


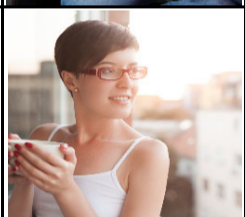
























Photo/Video	Visual Ideas	Copy Ideas	
Photo	Eating a Meal	Share your favorite meal, or a healthy meal you're having and why. For weightloss, to combat a health problem, etc.	
Photo	Reading a book with your kids	Be vulnerable and let your audience behind the scences. Share the title of the book you are reading and/or why this time is special to you	
Photo	Meditation	Share the details of your mediation, your daily/weekly routine, what type that you do, why you do this, how it has helped you, etc..	
Photo	Look of you scared	Share a fear you have. (This helps connect you with your audience) Share how you work on that fear or how you conquered your fear.	
Photo	Sitting in front of the computer	Show yourself at work, don't be afraid to show your clutter(people want to know that you're human)	
Photo	Writing in your journal	Chat about the benefits of journal writing. Many people don't understand the benefits.	
Photo	Having a cup of coffee	Your morning routine is a great thing to describe. Or the simple things you think about while drinking coffee or tea.	
Photo	You simple sitting with a scenic backdrop.	This is a simple way to make an announcement or share what's on your mind.	
Photo	You and your monthly calendar	Share your business and personal goals for the month	
Photo	Photo of fun hobbies you do	We aren't all business, share what you do for fun!	
Photo	Share a photo of you at your favorite treat	My favorite treat is ice cream and I love to share it	
Photo	Share a photo of you holding up your favoirte movie	This is a fun easy way for people to get to know you!	
Photo	Date night with your signifcant other	Share your down time with your partner or friend.	
Photo	Photo of you and your best friend	Share what drew you to your best friend.	
Photo/Video	Walking your dog	People love pets and they want to see yours. Share your dogs breed, what you love about your dog or funny story.	

Photo/Video	Making your product (Step by Step)	People love behind the scenes. Tell the story of how and why you make your product the way you do!	
Photo/Video	Behind the scenes of your service	Share your favorite meal, or a healthy meal you're having and why. For weightloss, to combat a health problem, etc.	
Photo/Video	Exercising	Share your daily routine, why you workout, what your goals are, what your favorite workout is, how it helps other areas of your life.	
Photo/Video	Portrait of you throwing glitter into the air	Share a big announcement you have a celebration of some kind.	
Photo/Video	Doing your weekly planning	Describe how you do your weekly or daily planning	
Photo/Video	Using the product that you make.	Behind the scenes is a big hit. Showing the details is a lot of fun.	
Photo/Video	Video/Photo Giggling on the floor with kiddos	Everyone loves seeing kids, share some love and some real life tidbits.	
Photo/Video	Video/Photo (Share a Life lesson you've learned)	This is a great time to go live and share live lessons. I do this quite often.	
Video	Dancing to your favorite childhood song	Share the fun side of you! I danced to the Care Bear theme song and posted to Tik Tok. It makes me feel happy and young. Share a story about your favorite song and share as a	
Video	Chat about a struggle that you're having.	People want to see the real you, because they need to relate, we all need to relate.	
Video	Talk about the benefits that your product/service has.	Name 3 benefits people have when using your product or service.	
Video	Talk about your fears, and how you are working at over coming it.	Everyone has fears and doubts this is how you can relate.	
Video	Video of struggle picking an outfit	We ALL can relate to this!! Share your thought process	
Video	Take a blog and do a short video summary	This is a great way to utilize one piece of content in many different ways	
Video	Try on different outfits (cut to each outfit)	Share your thoughts on each piece in a quick one liner	

Video	Video of yourself reading your favorite quote	People share written quotes all the time. Saying it is a fun way to grab peoples attention	
Video	Video of you lighting a candle	This is great if you are an advocate for prayer and mediation	
Video	Your child having a trantrum	Ok this is just fun and real life, and EVERYONE who has a child goes through this!	
video	Introducing your podcast/course/product/service	Start promoting your new course/podcast/service before it's even available then be certain to announce when it is.	
Video	Tell a childhood story	People love stories, so this is another great way to share when you fell of your bike, broke a lamp, got everything your wanted for christmas or didn't. Make sure you relate	
Canva Pro is a great option for using stock photos when you can't use your own!			