



For

DISCOVERY OF YOU

Carolina McFarland

Day-By-Day Monthly Social Media Posting Blueprint Instructions

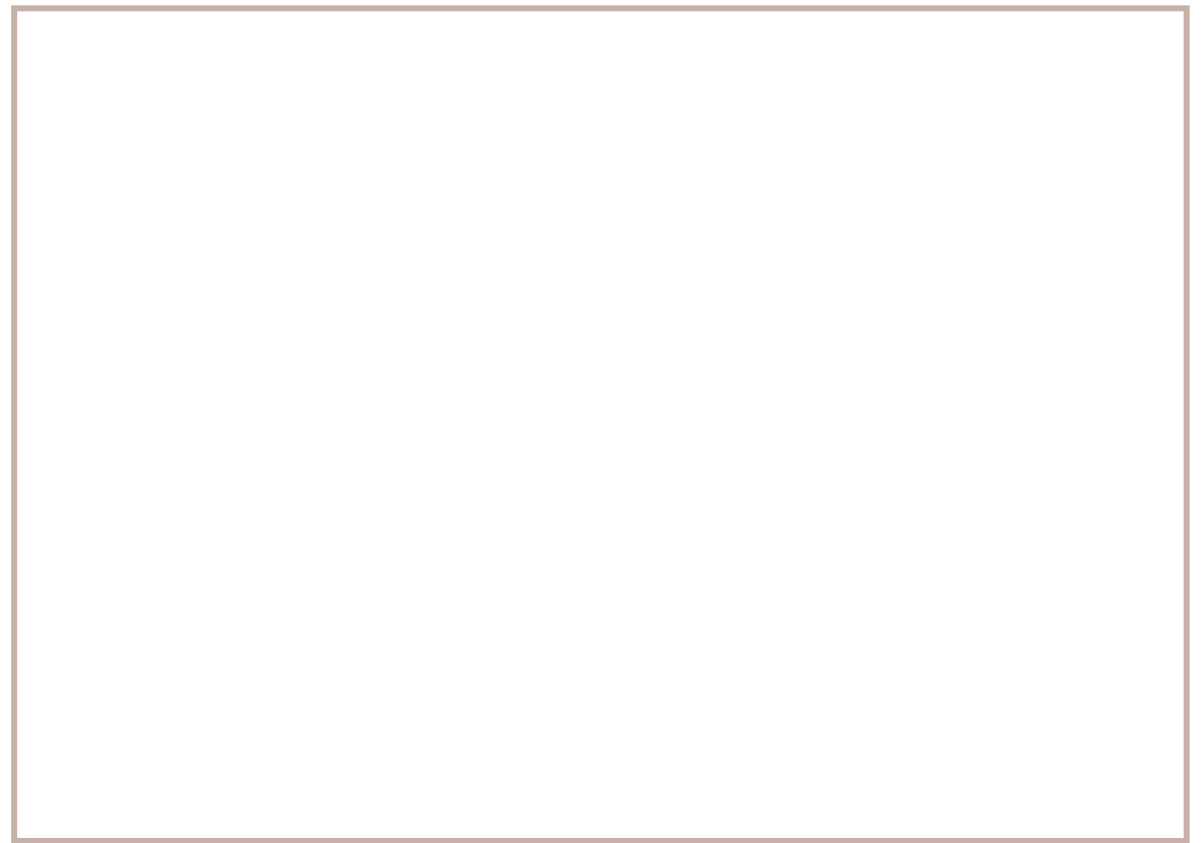


Week 1

Day Sunday Date _____

Post Type Inspirational

Enter a text box with your post's message in the box below





Week 1 Day Monday Date _____

Post Type What you do or Special Offer

Enter a text box with your post's message in the box below

A large, empty rectangular box with a thin brown border, intended for the user to enter their post's message.



