-back guarantee. #affiliate #debtfree #moneytips #personalfinance #wealthmindset

ALT

> A person at a kitchen table with a notebook, calculator and a cup of tea, planning their monthly budget

BOARD

> Money Saving Tips, Debt Free Journey, Personal Finance

6 Ways to Be More Attractive Right Now (Without Changing Your Looks)

DESC

> Attraction starts with how you carry yourself. This article is in the relationships section of the Amazing Self Magazine, alongside "Attitude Adjustments for Maximum Magnetism". A new

> issue every month, covering health, wealth, relationships and mindset. Cancel any time, 60-day money-back guarantee. #affiliate #confidence #relationshipadvice #selflove

ALT

> A smiling woman laughing with a friend at an outdoor cafe table in warm afternoon light

BOARD

> Confidence Tips, Relationship Advice, Self Love

Expert Interviews to Listen to on Your Walk: Mark Joyner and Marie Forleo

DESC

> Every month Amazing Self members get a one-on-one interview with an expert, with audio and a transcript. The first is Mark Joyner, founder of Simpleology, and new members get a bonus session with Marie Forleo on mastering health, wealth, relationships and mindset. #affiliate #podcasts #selfimprovement #learning

ALT

> A person in a park wearing headphones, walking along a tree-lined path in the morning

BOARD

> Podcasts Worth Hearing, Self Improvement, Personal Growth

How to NEVER Diet Again: Change the Way You Think About Food

DESC

> If every Monday starts a new diet, try changing your thinking first. This article is in the health section of the Amazing Self Magazine, a monthly read on health, wealth, relationships and mindset (the first issue is over 140 pages). $37 a month, cancel any time. #affiliate #healthyhabits #mindfuleating #wellness

ALT

> A colourful home-cooked meal on a wooden table beside an open notebook

BOARD

> Healthy Habits, Mindful Eating, Wellness Tips

YouTube Shorts and TikTok (30 seconds)

About 75 to 85 spoken words fills 30 seconds. Say the disclosure out loud in the first few seconds and repeat it in the caption. TikTok links are not clickable in captions, so use your link-in-bio page; on YouTube

put the link in the description.

The bookshelf

> SHOT: Your own bookshelf (or a stack of self-help books). Slow pan.
> *[0-3s]* SAY: "Be honest. How many of these did you actually finish?"
> ON SCREEN: How many did you finish?
> *[3-6s]* SAY: "Quick note: the link in my bio is an affiliate link."
> *[6-20s]* SAY: "It isn't you. A book ends, and the motivation ends with it. Amazing Self is a monthly membership. Every month there's a new magazine on health, wealth, relationships and mindset, an expert interview, and two videos from Mark Ling."
> *[20-30s]* SAY: "It's thirty-seven dollars a month, cancel any time, and you get sixty days to ask for your money back. Link in my bio."
> ON SCREEN: New every month. Link in bio.
> CAPTION: #ad The problem with a great self-help book is that it ends. #selfhelp #booktok #personalgrowth #selfimprovement

Four sticky notes

> SHOT: Four sticky notes on a wall: HEALTH, WEALTH, RELATIONSHIPS, MINDSET. Knock one down, and the one beside it falls too.
> *[0-3s]* SAY: "Watch what happens when one of these goes."
> *[3-6s]* SAY: "Heads up, I'm an affiliate for what I'm about to show you."
> *[6-20s]* SAY: "Money gets tight, the healthy eating stops. Things go wrong at home, work gets harder. They're connected. Amazing Self works on all four together: a monthly magazine, a one-on-one expert interview, and two step-by-step videos."
> *[20-30s]* SAY: "Sixty-day money-back guarantee, cancel any time. Link in my bio."
> ON SCREEN: Work on all four. Link in bio.
> CAPTION: #ad Fix one, and the other three pull it back. #mindset #selfimprovement #personaldevelopment #lifebalance

The 30-minute timer

> SHOT: A kitchen timer or phone timer set to 30:00, then a hand starts it.
> *[0-3s]* SAY: "This is all the time you need to give yourself each week."
> ON SCREEN: 30 minutes a week
> *[3-6s]* SAY: "Just so you know, the link in my bio is an affiliate link."
> *[6-22s]* SAY: "Amazing Self asks for thirty minutes a week. You get a new magazine every month on health, wealth, relationships and mindset, an expert interview you can play on a walk, and two videos from Mark Ling on building wealth, step by step."
> *[22-30s]* SAY: "Thirty-seven dollars a month, and sixty days to change your mind. Link in my

bio."
CAPTION: #ad No 5am routine needed. #busymom #productivity #selfcare #personalgrowth

