



2025

# NEXT MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
Show the dinner workings of your life or biz	Host a live Q&A session	Share a memorable throwback photo or video	Highlight a product or service & explain features	Share positive feedback or reviews	Take your audience through a typical day for you	Document your travels & adventures
Highlight collabs with others	Share a useful tip or trick related to your expertise	Participate in popular challenge or create your own	Share interesting facts related to your niche or industry	Use interactive polls & surveys to engage your audience	Share a step-by-step tutorial on something you're skilled at	Post motivational quotes to uplift your audience
Let your followers ask you anything they're curious about	Give a shoutout to another biz you admire	Share your current favorites (books, movies, tools, shoes, etc.)	Tease an upcoming product or event or project	Let someone else takeover your account & share their perspective	Share fitness routines, healthy recipes or skincare tips	Share your current favorite songs or your playlist
Share your ideal client's problem in three steps	Debunk one common myth in your industry	Share why you started this biz	Share what keeps you moving forward	Share your one eye-opener experience	Make coffee and ted talk about a topic of choice	Share your weekend plans
"Click here if you wish you had a xxxx"	Share a bit of nature today	Share a 'caption this' post	Share an unpopular opinion you have	Ask your audience to share their struggles	Share your insights, highlights and lowlights of the week	Create a poll to ask if audience is struggling with xxx (service or product that you offer solves)
Share 5 fun facts that your ideal client would benefit from	Do a mini training	This or that	Share a boundary that you are working on and how	Reintroduce yourself	Share 3 big goals you have for the year and ask audience to share theirs	Mid-day checkin and a poll asking how your followers are doing