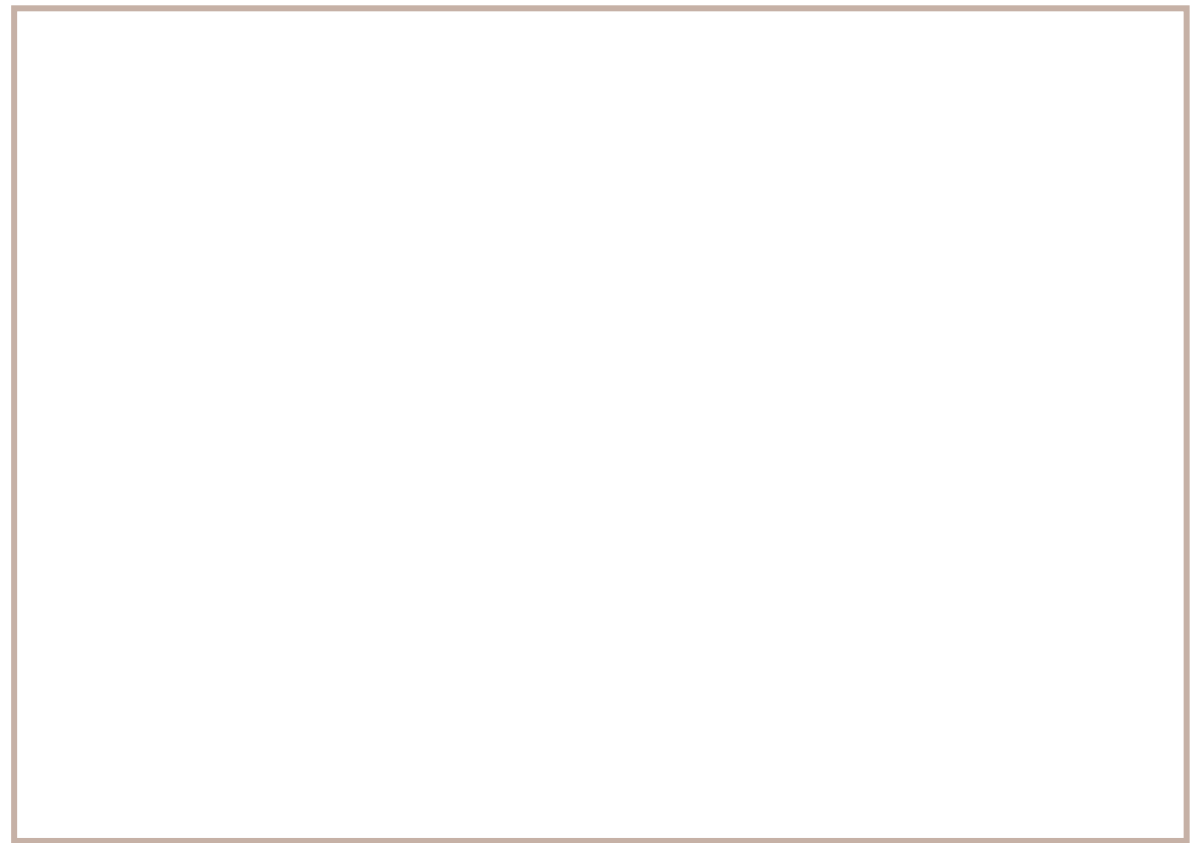
Week 1 Day Tuesday Date _____

Post Type Tip or Advice

Enter a text box with your post's message in the box below



Paste photo here

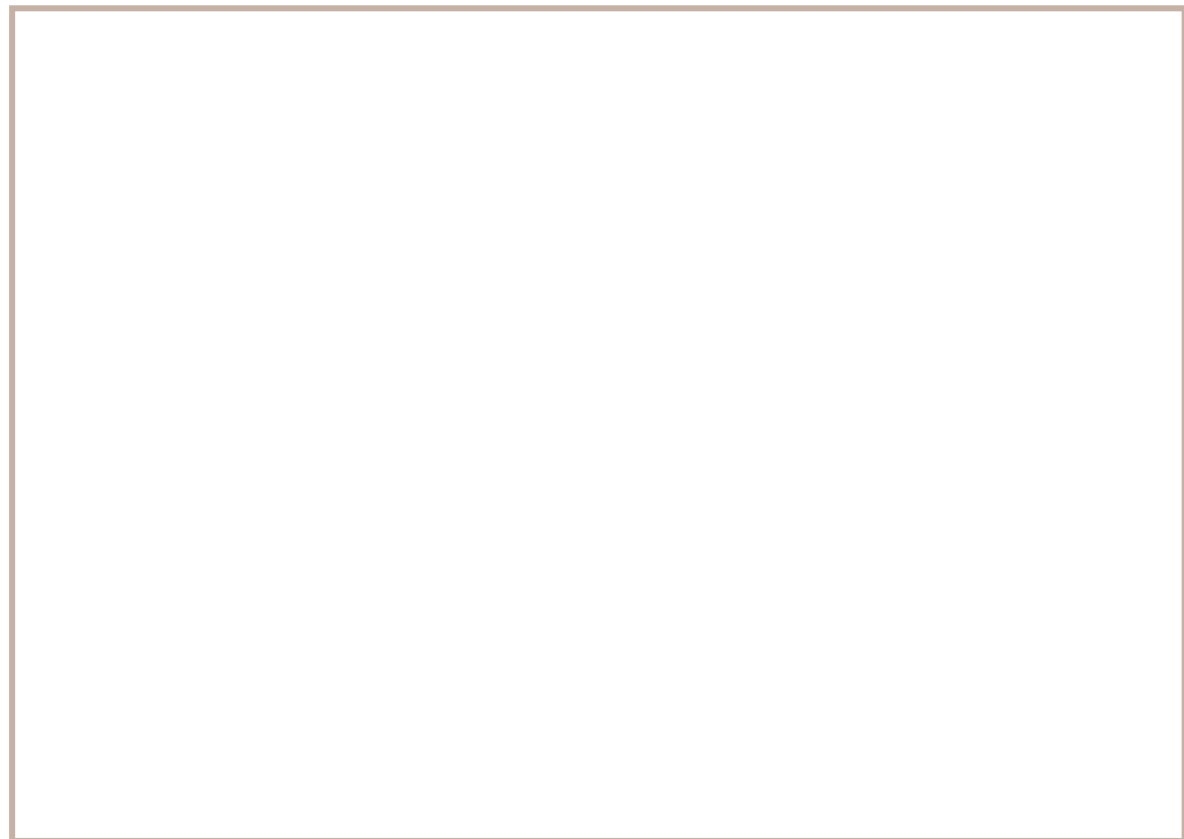




Week 1 Day Wednesday Date _____

Post Type Goodwill

Enter a text box with your post's message in the box below

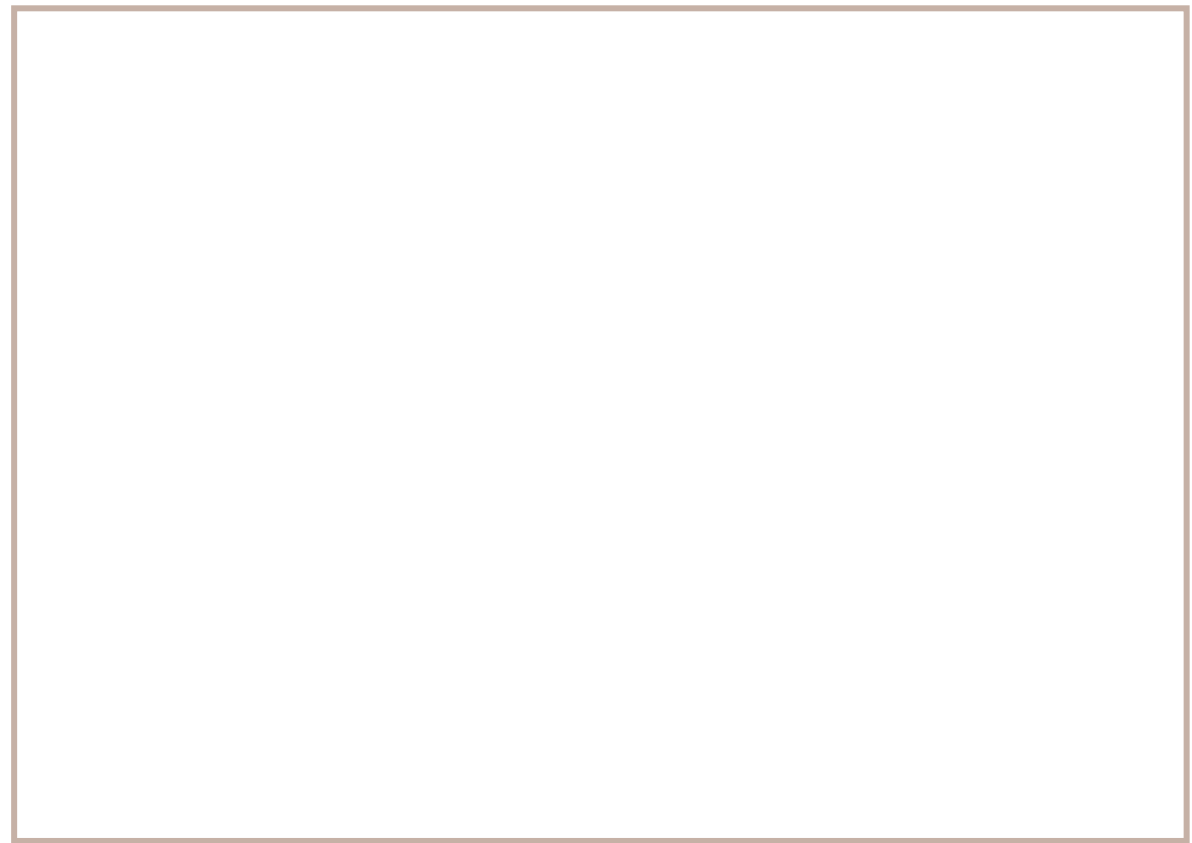




Week 1 Day Thursday Date _____

Post Type What you do

Enter a text box with your post's message in the box below





Week 1 Day **Friday** Date _____

Post Type **Goodwill
Happy Friday**

Enter a text box with your post's message in the box below

A large, empty rectangular box with a thin brown border, intended for entering the post's message.



