



101 Social Media Post Prompts & 52 Blog Post Ideas

for entrepreneurs

**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 mission is to help as many small business owners and solopreneurs as possible, 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 might not 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.

Have questions? Email me at support@socialmediawellness.com



101 Post Prompts for Entrepreneurs

SHARE WITH YOUR COMMUNITY [BUSINESS RELATED POSTS]

1. Why you LOVE what you do
2. Who your ideal client is and why
3. What your favorite tool or resource is for your industry
4. What your favorite book is
5. What your favorite podcast is
6. Share a behind the scenes pic of you at work
7. Share what your office / desk space looks like
8. The best thing about being (your profession)
9. What trainings are you taking
10. What you can't live without
11. What do you do to stay focused?
12. What is the craziest thing you've done in your business
13. Address a controversial issue in your industry
14. Share how you've grown from the failures you've experienced
15. This week my focus is on _____
16. I [insert your profession] because _____
17. My favorite part of [insert your profession] is _____
18. My goals for this month are _____
19. If money wasn't an issue, I would _____



20. I love what I do because _____
21. My ideal day includes _____
22. Share a piece of your story
23. On my day off, I love to
24. On my to-do list this week is _____
25. Share a sneak peek of something you're working on
26. Share a save the date for when the doors open to a new program / service / product you're launching
27. Share an insider tip for your industry
28. Share what makes you unique in your industry
29. What fuels you?
30. What is the most important thing people should know about you / your business?
31. My essential [YOUR INDUSTRY] toolkit would include

32. Share a historical event related to your business (on the day that it occurred).

GET PERSONAL [AND ASK THEM TO SHARE WITH YOU]

1. Share what you did over the weekend, outside of your business life
2. Take a selfie with your pet!
3. What trainings are you taking, for personal development?
4. What are you most grateful?



5. Show them what music / podcast you're listening to (screenshot from your phone)
6. Your best vacation and why
7. My word for the year is _____
8. My favorite snack is _____
9. The best thing I've ever done for myself is _____
10. If I had an extra \$1,000, I would _____. If I had a million, I would _____
11. _____ is the hardest thing to do (but I do it anyways).
12. One of my favorite books that has shaped my way of being is _____
13. The person that inspires me the most is _____
14. My intention for the week is _____
15. 3 small steps I'm taking this week to better myself are _____, _____, _____
16. My playlist includes _____
17. One thing I've done that scared me but I did it anyways is _____
18. To get my morning going, I _____
19. One self care practice I love is _____
20. I create balance in my life by _____
21. I feel most grounded in my life when _____
22. The teacher / mentor who has influenced my life the most is _____
23. Life is better when I _____
24. I can't live without _____

25. My favorite inspirational quote is _____ (and why)
26. The last good book I read was _____
27. The last concert I went to was _____
28. The most courageous thing I've done in my life is _____
29. What makes me feel most alive and energized is _____
30. My favorite time of year is _____ because _____
31. The best gift I ever received was _____
32. I like to give back by _____
33. I believe in the power of _____
34. The one thing I do every day, just for myself is _____
35. One role model in my life is _____
36. My daily motto / mantra in life is _____
37. What keeps you going when times get tough?
38. What is the biggest risk you've taken?

ASK YOUR COMMUNITY [GET TO KNOW THEM!]

1. What's their favorite day of the week? And why?
2. What's their favorite time of the day? And why?
3. Are you an early morning riser or hit the snooze button?
4. What is your #1 challenge for _____ (related to your business)
5. Ask them to describe their day, using only emojis
6. When was the last time you took a digital detox? How long did it last?



7. Would you rather have more time or more money?
8. What is the wildest thing you've done? Here's mine... (share your story)
9. What is one thing you want to get done by the end of the month?
10. What's your daily motto / mantra?
11. Who else enjoys doing _____?
12. Where in the world are you? I'm in _____
13. Who inspires you?
14. Technology – love it or hate it?
15. Do you achieve “INBOX ZERO”?
16. Ask your community to share what has worked best for them in terms of _____ (something related to your business)
17. What will you GET DONE today?
18. What's your favorite app related to (your business)
19. You are not alone. How can I help you?
20. When was the last time you did something, just for yourself?
21. Last thing you watched on Netflix?
22. Share a screenshot of your most used emojis
23. What do you think has been the best invention in the last century?
24. A year from now, where do you want to be? What do you want to be doing?
25. Describe your mood in a gif
26. Digital or print books – which do you prefer?
27. When you are most productive?
28. Do you agree with this quote? (share one of your favorites)

29. What is the most challenging thing you've ever done?

30. Do you prefer learning by audio, video or written?

31. Phone or Zoom?



52 Blog Post Ideas for Entrepreneurs

1. Write about one of the services that your business offers
2. Share a case study (or success story!) of a client / customer
3. Share your mission / values / business philosophy
4. Introduce your team (even if your team are your family or pets!)
5. Transcribe a Live or recorded video, that is elsewhere in the online world (IGTV, YouTube, etc)
6. Write about how your business has evolved, The journey of your business – from when you first did your training / education, until now
7. List 10 things you love about what you do
8. Share a behind the scenes of your business
9. Share a sneak peek into a new product, program or service
10. Talk about the many pain points your customers have (this can be several blogs!)
11. Show before and after, write about the transformation
12. Write about industry trends
13. Share your thoughts on a controversial topic. Don't be afraid to share your opinion!
14. Ask your followers to send in their questions and you'll answer them in the blog
15. Write about the value that you offer with your products, services or programs
16. Introduce yourself! Share "10 things about me"
17. Write about your favorite apps related to your business



18. Write about your favorite tools and resources, related to your business
19. Participate in, or host, a blog tour
20. Share your goals for the new year / new season
21. Explain one aspect of your business
22. Share a list of your favorite books related to your industry (and why)
23. Share a list of your favorite podcasts related to your industry (and why)
24. Do a “How to _____” blog
25. Share 5 ways to _____
26. Share quotes related to your industry
27. Write about a historical point in time, related to your industry
28. Write about specific days or months, related to your industry (ie “awareness months related to your business)
29. Write about your favorite small businesses
30. Recommended resources for your industry [Top XX guide]
31. Who are your favorite people to follow in your industry and why?
32. Glossary of terms that your industry uses [help people feel at ease!]
33. Your opinion on current trends / fads
34. Share “what not to do” stories
35. Best piece of advice you’ve ever been given [related to your industry]
36. Worst piece of advice you’ve been given [related to your industry]
37. Write about a failure you experienced and how you’ve grown from it.
38. Takeaways from a recent conference or event you attended
39. What organizations [eco, social, health, etc] are most important to you and why?



40. Outside of your industry, who are your role models? Who inspires you and why?
41. Share a quote that you love [and explain why it's meaningful for you]
42. How do you want to change the world and what can your community do, to support your mission? Involve them!
43. I can't live without... [what are your favorite things and why?]
44. What's your favorite TEDx talk? [*one of my clients is speaking in 2021, I'll share her event with you when it's live!*]
45. XX fun facts about you
46. Share your story – or pieces of it! It can often be broken down into sections and used in multiple posts.
47. Life lessons – share the more challenging moments of your own life / business so people can relate to you better. We are all perfectly imperfect!
48. What is your purpose? Your why?
49. Ask other businesses, that are related to your business, to write guest posts.
50. Create a month long challenge – every week, give your readers a new task to implement
51. Write about what lights you up. What you're most passionate about
52. Repurpose one of your longer social media posts and use it as a blog.



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](#)

