



101 Social Media Prompts + 52 Blog Post Ideas

for wellness, spiritual and yoga
professionals

**Jump-start
your content creation!**





welcome!

Hi! I'm Chrissy Gruninger, owner of Social [media] Wellness™ and creator of **Simplified for Business**, an online marketing, mindset and strategy program

I know what it's like to feel overwhelmed in business -- like there is just way too much to do and never enough time.

My goal is to help as many small business owners and solopreneurs, teaching you how to show up online with more authenticity, intention and confidence AND a whole lot more ease.

I'm doing that by offering free and low-cost resources. I also drastically reduced the cost of my comprehensive online training, in order to make it affordable and accessible for more small business owners.

Because I know . . . you probably don't have thousands to spend on coaches and courses.

I get it. I've been in your shoes.

I want to support more good people doing good things in the world. I want to make an impact . . . so that others can also make an impact . . . and together, collectively, we can create positive ripples out into our communities and around our precious planet.

Thank you for your time and your trust.

All of the fields in this document are fillable, so you can type right into it, from your computer! You may want to save a copy and reuse it for each new month.



101 Social Media Prompts

1. My word for the year is _____
2. If I could take a retreat anywhere in the world, it would be in _____
3. My favorite snack is _____
4. My favorite pre-workout / movie-watching / roadtrip snack is _____
5. My daily mantra is _____
6. One thing I've done that scared me but I did it anyways is _____
7. To get my morning going, I _____
8. The best thing I've ever done for myself is _____
9. Today I'm grateful for _____
10. My favorite thing to do is _____
11. If I had an extra \$1,000, I would _____. If I had a million, I would _____
12. My essential life toolkit would include _____
13. _____ is the hardest thing to do (but I do it anyways).
14. One of my favorite books that has shaped my way of being is _____
15. The person that inspires me the most is _____
16. I [insert your profession] because _____
17. My best advice for someone new to [insert your profession] is _____
18. This week my focus is on _____
19. My intention for the week is _____
20. 3 small steps I'm taking this week to better myself are _____, _____, _____

101 Social Media Prompts

21. My playlist includes _____
and _____
22. One thing to remember when [insert your profession] is _____
23. Today I will _____
24. My favorite part of [insert your profession] is _____
25. I feel most calm when _____
26. One self care practice I love is _____
27. Every breath I take is _____
28. One thing that helps me transition to sleep is _____
29. My favorite nourishing, yet still healthy, food or meal is _____
30. I create balance in my life by _____
31. I feel most grounded in my life when _____
32. The teacher / mentor who has influenced my life the most is _____
33. I inhale _____. I exhale _____.
34. _____ comes from within.
35. _____ makes life _____
36. Find _____ in life.
37. [your favorite activity] helps me _____
38. Life is better when I _____
39. My favorite movie is _____
40. If I could enjoy a good meal with anyone in the world, I would choose _____

101 Social Media Prompts

41. On my day off, I like to _____
42. Today is a good day for _____
43. On my to-do list this week is _____
44. My favorite day of the week is _____ because

45. My goals for this month are _____
46. If money wasn't an issue, I would _____
47. My favorite beverage is _____
48. One thing I'm going to do this year is _____
49. I choose to be around people who _____
50. The song that always brings a smile to my face is _____
51. My favorite fresh from the farm food is _____
52. My next vacation is in _____
53. My favorite (healthy) comfort food is _____
54. The last thing I checked off on my bucket list was: _____
55. My favorite time of year is _____ because _____
56. The best gift I ever received was...
57. I like to give back by _____
58. Would you rather have more time or more money?
59. One way I pay forward the blessings in my life is _____
60. To close out the day, I _____

101 Social Media Prompts

61. In my free time, I love to _____
62. If I could live anywhere, it would be _____
63. My favorite indulgence is _____
64. I create healthy boundaries in my life by _____
65. The way I relax myself when feeling stressed is _____
66. My typical breakfast includes _____
67. I can't live without _____
68. My favorite inspirational quote is _____
69. The last good book I read was _____
70. The last concert I went to was _____
71. The most courageous thing I've done in my life is _____
72. What makes me feel most alive and energized is _____
73. I love what I do because _____
74. My ideal day includes _____
75. The place where I feel most comfortable and like myself is

76. I like to wake up (A) with an alarm (B) naturally
77. The most important self care practice I do regularly is _____
78. One word that describes my life right now is _____
79. My happy place is _____
80. Share a piece of your story

101 Social Media Prompts

81. The last digital detox I took was _____
82. The one thing I do every day, just for myself is _____
83. One role model in my life is _____
84. My motto in life is _____
85. I choose to thrive in my life by _____
86. I wake up most days at _____ and fall asleep by _____
87. The person in my life who makes me laugh the most is _____
88. My dream job is _____
89. My path in life has been _____
90. The last time I took a nap was _____
91. Good things take _____
92. I find the most joy in _____
93. I feel less stressed in my life when I _____
94. Heart OR Hustle?
95. The best time of my life was when I was _____
96. Why do I do what I do? Because _____
97. What fuels you?
98. I believe in the power of _____
99. I do my best work [in the morning/afternoon/evening]
100. I am open to the possibilities of _____
101. My biz BFF is _____. I love her / him because _____.