Week 1 Day Saturday Date _____

Post Type Who you are

Enter a text box with your post's message in the box below

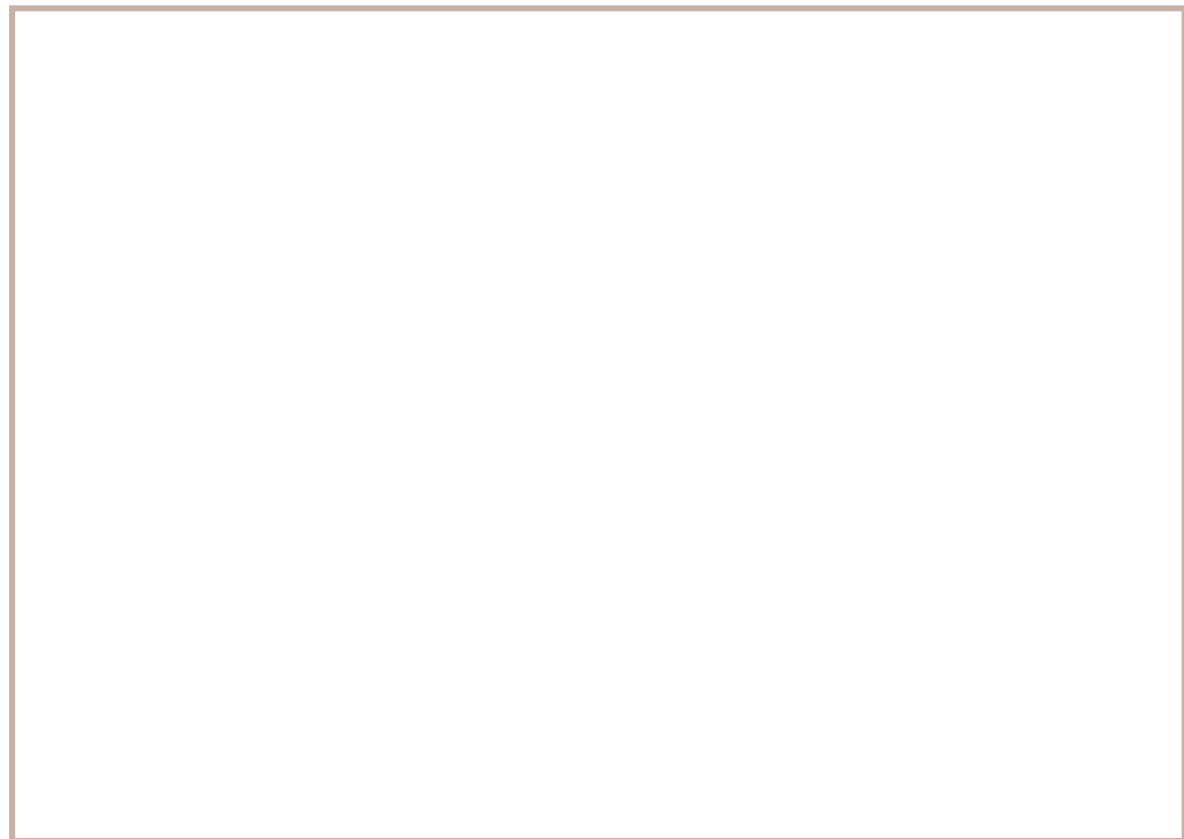




Week 2 Day Sunday Date _____

Post Type Goodwill

Enter a text box with your post's message in the box below





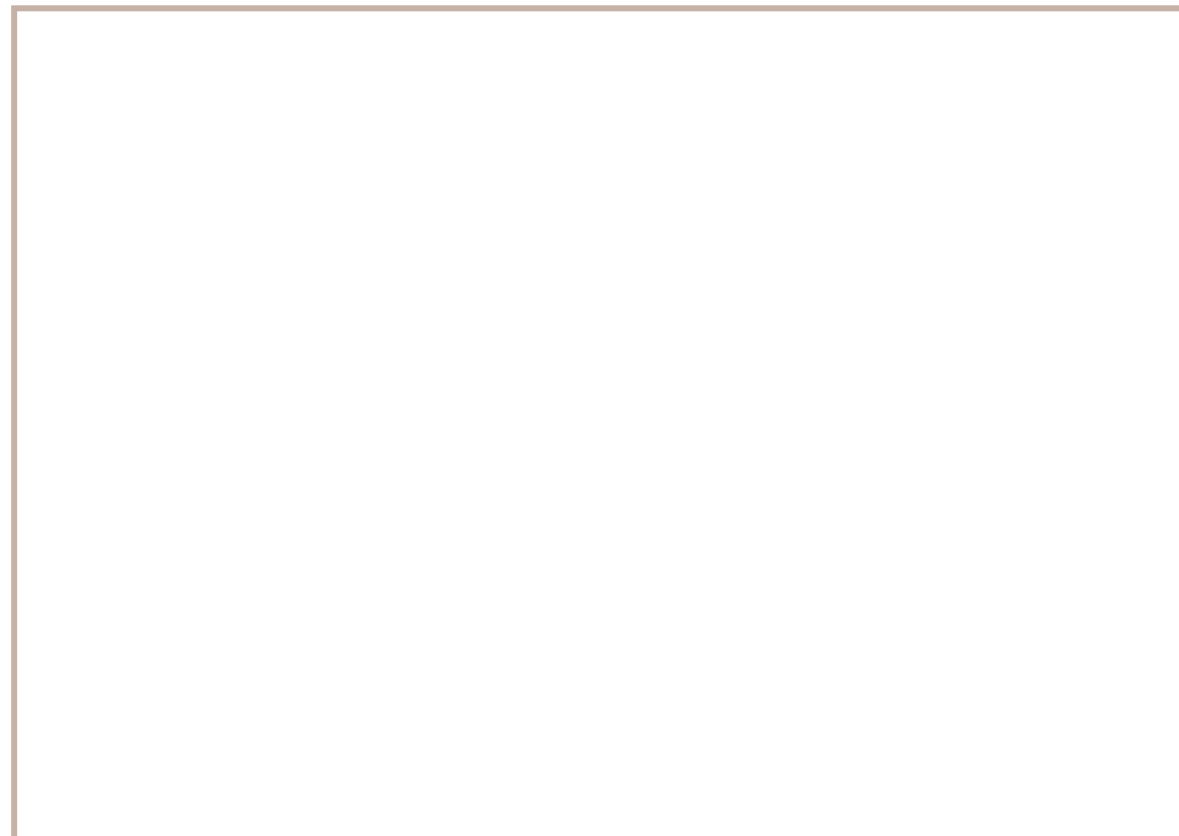
Week 2 Day Monday Date _____

Post Type Who you are

Enter a text box with your post's message in the box below



Paste photo here

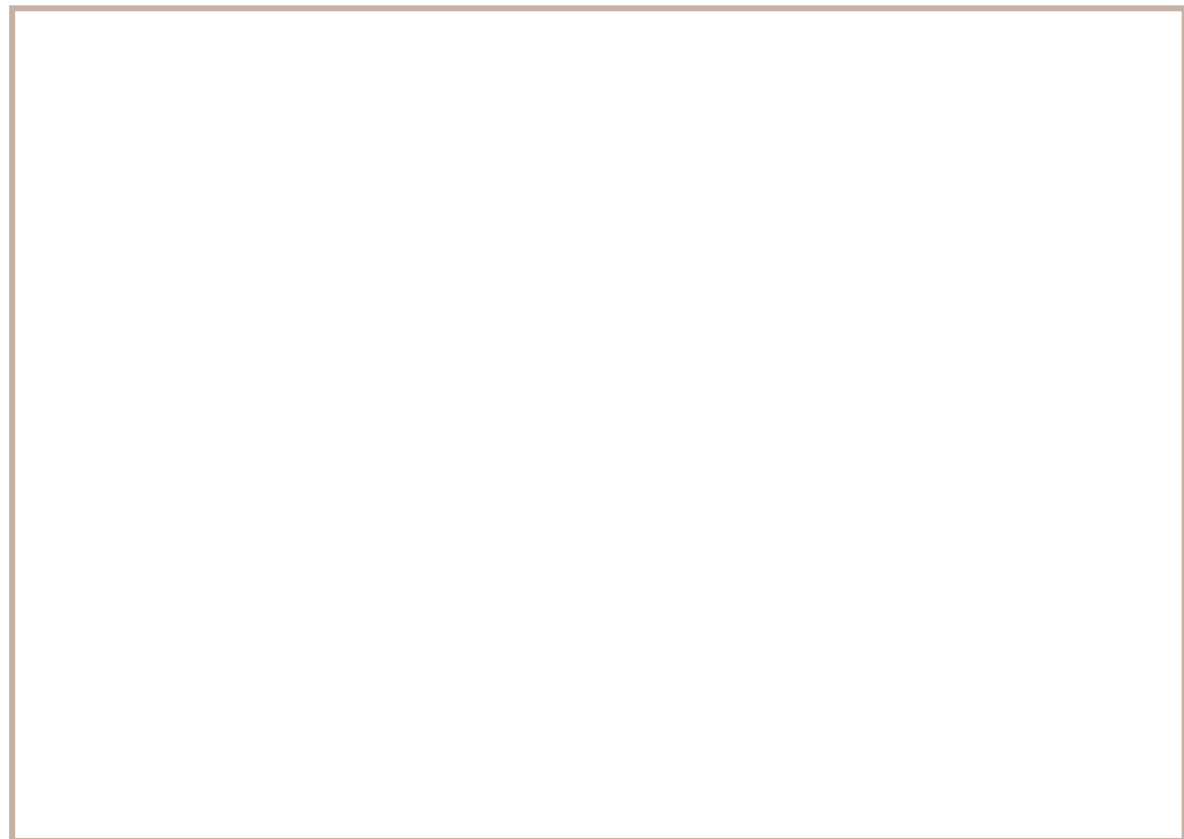




Week 2 Day **Tuesday** Date _____

