

## SEO – Terms & Conditions

I charge **US\$35/hr** and work for 20-25 hours a month. I believe this is a fair time commitment for any small business investing in SEO to improve website traffic. The only reason you'd need more than 25 hours a month is if you're optimising a large number of blog posts. Even in that case, I'd recommend staying under 50 hours per month because search engines already take time to index and recognise content credibility.

Remember, optimising a page doesn't take long—it's the research that does. Competitor analysis and gap analysis will take up most of the time initially. Once we understand where your business stands and how to leverage that, you won't need more than 25 hours per month.

**Note:** If you just want a basic website audit to know how much traffic your website is generating and where your keywords are ranking, let me know. It doesn't take much time. I'll do it for free and send it over.

**PS.** While we're on a monthly retainer, if for any reason you can't pay for the upcoming month, just communicate. I'll still do the job as usual because I value trust and long-term relationships over money. However, if we don't have that trust yet, you may start hearing things like *"My fingers aren't working"* or *"I have a fungus in my nails and I can't type"*. That's when you'll know our contract has ended.

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If you have any questions about the above prices or would like to speak further about your writing project, please contact me at [abbas@liftwithsafety.com](mailto:abbas@liftwithsafety.com).

Abbas Kizilbash

Freelance B2B Copywriter and Content Writer