



James Colin's 4 weeks method for mass traffic attraction and better AdSense earnings

4 Weeks Method for increasing your adsense earnings by a minimum of \$100 per month, every months to come. You can start to be paid each month by AdSense on the first round of this method, the increase of traffic will come progressively during the 4 weeks. This method can be applied as many times as you wish, it's not blackhat, it's not a trick, it's just a simple plan that works.

Starting from the next page there are 4 pages that you should print out on paper, so that you have an handy tool for keeping track of what you've done and also to take notes during your research.

If you want to start earning serious money with AdSense without wasting your time, then mass traffic is what you need, and this method will allow you to generate that. Very simple once you know it, spread it to your friends who you think are capable of following such a method which involves working online everyday for 4 weeks, not everyone is able of doing that because of procrastination.

Easy links that you may need :

- [Dreamhost Web Hosting](#) (that's the web hosting company I recommend, but you can do this method everywhere, up to you)
- [Google Insights](#) (that's the tool which gives you the topics to talk about)
- [Google Analytics](#) (that's a web tracking tool that you should install on your site/blog where you'll post your pages, it will be very useful for the last day of the method, and of course at any time when you want to increase your traffic even more)
- [Addthis](#) (that's a handy social media widget that you should add to your site/blog template so that it will be easy for you and others to share your content on social media sites and social bookmarking sites)
- [Best Reviewer](#) (that's one of my site, the exact page where I posted my method, it's a forum discussion so you can find more information and updates, also you can ask me questions there)

OK, we're done here for the introduction, on page 2,3,4 and 5 you'll find the 4 pages that you have to print, and then from page 6 there will be the actual method as I first posted it, maybe I'll post updates to this PDF file from time to time, so check it if you want, but honestly you don't need to, you have already the basic idea and explanation, after you have done the method for 4 weeks, you can expand on it by using Google Insights in more creative ways, such as predicting the near future and what will be searched for within the next 3 months, I'll let you think about it and find it yourself, it's easy once you understand that some topics are seasonal and come back every year at the same time and that you can play with the date period in Google Insights.. :-)

Cheers,
James Colin

Week 1

Day	Category	Date Period	Couple Keywords	More Keywords	Notes
1	Arts & Humanities	Last 12 months Last 90 days Last 30 days			
2	Automotives	Last 12 months Last 90 days Last 30 days			
3	Beauty & Personal Care	Last 12 months Last 90 days Last 30 days			
4	Business	Last 12 months Last 90 days Last 30 days			
5	Computers & Electronics	Last 12 months Last 90 days Last 30 days			
6	Entertainment	Last 12 months Last 90 days Last 30 days			
7	Finance & Insurance	Last 12 months Last 90 days Last 30 days			

Week 2

Day	Category	Date Period	Couple Keywords	More Keywords	Notes
8	Food & Drink	Last 12 months Last 90 days Last 30 days			
9	Games	Last 12 months Last 90 days Last 30 days			
10	Health	Last 12 months Last 90 days Last 30 days			
11	Home & Garden	Last 12 months Last 90 days Last 30 days			
12	Industries	Last 12 months Last 90 days Last 30 days			
13	Internet	Last 12 months Last 90 days Last 30 days			
14	Lifestyles	Last 12 months Last 90 days Last 30 days			

Week 3

Day	Category	Date Period	Couple Keywords	More Keywords	Notes
15	Local	Last 12 months Last 90 days Last 30 days			
16	News & Current Events	Last 12 months Last 90 days Last 30 days			
17	Photo & Video	Last 12 months Last 90 days Last 30 days			
18	Real Estate	Last 12 months Last 90 days Last 30 days			
19	Recreation	Last 12 months Last 90 days Last 30 days			
20	Reference	Last 12 months Last 90 days Last 30 days			
21	Science	Last 12 months Last 90 days Last 30 days			

Week 4

Day	Category	Date Period	Couple Keywords	More Keywords	Notes
22	Shopping	Last 12 months Last 90 days Last 30 days			
23	Social Networks & Online Communities	Last 12 months Last 90 days Last 30 days			
24	Society	Last 12 months Last 90 days Last 30 days			
25	Sports	Last 12 months Last 90 days Last 30 days			
26	Telecommunications	Last 12 months Last 90 days Last 30 days			
27	Travel	Last 12 months Last 90 days Last 30 days			
28	Google Analytics	Search query 1 Search query 2 Search query 3	You'll use the exact search queries as titles of your 3 pages of the day, so you don't need to choose a couple of keywords in Google Insights today. You can write down the 3 search queries in the NOTES if you want to.	No need to make a keyword research for the search queries, but you can if you want. Otherwise simply answer the search queries to the best of your knowledge without making a keyword research on google insights, it's fine.	

