

# No Cost Income Stream Blueprint

Part 72:  
Traffic - Free Blog Live  
Journal

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In this lesson, I am going to show you how to set up a free blog using LiveJournal. Go to [www.livejournal.com](http://www.livejournal.com) and click on Create an Account. Type in your information that it requests for username and password. You will also need to enter your date of birth and copy the verification works to prove you are a human. Click on Create Account.



1. Registration 2. Finish

Username:  Your name on LiveJournal

Email:

Password:

Birthday:

I am:

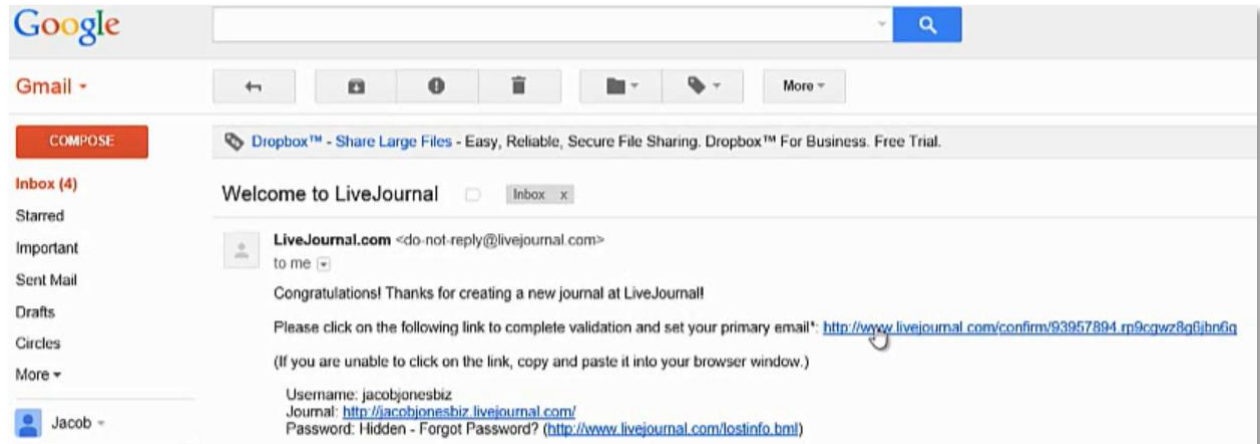
Prove you're human:



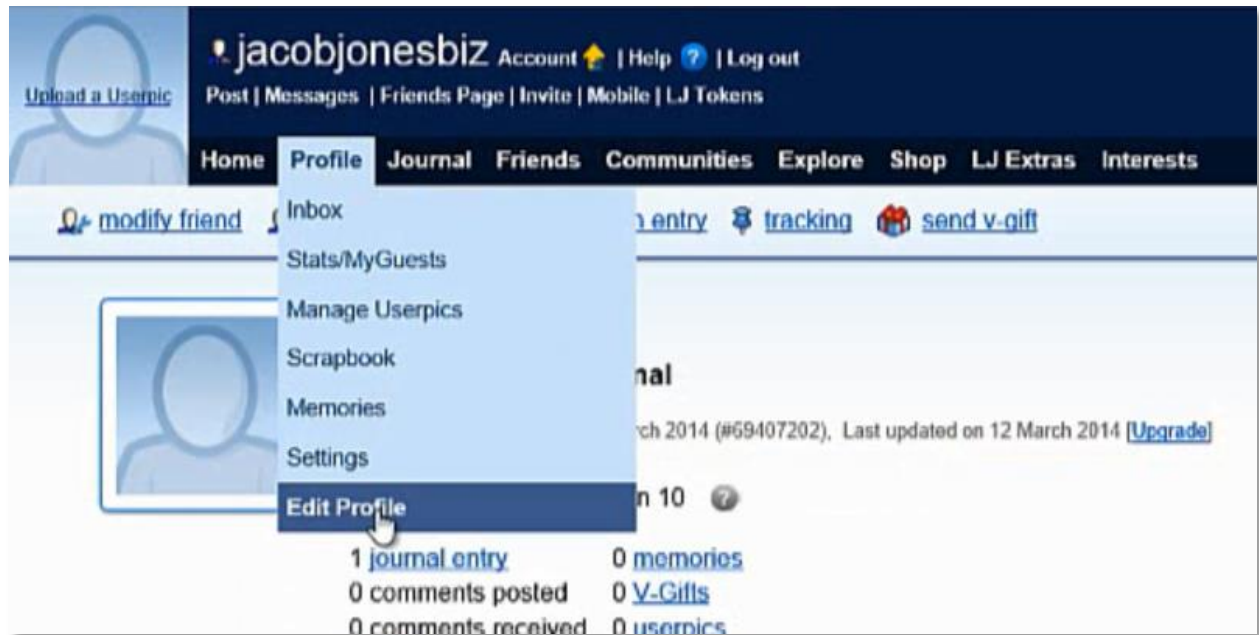
[Privacy & Terms](#)

