IMPORTANT! Internet business, programs and social sites are consistently changing here on the web, therefore, I'm always updating these training notes and... I highly recommend that you work from these notes while you're online at our Social Pro Revolution site so that you're sure to be viewing the most updated notes.

If... for some reason you really need to download this eBook to your computer, click on the 'download' icon located at the upper left side of this document, then click "save file" then click 'browse' to find the location you want to save it at.

Jump-Start Training – Getting Setup: Notes/Resources:

GETTING SETUP BEFORE STARTING YOUR FREE SOCIAL PRO REVOLUTION JUMP-START TRAINING...

Why Getting Setup Properly is So Darn Important For YOUR Business...

Our coaches here at the Social Pro Revolution Movement... are continually seeing more and more new students who have very slow running computers. This is usually due to having too many unwanted Malicious Malware, Spyware, Trojans, Worms, and Adware etc. that have slowly infected their computers over time. In fact, many of them have forgotten how fast their computer really should run and... most of them waste many unproductive hours trying to fix it themselves or throw away good money after bad, paying someone to fix it for them, only to find out they've been ripped off...

We believe... that a TRUE coach should be able to help you with anything you're trying to accomplish in running your online business, not just help you with your training.... And that should include helping you get your computer up and running efficiently so that you have a much higher chance at being successful.

And Besides... We all know that leaders produce leaders and all of our TOP 2% Income earning leaders have something in common that makes them very efficient in making the most money possible in the shortest amount of time possible ,,,, above and beyond just applying the powerful leverage of social network marketing.

YOU MUST REALIZE... that behind the scenes of every successful leader's business, there's an unparalleled arsenal of high quality and reliable tools at their fingertips to keep their computer running fast, efficient, and dependable at all times

After All, You Must Have The Right Tools For The Right Job... Right? The most important thing we are going to **do right this minute** is to get you setup with your own personal arsenal of primary tools that you can depend on to keep your computer running efficiently and most importantly, tools that will keep your computer dependable in the future.

VERY IMPORTANT NOTE!

If You're Computer Is Running Slow, Taking <u>Longer Than 3 To 5 Seconds</u> To Open Your Browser Or Programs And Having Problems Viewing Online Content, Playing Videos Or Just 'Flat-Out', Behaving Slow And Very Erratic , We HIGHLY Recommend You <u>Complete The Following 7 Steps Below Thoroughly To Their ENTIRETY</u>!

If Your Computer Is Still Behaving Erratically <u>After Completing The 7 Steps Below</u> You May Want To Read More About Our Simple 15 Step 'In-Depth' Computer Cleanup Video Resource Guide To Help You Scan, Clean And Get Your Computer Running Right.

Let's Get Started... Follow these simple steps below immediately to get your computer running faster and more efficiently before you start on your first free jump-start video training.

Again, if the following 7 steps ARE NOT effective in getting your computer running better, read more about how you can use our computer cleanup video training towards the end of these notes.

STEP ONE: CLEAR the <u>browser history</u> and <u>cookies</u> from within your computer control panel and internet browsers.

STEP TWO: PERFORM a <u>disk cleanup</u> on your primary hard-drive (usually named 'c'). This will rid your computer of any past history files you're not using and will not use in the future.

STEP THREE: UNINSTALL ALL <u>toolbars</u> and… any programs you are **NOT** using from your control panel program files uninstaller area. Toolbars are notorious for putting <u>unwanted adware</u> on your computers. Adware corrupts your files making your computer slow down to the point of sometimes crashing. Some examples of toolbars are: Babylon, Google, Bing, Yahoo, Conduit, Swagbucks etc.

STEP FOUR: SHUT DOWN your computer and wait <u>20 seconds</u> before you turn it back on. MAKE SURE you tell it to **'shut down'**, not **'restart'**. This will allow your computer to reorganize any need changes from steps above.