Post Type **Tip or Advice**

Enter a text box with your post's message in the box below

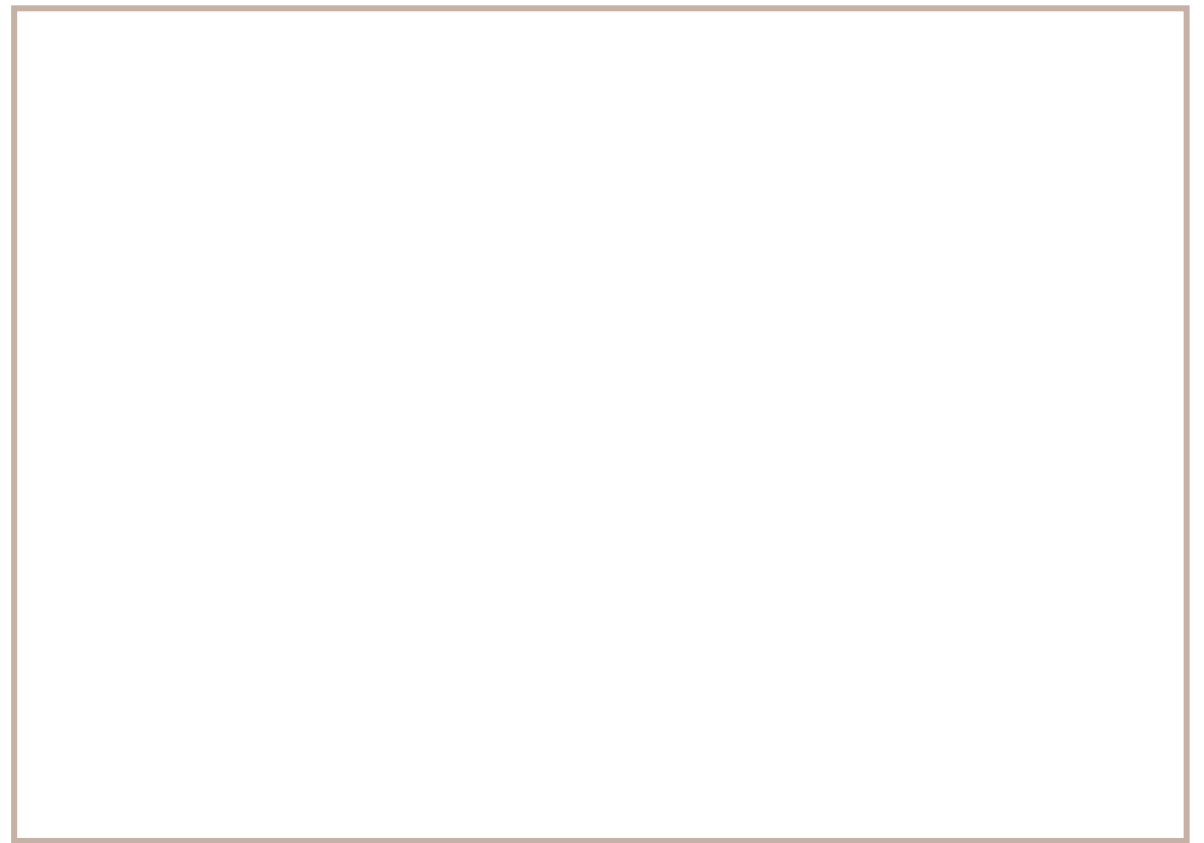




Week 2 Day Wednesday Date _____

Post Type What you do

Enter a text box with your post's message in the box below





Week 2 Day **Thursday** _____ Date _____

Post Type **Inspirational** _____

Enter a text box with your post's message in the box below

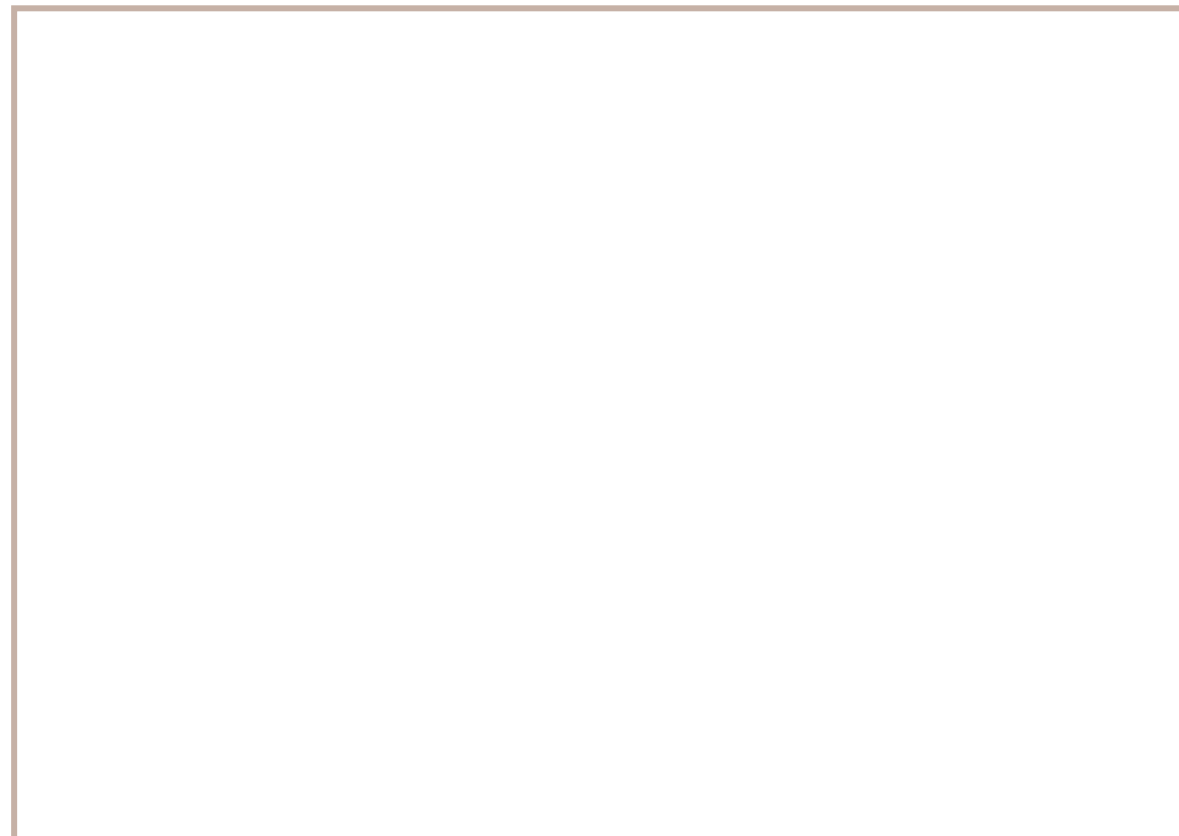
A large, empty rectangular box with a thin brown border, intended for the user to enter their post's message.