Here is the actual method as I posted it on my forum in august 2011, perhaps I'll make updates to it in the next months but honestly from past experience I don't think so, if you want to reach me look on the first page of this document for the link to the Best Reviewer discussion, you can then post there on contact me via the contact form on the site.

If you want to be paid by AdSense each month for years to come follow my 4 weeks method..

Yes, if you want to be paid by AdSense each month for years to come follow my method, otherwise just keep doing what you've been doing, obviously it works perfectly..

I'm talking about/to people who complain that they're trying hard and not making enough money with AdSense, well to you I say stop right there, I offer you a personal, exclusive method of 4 weeks. It's like a fitness program, you simply have to follow it, imagine you have to do it otherwise you'll be killed, then you'll see that it's not that hard, just need to keep motivated for 4 little weeks, that's 28 days, are you worth it or not?

A bit of warning, don't take offense about my tone, if you think it's arrogant or whatever, because firstly I couldn't care less and if you're offended and don't trust me because of that then you don't deserve to be successful anyway, grow up, welcome to the real world. I'm just direct and I'm not abusive, ok? I just am not a native english speaker, so I have a very limited vocabulary and for the tone it's because I'm a bit fed up reading people complaining when it is really simple to be paid each month by adsense, that's only \$3.3 per day, you can't live comfortably anywhere on \$3.3 per day... You should do several rounds of my 4 weeks method if you're starting really low in your adsense earnings..

I hope you have time because it's going to be quite long to read, but imagine how much time I've spent (wasted?) to write it, so don't whine please.. :-)

To receive a payment by AdSense at the end of next month you need to have earned \$100 during the current month. \$100 a month is roughly \$3.3 per day. Assuming you have a CTR of 5% and an average CPC of \$0.1 you need about 30 clicks or 600 ad impressions which is about 400 unique visitors per day (I'm simplifying a lot because it doesn't matter)

So anyway, you see that getting 30 clicks on your pages every day is very easy, but at two conditions, you have to get the required traffic to your pages and so you need content that will attract people to your pages and secondly you need a correct ad placement so the CTR will easily reach 5%.

So to make things very simple I'm not going to explain everything about the thinking, because I have already talked about it before in my blog and also because it doesn't matter I should get started with explaining my sure method to achieve this simple goal for every months to come.

You have to know that it will mean "working" every day for 4 weeks, but maybe just one hour a day. Can you do it really? If not, stop reading honestly you'll never earn anything, continue what you're doing it's perfect.

So from now on I'll only describe my method and not say why, if you have questions post them in the comments, and also perhaps one day I'll take my method description again and paste it into a new blog post with more details about the why and how this works...

What you need:

- some place to post your content, preferably your own web property (I mean a proper domain name and webhosting, with a CMS installed such as Drupal or WordPress) but if you don't have that you can use my website ([Best Reviewer](#)) or blogger, but that is weak and you should be ashamed of yourself. The best advise I can give you is to buy yourself a proper web hosting at [Dreamhost](#) (\$8.95 per month) which comes with a free domain name, after on the same account you can have more sites with their domain name and you don't pay more (except for the domain name itself, \$9.95 per year if you buy it at [Dreamhost](#)).. If you don't yet have a web hosting and are not dumb and want to follow my advise then you can use the promo code JAMESCOLIN (when they ask for it on the order form) that will give you \$50 off your order. So in fact you're not paying \$8.95 per month..

- know the basics of Google Insights: <http://www.google.com/insights/search/#>

- install Google Analytics on your site (that's why it's best to have your own proper web hosting, but you can still put it on some places such as blogger, but some don't allow that, bummer!) here's the url for Google Analytics: <http://www.google.com/analytics/>

So, in Google Insights you have several categories:

Arts & Humanities

Automotives

Beauty & Personal Care

Business

Computers & Electronics

Entertainment

Finance & Insurance

Food & Drink

Games

Health

Home & Garden

Industries

Internet

Lifestyles

Local

News & Current Events

Photo & Video

Real Estate

Recreation

Reference

Science

Shopping

Social Networks & Online Communities

Society

Sports

Telecommunications

Travel

That's 27 categories, it's handy because my method takes 4 weeks to complete, so that's 28 days, you guessed it, 1 category a day and one day for something else that will involve using Google Analytics, I'll tell you at the end. You can repeat my method every month if you want, but you don't need to, doing my method one time will allow you to receive minimum \$100 every month from

AdSense, but if you do it again then that will be \$200 per month minimum until you die or remove the pages totally from the internet.

