

# **1000 New Visitors**

**How To Get 1000 New, Unique Targeted Visitors Per  
Month To Any Website... For Free!**

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## Introduction

This report is going to outline a step by step plan for taking any site from zero to one thousand visitors per month in 30 days time. Or, increasing your existing traffic by a thousand visitors per month in the next 30 days.

It's not specifically how to generate a thousand visitors, as by scaling it up, or doing it more consistently, your traffic will continue to grow far past that point, but it is how to get your traffic flowing in the smartest and most simple way possible.

I originally wrote this as one of the guides for my members at [Firepow](#), who generate free traffic specifically for blogs, and to promote products as an affiliate, but I've adapted this report so it can be used whether you have a blogs or static site, and whether you promote products as an affiliate or products of your own... or for Adsense revenue for that matter.

Furthermore, it's not about getting 1000 crappy, unqualified visitors, it's about getting 1000 high quality, targeted visitors that are the most valuable to you as a website owner.

The style of this report will be intentionally short, fluffless, and action focused.

Anyone can do this, but few people will. How effective it is, will be up to you.

Here goes...

## Background

Before I get to the first step of the strategy I want to remind you about a very important principle. That principle is that all traffic is not equal.

1000 people coming to your website from your from your twitter profile, isn't the same as 1000 people coming to your website from a traffic exchange, and neither of those are the same as 1000 people coming to your website having searched for a solution to a problem or desire they have and selecting your website as the one that appears to have the answer.

There are a lot of ways to generate traffic, and no one strategy should be used in isolation at the neglect of others. Real online business owners are open to testing everything and learning for themselves which kinds of traffic make them the best returns on their investment.

That said, few will argue that traffic from highly relevant search keywords can be beaten in terms of monetary return per visitor. Sure, in total on the Internet, the traffic available through other sources like social media, media buying, and other forms of online advertising provide vastly greater volume of potential traffic than search, I've yet to find someone who will say that in general, traffic from these sources convert more highly than targeted search traffic.

More importantly, when your site is just new, this traffic is the most important. It allows you to test your monetization the most easily, and start seeing profit as quickly as possible.

For these reasons, traffic from search engines and other free sources will be the bread and butter of this report.

## Part 1: Research

The great thing about this method is that no matter what niche you're in (with the exception of a small few), there are always a huge number of long tail keywords that you can use to bring traffic to your site with the most basic optimization and simple techniques.

So the first step to getting 1000 new visitors in 30 days is to do some research. Go to the Adwords Keyword Tool at the link below and get ready to begin... (warning, this might not look like your typical keyword research)















<https://adwords.google.com/select/KeywordToolExternal>

All you need to do is type in the main keyword for your niche, whatever it is. Say your niche is stopping snoring, you'd enter "snoring".

You'll get a big list of keywords related to snoring. Here your goal is to pick some keywords from this list that you can create some content on that will get easily ranked in the search engines. Here's how to do it.

You want to pick some words that have between 500 and 5000 searches per month. As I always say, these are "guidelines", not "unbreakables".

What I like to do is do the search, then click on the link at the top called "advertiser competition" twice, so it sorts the list with the less competitive keywords at the top. Then I scroll down the far right column to see which of the most lowly competitive keywords have strangely high levels of search volume compared to that competition. See the image below:

Keywords related to term(s) entered - <a href="#">sort by relevance</a> ?			
uppp snoring		58	58
soft palate snoring		Not enough data	390
snoring uvula		Not enough data	390
snoring santa		210	320
snoring breathing		170	590
anti-snoring		Not enough data	Not enough data
y snore		320	320
snoring women		590	720
snoring symptoms		320	480
snoring natural		210	1,900
snoring health		170	1,300
snoring children		590	1,000
snore solutions		Not enough data	140
snore free		390	720

Note here that we're not using the "competition" tab in google to analyze real competition (as this refers to pay per click advertiser competition) but it is a guideline, a starting point.

The circled keywords seem to have more search volume than the others at that level of competition and could be worthy of further investigation.

All your trying to do here is find 30 such words. 30 words that have between 500 and 5000 searches per month in the "average search volume" tab and that seem to have a low relative of relative competition.

If you're not finding any good keywords under a search for the main keyword as above, you can choose one of the keywords from the first list, and run a separate search just for it, like "stop snoring" for example. Go back and type that into the tool, click the "advertiser competition" button again, and see what you find there.

Finally, if you're still not getting the keywords you want with that, you can try this.

Go to google.com and type in your main keyword, say it's "stop snoring". (don't use quotes when you type it in Google THIS TIME).