Week 2 Day **Friday** Date _____

Post Type **Goodwill
Happy Friday**

Enter a text box with your post's message in the box below

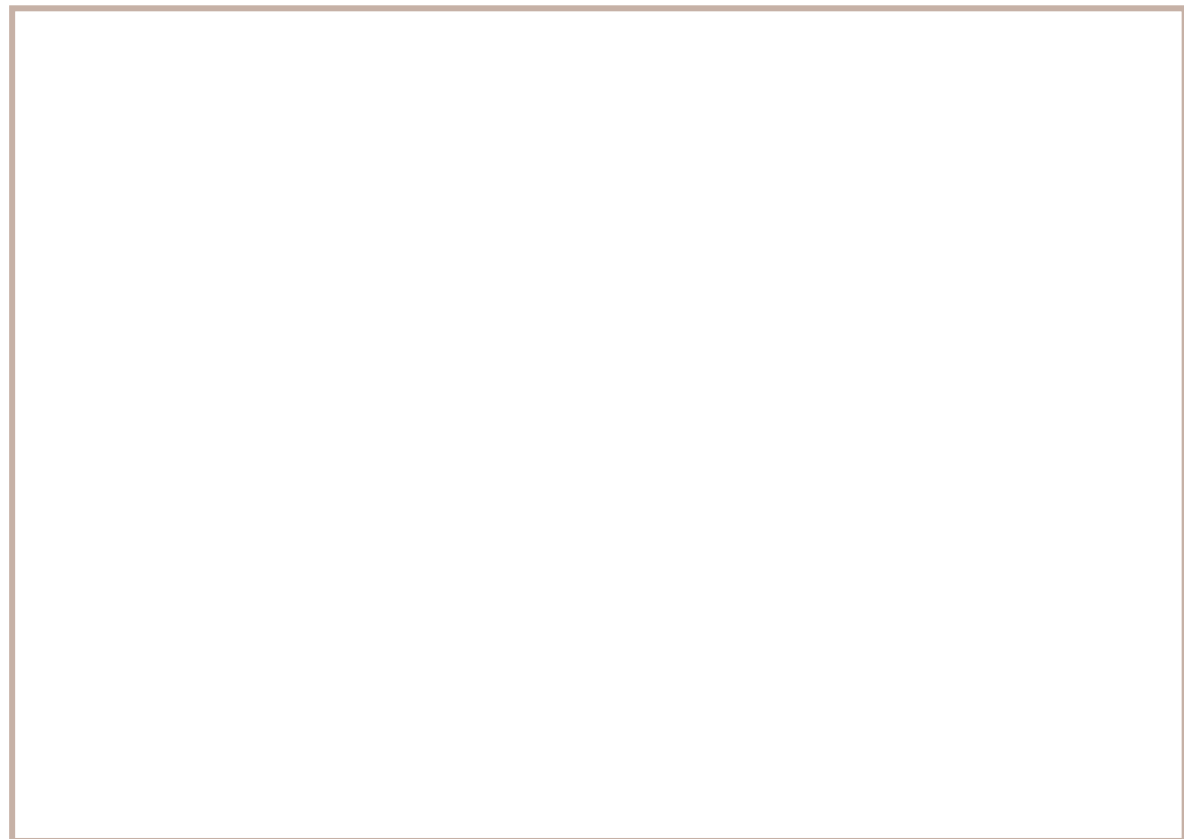




Week 2 Day **Saturday** _____ Date _____

Post Type **Who you are** _____

Enter a text box with your post's message in the box below





Week 3 Day Sunday Date _____

Post Type Goodwill

Enter a text box with your post's message in the box below

A large, empty rectangular box with a thin brown border, intended for the user to enter their post's message.



Week 3 Day **Monday** _____ Date _____

Post Type **Who you are** _____

Enter a text box with your post's message in the box below





Week 3 Day Tuesday Date _____

Post Type Tip or Advice

Enter a text box with your post's message in the box below





Week 3 Day Wednesday Date _____

Post Type What you do

Enter a text box with your post's message in the box below

A large, empty rectangular box with a thin brown border, intended for entering a text message for the post.



Week 3 Day Thursday Date _____

Post Type Inspirational

Enter a text box with your post's message in the box below

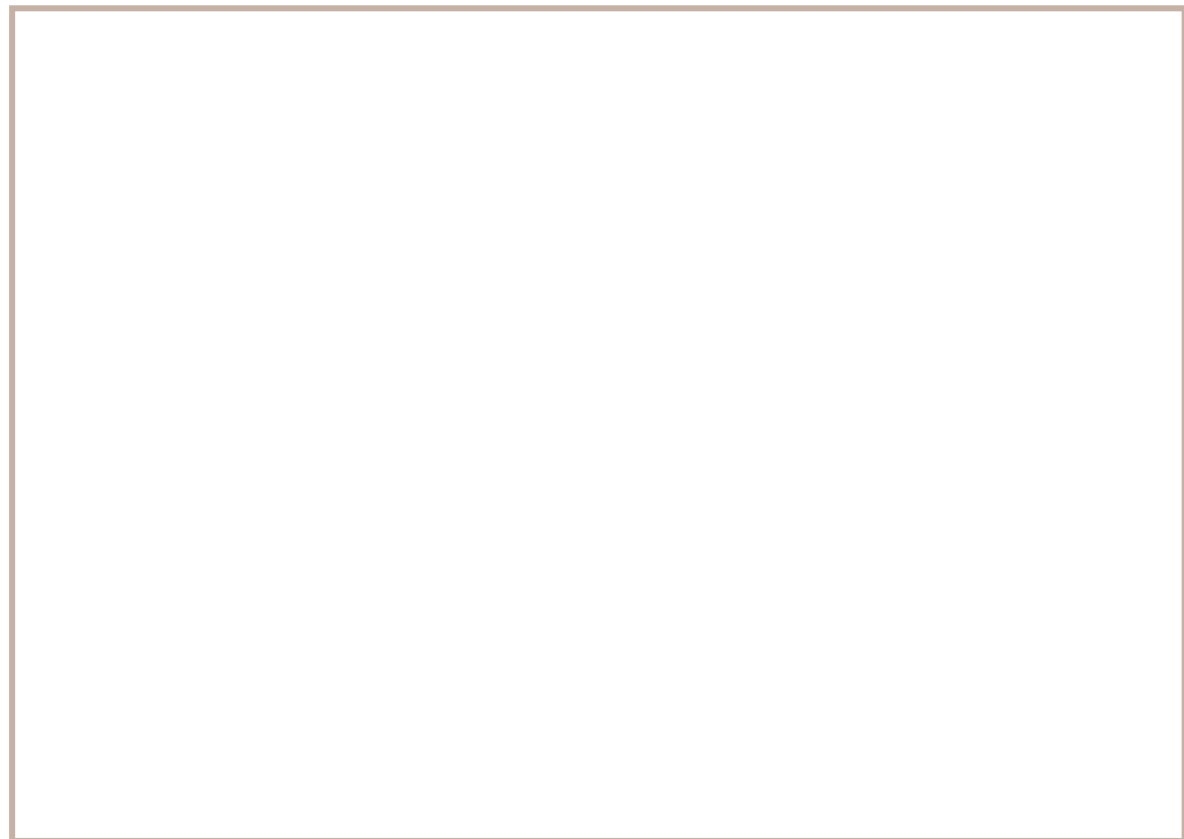
A large, empty rectangular box with a thin brown border, intended for entering the post's message.