So the method is quite simple, I take the category **SPORTS** as an example and from that example you'll have to use your brain a little bit, it's the same for all categories, remember you'll do one category per day.

So you go to Google Insights and you don't put anything in Search terms input box, you let it empty, on the right you have 4 dropdown lists which default at:

Web Search

Worldwide

2004 - present

All Categories

Change it so it looks like:

Web Search

United States

Last 12 months

Sports

press the button Search on the right. OK, on the next page, scroll down to the bottom of the page and look at the two lists "Top searches" and "Rising searches".. For the purpose of this demonstration I'll show you what I get at this moment, it will surely be different when you'll do it yourself, because it will be in the future compared to me (duh!) so:

Top searches

1. football

2. basketball

3. nfl

4. golf

5. sports

6. baseball

7. nba

8. soccer

9. espn

10. club

Rising searches

1. super bowl 2011

2. fb

3. packers

4. bulls

5. giants

6. steelers

7. nba

8. super bowl

9. twitter

10. cricket

The goal will be to choose 1 keyword from each list, so make sure you use your brain and show some creativity here.. First rule to help you, if one keyword is present in both searches, pick this one as the first keyword, so here we see that **NBA** is in both lists, so I take **NBA**, then for the second one I would also take another word present in both lists but there is none, so I'm free to choose anyone of the keywords in the two lists, of course you want to choose one nearest to the top of the

lists. So I'm making a choice now, I'll pick **FOOTBALL**.

So now I write down **NBA & FOOTBALL** that's my first couple.

Now you go back to the top of the page and repeat this process by changing only the period/date, instead of Last 12 months you do it with Last 90 days, you pick one keyword in each list and once more with Last 30 days.

Don't take the same couple of keywords, that is now you have 3 couples of keywords, in my case:

Last 12 months: **NBA & FOOTBALL**

Last 90 days: **GOLF & PGA**

Last 30 days: **FOOTBALL & FANTASY FOOTBALL**

Now, go back to Google Insights again and this time you'll enter something in the search terms. You can put up to 5 search terms, sometimes with 3 couples of keywords you'll have 6 different keywords, but sometimes like in my case you have less, so I can save a few seconds by doing it all in one time and input my five keywords in the Search times input boxes:

NBA

FOOTBALL

GOLF

PGA

FANTASY FOOTBALL

And then set the dropdown lists as follow:

Web Search

United States

2004 - present

Sports

Press Search button and scroll down to the bottom of the page.. Now you need to listen and understand, for each keyword you'll do the same as before, pick two keywords (often they are keyphrases, that is 2 words or more, but there can also be single word keywords) one from each list, if some keywords are in both lists, pick those. If there are numbers in the keyphrases, pretend they don't exist, that is for instance for NBA I get "2010 NBA DRAFT" if I pick this keyphrase I will consider only NBA DRAFT without the year, that's what I mean by using your brain a little.. Also note that above the two lists there is a dropdown list that you use to switch between your inputted keywords, that will show the different lists for each keyword.

So I do this process and here are my results:

NBA & FOOTBALL: NBA DRAFT/ESPN & FOOTBALL SCHEDULE/COLLEGE FOOTBALL

GOLF & PGA: GOLF COURSE/GALAXY GOLF & PGA TOUR/PGA SUPERSTORE

FOOTBALL & FANTASY FOOTBALL: NCAA/NCAA FOOTBALL RANKINGS & YAHOO

FANTASY/ESPN FANTASY

So, now we're done with the keyword research, really.. here comes the "hard part" of my method, yes you have to create 3 pages on your site, you can't copy & paste and if you know nothing about the keywords then you'll have to do a little research to at least understand what the acronyms mean.

Write 500 characters minimum (that's characters not words) piece of text about those topics, here's how:

Come up with a title which include the couple of keywords, then write a text by using the 4 keywords per couple as well as the couple of keywords. Short example for my first couple of keywords:

TITLE: Is football better than NBA for TV?

TEXT: I watch a lot of sport on TV and yesterday I found myself asking an old buddy of mine: "what do you prefer watching? Football or NBA?"