Refine results for **stop snoring**:

[Treatment](#)   [Tests/diagnosis](#)   [For patients](#)   [From](#)  
[Symptoms](#)   [Causes/risk factors](#)   [For health professionals](#)   [Alter](#)

**Stop Snoring Tips**

Tips to help you **stop snoring**, information on how to deal with a snorer and other **snoring** information.

[www.stopsnoringtips.com/](http://www.stopsnoringtips.com/) - 4k - [Cached](#) - [Similar pages](#)

Whatever URL appears first, copy it, and go back to your Adwords keyword tool. Here, scroll back to the top search part and on the left select “website content” rather than “descriptive words or phrases”, and enter the URL you just copied.

<b>How would you like to generate keyword ideas?</b>	
<input type="radio"/> Descriptive words or phrases (e.g. green tea)	Enter a webpage URL to find keywords related to the content on the page. <a href="#">?</a> <input type="text" value="http://www.stopsnoringtips.com"/> <input type="checkbox"/> Include other pages on my site linked from this URL  <a href="#">► Or, enter your own text in the box below. (optional)</a>
<input checked="" type="radio"/> Website content (e.g. www.example.com/product?id=74893)	

Now you can get new keyword ideas based on the keywords that this site, which you KNOW is ranking well and getting targeted traffic, is using.

A list of keywords will appear where you can do the same as originally, sort by competition then try to find high searched words that are lowly competitive.

Once you've got a list of 30, we can perform the second part of your research, which is to analyze the search competition.

### Analyzing Search Competition

If you think I'm about to say “type the phrases in Google in quotes and see how many search results appear” hold your horses.

While the typical way of analyzing the “competition” of a particular keyword is by looking at the number of competing pages, anyone who's actually done SEO will tell you that the number of competing pages doesn't REALLY tell you how hard or easy it's going to be to rank for a particular term.

Keywords often have a small number of competing pages that are highly optimized and on authority domains that you aren't going to beat.


Other terms have huge numbers of pages that are optimizing poorly and that you'll be able to topple with just a couple of links.

So how do you REALLY tell competition?

The answer is, you can't know TRULY how hard or easy it is to rank for a term until you've done it. BUT that doesn't mean you personally have to try it yourself...

Check out this...

So before, I did a URL search for that stop snoring keyword and this came up:

Keywords	Advertiser Competition <sup>?</sup>	Approx Search Volume: February <sup>?</sup>	Approx Ad Search Volun
Keywords related to <b>to stop snoring</b> - sorted by relevance <sup>?</sup>			
ways to stop snoring		1,600	1,000
exercises to stop snoring		210	260
how to stop snoring		8,100	6,600
exercise to stop snoring		Not enough data	110
to stop snoring		390	9,900
remedies to stop snoring		Not enough data	390
products to stop snoring		Not enough data	320
surgery to stop snoring		320	260
how to stop snoring at night		Not enough data	110

The top keyword was “ways to stop snoring”.

So I went to Google and did a search for this term WITHOUT quotations. Here's the results:

The image shows a Google search results page for the query "ways to stop snoring". The search bar contains the text "ways to stop snoring" and the search options are set to "the web". The results show three entries:

- Stop Loud Snoring Now** (Sponsored Link): [www.RIPsnore.ca/StopSnoring](http://www.RIPsnore.ca/StopSnoring) The RIPsnore Problem Snoring Cure Guaranteed, Money Back, Free Delivery
- Ways to stop snoring - That are really effective**: When someone **snoring** becomes a problem then usually the next step is to think of **ways to stop snoring** that they can use so you can get a good night sleep ... [waystostopsnoring.net/](http://waystostopsnoring.net/) - 43k - [Cached](#) - [Similar pages](#)
- HowStuffWorks "9 Tips to Stop Snoring"**: Are you trying to **stop snoring**, or get someone else to **stop snoring**? Take a look at these 10 tips to **stop snoring** for help getting peaceful sleep. [health.howstuffworks.com/tips-to-stop-snoring.htm](http://health.howstuffworks.com/tips-to-stop-snoring.htm) - 39k - [Cached](#) - [Similar pages](#)
- Easy Ways To Stop Snoring**: 11 Nov 2006 ... Read more about **ways to stop snoring**, and see Gordon Bryan back a cure with ... **Easy Ways To Stop Snoring** - 11 Nov. 2006. EzineArticles.com. ... [ezinearticles.com/?Easy-Ways-To-Stop-Snoring&id=356388](http://ezinearticles.com/?Easy-Ways-To-Stop-Snoring&id=356388) - 47k - [Cached](#) - [Similar pages](#)

The URL for the third result is circled in red.

You'll see that in position 3, there's an article published at Ezinearticles.com.

Now, why does this make me happy?

