



# 30 Days of Social Media Prompts

PRESENTED BY DESIGNED BY KELLY





# Thank You!

Thanks for downloading our 30 day prompt PDF! We appreciate your support! Check out more of us at [www.designedbykelly.org](http://www.designedbykelly.org)



# How do I use the prompts?

## POST

You can schedule your posts, or post them directly to your social media account(s)! We use the scheduler Later for all our needs, but it's okay to do it by hand!

## PLAN

Use these prompts to plan out your next 30 days of social media posts! You can stick to the script, or spice it up and add your own flair!

## ENGAGE

Don't just stop at posting! You have to make sure to interact and engage with all of your followers and people you follow to make sure your account keeps growing!

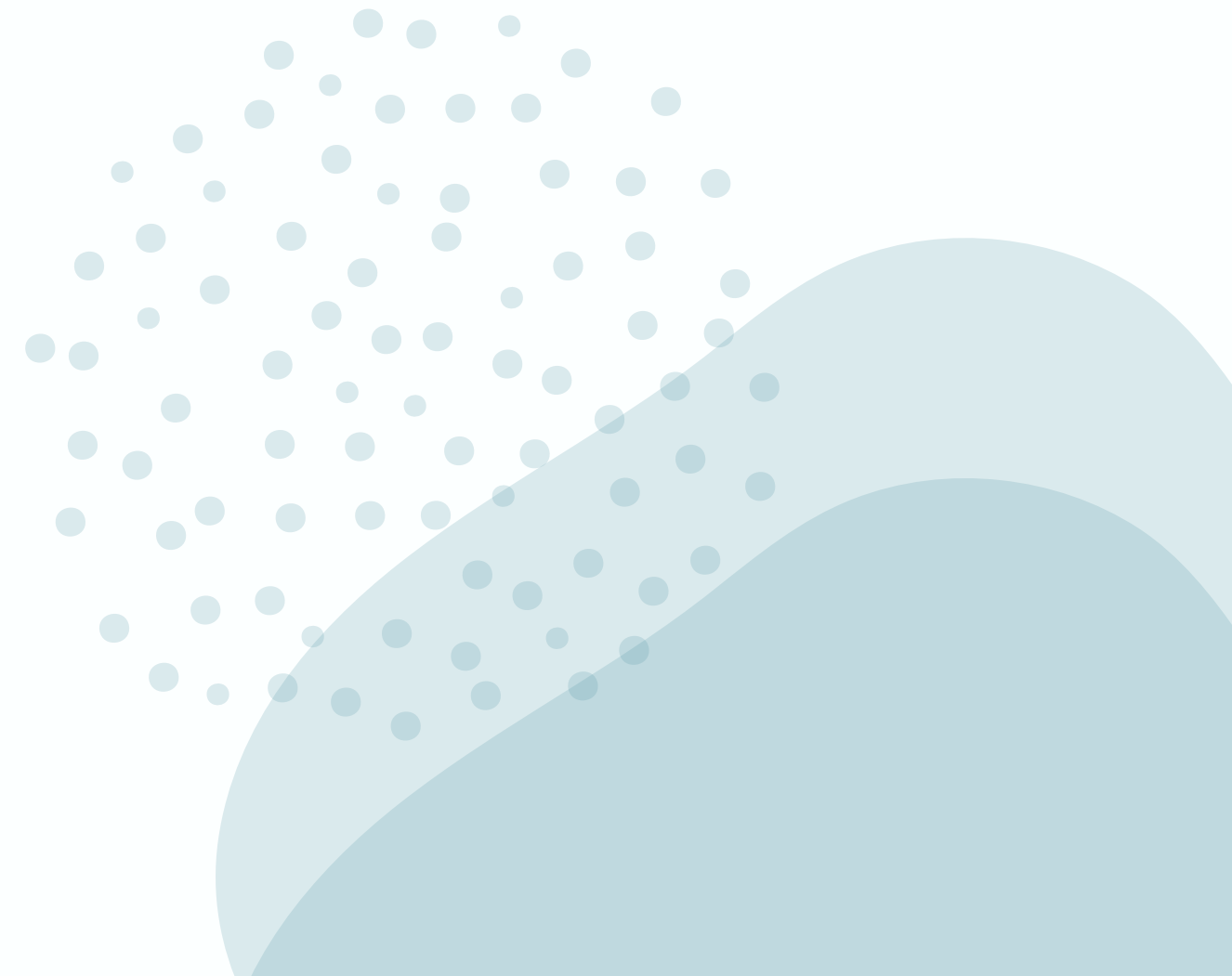
# ABOUT

30 Days of social media prompts to help you kickstart your social media profiles!

## Includes:

- 10 Post Types
- Multiple Prompts
- Editable Graphics
- Hashtags for each prompt

ABOUT





# Post Types

We use a combo of 10 different post types to keep our content fresh! Keep scrolling for a deeper dive into the basics of each these posts.

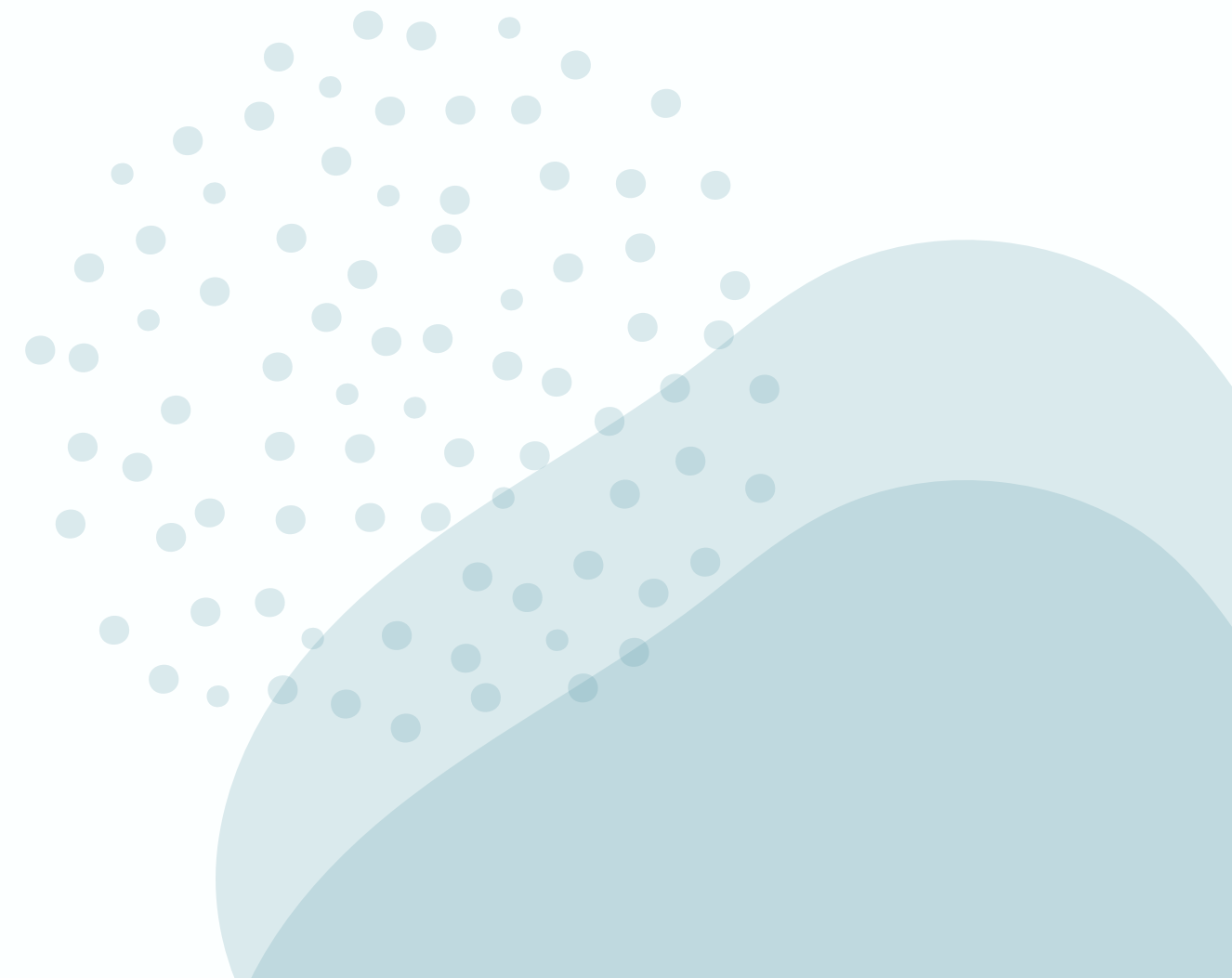


# Word of The Month

POST TYPES

Every month, pick a work (or quote!) to use as a goal to center your brand around. It can be something simple or more complex.

Use this to inspire you to create more diverse content and to help show your followers that you're human too!



# Get Professional

## POST TYPES

You want to show your followers that while you can be personable and relatable, you're still a professional and you know what you're talking about! These types of posts are aimed to show your authority.

Make sure to answer any and all questions your followers may have on these posts to the best of your ability!





# Get Inspired

You want to inspire not only yourself, but also your audience. Sharing quotes, or inspirational stories helps you to build a strong connection with your followers.

You aren't trying to be an inspirational guru, so try not to use these posts too often (unless you are!).

These also make great filler posts on days you forget to have something ready or just really aren't feeling up to posting.



# Get Excited

You want to make sure you're keeping your followers entertained and in the loop, or they might start to unfollow or stop engaging with your content.

Use these types of posts to share exciting milestones, celebrations, holidays, and more!



## Get Engaged

Engagement on your posts is the single most important thing to running a social media account. When you first make a post, it's only shown to about 10% of your total audience, and how well it does with them affects how well you do total.

The more engagements you get on a post, the more people your post is shown to.





# Get Personal

While you may be a business or a brand, your followers need to know you're human too, and not posting robot.

Share facts about you, your personal life, and things you like! You don't have to dig deep, you can be as transparent as you'd like.

