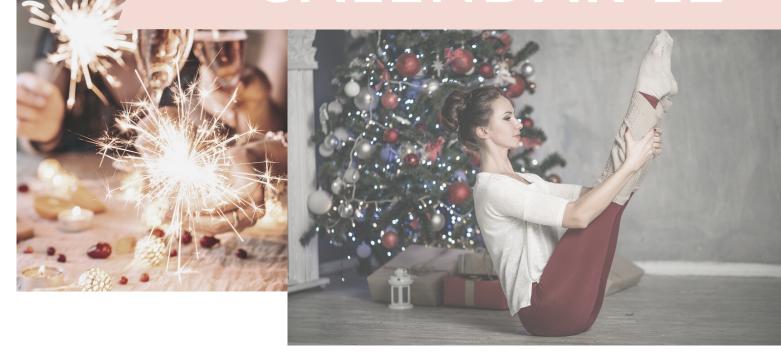
THE BLISS PW BIZ



SOCIAL MEDIA CALENDAR 12



2	MONDAY	Cyber Monday #cybermonday Cyber Monday is the Internet's answer to brick-and-mortar holiday shopping and the perfect day to offer a special deal for any online products you sell.
3	TUESDAY	Photos & Videos Share a behind-the-scenes photo or video of your life.
4	WEDNESDAY	Introduce yourself Your followers want to see WHO is behind the screen and get to know you.
5	THURSDAY	Quote Share an inspiring quote - as an image or just as text.
6	FRIDAY	Promote Promote your offerings, for example a new class you're teaching, an upcoming workshop or a blog post or video.
7	SATURDAY	Photos & Videos Share a funny photo or video
8	SUNDAY	National Brownie Day #NationalBrownieDay Share the brownie love on social media. You could also for example offer a free brownie to everyone coming to class today.

9 MONDAY	Share the love Thank your followers for being there.
10 TUESDAY	Tutorial Teaching something is a great way to establish yourself as an expert. It doesn't have to be major, keep it simple.
11 WEDNESDAY	Photos & Videos Share a photo or video of your yoga practice.
12 THURSDAY	Quote Share an inspiring quote - as an image or just as text.
13 FRIDAY	National Cocoa Day #NationalCocoaDay #TisTheSeason This day is the perfect opportunity to make a hot chocolatey drink and indulge.
14 SATURDAY	Photos & Videos Share a behind-the-scenes photo or video of your yoga life.
15 SUNDAY	Turn your phone OFF

16 MONDAY	Be the expert Share a personal story how you learned something and the challenges you had to overcome.
17 TUESDAY	Quote Share an inspiring quote - as an image or just as text.
18 WEDNESDAY	Promote Promote your offerings, for example a new class you're teaching, an upcoming workshop or a blog post or video.
19 THURSDAY	Photos & Videos Share a photo or video of your yoga practice.
20 FRIDAY	Ask for Feedback Ask your audience what they would like to get more from you.
21 SATURDAY	Get personal Share your favorite mantra and why it's so important to you.
22 SUNDAY	Chanukah

MONDAY	Affirmation Share an inspiring affirmation.
TUESDAY	Christmas Eve You can decide to stay away from social media over the holidays and enjoy the time with your family, or you share a loving holiday greeting with your followers.
25 WEDNESDAY	Christmas #christmas #xmas #ChristmasSpirit There are so many things to love about Christmas - the festive parties, the decorations, the silly traditions, and the delicious food.
26 THURSDAY	Boxing Day #boxingday In the UK, Boxing Day is known as a shopping holiday, much like Black Friday in the United States.
27 FRIDAY	Be the expert Share the answer to a question you get all the time.
28 SATURDAY	Promote After indulging over the holidays, people are ready to hear about how to get a healthy start in the new year. Promote your offerings, for example an upcoming workshop.
29 SUNDAY	Turn your phone OFF

30 MONDAY	Promote Promote your offerings, for example a new class you're teaching, an upcoming workshop or a blog post or video.
31 TUESDAY	NEW YEAR'S EVE Share an inspiring quote - as an image or just as text.

SOCIAL MEDIA COPY

SOCIAL MEDIA POSTS COPY EXAMPLES

Engagement Questions & Captions

N 2020 I WANNA FALL IN LOVE WITH MYSELF
My word for 2020 is LOVE. For years I focused on what was wrong with me, what I should do better, all the ways I needed to change.
This year I'm focusing on loving aaall my flaws, because when I embrace all I am, I'm able to step nto the fullness of life I'm supposed to live. And love.
Here's to us, the broken yet strong ones, who rise with the power of self love. Tag someone who you want to love your life with below

You may not know a whole lot about me, but I'm, a from
n honor of my affection toward Christmas, I wanna share what I love most!
There's no food I love more than, no vacation spot I love more than and no ice cream flavor I love more than
had my first kiss at age The love of my life is and the way to my heart is and
My favorite Christmas gift I ever received was and I love watching while gift wrapping.
So tell me something about youI'd love to know who you are and/or what you love about the nolidays!

Wishing you and yours a holly jolly Christmas!
Hanging it up for the night. Merry Christmas everyone!

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Quotes

"Love is how it feels to recognize our essential unity. Awakening to oneness is the experience of Big Love. Knowing you are one with all, you find yourself in love with all." ~ Timothy Freke

"What if Christmas, he thought, doesn't come from a store. What if Christmas, perhaps ... means a little bit more!" — Dr. Seuss in How the Grinch Stole Christmas

"No matter what, I always make it home for Christmas." — Dolly Parton

"Christmas is a tonic for our souls. It moves us to think of others rather than of ourselves. It directs our thoughts to giving." — B.C. Forbes

"Blessed is the season which engages the whole world in a conspiracy of love." — Hamilton Wright Mabie