Because I too can publish an article at Ezinearticles.com, and assuming this dude hasn't built any links to his article page at ezine (which is rare but not impossible) if I out optimize him, I'll take his ranking eventually. The only thing working against me on this particular example is the age of this guy's article which is a few years – the newer the article the better it is for you.

Furthermore, I can use this to see how much traffic this ranking has gotten for the chap:

This article has been viewed 2448 time(s).  
Article Submitted On: November 11, 2006

Ads By Google [Snoring Mouthpiece](#) [Stop Snoring Devices](#) [Sr](#)

It also gives me a true indication that this keyword is uncompetitive. If an article at ezinearticles.com can rank highly with no links, then when I have a piece of content on my site based on this term that I build some great links to, I'll surely get a front page ranking too.

Now keep in mind that this isn't a PERFECT indication of competitiveness, and like anything, it can still be inaccurate – but one thing I do know for sure is that targeting keywords that show low levels of competition based on this analysis is far more likely to bring you rankings and traffic than keywords found based on the “number of pages” analysis. Try it out for yourself.

So back to our step by steps. What do we actually do with this knowledge?

Well, if you're looking for a down and dirty increase to your traffic within a short period of time, these keywords can be very valuable

Search each of your original 30 articles in Google and keep your eyes peeled for:

1. Articles from Ezinearticles.com in the search rankings.
2. Squidoo lenses in the search rankings
3. Listings from any similar social sites like hubpages, wikidot, wetpaint, zimbio, wordpress.com, blogspot.com etc etc

Now, you're going to find these kinds of pages appearing more often depending on how popular your product is to affiliates. These listings will be more common among hot clickbank niches for example thanks to all the “bum marketers” out there. But if you have a more obscure niche, don't worry, you can still...

Go for the old “competing pages” analysis, but with some additions.

Do a search for the keywords in quotations, so “stop snoring”.

Try to get keywords with under 10 000 competing pages in Google, the lower the better.

When you find the terms with under 10k competing pages, also check the front page for:

Lots of sites that don't have the keyword in the url.

Not many sites on pages from major authority sites like wikipedia, amazon, etc.

If you go with those analyses, you'll still come out with keywords that will get you to the 1000 new visitors in 30 days.

So by the end of this step you should have 30 keywords that fit the criteria we've talked about.

If you've got that, you're ready to rock this and pull those 1000 visitors in 30 days no problem.

You should be able to knock this part of the plan out in 1 day, two days maximum.

## Part 2: Creating Content

The next part of the 30 day plan is to create content.

There are many ways to create content for your site. I had to adapt this part because with our [Firepow](#) members, they have the ability to use a tool called Content Blitz to automatically create a large amount of content that's specifically targeted to each of the keywords you found in Part 1. It then publishes the content to your blog automatically as well.

But it's also not so hard to write the content yourself...

Warning, the next part of this plan contains writing!

Here you're going to want to do one of two things. First if you're a writer or like writing, get ready to do some. Second, if you're not a writer and hate writing, get ready to go to [getafreelancer.com](http://getafreelancer.com) and hire a writer.

If you haven't already, you should take a moment now to realize that if you want to get search engine traffic, you're going to need content. For that matter, if you're going to have an online "information" business, whether you're selling a product online, making an AdSense site, promoting your offline business, or what... you're going to need at least SOME content.

Let me say also that there are ways to get content outside of writing articles, some of which can be successful. However I'll also say that you'll find it difficult to have long term success without at least some content that's yours and only yours.

If you're in the "hate writing" group, it's not a problem. \$3 for a 300 word article over at [getafreelancer.com](http://getafreelancer.com) means you will be able to complete this plan for about \$150, since we're going to get some articles and some rewrites of those articles.

Let me be brutally honest. If you don't have \$150 to invest in the success of your website, I

don't think you should be trying to make money online yet. If you have \$150 spare no problem but you don't WANT to invest it in the success of your website, I also don't think you should be trying to make money online.

Now that those pleasantries are out of the way, let's get down to business.

First thing you need to do is get an article written on each of the keywords you just found.

So if you pick the first keyword on your list, say it's "stop snoring", that means writing an article that has:

1. The keyword in your article title.
2. The keyword at least once in the 300 word post body.

That's it. Forget keyword density or even LSI – they can be helpful but we're trying to keep this simple.

If you're writing the articles yourself, you need to produce one of these bad boys per day, one one each of the keywords on your list. If you're doing it with a writer, just have them write all thirty as soon as they can so you can make use of them.

Next, when you've written the 30... Uh oh, I can hear the groans coming...

You gotta create rewrites of each of the 30 too.

Don't worry it's not that hard. You can pay a writer \$1.50 to rewrite the original 300 word version of it, or you can use a software like Power Article Rewriter to do the job for you.

