

day	social media	approx post time	week 1	week 2	week 3	week 4	week 5
mon	FB / Instagram	9am	inspirational story that relates to what you do or believe	inspirational story that relates to what you do or believe	inspirational story that relates to what you do or believe	inspirational story that relates to what you do or believe	inspirational story that relates to what you do or believe
your story idea							
tues	FB / Instagram	6pm	share something in the news that is about your industry	share something in the news that is about your industry	share something in the news that is about your industry	share something in the news that is about your industry	share something in the news that is about your industry
your story idea							
wed	FB / Instagram	9am	give your expert advice on something	give your expert advice on something	give your expert advice on something	give your expert advice on something	give your expert advice on something
your story idea							
wed	FB / Instagram	6pm	show you in your business and tell a story about it	show you in your business and tell a story about it	show you in your business and tell a story about it	show you in your business and tell a story about it	show you in your business and tell a story about it
your story idea							
thurs	FB / Instagram	9am	something in your industry that is now different - turning back time	something in your industry that is now different - turning back time	something in your industry that is now different - turning back time	something in your industry that is now different - turning back time	something in your industry that is now different - turning back time
your story idea							
fri	FB / Instagram	9am	how to - helpful information	how to - helpful information	how to - helpful information	how to - helpful information	how to - helpful information
your story idea							
sat	FB / Instagram	9am	a product of yours and its story	a product of yours and its story	a product of yours and its story	a product of yours and its story	a product of yours and its story
your story idea							
sat	FB / Instagram	6pm	a short video of you or your business	a short video of you or your business	a short video of you or your business	a short video of you or your business	a short video of you or your business
your story idea							
sun	FB / Instagram	9am	a positive story about your business or product	a positive story about your business or product	a positive story about your business or product	a positive story about your business or product	a positive story about your business or product
your story idea							
mon	linkedin	10am	share a post and relate it to what you do or believe	share a post and relate it to what you do or believe	share a post and relate it to what you do or believe	share a post and relate it to what you do or believe	share a post and relate it to what you do or believe
your story idea							
tues	linkedin	10am	share a story about your industry	share a story about your industry	share a story about your industry	share a story about your industry	share a story about your industry
your story idea							
wed	linkedin	10am	share a success you have had	share a success you have had	share a success you have had	share a success you have had	share a success you have had
your story idea							
wed	linkedin	1pm	a positive story about your business or product	a positive story about your business or product	a positive story about your business or product	a positive story about your business or product	a positive story about your business or product
your story idea							
thurs	linkedin	10am	share someone else's post that resonates with you	share someone else's post that resonates with you	share someone else's post that resonates with you	share someone else's post that resonates with you	share someone else's post that resonates with you
your story idea							