STEP FIVE: DEFRAGMENT your computer. This will put all your files back to where they belong, making then immediately accessible when needed.
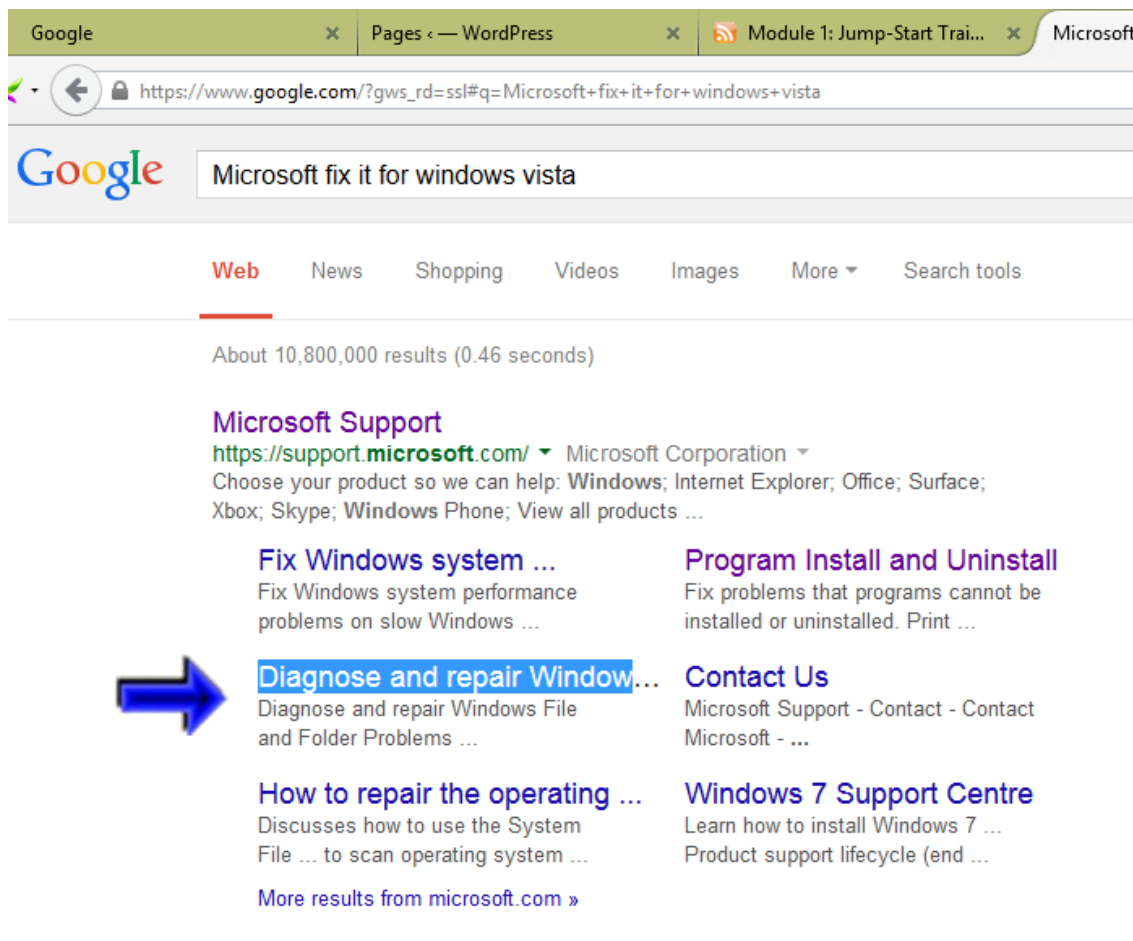
NOTE: Defragmenting your computer can take anywhere from a few minutes to a few hours.

STEP SIX: SHUT DOWN your computer again and wait <u>20 seconds</u> before you turn it back on. MAKE SURE you tell it to 'shut down', not 'restart'. This will allow your computer to reorganize any need changes from steps above.

STEP SEVEN: Have Free "Microsoft Online Fix It" check your computer... Go to: http://google.com

Important Note: Due to the rapid changing to many programs online, these instructions below may differ from my instructions in the video, therefore, follow the instructions below first as they will often be the most updated ones... It's literally impossible to keep up with all the internet changes in our video but, we do update quite often... I cannot help this inconvenience... ☺
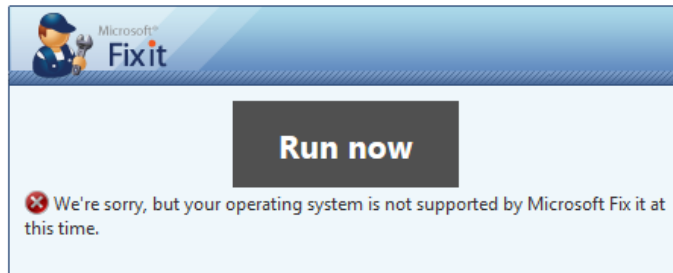
1.   Using Google search, type in "Microsoft fix it for windows vista, XP, 7, etc. (whatever your version of window is)"...