The rewritten article should have the same principles – based on the same keywords.

Now you've got 60 pieces of content and some potential to really make some impact in your niche in the search engines.

Next we'll look at how you're going to use this content to generate that 1000 visitors.

First step.

First thing you have to do is start establishing some content on your own site. You should now post these articles to your blog (or website), one per day. (feel free to do more if you want to speed up the results)

If you're using a blog (which I think everyone should, but hey that's just me), and if you can excuse the self promotion, check this link for some free videos (no opt in) on how you should make each of the posts so they are maximally SEO friendly:

[http://www.youtube.com/watch?v=VvyE\\_vps5Mg](http://www.youtube.com/watch?v=VvyE_vps5Mg)

For a basic overview, all you want to do is post them so the keyword is in the blog post title. Use All in One SEO Pack so that your keyword is also in the meta keywords and description, and make the keyword bold at least once in the blog post content.

That's about all. Just one more thing!

Each post you make (excluding the first one) you want to make one link in the blog post, that links back to the previous article (or just another article) on your blog/site. This makes sure each piece of content has one extra internal link and helps in the SEO particularly for the pages competing for really long tail keywords.

Furthermore, you want to make the anchor text of that link, the keyword that the previous article was trying to rank for.

So...

Say your second article is on the keyword “exercise to stop snoring” and the first article is on the term “stop snoring”. In your second article somewhere you'd include a sentence, relevantly placed that says:

*“while it's possible to use exercises to [stop snoring](#) there are many other alternatives.”*

The word Stop Snoring, would link to the last post you did which was on the keyword “stop snoring”. You'd then do the same thing in the following 3<sup>rd</sup> post, with a word that linked back to your “exercises to stop snoring” post. Make sense?

Then by the time your 30 articles are up, they'll all have at least one extra backlink.

I suggest you make this a daily task and do it one post per day. Or if you have a spare day, or just an hour or so, go through and queue up each of the posts in your wordpress, so that one new one will appear on your blog each day.

This will start to build you a base of content that you can increase by...

FINALLY...

Here's an extra step that's easy and can help give your traffic a small boost.

Make a habit to each day, add at least one article to your site... from an article directory! That's right, go to an article directory, grab someone else's content, and slap it up on your site... that's what those articles are there for!

Provided you know why you're doing it and what to expect, this CAN result in extra traffic for you.

I know a lot of times, I get stuck in the mindset of producing as much of my own content as possible, so it's unique, so it can target the keywords I want, get ranked for the phrases I

want, and be used however I want. When I'm in that frame of mind, if someone said to me "hey why don't you add some good articles to your site, from an article directory for example", I'd be like umm no - why would I? How is that going to rank in the search engines when competing against all the article directories and other websites that publish it.

What this post is about, is how that thinking misses a vital point... yes, you guessed it... adding value for the reader... NOT just the search engine.

If I add 5 articles to my site today, from Ezinearticles.com let's say... I know those aren't going to get ranked well in the SE's without some serious link building on my behalf... but if those articles are high quality, having them in my "recent posts" could certainly draw some attention and have someone click them rather than leaving my site upon finishing one of my own unique posts.

Why is that important?

Well, besides the obvious fact that keeping the visitor on your site for one page longer means an extra opportunity to convert them into someone who makes you money... the number of page views per user is something seen by Google Analytics and by logic, noted by them as an indication of the quality of a site. As by the way is time spent on your site per user, all things that are becoming increasingly believed to influence your search rankings.

It shouldn't take much convincing that a little of other people's content can provide value to your readers and hence be a good idea.

**The important part is monetization.**

If I slap the other person's article straight up and do nothing else, sure, I'm racking up another page view, but I'm also not doing more than giving this other person's link in their author bio a

bit of extra exposure, and killing any opportunity to make money from this extra piece of content myself.

Here's some measures I like to take to ensure that doesn't happen.

## **1. Never Add An Article Straight Up, As Is.**

I like to add articles to a site but with an introduction from me. So I'll start out like:

*"Surfing around the web this week I was thinking a lot about XYZ (some issue in my niche) and I found an interesting article that talked about ABC. It was rather informative and made me realize how LMNOP is in fact important and worthy of attention. I've pasted this article below for you to check out yourself. Just make sure when you're done, you come back up and check out this link"*

ARTICLE PASTED HERE

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This way, I get the full benefit of the other person's content and idea but I make it a unique post, that I can call whatever I want, make it target whatever keyword I want, and so on. I'm also doing what I can to make sure that if they do read all the way through, they still come up to check out my link rather than the author's link.

