

# Social Media Calendar

I commit to posting \_\_\_\_\_ times per week on my chosen platforms.

**The days I will post** (check all that apply):

**SUN** | Number of times: \_\_\_\_\_

**THURS** | Number of times: \_\_\_\_\_

**MON** | Number of times: \_\_\_\_\_

**FRI** | Number of times: \_\_\_\_\_

**TUES** | Number of times: \_\_\_\_\_

**SAT** | Number of times: \_\_\_\_\_

**WED** | Number of times: \_\_\_\_\_

The 5 reasons I'm committed to consistently following through with this Social Media Calendar:

1

2

3

4

5

**Reasons drive behavior. By writing out your top five reasons for committing to following through with your Social Media Calendar, you dramatically increase the likelihood that you will follow through.** And, every day that you look at your Social Media Calendar, review your reasons. Allow your reasons to reignite your passion and motivation for creating and posting content on social media. If your reasons no longer ignite your passion, you need new reasons. Ensure your reasons light you up and energize you to act on your goals!

**Your Social Media Calendar is on the next page. Complete this calendar before moving into a new month.** Planning your content is critical. Don't leave it to randomness or happenstance! On any given day, you can change the previously decided-upon content if something else truly resonates with you more than what was planned. But don't count on this. Having a plan in place is a foundation to work from.

You can print the calendar and handwrite on it. Or, you can type directly onto it. Whichever works better for you!

Month / Year:

SUN	MON	TUES	WED	THURS	FRI	SAT