

30 DAYS OF CONTENT

Monday

what inspires you about the place you work in?

post a client testimonial

answer FAQs about your services

Tuesday

introduce / reintroduce yourself

post something you'd love to learn about or a class you want to take

what is currently inspiring you this week?

Wednesday

what's the last book you've read & why do you love it?

post 3 interesting things people may not know about you!

what does your morning or nightly routine look like?

Thursday

post a photo of your fave retail or self-care product & why you love it

post benefits of your fave essential oil(s)

share & tag your fave local biz owner & WHY you love them

Friday

Share your WHY and vision. What got you into this career?

share a technique or modality teaser video

post a giveaway!

30 DAYS OF CONTENT

Monday

share your fave meditation or journal prompt

how has your biz evolved over time?

ask audience to follow you on other social platforms

Tuesday

post a stretch for a common client ailment

what is it like to work with you? (customer journey)

highlight a specific service or staff member

Wednesday

unexpected way to use a product or service

post a fill in the blank as a convo starter

give a virtual tour of your office space!

Thursday

post an inspirational quote

make an announcement! (BOGO sale, openings, or a new CEU, etc)

3 things you didn't know about XYZ

Friday

what makes your business unique?

post a poll for your audience

funny meme about your industry