Week 3 Day **Friday** Date _____

Post Type **Goodwill
Happy Friday**

Enter a text box with your post's message in the box below





Week 3 Day Saturday Date _____

Post Type Who you are

Enter a text box with your post's message in the box below

A large, empty rectangular box with a thin brown border, intended for entering a text message for the post.



Week 4 Day **Sunday** _____ Date _____

Post Type **Inspirational** _____

Enter a text box with your post's
message in the box below

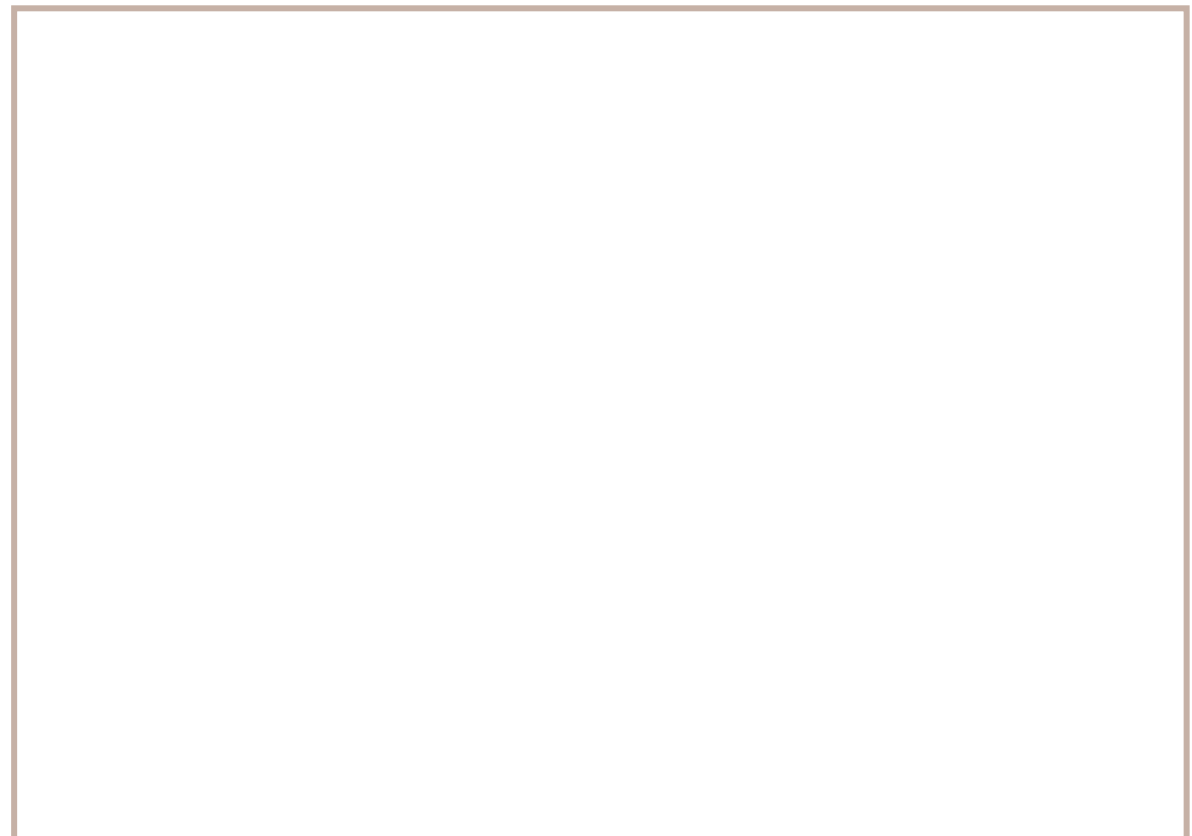
Paste photo here



Week 4 Day Monday Date _____

Post Type Goodwill

Enter a text box with your post's message in the box below





Week 4 Day Tuesday Date _____

Post Type Tip or Advice

Enter a text box with your post's message in the box below





Week 4 Day Wednesday Date _____

Post Type Who you are

Enter a text box with your post's message in the box below





Week 4 Day Thursday Date _____