The Monday diet

SHOT: A calendar on the wall, with "START DIET" written on several Mondays in a row. Point at each one.
[0-3s] SAY: "Count how many Mondays I started a diet on."
ON SCREEN: Every Monday. Again.
[3-6s] SAY: "Quick note: the link in my bio is an affiliate link."
[6-22s] SAY: "There's an article called How to Never Diet Again, and it starts with the way you think about food and exercise. It's in the Amazing Self Magazine, which comes out every month with sections on health, wealth, relationships and mindset."
[22-30s] SAY: "Thirty-seven dollars a month, cancel any time, and sixty days to get your money back. Link in my bio."
ON SCREEN: New issue every month. Link in bio.
CAPTION: #ad How many Mondays has your diet started on? #healthyhabits #mindfuleating #selfimprovement #wellness

Headphones and a transcript

SHOT: Walking outside with headphones, then cut to a printed page with lines underlined in pen.
[0-3s] SAY: "I listened to this interview on a walk, then printed it and underlined half of it."
ON SCREEN: One interview a month
[3-6s] SAY: "Heads up, the link in my bio is an affiliate link."
[6-22s] SAY: "Amazing Self members get a one-on-one expert interview every month, the audio for your walk and the transcript to mark up. The first is Mark Joyner, founder of Simpleology. New members get a bonus one with Marie Forleo too."
[22-30s] SAY: "It comes with a monthly magazine and two videos from Mark Ling. Sixty-day money-back guarantee. Link in my bio."
CAPTION: #ad Listen on the walk, underline it later. #podcast #learning #selfimprovement #goals

Sixty days on the calendar

SHOT: A hand crossing off days on a wall calendar, then flipping to the next month.
[0-3s] SAY: "You get sixty days to decide if this is worth it."
ON SCREEN: 60 days
[3-6s] SAY: "Just so you know, I'm an affiliate for this, and the link in my bio is my link."
[6-22s] SAY: "Amazing Self is thirty-seven dollars a month. That's long enough to read the

> magazine, hear the expert interviews and watch Mark Ling's videos. If it isn't for you, ask for a full refund."
> *[22-30s]* SAY: "And you can cancel any time after that. Link in my bio."
> ON SCREEN: 60-day money-back guarantee. Link in bio.
> CAPTION: #ad Try it with the real thing in your hands. #selfimprovement #personalgrowth #mindset

PART 7

10 angles and 30 hooks

An angle is the way into the story. Pick the one that fits your audience, then use its hooks as subject lines, the first line of a post, or the opening of a video.

1 Four areas at once

Who it suits: General self-help and personal-growth lists, life coaches, and any audience that says "everything feels a bit stuck".

Most people try to fix one part of their life while the other three quietly drag it back down: the healthy eating that stops in a tight month, the savings plan that dies after a row at home. Amazing Self works on health, wealth, relationships and mindset side by side, every month, so you are not fixing one and neglecting the rest.

- **The diet didn't fail because of the food. It failed the week the bills arrived, and nobody told you the two were connected.**
- **There's a reason your best month at work was also the month you stopped going to the gym, and it has nothing to do with willpower.**
- **Ask anyone who has "sorted out" one area of their life what happened to the other three. The answer explains why most self-help stalls.**

Works well in: Email (a story-led email that opens with a bad money month spilling into everything else); Presell (the Article Presell is built on exactly this idea)

2 30 minutes a week

Who it suits: Busy parents, shift workers, professionals, carers: anyone who says they have no time for self-improvement.

The sales page asks for just 30 minutes of your time each week. That is one lunch break, or one walk with an interview in your ears, and each month's material is already laid out for you, so the half-hour goes on learning instead of hunting for what to do next.

- **You don't need a morning routine that starts at 5am. You need one half-hour a week, and a better idea of what to do with it.**
- **What could change if you gave yourself the same 30 minutes a week you give to the washing?**
- **Busy people don't fail at self-improvement for lack of time. They fail because nobody tells them what to do with the half-hour they've got.**

Works well in: Social (short posts and the 30-second "timer" video script); Email (subject lines for lists of working parents and professionals)

3 The magazine as a coach

Who it suits: Readers, book clubs, Kindle and magazine lovers: people who would rather read than watch.