## **2. Beef Up The Monetization**

Since you can't go editing another person's article if you're republishing it, you've gotta do what you can to make sure if people are leaving that page, it's going to make you money.

You can't edit an article, but there's nothing wrong with sticking an advertisement in the piece of content. Whether it means wrapping the text around an Adsense block or a banner for something, you're putting another piece of "bait" out there (if you can excuse the sleazy marketing analogy) that may get taken rather than the author bio link AND without committing the unscrupulous act of changing around the author's content and inserting your own links.

### 3. Be Picky With The Articles You Choose

You want to pick from the cream of the crop of the articles at whatever directory it is. While so much article directory content resembles a regurgitated dog's breakfast, some of it is in fact profoundly informative. You want to pick both quality content, and content that is light on the author bio links.

You'll see certain articles with author bio's that you know have been written by a marketer and others that you know have been written by a real "expert", who does it for the passion and enjoyment. The latter is likely to be better quality and have one humble link in the author biography rather than 3 links with a super enticing offer of some kind. You know which ones to pick.

Ok, is it all making sense?

So to recap, here's what we've done or committed to in part 2.

1. We've created 30 unique articles based on the keywords we found in step 1, or committed to creating one per day.
2. We've created 30 rewrites based on those articles or committed to creating one rewrite per day. We will use these rewrites in step 3 of our 30 day plan.
3. We've either queued up the 30 blog posts and are having them appear one per day on our blog, or we've committed to adding one of the articles to our blog per day based on the SEO videos that appeared above.
4. We've committed to grabbing one or two articles per day from an article directory and adding them to our site to make sure that we're becoming the authority on the subject.

The result of all this? Here's what we want to achieve:

Eventually we want to have a piece of our content, ranking as high on the front page for the keywords we originally chose, as possible. Simple right?

Part 3 is going to show us how to go about obtaining those rankings and picking up visitors

from a number of other free sources while we're at it!

## **Part 3: Promoting Your Site And Watching The Traffic Soar**

This is a brief version of the [Firepow Traffic Generation Blueprint](#) that I created for Firepow 2.0. The full version has these strategies as well as the use of the Firepow link building tools (Eg. The Blog Network where you can post to more than 2000 blogs in order to obtain backlinks to your sites) as well as others. Let's get into it...

So we've done the research, and we've got the content. Our platform is built, now it's time to expand on it and really ramp up this traffic.

So, the first thing you need to do is get ready to use those rewritten articles you've got.

We're going to use those articles for some fundamental and specifically styled article marketing.

The kind of article marketing we're going to do will result in both fast, and long term traffic. I've written about this before, but it's worth repeating again because in my opinion it's the only real way to do article marketing. Here's how we do it.

So you've got your first rewritten article on the keyword "stop snoring". Your goal is to submit this to Ezinearticles.com and link it back to the post which is now on your blog (after step 2) related to "stop snoring".

When you do this, the following happens:

1. You get traffic from people who search ezine articles for stop snoring, and come across your article. That's usually the first traffic your site gets, and for your first couple of

weeks, generally the biggest source of traffic to your blog.

2. This article gets ranked in the search engines for “stop snoring” if you're lucky (ala bum marketing) and that brings traffic to your blog/website.
3. The link that you provide back to the post that's on your blog helps THAT POST... YOUR CONTENT to get ranked in the search engines so that when the ezinearticles.com ranking drops off (which it almost inevitably will do without further promotion) the post on your own site... which you WILL continue to promote... will take it's place.

That's how you do article marketing. Sure there's other things you can do to convert more readers to buyers, boost CTR, and get more distribution, but that overall strategy should be incorporated into your article marketing methods regardless of your approach.

Ok so your task then is...

Each day, you need to submit one article to ezinearticles.com linking back to the blog post that went up on your blog that same day. Here's exactly how to perform the ezinearticles.com submission:

1. Your Article Title: Pretty easy. You just put the keyword you're trying to rank for first followed by a tempting sentence also containing the keywords. Example: “Stop Snoring: These Tips Helped A Chronic 30 Year Snorer To Stop Snoring” - or whatever might be a tempting statement based on the product you promote.
2. Abstract. This is two things. It's the description of your article that appears in the search engines and also the description that people see when searching for it in ezinearticles.com. In other words it has to be enticing. I won't get into all the ways to write a good teaser here but try to make it one or two sentences that makes someone who sees it curious or excited about what they'll find inside.

