

A Week of Posts in One Sitting

One small step. Fill the boxes on your phone, or print this page.

1. Pick one idea for the week. The question people ask you most.
2. Write one post a day from it. A tip, a story, a how-to, a question.
3. Film one video and cut it into short clips.
4. Schedule it all on Monday.

ON A BUSY DAY

Write three posts from one idea. Post them Monday, Wednesday and Friday.

One idea for the week

A tip from it

A story or question from it

When I will film and post