Post Type Special Offer

Enter a text box with your post's
message in the box below

Paste photo here



Week 4 Day **Friday** Date _____

Post Type **Goodwill
Happy Friday**

Enter a text box with your post's message in the box below

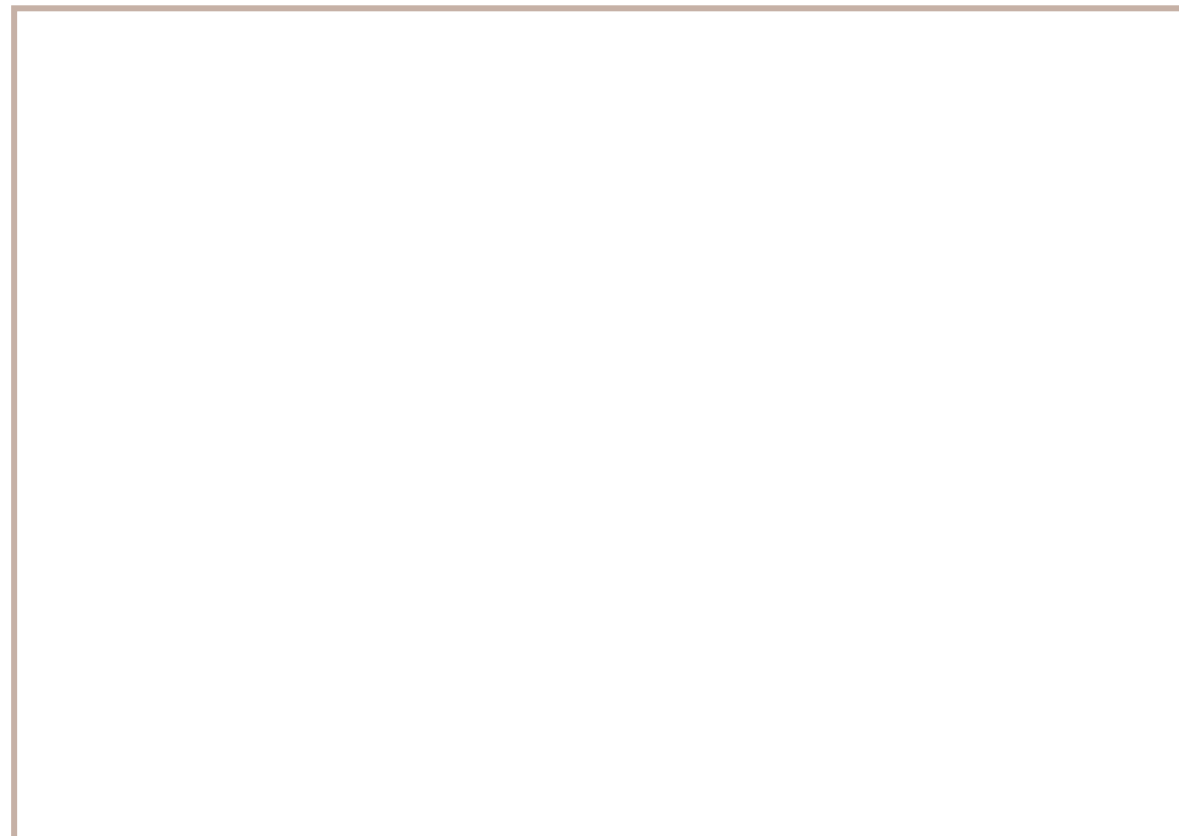




Week 4 Day Saturday Date _____

Post Type What you do

Enter a text box with your post's message in the box below

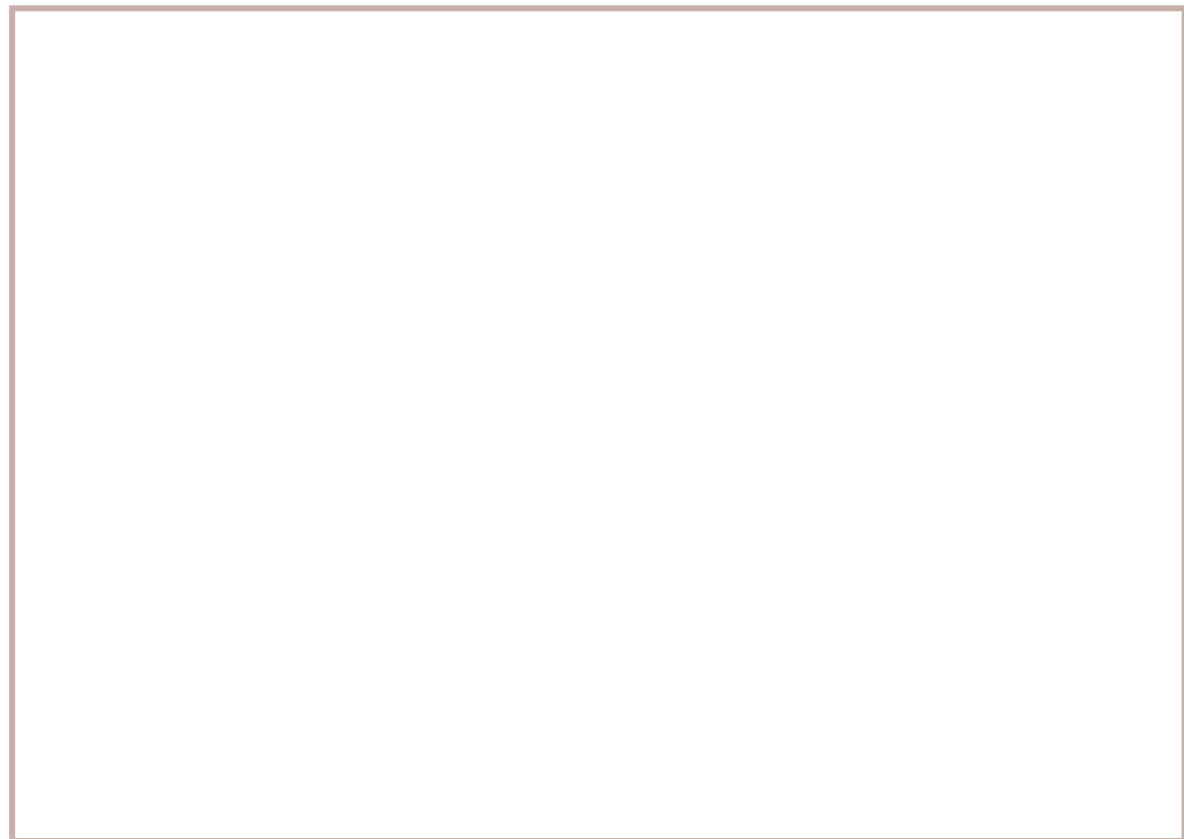




Week 5 Day **Sunday** _____ Date _____

Post Type **Inspirational** _____

Enter a text box with your post's message in the box below

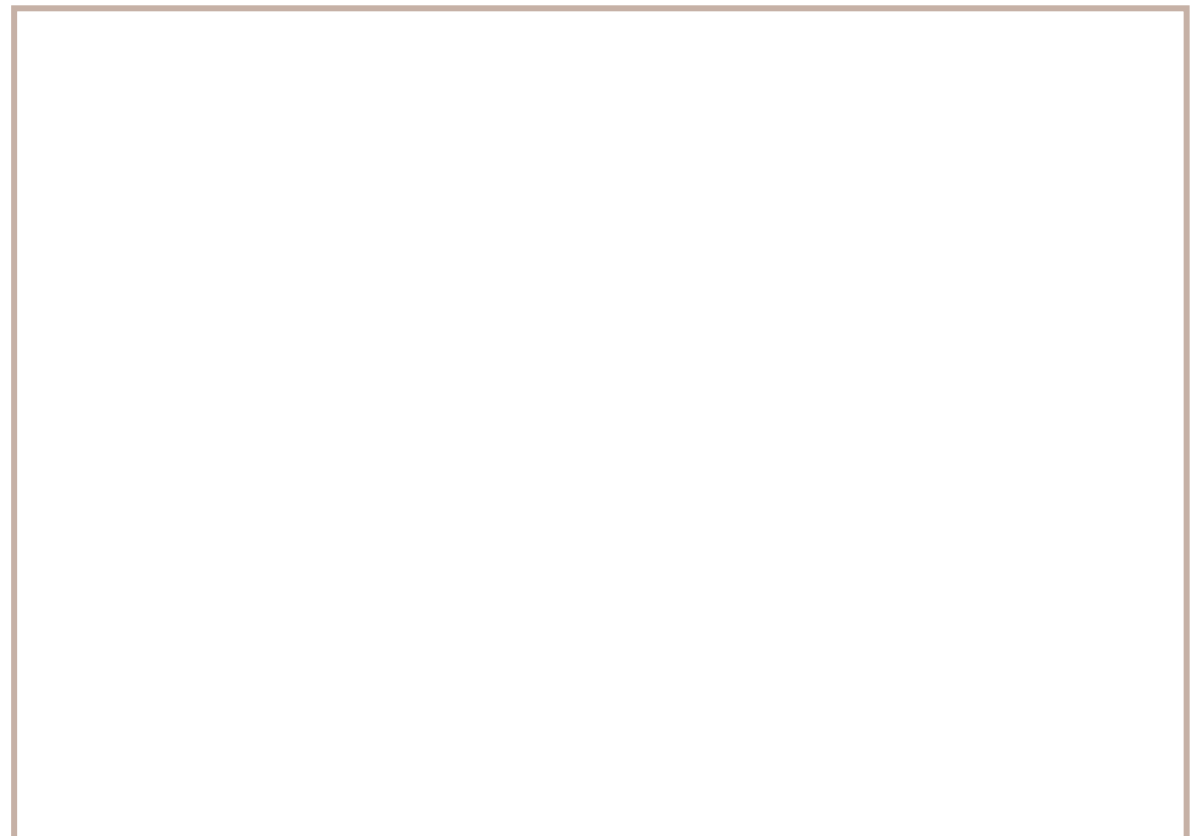




Week 5 Day Monday Date _____

Post Type What you do

Enter a text box with your post's message in the box below





Week 5 Day Tuesday Date _____

Post Type Tip or Advice

Enter a text box with your post's message in the box below

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Week 5 Day Wednesday Date _____