BLOG POST IDEAS

[which also can be used as social media posts!]

Wellness

1. Share ways to manage stress / be calm when life goes awry
2. Tips on how to sleep better
3. Share self-care practices [each one can be a separate blog in a series]
4. Write about the chakra system [each one can be a different blog]
5. Write about how to create a peaceful home environment
6. If food is an important part of your business, you can share a different type of food and its benefits each week. You can even talk about how and where it's grown. *[I was in awe the first time I saw how cashews grow!]*
7. If exercise is an important part of your business, you can share different types and why you like them [or don't!]
8. Write about natural products – why they're better than conventional chemically-laden products
9. Share a recipe for a homemade wellness product
10. Into essential oils? Share your top X favorite ones and what their benefits are
11. Write about the philosophies of yoga, the 8 limbed path, the yamas and niyamas – that could give you a whole year of posts on its own!
12. “How to” tutorials – get into a particular yoga pose, walking meditation, forest bathing
13. How to prepare for and/or what to expect in a private session [yoga, Pilates, chiropractic, acupuncture, massage...]
14. Send a survey to your community, asking them where they are most challenged and answer each question in a separate blog
15. Your opinion on different diets?
16. Seasonal posts – what to do / what changes to make to support a healthy lifestyle during Spring, Summer, Autumn and Winter

17. Holiday posts – how to manage holiday stress, how to manage difficulties with family members during the holidays, gift giving ideas, supporting local businesses / fair trade products
18. How to set intentions
19. What is a vision board and how to create it [online or in real life]
20. Your favorite gear to use [exercise equipment, kitchen tools, favorite workout clothes]
21. Testimonials and case studies of your clients and customers [ask for permission first / change details if needed]
22. The most frequently asked questions your community asks you [via email, social media, in client sessions]
23. Share how to set goals and strategies on how to stay motivated
24. Favorite books and podcasts [this can be a monthly theme – what are you listening to and/or reading]
25. Share a recipe that you have created
26. Share a week's worth of simple meal ideas
27. How to stay healthy while on vacation
28. How to return from retreat / vacation and continue to feel good
29. Why it's a good idea AND how to create a daily routine [and in the next blog, you can share YOUR routine – even better if you do a little video!]

Your industry

1. Recommended resources for your industry [Top XX guide]
2. Who are your favorite people to follow in your industry and why?
3. Glossary of terms that your industry uses [help people feel at ease!]
4. Your opinion on current trends / fads
5. Check out this article for “awareness” months – have one that is of particular interest to you? Write about it! <https://www.healthline.com/health/directory-awareness-months#1>
6. Share “what not to do” stories

7. Share your thoughts on a controversial topic. Don't be afraid to share your opinion!
8. Best piece of advice you've ever been given [related to your industry]
9. Worst piece of advice you've been given [related to your industry]
10. Takeaways from a recent conference or event you attended

About you

1. What organizations [eco, social, health, etc] are most important to you and why?
2. What are your favorite healthy foods? Favorite breakfast to kick off the day?
Favorite snack to improve low energy? And what is the [not-so-healthy] food you love to indulge in, on occasion? What is your favorite comfort food – that is also healthy? *[mine is very dark chocolate]*
3. Outside of your industry, who are your role models? Who inspires you and why?
4. Share a quote that you love [and explain why it's meaningful for you]
5. How do you want to change the world and what can your community do, to support your mission? Involve them!
6. I can't live without... [what are your favorite things and why?]
7. What's your favorite TEDx talk? *[one of my clients is applying, I'll share her event with you when it's live!]*
8. XX fun facts about you
9. Share personal moments, let people into your world – what's the inside of your refrigerator look like? What does your workout space look like? Your meditation space?
10. Share your story – or pieces of it! It can often be broken down into sections and used in multiple posts.
11. The journey of your business – from when you first did your training / education, until now
12. Life lessons – share the more challenging moments of your own life so people can relate to you better. We are all perfectly imperfect!
13. What is your purpose? Your why?

Need extra support?

Two of the [many] services I offer my wellness clients are:

- (1) Online Marketing and Business Strategy
- (2) Editing and support for blogs and social media content

If you need 1:1 assistance, please reach out for a complimentary 30-minute call. I would love the opportunity to learn more about your business and how I can best support you.

>> Click here to book your call <<

And if you're not quite ready for that, remember . . .

My Online Marketing, Mindset and Strategy Training, **Simplified for Business**, goes in-depth into how to show up in the online world. It also gives you over 100 pages of worksheets and templates on how to strategize and create content your community will love.

I would love to see you inside my community!



READY TO LEVEL UP?

Sign up for Simplified for Business



Inside my online marketing, mindset and strategy program, you'll find everything you need to show up online.

SIGN UP NOW