He then came up with an interesting theory, that college football was far more superior to any ESPN match on TV because of the length of the number of players and the action.. The fact that those NBA Draft guys are so tall and the court so small make for too heavy TV action with wide angle and zooms, it gives him headaches. Instead the football schedule is very easygoing, well he ended his theory rather confusingly and we then talked about something else..

What do you think guys? Do you prefer to watch NBA or Football on your big screen TV?

OK, I just came up with this text without any effort, I know absolutely nothing about basketball and football, I didn't do any research, but you should, I still don't know what means ESPN, I suppose it is an organisation, and I'm not an english native speaker, so it shows a lot I'm sure, but what do I care seriously, all my keywords are inside and it's good to go if I'm really lazy, if not for a real website I would make a little more effort, look, the same text with keywords in bold:

*TITLE: Is **football** better than **NBA** for TV?*

*TEXT: I watch a lot of sport on TV and yesterday I found myself asking an old buddy of mine: "what do you prefer watching? **Football** or **NBA**?"*

*He then came up with an interesting theory, that **college football** was far more superior to any **ESPN** match on TV because of the length of the number of players and the action.. The fact that those **NBA draft** guys are so tall and the court so small make for too heavy TV action with wide angle and zooms, it gives him headaches. Instead the **football schedule** is very easy-going, well he ended his theory rather confusingly and we then talked about something else..*

*What do you think guys? Do you prefer to watch **NBA** or **Football** on your big screen TV?*

Now, you do this work three times and you're done for the day.. You can do more, and in this case you can choose more couples or more keywords per couple, but don't burn all your energy, it's better to do 3 pages a day for 4 weeks rather than doing 10 pages per day for 3 days and then stop before finishing all the categories. Plus by doing only 3 pages a day, you can allow yourself to write more text per page, more is better. My small text is not enough, I don't know how many characters it has, maybe 500, but 500 is really a minimum and you should know that the more there is the better, simply make up a story and find an angle to talk about the topic that Google Insights gave you for today's category.

I hope by this time you have completely understood what is your daily work, if not then you seriously need to ask a clear and precise question so I can help you understand..

I recommend you set up your site, the categories, and when you're ready you start with the first category Arts & Humanities and write your 3 pages and put them in the Arts & Humanities category of your site. Then share those 3 pages on social media, at minimum you should have a facebook, google plus and twitter account and like/+1/tweet each one of your 3 pages. If you have time left you can digg/stumbleupon/delicious/reddit/etc.

Don't do anything more, don't comment spam or forum spam. No! Just rest, enjoy what is left of your day and wait for tomorrow and start the Automotives category..

Can you do that for 27 days straight? Then what do you do with the 28th day? Easy you open your Google Analytics account and look at the search engine referrers. You want to know what search queries your visitors used on Google in order to come to your site. Granted most of the queries will be for pages that you've done earlier, you might not see queries for the pages you've posted on the 25th, 26th or 27th day, but it doesn't matter, just look at those queries and then take 3 amongst the top 10 queries and create one page for each one with the title having the exact query and the text being an explanation, or anything else, here again you can be creative, repeat that query several times in your text..

If you need an example for that last day, let's say in your top search queries there's one being used by many visitors to get to your site and is « what sport is most popular, nba or football ? » and you want to pick it, ok then you'll create a page that you'll categorize in SPORTS and you'll entitle it exactly the same « What sport is most popular, nba or football ? » then in the text of this page you'll talk about the pros and cons of basketball NBA and football, you can place in a sentence or two the same query again, such as « Many times people ask me, hey guy, what sport is most popular, nba or football like if I was some kind of sport guru, I tell them that I have no idea and it's up to each individual's own preferences to know if they prefer nba or football, ... » OK I added this small paragraph because I thought I was a little short on the 28th day explanation, but it's very simple really and that's the day where you have the most freedom really. You can also use Google Insights on this day in order to explore really all popular keywords related to the words in the search query and include them all in your text in creative ways, up to you really if you aim for quality that's what you should do, go the extra mile !

You're done!

Look at your adsense account and tell me you're not SO HAPPY, I dare you! :-)

You can then take some rest, relax, enjoy, and maybe start another 4 weeks round to increase your daily earnings even more, by that time honestly it will have already become an habit and the daily chore won't feel so difficult. You may even like it, you masochist! Also you can admit that by now you've learned many little different things that you didn't know before, so you can write better texts in the next round with more ease than on the first round.

You should have now a minimum of $28 * 3 = 84$ pages optimized for popular keywords in 27 categories. If you don't have that to show, something went wrong in following my method:-)

Try again !

Cheers,
James Colin