Post Type Who you are

Enter a text box with your post's message in the box below

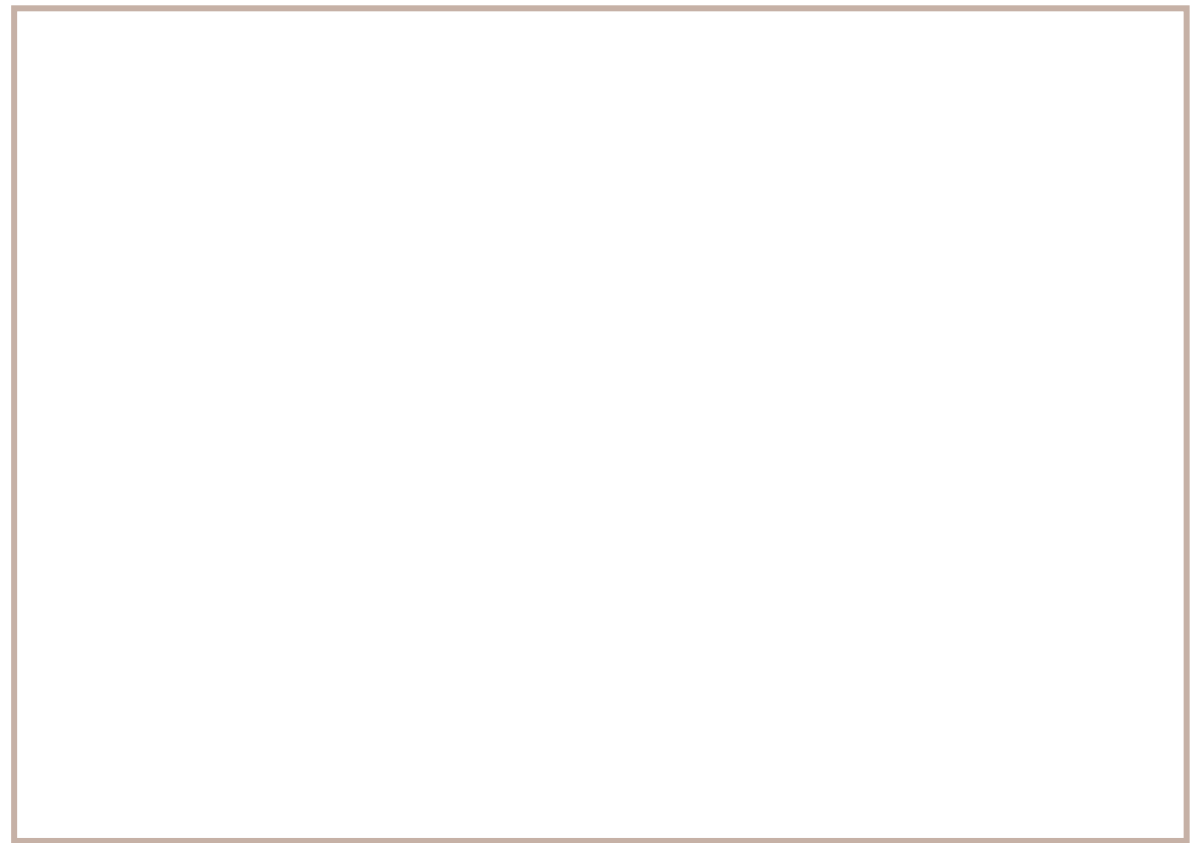




Week 5 Day Thursday Date _____

Post Type Goodwill

Enter a text box with your post's message in the box below

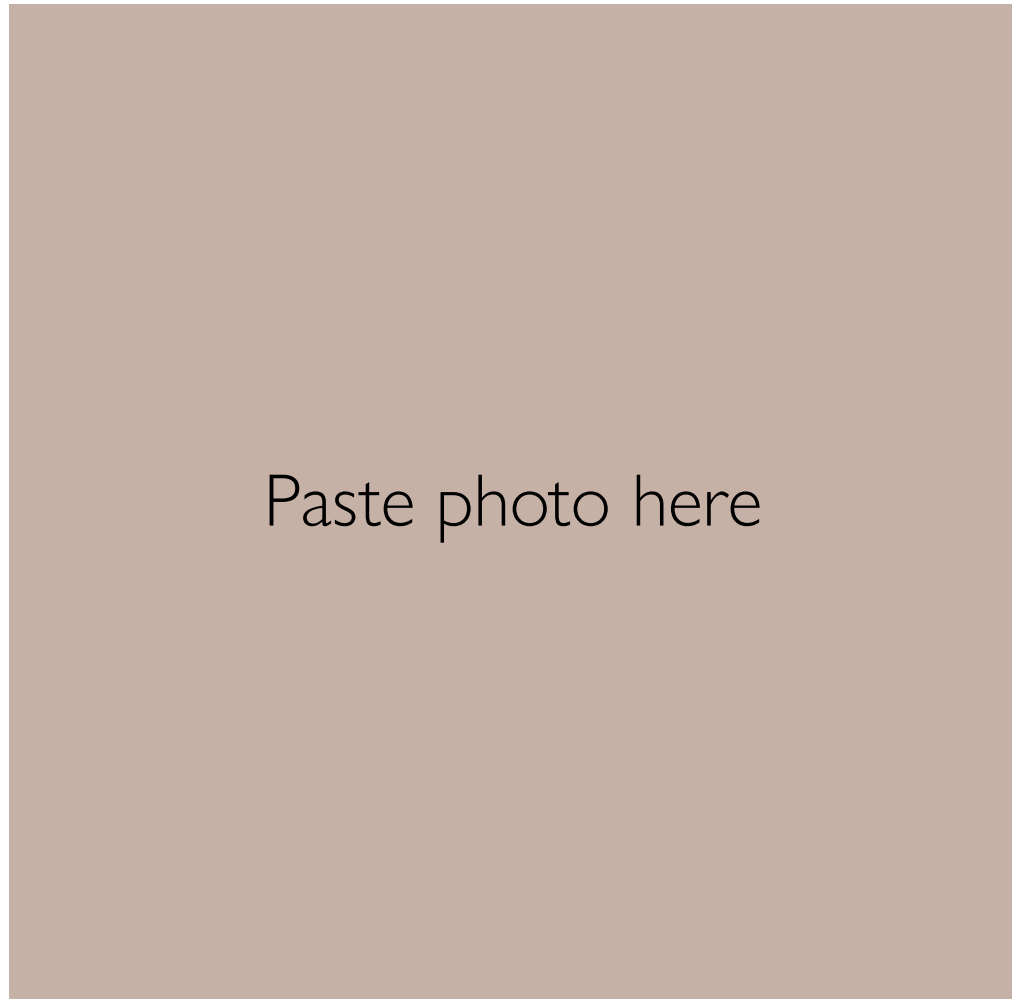




Week 5 Day **Friday** Date _____

Post Type **Goodwill
Happy Friday**

Enter a text box with your post's message in the box below





Week 5 Day Saturday Date _____

Post Type Special Offer

Enter a text box with your post's message in the box below