3. Article Body: Paste in the content

4. Author bio: This part's important. You need a couple of things here. You need to establish that you're an expert. You need to give an incentive to click through, AND you need to carefully insert your two links. One link links back to your website to the specific url of the POST page that you made that day, and the other links back just with the URL. You want to vary this each day so your incoming anchor text is as varied as possible. Here's an example of an Author Bio for our stop snoring Author

*“Steve Phillips is an online researcher on the subject of how to permanently [stop snoring](#). You can find more insights and groundbreaking research into how people all over the world are stopping snoring at <http://yourwebsite.com>”*

Making sense? Two links, one to the url, one to the post page with the ANCHOR TEXT of the keyword you're trying to rank for... Got it?

So the Stop Snoring rewritten article is now submitted to ezinearticles.com all ready to potentially rank for the term stop snoring as well as linking back to your POST on “stop snoring”. I hope I've made that clear.

So now that you know this formula, the next part of your 30 days is to do this every day. Every day a new post appears on your blog, you submit a new article to ezinearticles.com doing the same as above, getting it a quick backlink and exposure. Do it every day for 30 days and that alone will ensure you get a large part of your 1000 visitors for the month (if you actually DO IT for 30 days)

Next...

This part is optional but you can easily scale this up by doing the same thing for another couple of article directories. Goarticles.com and Buzzle.com or Articledashboard.com – You

all know about these, so just submit the same article to 3 directories each day. No need for a mass submitter, or submitting to 1000 directories. Those three will give you good results on their own. Plus that's free and submitting articles doesn't take THAT long once they're written.

Alternatively you can outsource that. You'll find people on getafreelancer.com that will submit articles to a directory for 0.50c each – that's an extra \$15 over the month... no brainer right?

Stop for a second.

I thought it's worth pausing here to point out just how effective what we've discussed here will actually be if you REALLY DO IT consistently, every day for 30 days.

Let me ask you when was the last time you took a precise set of actions towards a single goal, every day for 30 days? Exactly, and that might be why you're wondering how effective this will really be when it seems so simple. COMPOUNDING is one of the most powerful forces on earth but without consistently doing something for long enough, you'll never see it's results.

Try it and you'll see.

Also, remember this.

As you're doing this over the month, your search traffic is going to be increasing. If you picked the right long tail keywords with minimal competition, the combination of your internal links that we discussed in step 2, and the links from your article submissions, as well as having well keyword optimized posts, will be enough to get you ranked for certain long tail terms. AND you'll inevitably get traffic from keywords you didn't research, so that'll help your traffic add up too.

So don't forget that.

Ok so moving on.

We'll be starting to see some visitors to this site now, now it's time to boost it again with more activities that we can do each day. We're working on making a set of actions that can be taken each day, to build that compounding power I'm talking about.

On the next step, we're going to talk about continuing to promote your site, getting some quick boosts, as well as building backlinks and spreading the word about your site.

You're making good progress, let's keep it up!

## **Part 4: Further Promotion And Locking In Your Traffic Results**

Here we're going to talk about another two ways you can get more traffic to your blog over the course of the 30 days and potentially generate well OVER the 1000 visitor mark per month.

First, here's a little insight.

I like to focus on methods of traffic that bring traffic in more than one way; ones that have a long term benefit and a short term benefit. That's why I like the above article marketing strategy, it gives quick traffic and steady traffic over the long term too.

The two traffic methods here are simple and can achieve this end.

First, we'll talk about using Squidoo.

Whatever your existing notions of Squidoo are, leave them behind for a moment.

First, you need to setup a lens. The goal of setting up a squidoo lens is two fold. Both to get traffic from people searching on Squidoo for your topic, and secondly to provide links to your blog in order to increase it's search engine ranking.

Fortunately with Squidoo, there's a way to make the backlinks you get automated, and to get a link to every post you make, automatically. So here's how:

You need to first setup a lens. I won't go through all the details but it's fairly simple. You go to <http://www.squidoo.com/member/registration> and follow their steps.

You only want to make sure that:

1. The topic of your lens includes your main keyword. That will ensure you end up with a keyword targeted URL like [squidoo.com/stop-snoring](http://squidoo.com/stop-snoring) – that'll help the backlinks you get be more valuable.
2. The title of your lens also contains the keyword, again to make sure that search spiders know that it's a page about “your keyword” and so the links you get are of maximum relevance.

And that's about it. There's plenty more you can do with Squidoo that can boost your traffic again but that we won't get into here. So that your lens has something on it, you can add some of the “modules” that Squidoo offers.

First you can add a welcome message. This doesn't have to do anything but fill out your page a little, and contain your keyword. Make it a couple of hundred words telling your readers about the information you're going to be providing. A link to your blog in this section is helpful too.

Next, you can add a quick video module from Youtube to do the same thing. I'm intentionally keeping this brief and void of instruction. Squidoo is fairly self explanatory.