Every month the Amazing Self Magazine arrives split into Wealth, Health, Relationships and Mindset, full of how-tos you can use the same day (the first issue alone runs to over 140 pages). It works like a coach who turns up on schedule: you never have to book the next session, because the next issue is already on its way.

- **A coach costs a fortune and wants you on a call every Tuesday. This one turns up once a month (the first issue ran to over 140 pages) and never asks if you did your homework.**
- **Remember when a magazine could change your whole week? This one is built to.**
- **One of the articles is called "Manage Your Beliefs, Master Your Life." Read the title twice: the order of those two things is the whole idea.**

Works well in: Email (a "what's inside this month" email that quotes real article titles); Review (a review post that walks through the four sections)

4 Mark Ling's money-skills videos

Who it suits: Beginners curious about online business, side-project and personal-finance readers, money-mindset audiences. Not get-rich-quick traffic.

Every month Mark Ling, internet entrepreneur and co-editor of Amazing Self, records two step-by-step video presentations on building wealth, made for people with no previous experience. Sell it as learning a skill from someone who does it for a living, never as a way to earn a set amount.

- **Most money advice tells you what to cut. Mark Ling's videos are about what to build, and they start from zero experience.**
- **What would you learn if an internet entrepreneur sat you down twice a month and went through it step by step, from the very beginning?**
- **"The debt boulder" is what one Amazing Self article calls it. Getting out from under it starts with a step most people skip.**

Works well in: Email (money-mindset and beginner business lists, framed as skills, with no figures); Presell (the Bridge Presell, so your own note sets the tone before the sales page)

5 Expert interviews

Who it suits: Podcast listeners, audiobook fans, and followers of well-known personal-development names.

Each month an Amazing Journey Session puts a personal-development expert in a one-on-one interview, with the audio and a full transcript. The first is with Mark Joyner, founder of Simpleology, and new members also get a bonus session with Marie Forleo on mastering health, wealth, relationships and mindset.

- **If you could ask the founder of Simpleology one question about reaching your goals, what would it be? Someone already asked it for you.**
- **Most self-help puts the expert on a stage. The Amazing Journey Sessions sit them down one-on-one, and the questions are the ones you would have asked.**
- **Marie Forleo on mastering health, wealth, relationships and mindset at the same time, with a transcript, so you can keep the lines that land.**

Works well in: Social (posts and video scripts for podcast and audiobook audiences); Email (a short email built around one interview)

6 Low risk: the 60-day guarantee

Who it suits: Cautious buyers, people who have been burned by courses before, and the follow-up emails to anyone who clicked but did not buy.

Amazing Self is $37 a month, billed monthly, cancel any time, and it comes with a 60-day 100% money-back guarantee. Your reader gets 60 days to decide whether it earns a place in their month, and the only thing they risk is the time it takes to look.

- **What's the worst that can happen? You read it, you listen, you watch, and if it isn't for you, you ask for your money back within 60 days.**
- **$37 a month, cancel when you like, and 60 days to change your mind. That's less risk than the last book you didn't finish.**
- **Before you spend another penny on self-help, ask one question: what happens if it doesn't work for me? Here is an answer worth hearing.**

Works well in: Email (the last email in a sequence, for people who clicked and did not buy); Ads (search ad descriptions, where the guarantee earns its place)

7 The shelf of unfinished books

Who it suits: Book buyers, Kindle readers, and anyone who has started a dozen courses and finished none.

Most people who buy self-help have a shelf of books they meant to finish, each one a burst of motivation that faded around chapter four. A monthly membership turns up again next month with new material, so the motivation gets topped up instead of running out.

- **Count the self-help books on your shelf that you never finished. Then ask why the ones you did finish didn't stick either.**
- **The problem with a great self-help book is that it ends. Then what?**
- **You don't need another book. You need the next chapter to turn up on its own, every month.**

Works well in: Social (Facebook, Instagram and the "bookshelf" video script); Pinterest (pins for reading and self-help boards)

8 A monthly gift to yourself

Who it suits: Self-care, wellness and women's lifestyle audiences; birthday, New Year and "new month" posts.