By creating an account on LiveJournal, you agree to our [Terms of Service](#) and [Privacy Policy](#).

You will need to go check your email entered for the verification. You will need to click that verification link to continue the sign up process.



You can then login. You can share information with others with your account. Go to **Profile** at the top and click on **Edit**. It is a good idea to upload a picture of yourself. You can change it to your name that shows up and not your username.



You can decide if your birthday shows up or not.

Name	<input type="text" value="Jacob Jones"/>	Your name will be displayed on
Gender	<input type="text" value="Male"/>	
Birthday	<input type="text" value="March"/> <input type="text" value="04"/> <input type="text" value="1988"/>	
	Show your Birthday to:	<input type="text" value="Nobody"/>
	Birthday display options:	<input type="text" value="Display only the month and day"/>
Schools	Show your schools to:	<input type="text" value="Nobody"/> <a href="#">Manage schools</a>

You can list your interests and this is where you want to put in variations of your niche market. For your bio, tell a little bit about yourself. Enter information as completely as you can so that people are able to come and check out your website after they have read more about you.

For the link, you can put it to your blog or website. It can be through [www.blogger.com](http://www.blogger.com) or [www.wix.com](http://www.wix.com) which are the recommended free sites.

<b>Bio</b>	
Tell other users about yourself or your journal. If you want to display graphics, counters, or other HTML, you can enter it here.	
<div>I am a passionate writer and blogger. I teach people how to solve common everyday problems. I really enjoy golfing, and helping people improve their golf game.</div>	
<b>Web Page</b>	
Link	<input type="text" value="http://improvegolfscorenow.blogspot.com/"/> (Optional)
Name	<input type="text" value="Improve Your Golf Score Blog"/> (Optional)
<b>Location</b> Show your location to <input type="text" value="Everybody"/>	
Country	<input type="text" value="United States"/>
LiveJournal can try to detect your location and	

You can choose to show your location to those that view it. You want to choose the setting that doesn't allow your primary email address to be shown. You can add in your Facebook and Twitter accounts and tie them in so that isn't a bad strategy to consider.

<b>Location</b>		Show your location to	Everybody	▼
Country	United States ▼			
State	Connecticut ▼			
ZIP Code	<input type="text"/>	(5 digit ZIP code; US residents only)	Detect	?
City	<input type="text"/>			
LiveJournal can try to detect your location and automatically fill in the Location fields.				
<b>Contact Info</b>		Who can view your contact info?	Everybody	▼
Primary email	jacobjonesbiz@gmail.com <a href="#">Change email</a>			
	Display:	Don't show email address ▼		
Find by email	Do you want users to be able to find you by searching for your primary email address?			
	Yes, but don't show my username ▼			

Scroll down and enter any additional information that you would like to. Then, save your changes.