2.   Once Google gives you the search results, click on "Diagnose And Repair Window" per the screenshot immediately below.

3.   On the next page after clicking on "Diagnose and Repair Window", click the "run now" button on the page.

Note: If Microsoft Fixit does not support your operating system, they will tell you below the 'run now' button per my screenshot below: If this is the case, you'll have to skip this part of the training…

4.   If you're able to click the 'run now' button, Save the file to your desktop, then install and scan your computer.

5.   Have Microsoft Fix It to fix all problems it finds, then reboot your computer.

6.   Shut down your computer once again and wait 20 seconds before you turn it back on. MAKE SURE you tell it to 'shut down', not 'restart'. This will allow your computer to reorganize any need changes from steps above, then turn your computer back on to see if it's running better.

**If Your Computer Is NOT Running Faster And More Efficient
After You've Completed The 7 Steps Above, You Still Have Damaging
Malware, Rogues, Viruses, Adware On Your Computer…**

**CLICK HERE… To Read More About How To Fix It…
http://socialprorevolution.com/computer-medic/**

**If Your Computer IS Running Faster And More Efficient
After You've Completed The 7 Steps Above, CONTINUE BELOW:**

Now That Your Computer Is Running Faster And More Efficient, It's Time To Learn What You Should Be Doing On A Daily Basis To Maintain It's Good Working Order…

To keep your computer running efficiently you MUST scan it for malware and spyware daily to keep it clean of <u>unwanted files and malicious adware, adware, spyware, worms, trogans etc., which often comes with downloading tool bars</u> in which I DO NOT recommend using.

Below are some "**Don'ts"** you should abide by and also… some **step-by-step daily routine** instructions that you can follow each and every day after working online to assure your computer is ready to go for your next day of work…

Let's Cover The Don'ts First…

** **DO NOT** download toolbars for your browser, as they usually put malicious adware on your computer which corrupts your filing system and… they're known to SLOW down your computer drastically.

** **When downloading any programs** from the web, <u>**MAKE SURE**</u> that you're using a download site that is Adware free or has an Adware free section to use. Make absolutely SURE to take the time to **READ** the 'instruction boxes' BEFORE downloading and while installing ANY PROGRAM. We've found that many people just start clicking away WITHOUT reading first!

** **DO NOT** work on ANY other tasks while you're performing any scans or defragmenting your computer.

Now, Let's Cover A Four Step <u>DAILY</u> Routine For Maintaining Your Computer… (For Windows Users Only)

1ST – **CLEAR the browser history** and **cookies** from within <u>your computer control panel</u> and <u>your browser</u>.

2nd – **PERFORM A disk cleanup** to your primary hard-drive (usually named 'C') from within your "my computer' program.

3rd – **MAKE SURE** that your computers 'disc defragmenter' is scheduled to run **ONCE PER WEEK** on a day where you are not working on other tasks.

4th – **Always MAKE SURE** to keep your anti-virus program and window operation system up to date.

AGAIN!

AT THIS POINT... If Your Computer Is Still Running Very Slow Or Malfunctioning Erratically After Completing The Previous 7 Steps Above, You Need To Go Ahead And Read More About Our "Computer Cleanup Video Resource Guide" To Help You Fix It Before Starting On Your First Free Jump-Start Video Training.

If You DO NOT Address Your Computer Problems Now, They'll Only Continue To Rob You of Many Wasted Hours In Frustrations And "Hinder" Your Ability To Stay Focused on Learning How To Build And Run Your Business Effectively.

RIGHT CLICK On This Picture, Then Click On "Open Link In New Tab" To Keep These Notes Open, To Read More About The Social Pro Revolution Computer Cleanup Video Resource Guide.

Congratulations! You Are Now Ready To Continue To Your Next Social Pro Revolution Jump-Start Training. ☺

Dave D. Williamson
Founder/Author/Creator:
Social Pro Revolution Coaching Movement
Dave D. Williamson.com