Pitch it as a monthly appointment with yourself: a new magazine to read with a coffee, an interview for a walk, two videos for a quiet evening. It is a small, regular gift that is about you, rather than one more job on the list.

- **You remember everyone else's birthday. Who is remembering you the other eleven months?**
- **When did you last buy something that was only for you, and wasn't food?**
- **Pick one evening a month that belongs to nobody but you. Here is what to do with it.**

Works well in: Instagram (captions and story images for self-care pages); Email (a "new month" or birthday-month email)

9 It's okay to ask for help

Who it suits: Mindset and motivation pages, and people who say they have "tried everything".

The sales page says Amazing Self is for people held back by procrastination, fear of leaving their comfort zone, or having tried before and failed. The angle is permission: the most successful people ask for help, and doing it is a strength, not a weakness.

- **If you've tried and failed so many times that you've stopped telling anyone you're trying again, read this.**
- **Procrastination isn't a character flaw. Usually it's a missing next step. What if someone handed you the next one every month?**
- **Nobody successful did it on their own. So why are you still trying to?**

Works well in: Social (X/Threads and Facebook posts); Email (a personal, quieter email to an engaged list)

10 Law of Attraction visualizations

Who it suits: Manifestation, Law of Attraction and vision-board audiences.

New members get six Guided Visualization Mind Movies, short videos made to be watched as part of a morning routine to keep the mind on your goals. Present them as a daily habit tool, and never promise that watching them brings money, a partner or weight loss.

- **What you look at first thing in the morning sets the tone for the day. Six short guided videos are made for exactly that minute.**
- **A vision board on the fridge is easy to stop seeing. A video you press play on each morning is much harder to ignore.**
- **Most people read about the Law of Attraction. Very few practise it every morning. This makes the practising part easy.**

Works well in: Instagram (captions and the square and story images); Pinterest (the "morning visualization routine" pin)

Good fit

- Personal-development and self-help email lists
- Life coaches and their newsletters
- Law of Attraction, manifestation and vision-board pages
- Women's lifestyle, self-care and wellness bloggers

Poor fit

- Get-rich-quick and "make $X a day" traffic: the wealth videos teach skills, so these buyers refund
- People who want one deep fix only, such as a strict training plan or a trading system
- Anyone looking for therapy, medical or mental-health treatment: point them to a professional

- Relationship and dating-advice sites and groups
- Money-mindset and beginner personal-finance readers
- Podcast and YouTube channels about motivation and habits
- Readers and book-lovers who like a monthly magazine

- Freebie hunters and coupon-site traffic: there is no free version and no coupon code
- Anyone under 18

PART 8

7 articles

Full articles of about 700 to 850 words each are ready to copy in the Articles page of the affiliate area, with a picture for each. Here are the titles and what each one covers.

1. Why Fixing One Part of Your Life at a Time Keeps Failing

About 819 words

Most of us try to change our lives the way we clean a messy house: one room at a time. January is for getting fit. Spring is for sorting out the money. Some time after that we will work on the marriage, and one day, when things calm down, we will look at why we keep getting in our own way.

Alternative title 1: The Diet Failed Because of the Bills: How the 4 Areas of Your Life Are Connected

Alternative title 2: Stop Fixing Your Life in Pieces: Health, Wealth, Relationships and Mindset Move Together

Meta description: Why changing one area of your life at a time rarely sticks, and how giving a little attention to health, money, relationships and mindset together works better.

2. The 30-Minutes-a-Week Habit That Outlasts Every New Year's Resolution

About 818 words

Every January, gyms fill up, notebooks get bought and people promise themselves this is the year. By the middle of February most of those promises have gone quiet. Nobody stopped wanting the result. The plan was simply built on a feeling, and feelings don't turn up on schedule.

Alternative title 1: Why 30 Minutes a Week Beats a Burst of Motivation

Alternative title 2: How to Improve Your Life in 30 Minutes a Week (and Actually Keep Going)

Meta description: Big bursts of motivation fade by February. A fixed 30 minutes each week, used the right way, keeps changing your life long after the resolutions are gone.

3. What a Month Inside Amazing Self Actually Looks Like

About 801 words

Monthly memberships can be hard to judge from the outside. The sales page tells you what is included, but not what it is like to open it, or how much time it really takes. So this is a walk through one month of Amazing Self: what arrives, what is in it, and a sensible way to spread it across four weeks.

