# PLR Resell Quick-Start Checklist

From download to first listing in 10 steps. Tick each box as you finish it. Built for The 161 Mind & Wellness PLR Vault.

- [ ] **Step 1: Download and check the files**
  Open the vault and check what each kit actually includes: every kit has a PDF ebook, but only 80 of 161 include a Word file and only 79 include a sales page.
- [ ] **Step 2: Pick your first 10 kits**
  Choose the self-help and wellness topics you know best. Do not try to list all 161 at once.
- [ ] **Step 3: Read the FAQ limits first**
  Remember: no authorship claim on the original work, and no giving away the free source files.
- [ ] **Step 4: Edit the ebook text**
  Rewrite the intro, fix awkward lines, and make the voice yours. Light editing is required.
- [ ] **Step 5: Fix the formatting**
  Check headings, spacing, and page breaks in the Word file before you export.
- [ ] **Step 6: Add your branding**
  Put your name, your brand, and your cover style on every kit you list.
- [ ] **Step 7: Check the cover**
  Open the cover file. Fix stretched text or low-resolution art before you sell.
- [ ] **Step 8: Set your price**
  Vendor suggestion: $27 to $97 per kit, $7 to $27 per bundle. Start low, raise it after sales.
- [ ] **Step 9: Write your listing**
  Use the title and price worksheet (Bonus 2) for each kit. Add honest bullet points.
- [ ] **Step 10: List it and track it**
  List on Etsy, Gumroad, or your own store. Note the date, the price, and the first sale.

**Tip:** the FAQ says the kits need light editing, formatting, and branding. Do that work before you list anything — buyers notice rough files fast.

Free bonus from Pickzox. No resale rights on this checklist itself.
Pickzox — The 161 Mind & Wellness PLR Vault Bonuses