Instant Messaging and other

Facebook (None) [Change](#)

Twitter (None) [Change](#)

OpenID

Vkontakte (None) [Change](#)

[LJ Talk](#)

jacobjonesbiz@livejournal.com

☐ Do not show field

Show LJ Talk online status to: 

Friends only

Your online status may be visible to others when logged in with any Jabber IM client using your LJ Talk username.

ADL IM

ICQ UIN

Yahoo! ID

Windows LiveID

Jabber

Google Talk

Skype

Gizmo Project

Text Messaging

Allow text messaging from 

Nobody

Service Provider

(details)

Full phone number

+1xxx1234567

Friends

Text Messaging

Allow text messaging from 

Nobody

Service Provider

(details)

Full phone number

+1xxx1234567

Friends

"Friend of" list

☒ Show list of users who have friended you.

Virtual Gifts

Virtual Gifts

Manage receipt of virtual gifts: 

Accept all

☐ Disable sponsored only

\*Plus users cannot disable only sponsored virtual gifts.

Save Changes





This is your website links on your profile page and that all looks good.

[modify friend](#) [view friends feed](#) [post an entry](#) [tracking](#) [send v-gift](#)



[jacobjonesbiz](#)  
**JacobJonesbiz's Journal**  
Plus Account, Created on 12 March 2014 (#69407202), Last updated on 12 March 2014 [Upgrade](#)  

 Social capital: less than 10 

1 [journal entry](#)

0 [memories](#)

0 comments posted

0 [V-Gifts](#)

0 comments received


0 [userpics](#)

2 [tags](#)

**Name:** Jacob Jones

**Location:** [Connecticut, United States](#)

**Website:** [Improve Your Golf Score Blog](#)

**External Services:** [jacobjonesbiz@livejournal.com](#) 

**Interests:** (5) [basketball](#), [football](#), [golf](#), [reading](#), [writing](#)

Now you can go in there and create your first post. Click on Post and you want to write something that is related to your niche market. For this example, we will stick with the theme of golf.




You can paste in the content to the LiveJournal feed. You want to Click Here for More Information so you can link back to your website.




New entry

Post

[to journal](#)  [jacobjonesbiz](#) [change](#)

[to community](#)

Date

March 12, 2014, 13:42 [change](#) ☐ sticky 

Subject

Exercises To Improve Your Golf Game

**B**



*I*








U

**ABG**

**Tr**

**A**

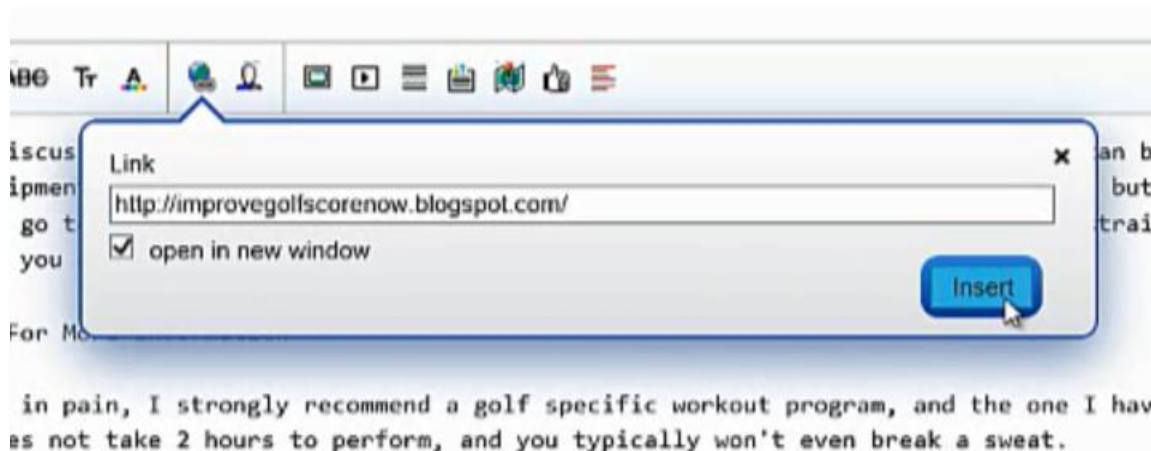




I want to discuss how simple exercises can improve your golf swing power, and how they can be done with minimal equipment. No gym required. First off, I realize time is short for many golfers, but it's important to exercise. I go to the my gym at 4:00am and see a ton of people working out, then going straight to work. I'm how serious you are about your game and your health.

