Social Me Out	PASSION PILLARS:	
Monday	1. Pillar One 2. Pillar Two 3. Pillar Three	Pillar One
Tuesday	 Pillar One YOUR HEALTH Pillar Two 	Pillar Two
Wednesday	1. Pillar Three 2. Pillar One 3. Pillar Two	Pillar Three
Thursday	1. SOMEONES TESTIMONY 2. Pillar Three 3. Pillar One	Tips and Notes: 1. General guideline is 1 in every 5 posts is about
Friday	 Pillar Two Pillar Three BUSINESS 	your product. 2. Incorporate your own story in, as well as sharing
Saturday	1. Pillar One 2. Pillar Two 3. Pillar Three	other peoples testimonies. 3. Incorporate business posts into your other
Sunday	 Pillar One YOUR HEALTH Pillar Two 	pillar posts. EXAMPLE: Parenting post = freedom of time.

Social Me	PASSION PILLARS:	
Kristen's		
Monday	1. AP Tip 2. Working from home 3. Mindset quote	Attachement Parenting
Tuesday	 Judes birthday MY HEALTH #traveltiptuesday 	Traveling + Design your life
Wednesday	 Meal replacements co sleeping story CRUISE: leaders retreat 	Healthy Body + Healthy Mind
Thursday	 TESTIMONY Intermittent fasting toddler breastfeeding 	Tips and Notes: 1. General guideline is 1 in every 5 posts is about
Friday	 Work from anywhere mindset video BUSINESS 	your product. 2. Incorporate your own story in, as well as sharing
Saturday	 Jude + probiotics travel inspo feature Dwaynes progress 	other peoples testimonies. 3. Incorporate business posts into your other
Sunday	 Pillow time MY HEALTH self care Sunday 	pillar posts. EXAMPLE: Parenting post = freedom of time.

Social M	PASSION PILLARS:		
Empty	Empty Template		
Monday	1. 2. 3.		
Tuesday	1. 2. YOUR HEALTH 3.		
Wednesday	1. 2. 3.		
Thursday	 TESTIMONY 3. 	Tips and Notes: 1. General guideline is 1 in every 5 posts is about	
Friday	1. 2. 3. BUSINESS	your product. 2. Incorporate your own story in, as well as sharing	
Saturday	1. 2. 3.	other peoples testimonies. 3. Incorporate business posts into your other	
Sunday	1. 2. YOUR HEALTH 3.	pillar posts. EXAMPLE: Parenting post = freedom of time.	