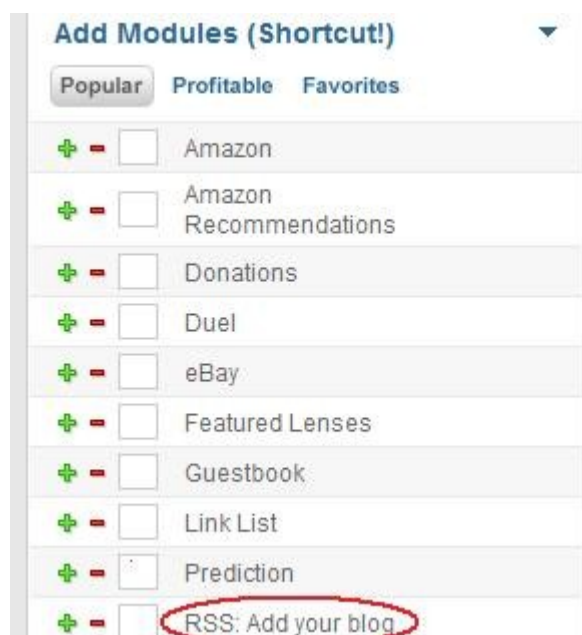
Finally, the easiest is to add one of your rewritten articles (or rewrite it again briefly) and add it to your Squidoo page as a “text module”. This can include your affiliate link as well as links to your blog (for any anchor text you want). It's a way to make money from the visitors you pick up from Squidoo.

Now here's the important part. This is the way to get automatic backlinks from your Squidoo lens.

You can add an RSS Module to your Squidoo lens. By adding that module, you can input your own blog's RSS feed and it will automatically update so that when you make a new post to your blog, it will appear on your Squidoo lens with a link to the blog post. Not only that but it

links to the post not with a keyword but with the post title, which helps vary the anchor text of your incoming links and make your link building seem more natural.

Here's a couple of screenshots on how to do that:



Then you'll get a screen like this that you'll fill in as indicated in the pic:

### RSS: Add your blog

**Give your module a title. Titles can only be one line, so keep it short**

**Give your module a subtitle** (optional)

**Give your module a description** (optional)

**What URL would you like to pull RSS from?**

**How many headlines would you like to show?**

**Would you like to include an excerpt from each link in the feed??**

**How frequently should the module be updated?**

**Would you like to display HTML in the excerpt?**

**SAVE** **CANCEL**

Note: the RSS URL: This is the most common FEED URL if you have a wordpress blog. It can also be <http://yourblog.com/feed> or something else. There's nothing much else that's significant here except getting your FeedURL into the lens and making it update every 12

hours so that all your new content is being shown.

Again this will make it that every post you make, displays on, and gets a link from your lens. AND this means your lens has always got some new content on it too, so it's less you have to update your lens for it to be seen as "frequently updating". You can play with that more by tweaking how many words of the excerpt you show.

Now you've got the potential to be found through Squidoo, and when your lens starts ranking. I'd suggest over the 30 days, you post something else to your lens maybe 4 or 5 times. The more content on there, the more it could be found for.

A last tip. You can increase the amount of traffic that's making it from your Squidoo lens to your actual blog (CTR) by putting a banner in one of your article posts. So there's some visual element that attracts the eye to your site if the visitor happens not to read much of your text. Usually it's a bit of simple `` HTML code that'll do the trick there.

## Moving On

This is the final traffic strategy we'll talk about in this report.

It's a good one, something you've no doubt heard of before but that I'll need you to cast aside your pre-existing notions of. You ready?

It's Blog Commenting. Here I'm not talking about the tireless spamming of other people's blogs for the sake of a backlink. I'm talking about having a system of not only leaving relevant meaningful comments but using your blog comments as a means of finding and developing relationships with other people in your niche that you can leverage into greater traffic deals later on. Remember how I mentioned not doing anything for traffic that has only a one sided benefit. This is that, to a T.

So you start out finding blogs in your niche that are both Do-follow (they're not blocking the transfer of PR and spider activity to sites that they link to) and that allow comments.

Fortunately there are lots of good tools for this out there. Free ones too:

<http://www.thefreeblogcommenter.com/>

or

<http://www.inlineseo.com/dofollowdiver/>

At these tools you simply enter a keyword that's related to your niche. Go as broad as possible at first to give yourself the most blogs to search through.