Alternative title 1: Amazing Self: What You Get Each Month and How to Use It

Alternative title 2: Inside the Amazing Self Membership: Magazine, Interviews and Wealth Videos

Meta description: What Amazing Self members get each month (a magazine of over 140 pages, an expert interview and two wealth videos) and how to use it in 30 minutes a week.

4. Getting Out From Under the Debt Boulder: A Calmer Way to Deal With What You Owe

About 844 words

Debt has a strange way of growing in the dark. The bigger it gets, the less we want to look at it, and the less we look at it, the bigger it gets. Plenty of people know their favourite team's league position better than they know what they owe.

Alternative title 1: How to Stop Hiding From Your Debt (and Start Shrinking It)

Alternative title 2: The Money Skills Nobody Taught You at School: A Practical Start on Debt

Meta description: A calm, practical way to face your debts, choose a pay-off method and build the money skills that stop the problem coming back.

5. 8 Personal Goal Setting Tips That Make Goals Stick

About 740 words

Personal goal setting is one of the most useful habits you can build if you want your life to move in a particular direction. Plenty of people have wishes. Far fewer sit down and turn those wishes into goals, and the ones who do tend to get noticeably further.

Alternative title 1: 8 Tips to Help You Set Goals You Actually Reach

Alternative title 2: Setting Personal Goals: 8 Habits of People Who Follow Through

Meta description: Eight practical goal setting tips, from writing goals down to rewarding small wins, that turn wishes into goals you actually reach.

6. Understanding the Law of Attraction

About 721 words

One of the keys to living a better life is understanding the law of attraction. The idea is simple: what you focus on, and how you feel about it, shapes what shows up in your life.

Alternative title 1: The Law of Attraction: A Practical Introduction

Alternative title 2: The Basics of the Law of Attraction (and How to Use It Every Day)

Meta description: What the law of attraction says, where the idea comes from, and how to use visualisation and everyday action to put it to work in your own life.

7. 8 Simple Ways to Boost Your Energy (Without Another Coffee)

About 686 words

We all know how important regular exercise is. Yet many of us don't get nearly as much as we know we should. Sometimes it is a busy diary, but just as often the real reason is that we simply don't have the energy to get moving. Some people feel flat from the moment they wake up; others hit a wall mid-afternoon.

Alternative title 1: 8 Natural Energy Boosters for Busy People

Alternative title 2: Too Tired to Exercise? 8 Ways to Get Your Energy Back

Meta description: Eight simple, natural ways to lift your energy levels, from better sleep to a lunchtime walk, so you have the get-up-and-go to exercise again.

PART 9

Keywords and ad copy

Use these for your own search, social or native ads, sent to a presell page on your own domain. Brand terms need Andrew's OK first.

BRAND TERMS Ask Andrew first

amazing self | amazingself | amazing self magazine | amazing self membership | amazing self review | amazing self reviews | amazingself.com | amazing journey sessions | abundant wealth series | amazing self mark ling | amazing self amanda selby

MAGAZINE AND MEMBERSHIP High intent

self improvement membership | personal development membership | self improvement magazine | personal development magazine | self help magazine subscription | monthly self improvement program | personal growth subscription | self improvement program online | personal development program | online life coaching program | holistic self improvement | self improvement for beginners

HEALTH AND WELLBEING Problem and desire

how to stop dieting | how to never diet again | healthy habits motivation | motivation to exercise | think differently about food | body image confidence | healthy lifestyle tips | how to build healthy habits | how to feel better about my body | emotional eating tips

WEALTH SKILLS Problem and desire

money mindset | how to get out of debt | how to build wealth from scratch | wealth creation for beginners | financial mindset | rich vs poor mindset | how to start a business with no experience | personal finance for beginners | how to reduce debt | financial psychology

RELATIONSHIPS Problem and desire

how to be more attractive | how to make friends as an adult | adult loneliness | how to flirt | dating confidence | social confidence tips | how to meet new people | how to improve relationships | how to be more confident with women | how to be more confident with men

MINDSET Problem and desire

how to stop procrastinating | limiting beliefs | how to change your mindset | self confidence tips | how to stop feeling stuck | how to set goals and stick to them | how to get out of your comfort zone | self belief | positive mindset | how to stop overthinking