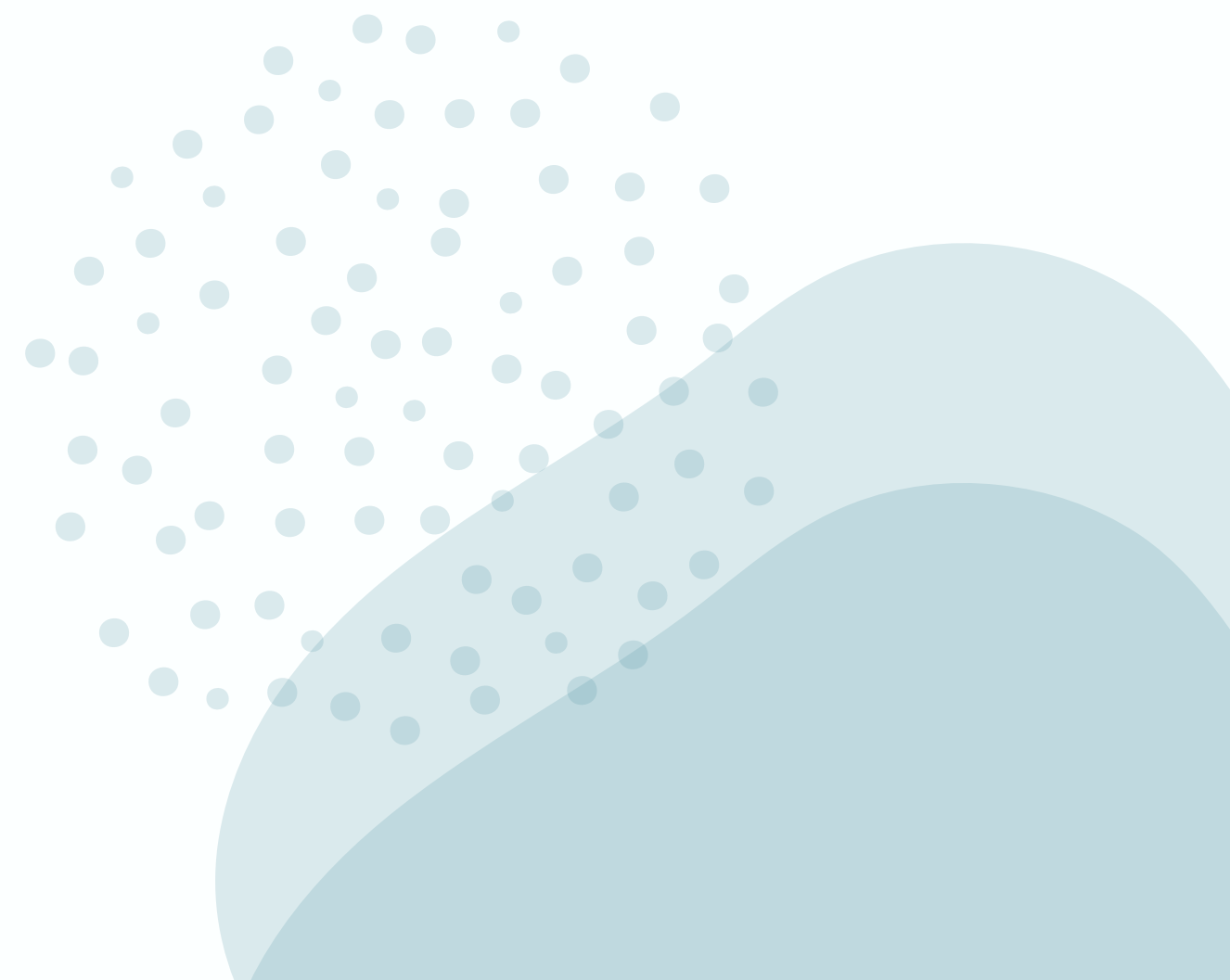


# Get Social

Spread the love! Shine the spotlight on someone else.

These types of posts can be hit or miss in terms of engagement, but they're still good in moderation!

You can also use them to promote yourself if you have multiple accounts!



# Listen Up

For 90% of your posts, it's going to be you talking to your followers. But don't forget sometimes people like to think the content is all about them!

Share fun pictures, ask your followers questions about themselves without answering how you feel about it in your caption, but you can answer in your comments! Make them feel like the center of attention!





# Promotionals

Promotional posts. They can be a PAIN.

They don't always have to be an ad or a boosted post! Occasionally you can post limited time offers or coupons specifically for people that check or follow your social media!

Just make sure to delete any time sensitive coupons whenever you're done running them to avoid confusion.



# Relatability

Everyone loves to feel like they can relate. Can you relate?

Sharing content that people can connect with gets GREAT engagement. And the awesome part is it is so easy to do! From sharing a few things about yourself, a simple story, or something else, you can definitely reel in the comments and likes!



# We've made graphics for you!

Not a creative person? Thats okay!  
We've gone ahead and made some basic  
graphics for you to use with the  
prompts. No hard feelings if you want to  
use your own.

[CLICK HERE FOR THE LINK!](#)



DAY 1



# Word Of The Month

EVERY MONTH, TRY TO COME UP WITH A WORD OR A QUOTE THAT WILL HELP YOU STAY ON TRACK! MAKE SURE YOU TRY TO INTEGRATE THIS INTO AS MUCH OF YOUR CONTENT AS POSSIBLE THIS MONTH!

BONUS: ON THE NEXT SLIDE ARE SOME IDEAS TO HELP YOU GET STARTED!



# Examples

## WORDS

Growth  
Improve  
Positive

## QUOTE

Push yourself, because no  
one else is going to do it for  
you.

## QUOTE

Great things never come  
from comfort zones.

DAY 2



# Get Professional

TELL YOUR FOLLOWERS SOMETHING YOU'RE  
DOING FOR WORK THIS WEEK! IT CAN BE  
SMALL OR BIG, IT DOESN'T MATTER.

BONUS: ASK YOU FOLLOWERS  
WHAT THEY THINK!



DAY 3

# Get Inspired

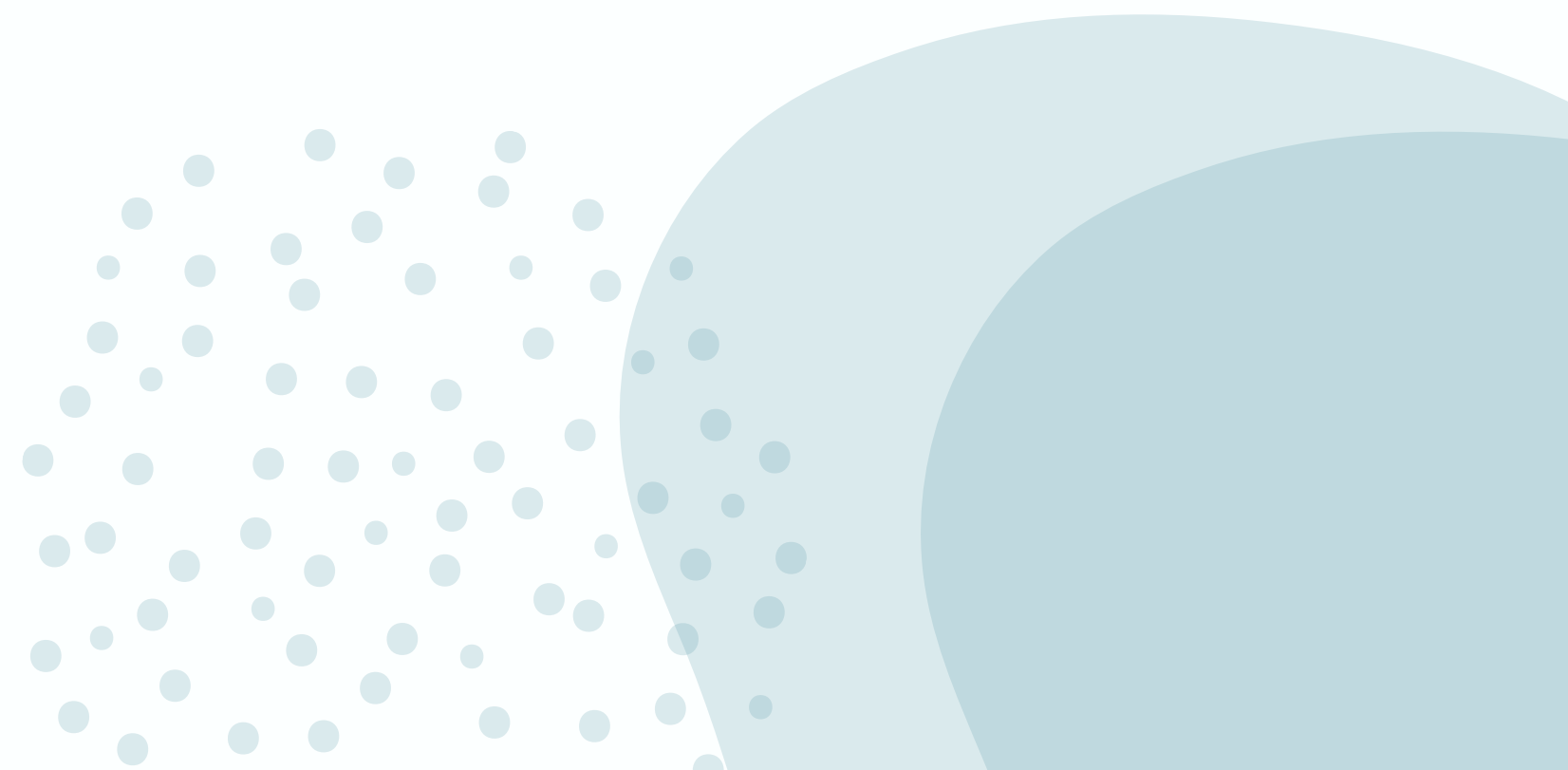
SHARE ONE OF YOUR FAVORITE QUOTES!



NEVER STOP  
*growing*

[CLICK HERE FOR THE TEMPLATE](#)

BONUS: SHARE HOW IT APPLIES TO YOU  
AND/OR YOUR BUSINESS.





DAY 4



BONUS: IT CAN BE PERSONAL OR  
PROFESSIONAL!

# Get Excited

SHARE AN EXCITING ANNOUNCEMENT OF  
SOMETHING THAT HAS HAPPENED  
RECENTLY OR SOMETHING YOU'RE LOOKING  
FORWARD TO!



DAY 5

*My favorite snack is*

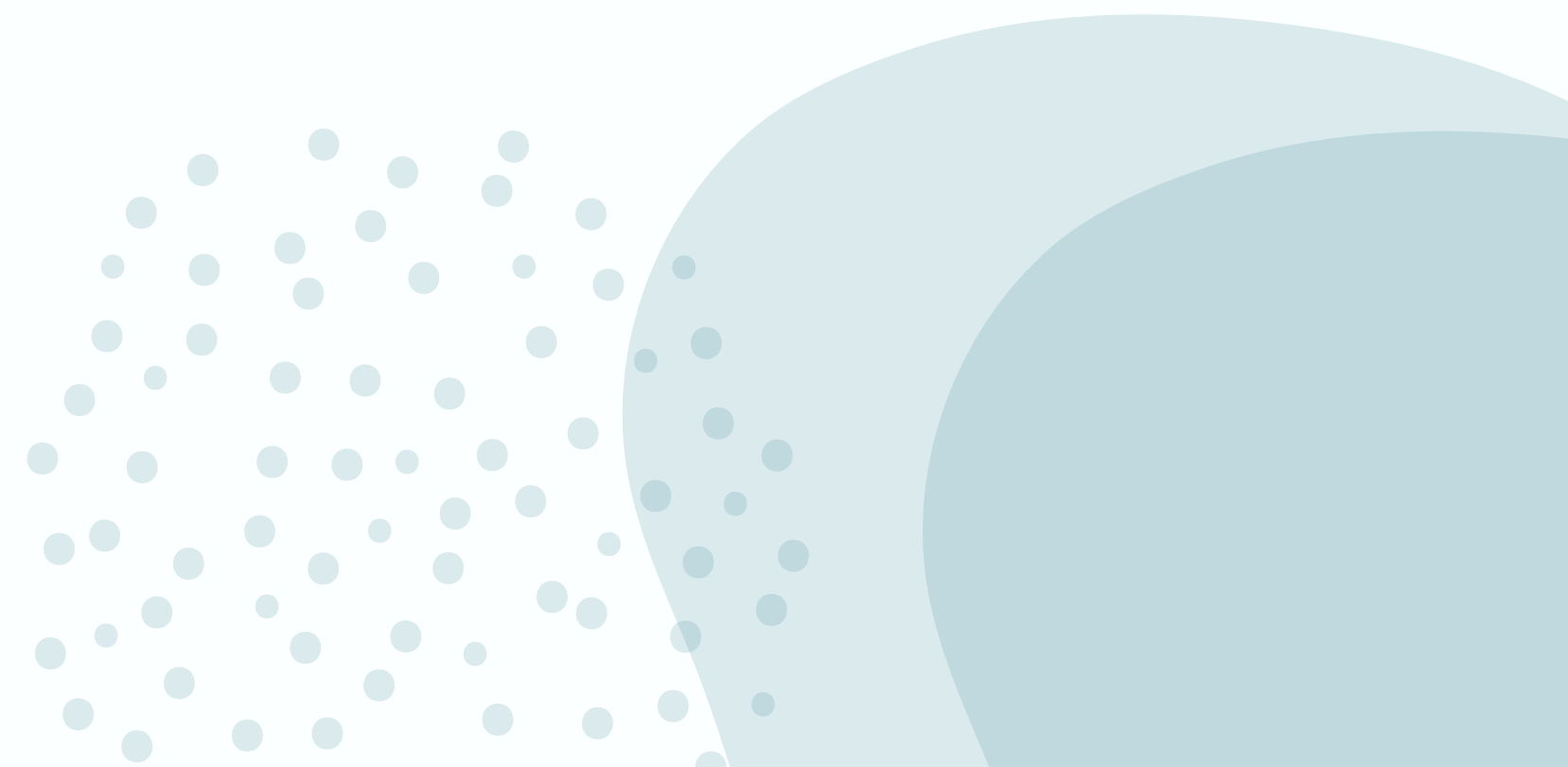
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[CLICK HERE FOR THE TEMPLATE](#)

BONUS: ON THE NEXT SLIDE ARE A  
FEW EXAMPLES TO GET YOU STARTED!

# Get Engaged

FILL IN THE BLANK  
ASK (& ANSWER) A FILL IN THE BLANK  
QUESTION OF YOUR CHOICE! REMEMBER  
TO ENGAGE WITH EVERY COMMENT YOU  
GET! THE MORE INTERACTION ON YOUR  
POST, THE BETTER.



# Examples

ONE

My favorite snack is....

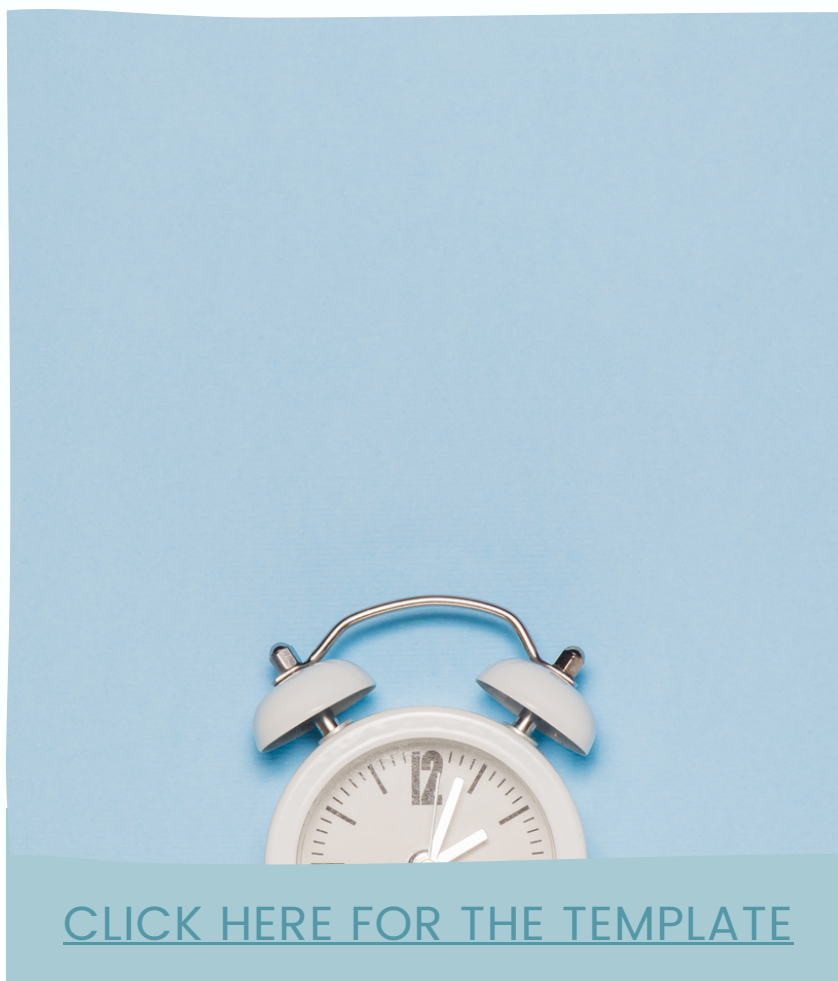
TWO

My favorite movie is....

THREE

My favorite song is....

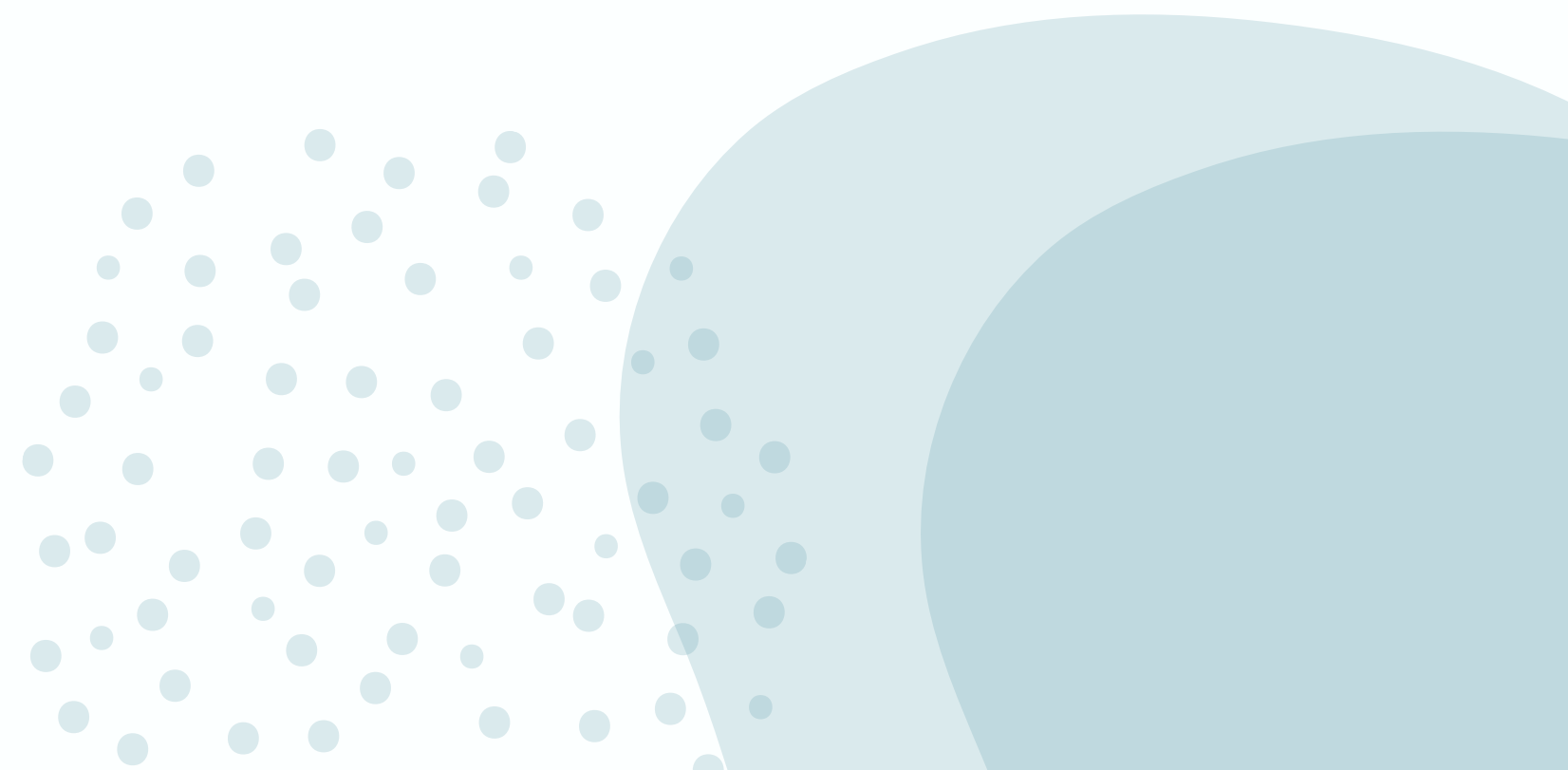
DAY 6



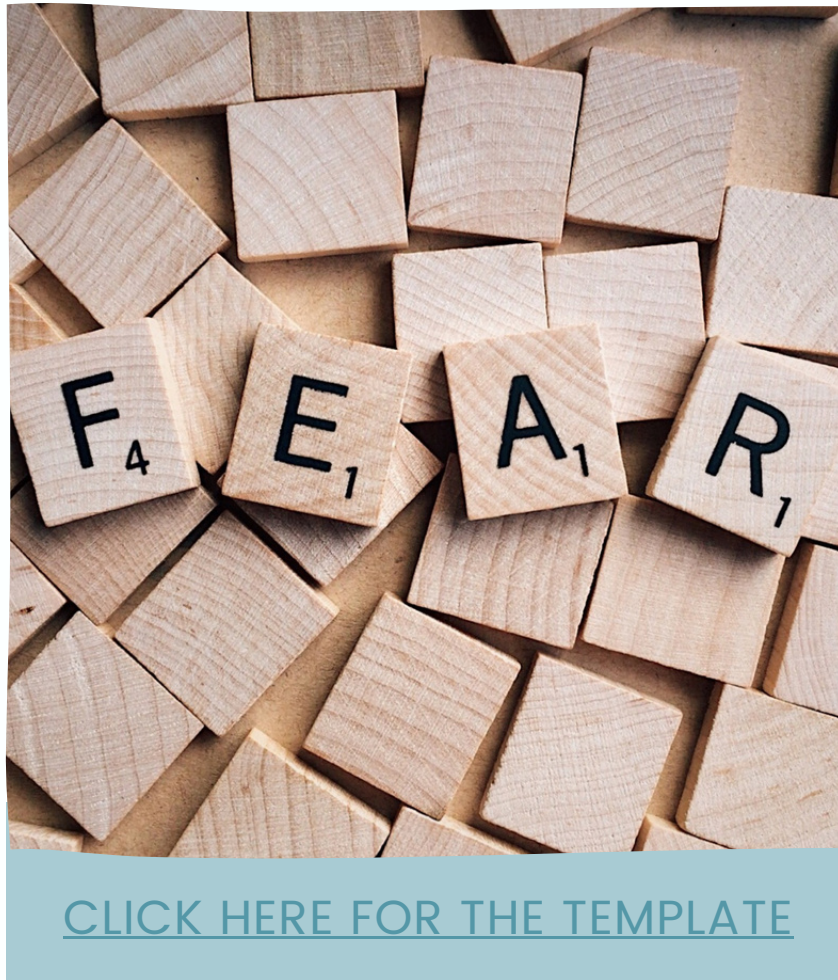
# Get Personal

TELL YOUR FOLLOWERS WHERE YOU SEE OR  
WANT TO SEE YOURSELF IN 5 YEARS.

BONUS: ASK YOUR FOLLOWERS TO  
ANSWER THE SAME QUESTION!



DAY 7



# Listen Up

ASK YOUR FOLLOWERS WHAT THEIR  
BIGGEST FEAR IS.

BONUS: ANSWER THE QUESTION  
YOURSELF IN THE COMMENTS!



DAY 8



# Promotionals

TALK ABOUT FREEBIES YOU HAVE & GIVE A  
LINK TO YOUR FOLLOWERS

OR

OFFER A DISCOUNT ON A SERVICE OR  
GOOD YOU SELL

BONUS: IF YOU CAN'T OR DON'T WANT  
TO DO EITHER OF THESE, PROMOTE  
YOURSELF IN A DIFFERENT WAY!





DAY 9



# Get Engaged

NEVER HAVE I EVER...

IN YOUR CAPTION, SHARE A STATEMENT &  
ASK YOUR FOLLOWERS IF THEY'VE EVER  
DONE SAID THING BEFORE!

BONUS: FEEL FREE TO ANSWER IN THE  
COMMENTS! ON THE NEXT SLIDE ARE SOME  
STATEMENTS TO HELP YOU GET STARTED!

# Examples

NEVER HAVE I  
EVER...

Gone surfing

NEVER HAVE I  
EVER...

Placed a bet

NEVER HAVE I  
EVER...

Broke a bone

DAY 10



[CLICK HERE FOR THE TEMPLATE](#)

BONUS: CHECK OUR PRE-MADE GRAPHICS  
FOR AN IDEA IF YOU'RE STUCK!

# Get Social

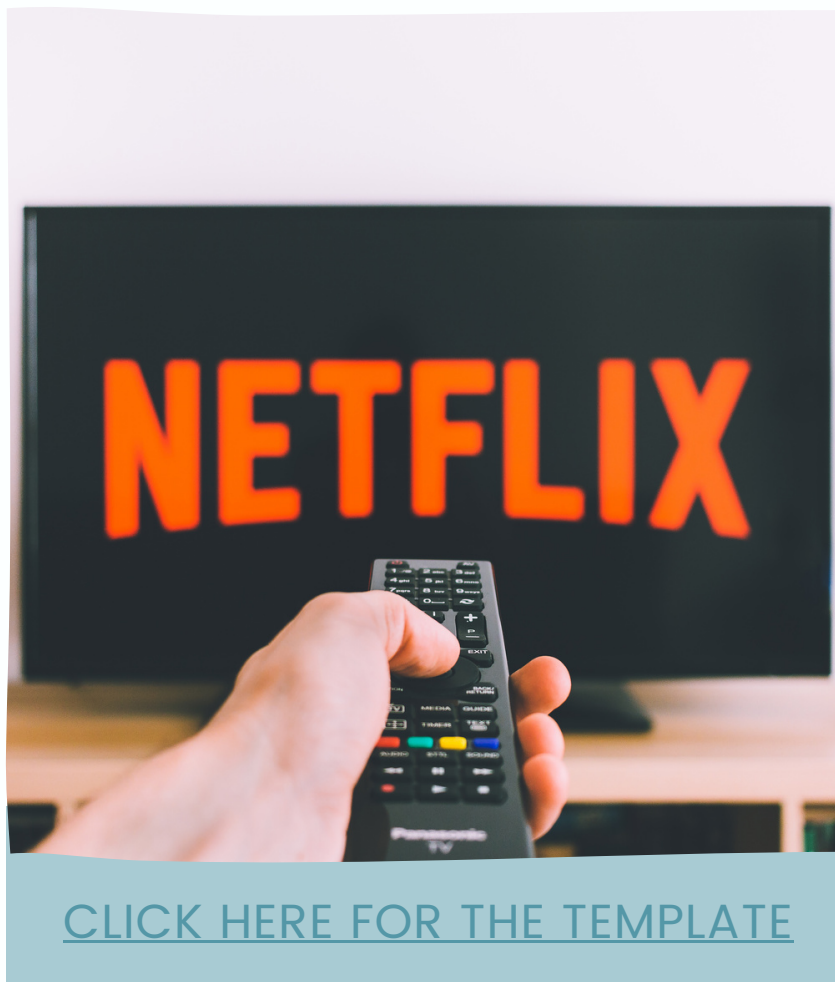
TAG A FRIEND

SHARE A FUNNY PHOTO OR QUOTE AND  
ASK YOUR FOLLOWERS TO TAG THEIR  
FRIENDS THAT CAN RELATE!

DAY 11

# Relatability

SHARE YOUR TOP 3 FAVORITE THINGS  
FROM X TOPIC.  
FEEL FREE TO ASK YOUR FOLLOWERS FOR  
THEIR OPINIONS AS WELL.



BONUS: ON THE NEXT SLIDE ARE SOME  
IDEAS TO HELP YOU GET STARTED!



# Examples

MY 3 FAVE...

Foods

MY 3 FAVE...

Candies

MY 3 FAVE...

Characters from a TV show  
or movie

DAY 12

# Get Professional

SHARE WHAT YOUR FAVORITE QUALITY IN  
A CLIENT IS!



[CLICK HERE FOR THE TEMPLATE](#)

BONUS: ON THE NEXT SLIDE ARE SOME  
IDEAS TO HELP YOU GET STARTED!





# Examples

ONE

Accountable

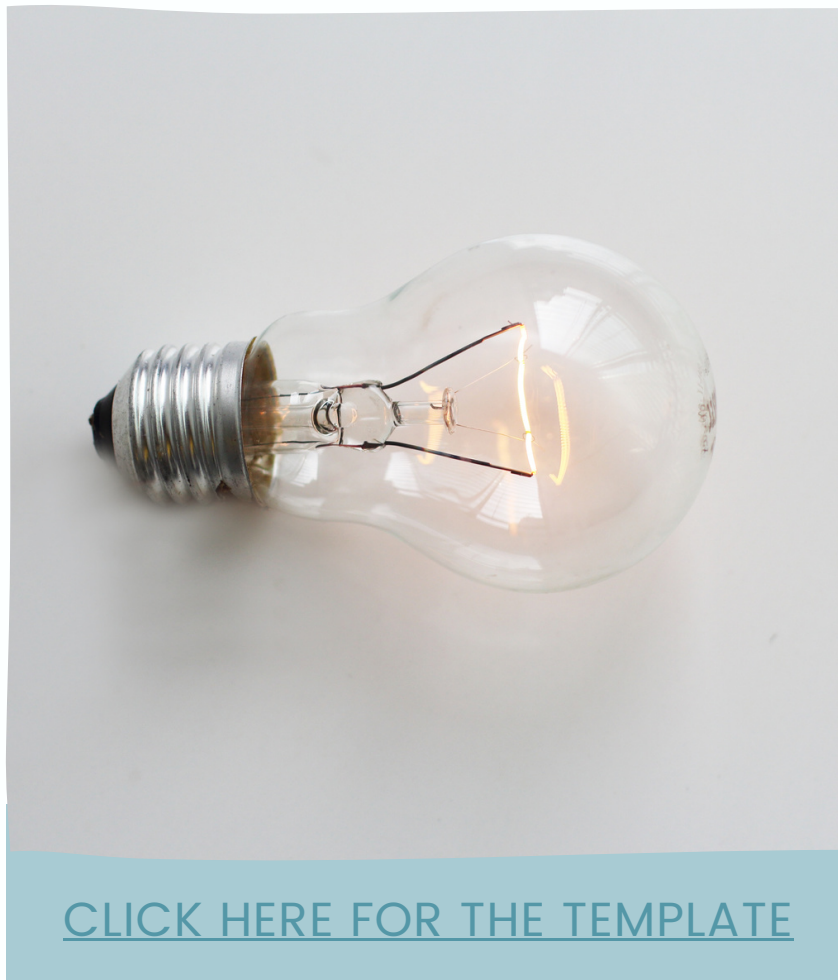
TWO

Punctual

THREE

Easy going

DAY 13



# Get Inspired

SHARE WHAT INSPIRED YOU TO DO WHAT YOU'RE DOING. THIS CAN BE FOR YOUR JOB, A HOBBY, OR ANYTHING ELSE!

BONUS: ASK YOUR FOLLOWERS WHAT INSPIRED THEM TO DO WHAT THEY DO!



DAY 14

# Get Excited

SHARE A POSITIVE CUSTOMER REVIEW YOU  
HAVE RECEIVED.



BONUS: MAKE SURE TO THANK THEM &  
MENTION THEIR ACCOUNT IF THEY HAVE  
ONE!



DAY 15

*My favorite color is*

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[CLICK HERE FOR THE TEMPLATE](#)

BONUS: ON THE NEXT SLIDE ARE A  
FEW EXAMPLES TO GET YOU STARTED!

# Get Engaged

FILL IN THE BLANK

ASK (& ANSWER) A FILL IN THE BLANK  
QUESTION OF YOUR CHOICE! REMEMBER  
TO ENGAGE WITH EVERY COMMENT YOU  
GET! THE MORE INTERACTION ON YOUR  
POST, THE BETTER.



# Examples

ONE

I am currently watching...

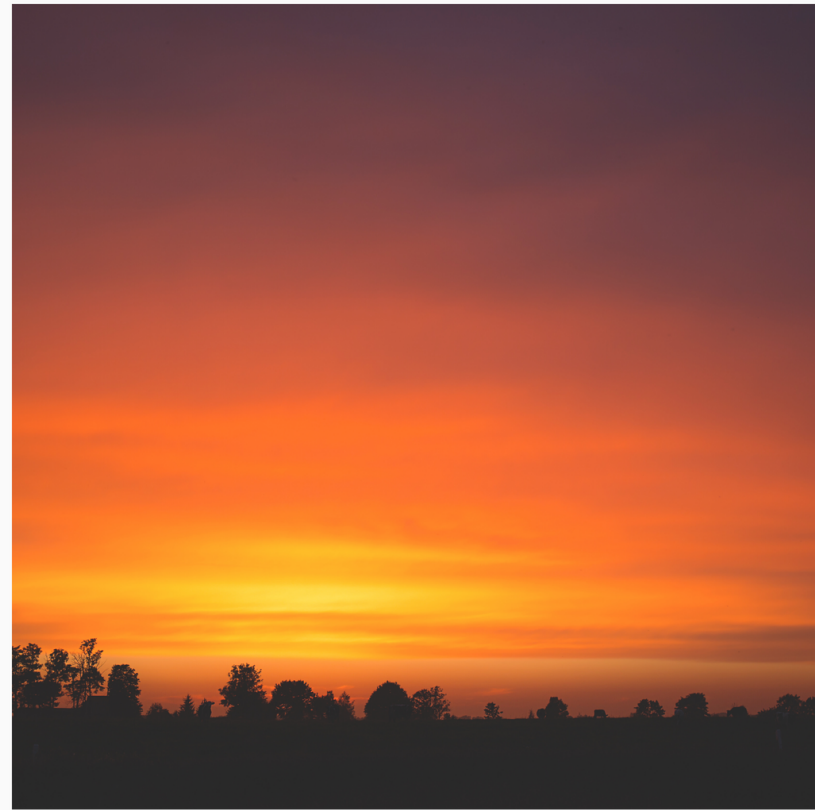
TWO

My favorite color is...

THREE

My favorite author is...

DAY 16



[CLICK HERE FOR THE TEMPLATE](#)

BONUS: DON'T GET ANGRY OR HATEFUL!  
JUST SHOW YOUR FOLLOWERS YOU'RE  
HUMAN TOO!

# Get Personal

RANT OR VENT ABOUT SOMETHING YOU  
DON'T LIKE.



DAY 17

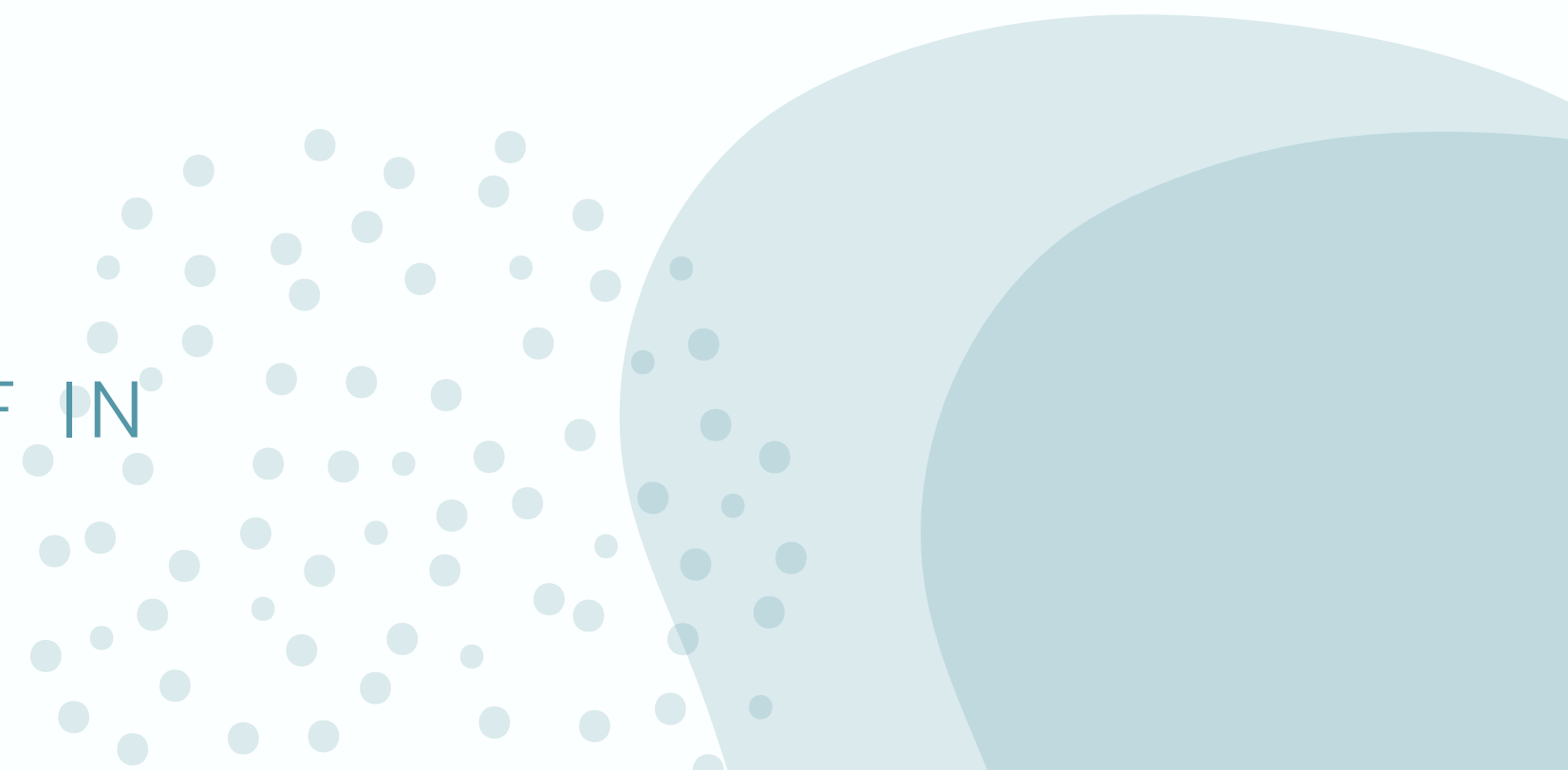


[CLICK HERE FOR THE TEMPLATE](#)

# Listen Up

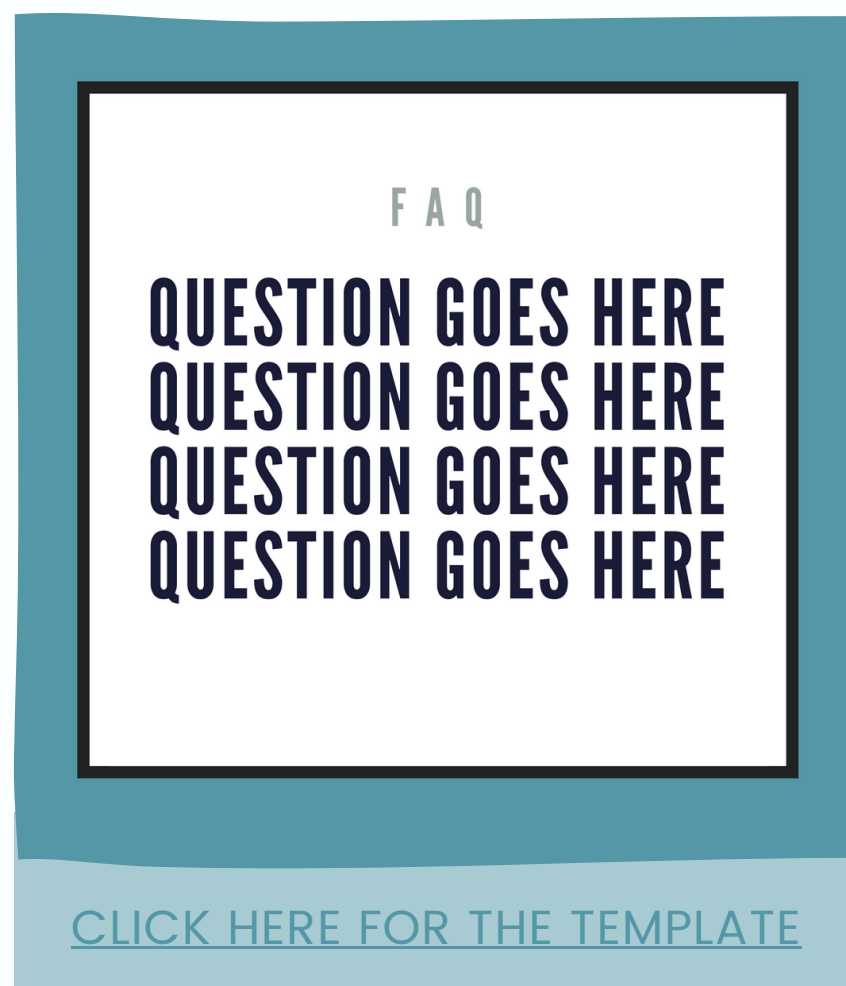
ASK YOUR FOLLOWERS WHAT THE NUMBER  
ONE THING IS THEY'D SAVE FROM THEIR  
HOUSE IN A FIRE.

BONUS: FEEL FREE TO ANSWER YOURSELF IN  
THE COMMENTS! DON'T FORGET TO  
ENGAGE!





DAY 18



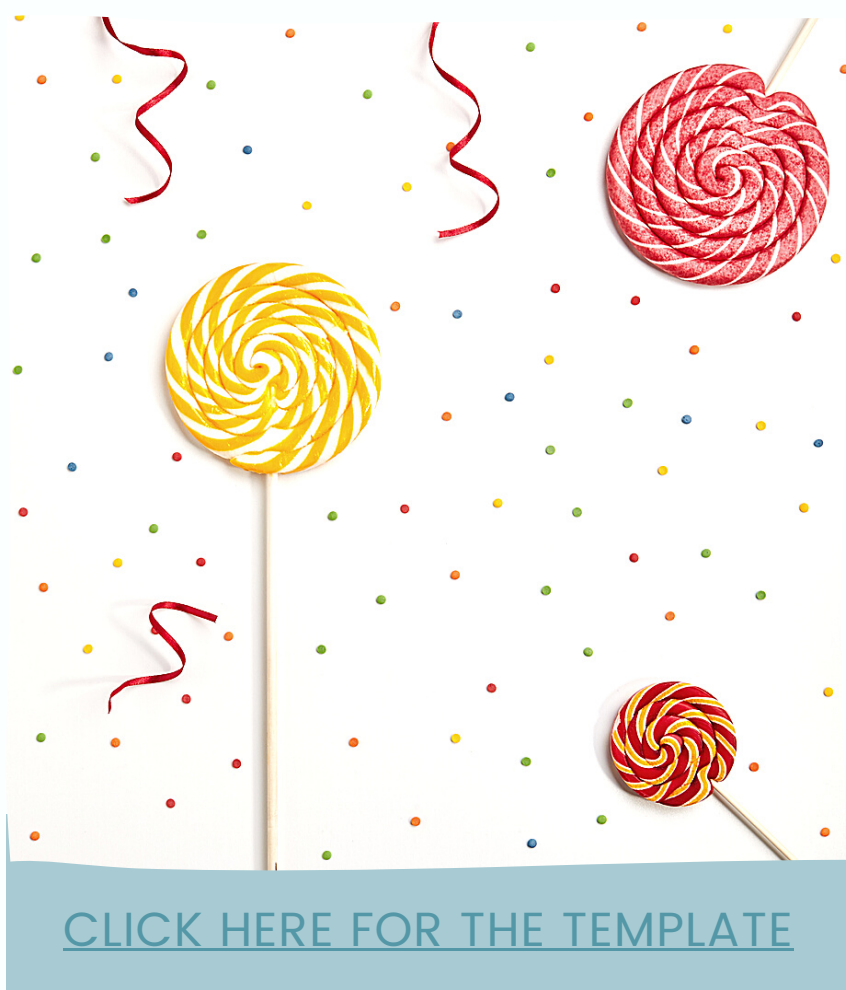
BONUS: IF YOU DON'T HAVE ANY FAQ'S,  
ANSWER A COMMON QUESTION ABOUT  
SOMETHING IN YOUR FEILD.

# Promotional

ANSWER A FAQ YOU HAVE!



DAY 19



# Get Engaged

SHARE SOMETHING YOU LIKE TO DO FOR  
FUN WHEN YOU AREN'T BUSY!

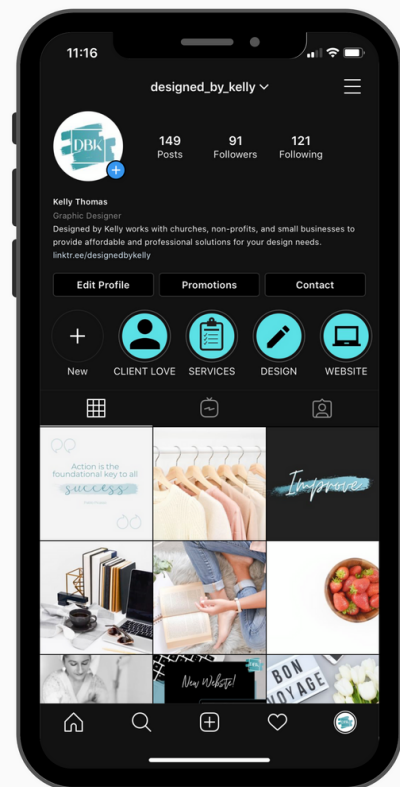
BONUS: MAKE SURE TO ASK FOR YOUR  
FOLLOWERS TAKE ON THE QUESTION!



DAY 20

# Get Social

TELL YOUR FOLLOWERS ABOUT YOUR  
OTHER SOCIAL MEDIA ACCOUNTS AND TELL  
THEM THEY SHOULD FOLLOW YOU THERE!



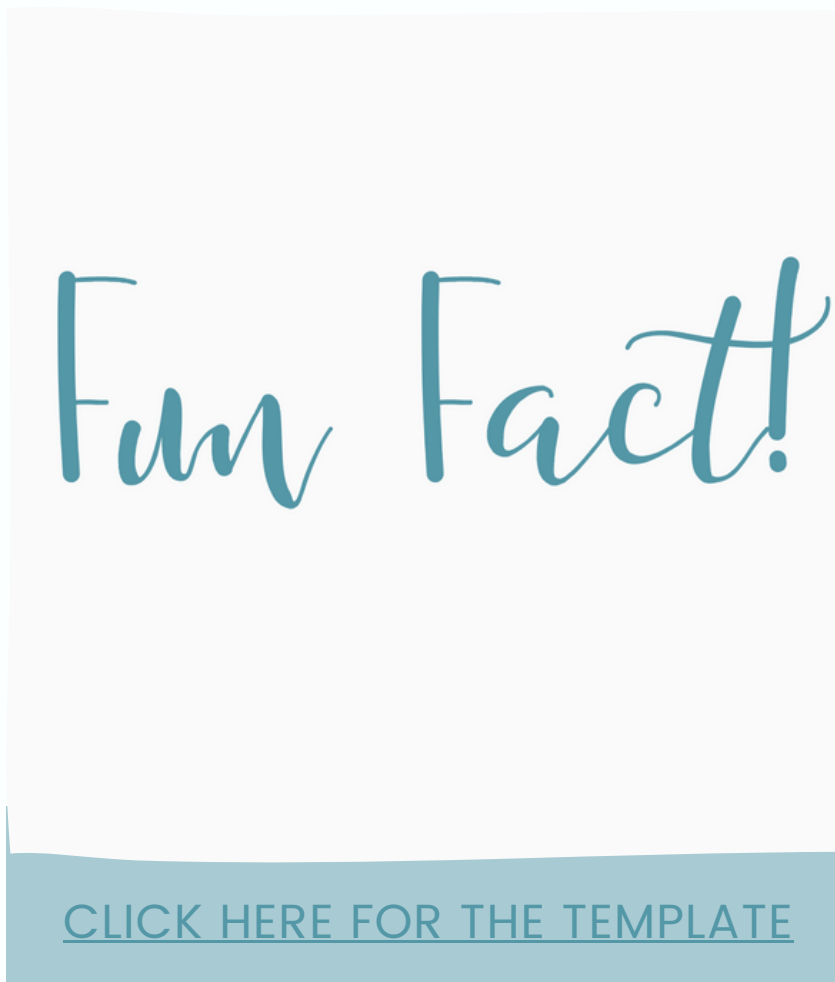
[CLICK HERE FOR THE TEMPLATE](#)

BONUS: POST A NICE LOOKING  
SCREENSHOT OF YOUR OTHER ACCOUNT

DAY 21

# Relatability

SHARE A FUN FACT ABOUT YOURSELF!



BONUS: ASK YOUR FOLLOWERS TO SHARE SOMETHING ABOUT THEMSELVES ASWELL.



DAY 22

# Get Professional

SHARE A COMMON MISTAKE THE HAPPENS  
IN YOUR FIELD. THEN, GIVE ADVICE ON  
HOW TO AVOID/FIX IT!

## 3 COMMON MISTAKES

and how to fix them!

[CLICK HERE FOR THE TEMPLATE](#)

BONUS: ASK YOUR FOLLOWERS IF THEY'VE  
EVER MADE THIS MISTAKE BEFORE!

DAY 23

# Get Inspired

SHARE A QUOTE OR EXCERPT FROM A  
BOOK YOU'RE CURRENTLY READING OR  
HAVE RECENTLY FINISHED READING.



"The way to get started is to  
quit talking and begin  
doing."

WALT DISNEY



[CLICK HERE FOR THE TEMPLATE](#)

BONUS: SHARE WHY YOU CHOSE TO SHARE  
THIS QUOTE IN PARTICULAR.



DAY 24



# Get Excited

WRITE A THANK YOU POST FOR YOUR  
CUSTOMERS LOYALTY!

BONUS: SHARE THE PROFILE OF SOMEONE  
WHO HAS BEEN LOYAL TO YOUR  
BRAND/COMPANY.





DAY 25

*I couldn't live  
without*

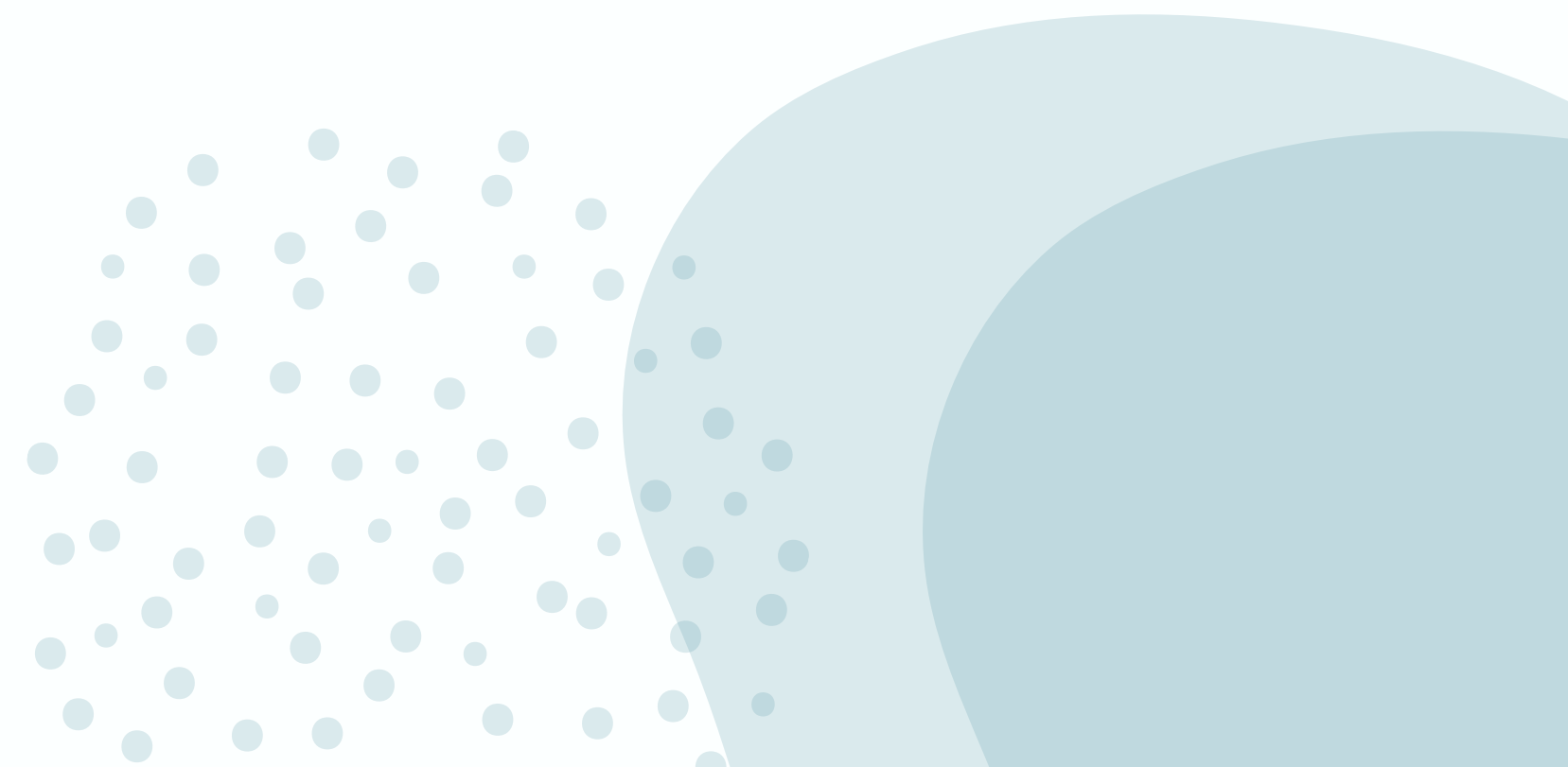
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[CLICK HERE FOR THE TEMPLATE](#)

BONUS: ON THE NEXT SLIDE ARE A  
FEW EXAMPLES TO GET YOU STARTED!

# Get Engaged

FILL IN THE BLANK  
ASK (& ANSWER) A FILL IN THE BLANK  
QUESTION OF YOUR CHOICE! REMEMBER  
TO ENGAGE WITH EVERY COMMENT YOU  
GET! THE MORE INTERACTION ON YOUR  
POST, THE BETTER.



# Examples

ONE

I couldn't live without...

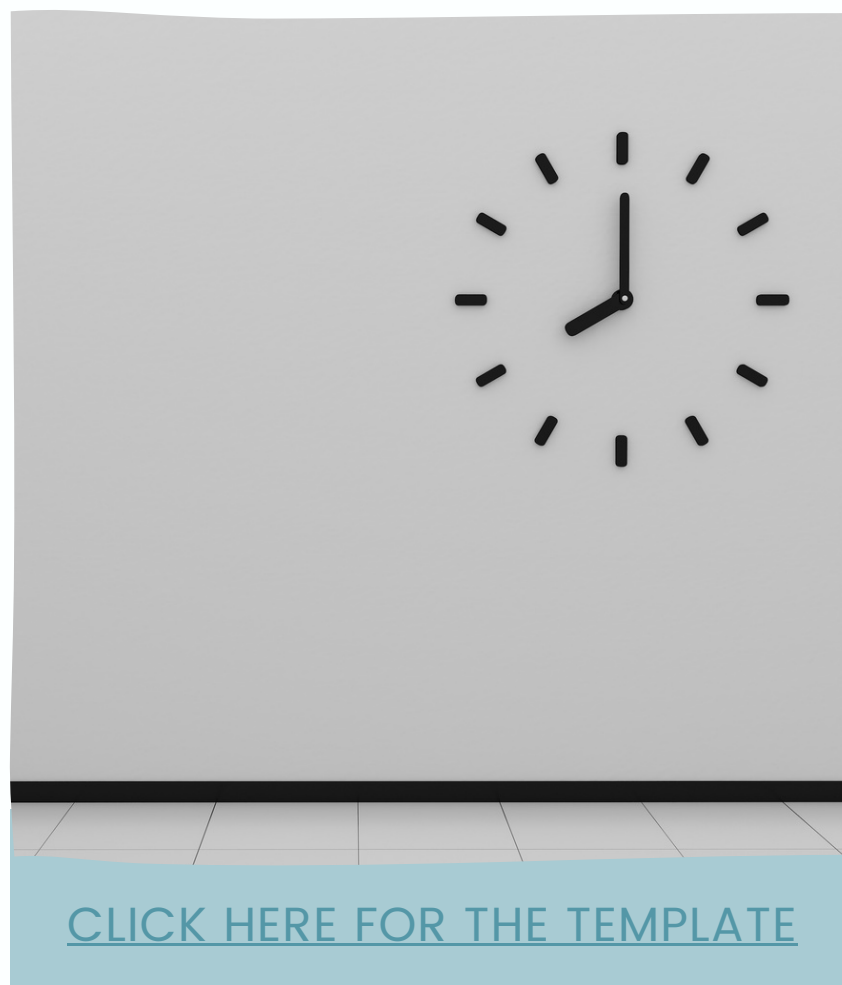
TWO

My favorite animal is...

THREE

I would like to travel to...

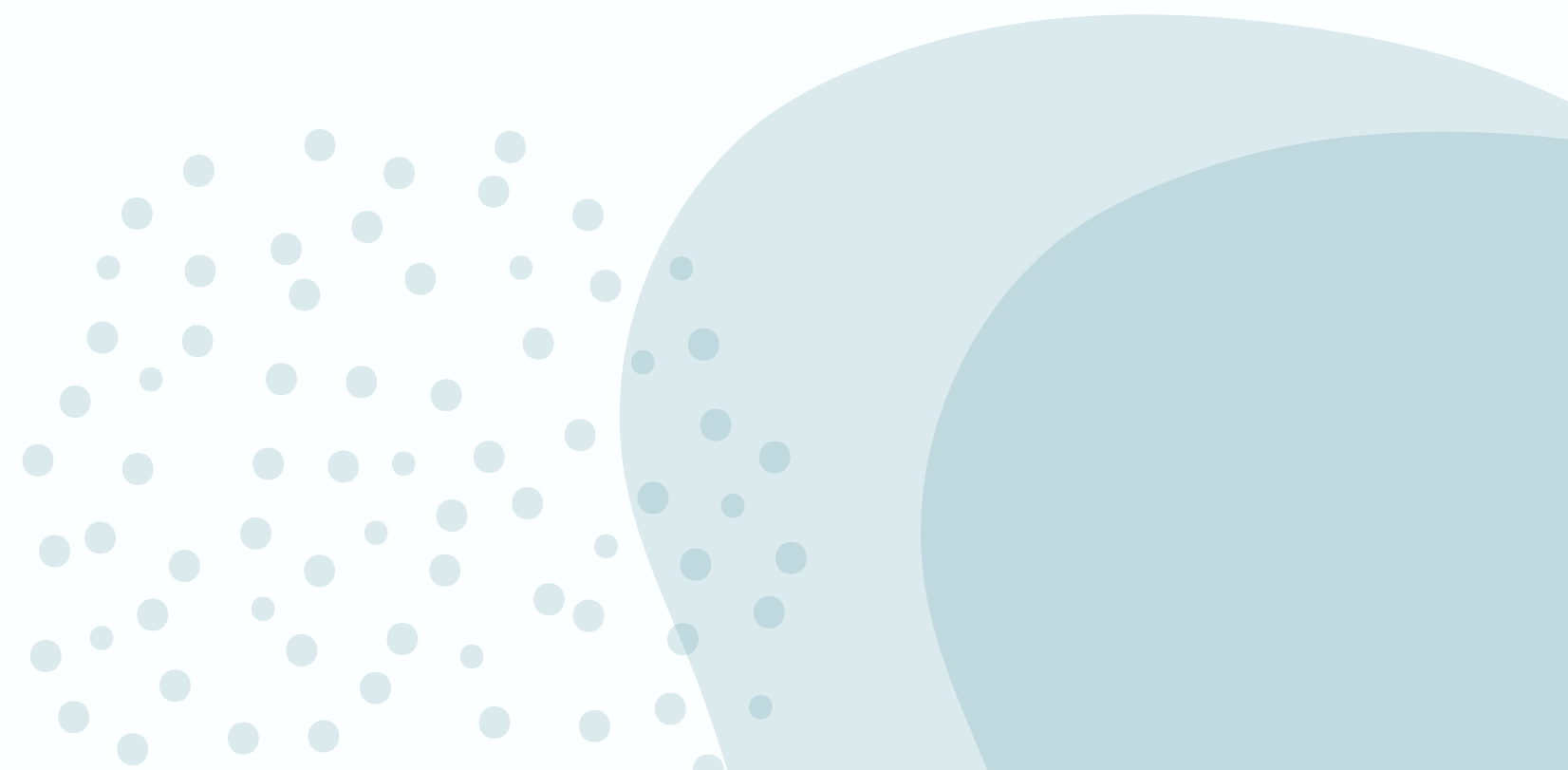
DAY 26



# Get Personal

IF YOU COULD GO BACK IN TIME AND GIVE  
YOURSELF SOME ADVICE, WHAT WOULD IT  
BE AND WHY?

BONUS: ASK YOUR FOLLOWERS  
WHAT THEIR ADVICE WOULD BE.



DAY 27

# Listen Up

ASK YOUR FOLLOWERS WHAT THEIR DREAM  
JOB IS!



BONUS: FEEL FREE TO ANSWER THE  
QUESTION YOURSELF IN THE COMMENTS!  
DON'T FORGET TO ENGAGE!



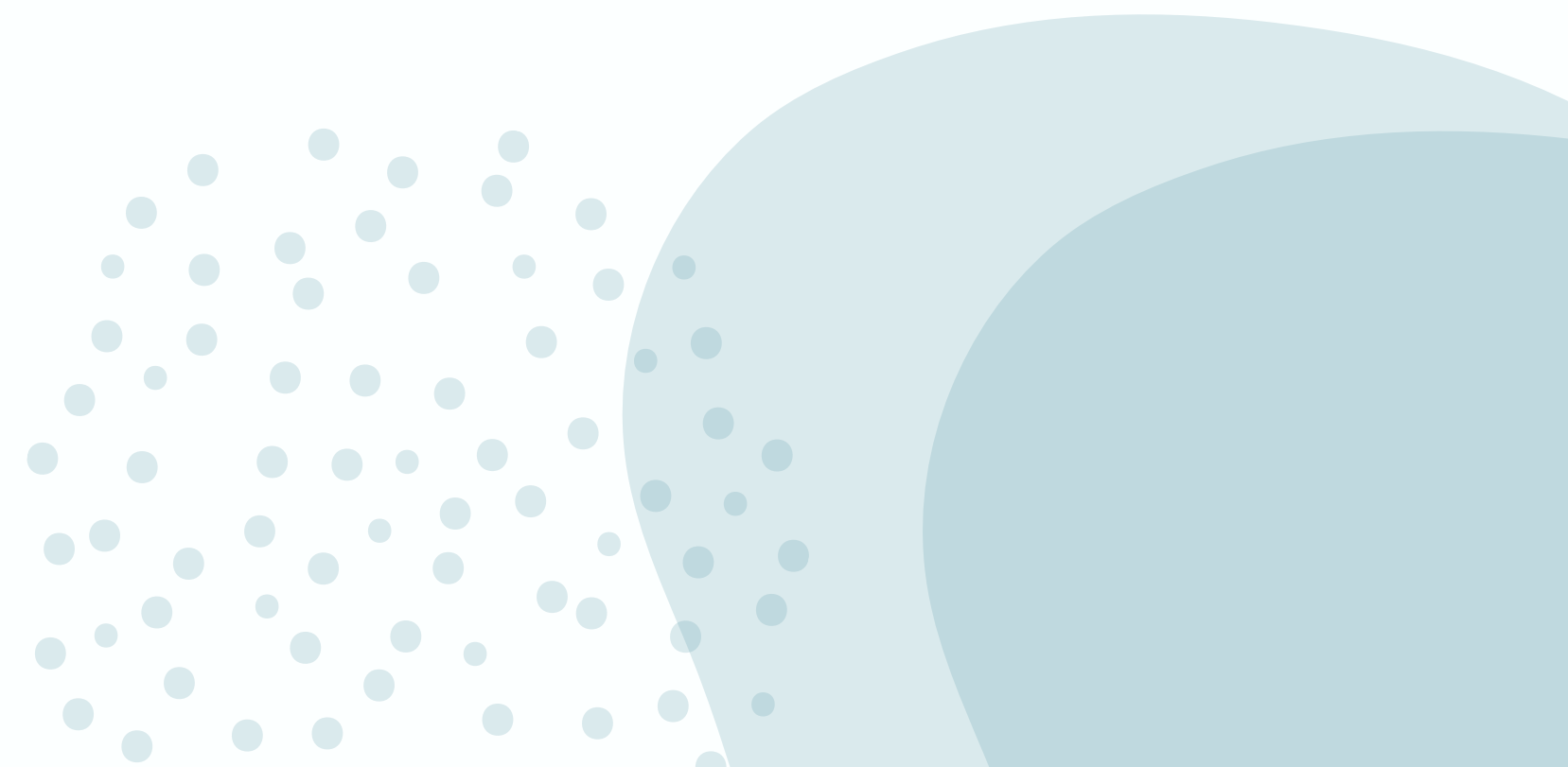
DAY 28



BONUS: USE A CODE LIKE SM2020 AT CHECKOUT!

# Promotional

SHARE A COUPON FOR ONE OF YOUR PRODUCTS/SERVICES ONLY FOR YOUR SOCIAL MEDIA FOLLOWERS!



DAY 29

# Get Engaged

HOST A COMPLIMENT THREAD!  
COMPLIMENT THREADS WORK BY SAYING  
SOMETHING KIND ABOUT THE PERSON OR  
THEIR PROFILE THAT HAS MOST RECENTLY  
COMMENTED ON THE POST!



BONUS: FEEL FREE TO KICK OFF THE CHAIN  
BY COMPLIMENTING YOUR FOLLOWERS AS A  
WHOLE IN YOUR COMMENTS!

DAY 30

# Monthly Recap

RECAP ON YOUR WORD OR QUOTE OF THE MONTH! MAKE SURE TO SHARE HOW YOU IMPLEMENTED IT IN YOUR BUSINESS/PERSONAL LIFE.



BONUS: ASK YOUR FOLLOWERS HOW THEIR MONTH WENT & IF THEY HAVE ANY BIG PLANS IN THE NEAR FUTURE.





# Hashtags

#WORDOFTHEMONTH #WORD #WORDS #WORDSTOLIVEBY  
#INSPIRATIONALWORDS #MINDSET #MINDSETCHANGE  
#MINDSETSHIFT #GOALS #GOALGETTER #GOALSACHIEVED  
#GOALSANDGAINS #GOALSONGOALS#SELFEMPOWERMENT  
#LIVEINSPIRED #HEALTHYHAPPYLIFE #TAKECONTROL  
#YOUAREAMAZING #DOITFORYOURSELF #BUSINESSGOALS  
#YESICAN #GOINGPLACES #PERSEVERE #BUSINESSGROWTH  
#TIMEFORACHANGE #SELFCONTROL #LIFECHANGES  
#VULNERABILITY #SELFLOVEISTHEBESTLOVE

# Hashtags

#GOALS #GOALGETTER #GOALSACHIEVED  
#GOALSANDGAINS #GOALSONGOALS #BUSINESSGOALS  
#GOINGPLACES #PERSEVERE #BUSINESSGROWTH  
#TIMEFORACHANGE #BUSINESSMAN #BUSINESSWOMAN  
#BUSINESSOWNER #BUSINESSOWNERS #BUSINESSCOACH  
#BUSINESSWOMEN #BUSINESSLIFE #BUSINESSTIPS  
#BUSINESSMINDED #PROFESSIONALDEVELOPMENT  
#PROFESSIONALSERVICES #PROFESSIONALSPEAKER  
#CLIENTSPOTLIGHTCLIENTSATISFACTION #CLIENTREVIEW  
#CLIENTAPPRECIATION #CLIENTSUCCESS #CLIENTMEETING

# Hashtags

#INSPIRED #INSPIREDAILY #INSPIREDBYNATURE  
#INSPIREDBYPETS #INSPIREDBY #INSPIREDBYYOU  
#INSPIREDLIFE #INSPIREDBYCOLOUR #INSPIREDLIVING  
#INSPIREDBYTHIS #INSPIREDDAILY #INSPIREDTOINSPIRE  
#INSPIREDWOMEN #INSPIRATIONALQUOTES #INSPIRATIONAL  
#INSPIRATIONALQUOTE #INSPIRATIONALWORDS  
#INSPIRATIONALWOMEN #INSPIRATIONALPOST  
#INSPIRATIONALTHOUGHTS #INSPIRATIONALQOUTES

# Hashtags

#CELEBRATEEVERYDAY #CELEBRATEEVERYDAY  
#CELEBRATEEVERYTHING #EXCITING #EXCITINGNEWS  
#CELEBRATE #CELEBRATION #TIMETOCELEBRATE  
#LETSCELEBRATE CELEBRATIONS #CELEBRATIONTIME  
#CELEBRATIONCAKE #CELEBRATIONDAY  
#CELEBRATIONOFLIFE #CELEBRATIONOFLOVE #EXCITING  
#EXCITINGTIMES #EXCITINGTIMESAHEAD #EXCITINGNEWS  
#EXCITINGSTUFF #EXCITINGDAY #EXCITINGWEEK  
#EXCITINGMONTH #EXCITINGMOMENT  
#EXCITINGTHINGSAREHAPPENING #EXCITINGTIME  
#EXCITINGEXPERIENCE

GET ENGAGED

# Hashtags

#CONNECTWITHME #LETSCHAT #BEAUTHENTIC  
#FRIDAYMOTIVATION #FRIYAYVIBES #THANKGODITSFRIDAY  
#WEEKENDREADY #ALMOSTWEEKEND  
#WEEKENDISHERE#BECONSISTENT #ALWAYSGROWING  
#LETSTALK #TALKTOME #LETSTALKABOUTIT #FUN #FUNNY

# Hashtags

#PERSONAL #PERSONALGROWTH #PERSONALISED  
#PERSONALIZED #PERSONALSTYLE #PERSONALITY #ABOUTME  
#BECONSISTENT #ALWAYSGROWING #SAVYBUSINESSOWNER  
#SMALLBUSINESSES #SUPERHAPPY #GOINGFORWARD  
#MINDSETISKEY #LISTENTOYOURHEART #STAYINSPIRED  
#SUCCESSFULMINDSET #INSPIREDLIVING #ITWILLBEWORTHIT  
#ENCOURAGED #MOTIVATEOTHERS #YOUAREWORTHY  
#FOCUSONYOURSELF #NOWISTHETIME

# Hashtags

#SOCIALMEDIA #SOCIALMEDIAMARKETING #SOCIALENVY  
#SOCIAL #SOCIALMEDIATIPS #SOCIALMARKETING  
#SOCIALMEDIASTRATEGY #SOCIALMEDIAMANAGER  
#SOCIALMEDIAMANAGEMENT #SOCIALMEDIAMARKETINGTIPS  
#SOCIALNETWORKING #SOCIALGOOD #CLIENT #CLIENTS  
#CLIENTAPPRECIATION #CLIENTSUCCESS



# Hashtags

#LISTEN #LISTENING #LISTENINGTOOTHERS  
#LISTENTOOTHERS #QUESTION #QUESTIONS #QUESTIONING  
#QUESTIONOFTHE DAY #QUESTIONLOOK #QUESTIONMARK  
#QUESTIONANDANSWER #QUESTIONSANDANSWERS  
#QUESTIONABLE #QUESTIONSCHALLENGE #QUESTIONTIME  
#QUESTIONNAIRE #QUESTIONS THAT NEED ANSWERS  
#QUESTIONAUTHORITY #QUESTIONSANSWERED

# Hashtags

#PROMO #PROMOTION #PROMOTE #PROMOTER  
#PROMOTIONS #BUSINESS #BUSINESSMAN  
#BUSINESSWOMAN #BUSINESSOWNER #BUSINESSOWNERS  
#BUSINESSCOACH #BUSINESSWOMEN #BUSINESSLIFE  
#BUSINESSTIPS #BUSINESSMINDED #BUSINESSOPPORTUNITY  
#BUSINESSCARDS #BUSINESSPASSION #COUPONS  
#COUPON #PERCENTOFF #DISCOUNT #DISCOUNTED  
#DISCOUNTEDSHOPPING

# Hashtags

#RELATED #RELATEABLE #RELATE RELATEBLE #RELATES  
#RELATEABLEPOST #RELATEDTOLOVE #RELATEABLEQUOTES  
#RELATEABLEPOSTS #RELATEABLETEXTPOSTS  
#RELATEQUOTES #RELATEDQUOTES #RELATEDTOEVERYONE

Find Us Online!



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