



# The No Bait-And-Switch Checklist

12 Questions To Ask Before You Buy ANY Online Business Course

So You Never Waste Money On Another Extrovert's Program Disguised As An Introvert-Friendly One Again

- Does this program reward constant visibility and daily social posting? Or does it offer quieter, sustainable marketing options?
- Is the income proof based on personality-driven hype — or repeatable systems?
- Are results dependent on going live, cold messaging, or high-energy sales tactics?
- Does the creator explain how this works for introverts specifically?
- Are there clear step-by-step systems — or just motivation and mindset talk?
- Is the sales page calm and transparent — or urgent and pressure-filled?
- Are testimonials detailed and realistic — or vague and exaggerated?
- Can this business model work without becoming an influencer?
- Is there room to move at your own pace without falling behind?
- Does it align with your energy level and season of life?
- Is there real support — or just a big, noisy Facebook group?
- If the hype disappeared, would this still make logical sense?

## Final Gut Check

If you feel:

- Rushed
- Pressured
- “Not enough”
- Or like you must change your personality to succeed

## Pause.

Calm businesses are built intentionally — not impulsively.

## A Gentle Reminder

You don't need louder strategies.

You need aligned ones.

Build a business that fits your nervous system.



CalmLivingWoman.com

Helping thoughtful women build profitable businesses and live calm lives— quietly.