LAW OF ATTRACTION Interest

law of attraction | law of attraction for beginners | guided visualization | visualization for success | manifestation for beginners | law of attraction videos | morning visualization | vision board ideas | how to manifest your goals | guided visualization videos

SELF-IMPROVEMENT IN GENERAL Broad, test carefully

self improvement | personal development | self help | personal growth | how to improve yourself | how to change your life | how to be happier | life balance | best self help | become a better person

Audiences to target

Personal development | Self-help books | Law of Attraction | Motivation | Mindfulness | Meditation | Personal finance | Entrepreneurship | Healthy habits | Life coaching | Podcasts about self-improvement | Audiobooks

Negative keywords to add

free | free download | pdf | pdf download | epub | torrent | crack | hack | coupon | discount code | promo code | login | sign in | member login | cancel | refund | jobs | job | careers | salary | hiring | internship | quotes | wallpaper | meme | lyrics | song | movie | get rich quick | make money fast | mind movies | simpleology | therapist | therapy | psychiatrist | depression treatment | medication | diet pills | weight loss pills | surgery | for kids | for teens

Ad headlines

- Health, Wealth, Love, Mindset
- Work on 4 Areas at Once
- 30 Minutes a Week for You
- Monthly Self-Help Magazine
- First Issue: Over 140 Pages
- Expert Interviews Each Month
- Audio Plus Full Transcripts
- Money Skills, Step by Step
- Videos for Total Beginners
- 60-Day Money-Back Guarantee
- $37 a Month, Cancel Any Time
- Beyond the Self-Help Shelf
- Personal Growth Membership

- Read, Listen and Watch
- Bonus: Marie Forleo Interview

Ad descriptions

- A monthly magazine, expert interviews and money-skills videos. Try it 60 days risk-free.
- Health, wealth, relationships and mindset in one membership. $37 a month, cancel any time.
- Give it 30 minutes a week. Each month brings a new magazine, an interview and two videos.
- A first issue of over 140 pages on health, wealth, relationships and mindset.
- Learn wealth-building skills with Mark Ling: two step-by-step videos every month.
- One-on-one expert interviews each month, with the audio and a full written transcript.
- New members get 6 guided visualization videos and a bonus Marie Forleo interview.
- Tired of self-help books you never finish? This one turns up again every month.

Native ad ideas

Why Self-Help Stops Working Around Chapter Four

A book ends and the motivation goes with it. Here is how a monthly membership keeps topping it up.

Picture: A shelf of self-help books with bookmarks stuck a third of the way in, warm side light.

A 30-Minute Weekly Habit for People With No Time

One magazine, one expert interview and two videos a month, covering health, money, relationships and mindset.

Picture: A parent at a kitchen table reading on a tablet with a coffee, early morning light, real home.

Health, Money, Love, Mindset: Why Fixing One Isn't Enough

When one area slips the others follow. A different way to work on all four, with a 60-day money-back guarantee.

Picture: Four simple photos in a grid: breakfast bowl, savings jar, couple laughing, person journalling.

PART 10

Promotion rules

Breaking these can cost you your commissions, so read them once before you post.

Do

- **Email to your own opt-in list.** People who asked to hear from you. Use our email swipes or write your own.
- **Posts on your own social profiles, pages and groups.** With #ad (or the platform's paid-partnership label) at the start.
- **Honest reviews, articles and videos.** Describe what is inside, the price and the guarantee as they really are.
- **Paid search, social and native ads on general terms.** Sent to a presell page on your own domain. Brand terms need Andrew's OK first (see below).
- **Your own bonus.** As long as you deliver it, describe it accurately and make clear it comes from you, not from Amazing Self.
- **Rewriting our swipes in your own voice.** Change the wording as much as you like; keep the facts, the price and the guarantee exactly as they are.
- **Your own experience as a member.** Only if it is true, and with "results vary" next to it.