[Click Here For More Information](#)

Choose Open in a New Window and insert.



Put tags in there that relate to your niche market. Where it says adult content put none. Your screening security should be public so that everyone can see it. If you connected with Facebook and Twitter you can post to them automatically.

A screenshot of a post creation form. The 'Tags' field contains 'golf, improve your golf game'. The 'Adult content' dropdown is set to 'none'. The 'Comments' dropdown is set to 'default'. The 'Screening' dropdown is set to 'default'. The 'Security' dropdown is set to 'public'. There is a checkbox for 'Do not add to friends page and RSS' which is unchecked. The 'Repost to' section has checkboxes for Facebook, Twitter, and VKontakte, all of which are unchecked. A 'setup' link is next to the VKontakte checkbox. At the bottom, there are two buttons: 'Preview Entry' and 'Post to jacobjonesbiz', which is highlighted with a blue border.

You can review to see how it is going to display. You can publish it when you are happy with it. That is your first post. You can use it to submit content and get exposure for yourself. You can send people to all types of content pages you have out there. This is how you use LiveJournal to generate more traffic for yourself. This is a great free way to get more traffic for yourself.

The screenshot shows a LiveJournal page for a user named Jacob Jones. The page features a post titled "Exercises To Improve Your Golf Game" dated March 12th, 13:43. The post content discusses golf exercises, emphasizing core strength and flexibility. The page layout includes a top navigation bar, a sidebar with a calendar and page summary, and a bottom section with a "Welcome to LiveJournal" message.

**Exercises To Improve Your Golf Game** March 12th, 13:43

I want to discuss how simple exercises can improve your golf swing power, and how they can be done in your home in just minutes per day, with minimal equipment. No gym required. First off, I realize time is short for many golfers, but in my opinion that is still not an excuse to skip exercise. I go to the my gym at 4:00am and see a ton of people working out, then going straight to work, so it can be done. It just depends on how serious you are about your game and your health.

[Click Here For More Information](#)

If you play in pain, I strongly recommend a golf specific workout program, and the one I have prescribed for thousands of golfers via the internet does not take 2 hours to perform, and you typically won't even break a sweat.

I am a big believer in sports specific training, as this is the most effective way to prepare your body to perform. When golfers hear of weight training they envision bodybuilding type exercises that cause lots of strain on the body. This couldn't be farther from the truth.

The golf swing is a rotation back and a rotation through, so the key golf muscles are the core (center or abdominals) of your body. If you can strengthen AND stretch this area of your body with simple, rotational exercises and stretches using in-home equipment like stretching tubing with handles, dumbbells (hand weights), a fitness ball, and as you get a little strong a medicine ball, you'll be on your way to a pain-free, very powerful golf swing.

The other muscles to focus on are your hamstrings, as they are the key to maintaining your golf posture, as well as preventing low back strain and injury. I have found that the majority of older golfers test very low very both hamstring flexibility (range of motion) and strength. This deficiency results in swing faults like coming out of your posture, losing balance either forward or backward, as well as a very sore lower back during and after the round. Sound familiar?

It does not take a lot of weight (resistance) to quickly improve power and driving distance. The important thing is to isolate those specific muscles in the range of motion they go through in your swing. Just like any other athlete, a golfer should be training specific to the sport.

So if you are a frustrated golfer wanting to improve your golf swing, you should strongly consider these types of simple golf exercises.

