

Social Media Post Planner

Today's Date: _____

I have posted _____ times today (GOAL: 3-5)

WHO am I talking to? (*Don't try to relate to everyone - relate to YOUR ideal challenger/coach!*)

My top 5 non-negotiable priorities in my life are:

1. _____
2. _____
3. _____
4. _____
5. _____

My top 3 struggles that I have overcome and/or currently struggle with are:

1. _____
2. _____
3. _____

My top 2 things that ALWAYS make me happy are:

1. _____
2. _____

WHAT type of post am I making? (*Always remember to add VALUE*)

- | | |
|---|---|
| <input type="checkbox"/> Tool/resource (app, book, new finding) | <input type="checkbox"/> Entertaining (funny story, funny video, meme, etc) |
| <input type="checkbox"/> Question/poll audience | <input type="checkbox"/> Pedestal (highlight, welcome or shoutout someone) |
| <input type="checkbox"/> Struggles + UPSWING! | <input type="checkbox"/> Time/money savers |
| <input type="checkbox"/> Answer/post about an FAQ | <input type="checkbox"/> Motivational |
| <input type="checkbox"/> How-to or a system | <input type="checkbox"/> Gratitude |
| <input type="checkbox"/> "This is who I am" post | <input type="checkbox"/> Progress picture |
| <input type="checkbox"/> Invite to challenge group | <input type="checkbox"/> Invite to coaching opportunity |

WEEKLY POSTS (*Shoot to post about coaching and/or your challenge every week!*)

Business Builder

Coaching Opportunity (GOAL: 3)
Challenge Group (GOAL: 3)

Team Builder

Coaching Opportunity (GOAL: 5)
Challenge Group (GOAL: 3)

Life Changer

Coaching Opportunity (GOAL: 3)
Challenge Group (GOAL: 5)

POST IDEAS (Use this section to brainstorm upcoming posts based on the above!)

- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____