Scan the results. You're looking for blog posts that are relevant to your site and that for whatever reason, you can think up something good to comment on. The thing is, your comments don't always get approved, so there's things you need to do to give yourself the best chance of getting approval and getting your link out there. Some good ideas are:

1. Ask a question. Blog owners will enjoy the interaction and being able to demonstrate their knowledge and look cooler in front of their audience. As long as it's a real question, and it's relevant and looks like it's from a normal person, they're likely to answer you. Not only does that give your comment a better chance of approval, but you've opened a dialogue with the site owner. Something important we'll talk about soon.
2. Don't post links in your comment body. Yep, don't do it. Any good blog owner will recognize it as an attempt at link building. Settle for the link that comes from your name and be done with it. UNLESS that is, if the link is relevant (hint) If you're asking a question and it's relevant to include a link to your own site, then it's legitimate and the site owner will hopefully think so too.
3. When you leave a link as your name, you can make it something that's loosely related to your site, but not something that's obviously a keyword and is 5 words long. Experiment with it. Overall, any link back to your site from a relevant blog is valuable,

even if you can't get the perfect anchor text. Again it makes your incoming links look more natural to have a varied anchor text.

Now don't forget, we're not just getting comments for links, because that would be a one pronged attack. Leaving comments on relevant blogs also gives us the possibility of attracting new visitors who were reading that blog and follow our link.

Thinking along these lines, it's good to leave comments as early as possible on a relevant blog so that your comment is seen directly under the post content, and hopefully by as many people as possible. A good tool for doing this is <http://commentsniper.com> which updates you as soon as new posts get made on your favorite blogs so you can try to be the first to comment.

Finally, here's the icing on the cake.

Every person in your niche who has a blog, is like a potential goldmine for you, one of the reasons you don't want to piss them off with stupid blog comments for the sake of a single link.

As you go through the list of related blogs looking for comment opportunities, you also want to be making a list. You want to make a list of the blogs you come across that:

1. Seem to be the most frequently updated.
2. Seem to get the most comments
3. 3. Seem to be the most highly trafficked (use Alexa, their FeedStats, or many other sources).
4. Accept Guest posts (seen by other guest posts appearing on their blog)

What are you going to do with this list? Build relationships with these guys!

You can try and get in touch with these blog owners to see if they will allow you to make guest

posts on their blogs. And leaving relevant comments and adding something to their blog first is a great way to do it.

Meanwhile, a lot of bloggers are starving for content ideas and will welcome the possibility of having you write content for them. You write a guest post with a link back to your site on a decently trafficked blog and you can forget 1000 new visitors in 30 days, you could do it in a single day.

If it happens that you didn't write your content, no problem. You can send out requests for guest posts, then if someone agrees, pay to have an article written for their site. Even if you pay \$10 for the article, the traffic it will bring (as well as the good in content link) will be worth it if the blog is good.

Furthermore, relationships with bloggers can give you potential for Ad spots in the future, they can provide guest posts for your site so you get free content, and so much more.

So blog commenting gives us links, traffic, and relationships when done right.

Try to leave 5 good quality blog comments per day on relevant blogs and by the end of the month you'll be well on your way to the big traffic numbers you really need to kick your business into overdrive.

Oh and don't forget, that too can be outsourced if you train someone right. If you can describe to them in more detail everything we've talked about here, they can leave comments and build you a list of quality blogs so all you need do is email the blog owners yourself. Something to think about.

Ok so let's go back and recap the whole plan so it's clear.

The 0 to 1000 in 30 days Plan:

1. Find 30 keywords based on keyword research methods mentioned.
2. Get 30 articles produced and 30 rewrites.
3. Setup your Squidoo lens with your RSS feed embedded.

Then Daily For 30 Days:

1. Make sure one post goes out to your blog.
2. Submit the rewritten version of the article to ezinearticles.com linking to the blog post that went up on that day. To boost results, submit also to goarticles.com and articledashboard.com
3. Use one of the mentioned tools to find and comment on 5 relevant blogs perday.
4. Compile the urls of those blogs into a list adding 5 each day.
5. Try to contact at least one of those blogs with the proposal of making a guest post each day.

That's it!

## Conclusion

This has been a simple plan for how any site could add 1000 visitors per month through content creation, and simple promotional strategies. I think they can be applied to almost any website in any niche. Also, they're completely white hat, and focused on building relationships and results that will ensure your site's success long into the future.

These steps are simple and there's no reason you can't scale them up (doubling the quantity of each, per day) to speed up your results, or scale it down if you don't have enough time in the day.

And of course, this isn't all you can do over the 30 days. If you're really working hard on it there are so many other things that you can do to improve these results.

If you want to get more hardcore with your blogging and traffic generation, you can take a look at a tool we've built that can help you create the results we've talked about here and more, only in a faster and more automated way. Some members have even used it to add 5 figures per month to their bottom line. It's serious stuff.

You can check out our tool Firepow at <http://getfirepow.com>

If you have any questions about anything you found in this report please feel free to email me at admin AT nichemarketingoncrack.com and I'll do my best to get to it.