



## LINKS

### EXTERNAL:

- ☐ Quizzes
- ☐ Share a resource
- ☐ Apps and Tools
- ☐ Book recommendations
- ☐ Inspirational story
- ☐ Reiki Educational article
- ☐ News stories relevant to your services
- ☐ Fact sheets
- ☐ Guided Meditation Audio ( Spotify/Soundcloud)
- ☐ Repost a post from another Facebook page

### INTERNAL:

- ☐ Your blog post - split parts of the blog post into separate social media posts

## VISUAL

### IMAGES:

- ☐ Quote image
- ☐ Popular memes
- ☐ Illustrations
- ☐ Examples of how Reiki can help
- ☐ Educational infographics
- ☐ Your instagram images
- ☐ Holiday images - eg. Christmas, New Year

### VIDEO:

- ☐ TED Talks
- ☐ Viral fun video
- ☐ Facebook Live Q&A
- ☐ Educational video on Reiki
- ☐ Guided Meditation video

## STATUS UPDATES

### BUSINESS UPDATES:

- ☐ Details about your business:
  - opening and closing hours
  - payment types accepted / pricing
  - your specialty service
- ☐ Your other social media updates. eg. share a Pinterest Board you have created
- ☐ Advertising and promotions

### PERSONAL UPDATES:

- ☐ A positive aspect about your job that you love eg. , helping people, creative work, client breakthroughs
- ☐ Book review

### HELPFUL UPDATES:

- ☐ Top 5 list, eg. Top 5 relaxation tips, Top 5 feel good songs
- ☐ Motivational worksheets to print and complete
- ☐ Self-care relaxation worksheet
- ☐ Facts and statistics about an issue related to your services