

# 7-Day Skill Starter Plan

A one-week worksheet for choosing one skill, setting a realistic routine, and tracking your first seven days.

Checklist
■ Choose one skill and one clear first-week outcome.
■ Schedule short daily practice blocks instead of vague intentions.
■ Pick a learning format you can actually repeat.
■ Compare lessons, exercises, support materials, and refund terms.
■ Track completion, confusion points, and next questions each day.
■ Avoid buying multiple courses before you start the first one.
■ Use free samples or previews before committing when possible.
■ Review progress after seven days and decide the next step.

## What to compare before buying

1. Lesson format and practice style
2. Device access and offline materials
3. Refund policy
4. Beginner fit and pacing

## Next step

Read the full Gotoby category guide: <https://gotoby.de/learning-skills/>

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