Tags: golf, improve your golf game

[Leave a comment](#)

[Edit Entry](#) [Edit Tags](#) [Add to Favorites](#) [Share](#) [Track This](#)

● Welcome to LiveJournal March 11th, 8:00

**Jacob Jones** [jacobjones12](#)

Page Summary

- Exercises To Improve Your Golf Game
- Welcome to LiveJournal

Tags

golf improve your golf game livejournal welcome

Powered by LiveJournal.com

You can use [www.blog.com](http://www.blog.com) too and just follow their free tutorials. I like LiveJournal due to the set up. Try to include unique content and to link to your hubs and Squidoo pages. You can do a variety of things to help cross promote your content.



The image is a screenshot of the Blog.com homepage. At the top, there is a navigation bar with links for 'Already a member?', 'E-mail', 'Password', 'Log in', and 'Lost password?'. Below this, the Blog.com logo is on the left, with the tagline 'What's your story?'. To the right of the logo is the main headline 'Right here, right now, *write away!*' in a large, elegant font. Below the headline is a yellow button that says 'Sign up and start blogging for free!'. Underneath the button are five green silhouettes of people. The page is divided into three columns of text. The first column on the left says 'A blog is your best bet for a voice among the online crowd. It's a personal website, packed with features, as easy to use as your e-mail.' and has a green button labeled 'Get Inspired'. The middle column says 'Our community is the choice for more than two million bloggers. Join the fray as we observe the world.' and has a green button labeled 'Check the Features'. The third column on the right says 'Fully-featured from the get-go. Blog.com provides a powerful publishing platform for free.' Below these columns is a dark horizontal bar with the text 'Blog.com offers you a great set of free features'. Under this bar, there are two sections. The left section is titled 'Smashing beautiful themes' and shows a collage of various blog themes. Below the collage, it says 'Inside, you'll find handpicked themes created to suit your blog persona. Find out more'. The right section is titled 'The best domain' and shows a text box with 'yourname' and '.blog.com' next to it. Below this, it says 'Start your blog at the best possible Internet real estate. Find out more'.

Already a member? E-mail Password Log in Lost password?

**Blog.com**  
What's your story?

Right here, right now, *write away!*

Sign up and start blogging for free!

A blog is your best bet for a voice among the online crowd. It's a personal website, packed with features, as easy to use as your e-mail.

Our community is the choice for more than two million bloggers. Join the fray as we observe the world.

Fully-featured from the get-go. Blog.com provides a powerful publishing platform for free.

Get Inspired Check the Features

*Blog.com offers you a great set of free features*

*Smashing beautiful themes*

Inside, you'll find handpicked themes created to suit your blog persona. Find out more

*The best domain*

yourname .blog.com

Start your blog at the best possible Internet real estate. Find out more

## Special Bonuses:

1) How to build a real Internet business (Thousands of people have taken this free course and succeeded!)

[Click Here to Get Your FREE Bonus Lessons](#) (\$197.00+ Value)

2) \$100/Day Complete Video Series for FREE - [Click here](#)

3) FULL TIME Income from PLR - FREE download - [Click here](#)

## Resources for you:

1) [Coaching for Success Online](#) – Coaching from three real-life marketers, and the reseller content for you to start selling right away!

2) [Domain registration](#)

3) [Web Hosting](#)

Coupon Codes:

TAKE25PERCENT (25% off your entire first bill. Hint: prepay for a year or two and lock in the savings!)

HOSTINGSECRET (\$9.94 off)

REALRESELLER (\$24.94 off reseller account)

4) [AWeber List Hosting/Management](#)

(The paid hosting options are not required for this No Cost Income Stream method, but if you can afford it they are highly recommended for the long term success of your business.)

5) [Push Button Marketer](#) - Automates tasks like email, writing, creating websites, checking stats, blogging, website maintenance, posting ads, research, product reviews, and so much more.

## Recommended Websites:

Eric Holmlund – [www.EricsTips.com](http://www.EricsTips.com)

Paul Counts – [www.PaulCounts.com](http://www.PaulCounts.com)

Jeff Wellman – [www.IMSuccessTips.com](http://www.IMSuccessTips.com)