Don't

- **Spam of any kind.** No unsolicited email, bought, rented or scraped lists, or mass DMs. Complaints get sending domains blocked, and spammers are reported to ClickBank and removed from the program.
- **Dropping your link in other people's groups, comments and forums.** It gets accounts banned and makes the brand look cheap. Post where you are welcome, and follow the group's rules.
- **Bidding on "Amazing Self" brand terms without permission.** Ask Andrew first. The same goes for using the name in an ad's display URL or headline.
- **Cookie stuffing, forced clicks, hidden frames, pop-unders, toolbars or adware.** These take commissions from honest affiliates. ClickBank reverses them and closes accounts.
- **Look-alike domains and pretending to be us.** No domains or pages that look like amazingself.com, and never write as Mark Ling, Amanda Selby or "the Amazing Self team".
- **Fake reviews, fake testimonials and fake news-site presells.** Every review must be yours and every quote must be real. A presell that pretends to be a news report misleads buyers.
- **Income, weight-loss or medical promises.** See the claims table below. They break ClickBank, FTC and ASA rules, and they bring refunds.
- **Invented discounts, coupon codes or countdowns.** There is no coupon, and the

price does not go up on a date. Say "$37 a month".

- **Buying through your own link.** ClickBank does not allow commission on your own purchases.
- **Paying people to click or buy.** Incentivised traffic is not allowed: these buyers refund and ClickBank flags the account.

What you can say

Topic	Fine to say	Take care	Never say
What it is	A monthly self-improvement membership covering health, wealth, relationships and mindset.	"Everything you need to change your life." Fine as your opinion, never as a promise.	"The magic pill", "guaranteed life success" or any promise of a result.
What's inside	Each month: the Amazing Self Magazine (the first edition is over 140 pages), an Amazing Journey Sessions interview (audio and transcript), and two Abundant Wealth Series videos by Mark Ling.	Naming a specific article: use the real titles from the sales page.	Content that is not there (coaching calls, a community, live events, printed copies).
Price	"$37 a month, billed monthly, cancel any time."	Mentioning the sales page's "$49 just $37" line: quote it as the page shows it, nothing more.	"Save $12", "24% off today only", "price goes up on Friday", or any discount or coupon you made up.
Guarantee	"60-day 100% money-back guarantee."	"Risk-free": say it with the guarantee next to it.	"Free", "free trial" or "guaranteed results". The guarantee is a refund, not a result.
Money	"Mark Ling teaches wealth-building skills, step by step, even if you have no experience."	Debt and money topics: describe the article, not what it will do for the reader.	"You'll become wealthy", "make $X a month", "replace your income", or the sales page's income testimonial.
Health	"Articles on nutrition, exercise, body image and how you think about food."	Article titles that mention weight: quote them as titles, never as your promise.	"Lose X pounds", "lose weight fast", before-and-after pictures, or any medical claim.

Relationships and mindset	"Articles and interviews on confidence, friendship, dating and changing your mindset."	"Feel more confident": as what the material is about, not a promised outcome.	"Find your soulmate", "save your marriage", or claims to treat anxiety or depression.
Visualization bonus	"Six Guided Visualization Mind Movies, based on the Law of Attraction, for your daily routine."	Law of Attraction language: describe the practice, not what it brings.	"Watch these and attract money, your perfect partner or weight loss."
Experts	"Interviews have included Mark Joyner, founder of Simpleology. New members get a bonus interview with Marie Forleo."	Mentioning other experts: only names on the sales page.	"Endorsed by Marie Forleo" or "recommended by Mark Joyner". They gave interviews; they do not endorse your promotion.
Proof	Facts from the sales page, and your own real experience with "results vary".	Quoting a testimonial from the sales page: word for word, with the person's name, and never the income one.	Made-up testimonials, member counts, star ratings or "thousands of happy members".

Disclosure lines

Anywhere (short):
I may earn a commission if you buy through my link, at no extra cost to you.

Email (near the link and in the P.S.):
Quick note: I'm an affiliate for Amazing Self, so if you join through my link I may earn a commission, at no extra cost to you.

Social post (at the start):
#ad

Video (say it out loud early, then write it in the description):
Just so you know, the link below is an affiliate link, so I may earn a commission if you join, at no extra cost to you.

Article or review (top of the page and next to the first link):
This article contains affiliate links. If you buy through them, I may earn a commission at no extra cost to you.

Results disclaimer

Results vary from person to person. Amazing Self teaches ideas and skills about health, wealth, relationships and mindset; it does not guarantee any income, weight loss, relationship outcome or other result. Any examples shown are not typical and are not a promise of what you will achieve. This information is not a substitute for advice from a doctor, financial adviser or other licensed professional.

PART 11

Your affiliate manager



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