

Social Media Posts

Your social media posts should do one of these things:

- Entertain
- Educate
- Inform
- Provide value
- Create trust
- Engage

Your social media posts should not:

- Always be selling or salesy
- Contain insensitive content
- Ignore comments, even negative ones
- Contain copyrighted material without permission
- Belittle or demean your followers



Daily Themes Ideas

Mondays

Monday Funday
Monday Motivation
Monday Mood

Tuesday

Tip Tuesday
Tuesday Vibes
Tuesday Trivia

Wednesday

Wednesday Wisdom
Wednesday Words
Wednesday Motivation

Thursday

Throwback Thursday
Thursday Thoughts
Transformation Thursday

Friday

Friday Freebie
Friday Funnies
Friday Night

Saturday

Saturday Selfie
Saturday Style

Sunday

Sunday Funday
Self-Care Sunday

My Daily Themes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday