

14-DAY ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



OPTIMIZE
YOUR PROFILE



REFINE YOUR
CONTENT



ATTRACT THE RIGHT
AUDIENCE



BUILD TRUST.
CREATE OPPORTUNITIES.

14-DAY ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS



DAY 01

BUILD YOUR DIGITAL STOREFRONT



Your Facebook profile is your digital storefront. Let's make it clear, intentional and ready for opportunity.

1

TODAY'S FOCUS

Turn your Facebook profile into a digital storefront. When someone discovers one of your posts and clicks onto your profile, they should be able to quickly understand:

- Who you are
- What you're about
- Who your content is for
- Why they should stay
- What to do next

You are not trying to make your profile perfect today. You are making it clear, intentional and ready for opportunity.

2

YOUR DAY 1 RESULT

- By the end of today, you will have:
- ☐ Professional Mode set up or confirmed

☐ Bio rewritten
- ☐ Top 3 posts reviewed

☐ CTA selected
- ☐ About section updated

☐ Timeline cleaned up
- ☐ Profile photo reviewed

☐ Privacy reviewed
- ☐ Cover photo reviewed or updated

☐ 5-second storefront test passed

Your profile is no longer just where people find you. It's where they begin to understand you, trust you and take the next step.

3

TURN ON THE BUSINESS TOOLS

PROFESSIONAL MODE

Before anything else, make sure your Facebook profile is set up to give you access to professional tools and insights.

☐ Already enabled

☐ Turned on today

QUICK CHECK

Do you currently have access to your professional dashboard and insights?

☐ YES

☐ NO — I need to finish setting this up

4

FIND WHAT'S ALREADY WORKING

Your insights can show you what people are already responding to.

REVIEW YOUR TOP 3 POSTS

1

Post about: _____
Why it worked: _____

2

Post about: _____
Why it worked: _____

3

Post about: _____
Why it worked: _____

THE PATTERN I NOTICE

Looking at all three posts, what seems to get the strongest reaction from your audience?

5

YOUR 5-SECOND STOREFRONT TEST

Pretend you have never seen your profile before. You click onto it after seeing one of your posts. Within five seconds, can you answer these questions?



1. CAN I RECOGNIZE YOU?

Is your profile picture clear, current and recognizable?

☐ YES

☐ NEEDS WORK



2. CAN I UNDERSTAND YOU?

Can someone quickly understand what your profile and content are about?

☐ YES

☐ NEEDS WORK



3. CAN I TELL THIS IS FOR ME?

Would the right person recognize that your content could help, interest or connect with them?

☐ YES

☐ NEEDS WORK



4. DO I TRUST THE PAGE?

Does your profile feel active, intentional and consistent?

☐ YES

☐ NEEDS WORK



5. DO I KNOW WHAT TO DO NEXT?

Is there one obvious action you want the visitor to take?

☐ YES

☐ NEEDS WORK

MY BIGGEST STOREFRONT GAP

6

BUILD YOUR STOREFRONT



PROFILE PHOTO

TODAY'S DECISION:

☐ Keeping my current photo

☐ Replacing it today

NOTES / IDEAS



COVER PHOTO

MY COVER WILL COMMUNICATE:

UPDATE PLAN

☐ Current cover supports my direction

☐ Updating my cover today



ABOUT SECTION

WHO I AM / WHO I HELP / WHAT I DO



BIO

WHO I HELP _____

WHAT VALUE I CREATE _____

MY FINAL CTA _____

14-DAY ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



FACEBOOK WORKBOOK



BUILD YOUR BRAND



POST WITH PURPOSE



CONNECT WITH PEOPLE



GET RESULTS

DAY 01

BUILD YOUR DIGITAL STOREFRONT



Your Facebook profile is your digital storefront. Let's make it clear, intentional and ready for opportunity.

7 CLEAN UP THE STOREFRONT

- Scroll through your public Facebook timeline. Your goal is to remove anything that works against the direction you are building.
- ☐ Hid outdated posts that no longer represent me
 - ☐ Removed anything that creates unnecessary confusion
 - ☐ Confirmed my recent content supports the direction I'm building
 - ☐ Left personality and real-life content that still feels aligned

WHAT DID YOU CLEAN UP?

8 PRIVACY CHECK

Review your privacy settings to protect what should stay private.

- | | |
|--|--|
| ☐ Personal information | ☐ Older public posts |
| ☐ Contact information | ☐ Friend/follower settings |
| ☐ Family/private photos | ☐ Public-facing value content |
| ☐ Location information | |

ONE PRIVACY CHANGE I MADE TODAY

9 OPTIONAL AI SUPPORT



BIO BUILDER

Use this prompt:
Using my AI Brand Blueprint, help me write 3 simple Facebook bio options. I want someone landing on my profile to quickly understand who I am, what my content is about, who it is for and what they should do next. Keep it clear, natural, concise and in my voice.



STOREFRONT AUDIT

Use this prompt:
Audit my Facebook profile using this five-part test: Can someone recognize me? Understand what my page is about? Know if it is for them? Trust the profile? Know what to do next? Tell me the three highest-impact changes I should make today.

10 DAY 1 NON-NEGOTIABLE

Before you mark Day 1 complete, look at your finished Facebook profile as if you were a complete stranger.



IN FIVE SECONDS, WOULD I KNOW WHAT THIS PERSON IS ABOUT?

- ☐ YES ☐ NOT YET



WOULD I KNOW WHAT TO DO NEXT?

- ☐ YES ☐ NOT YET

If either answer is NOT YET, fix that before moving on.



DAY 01 COMPLETE ✓

- ☐ Professional Mode checked
- ☐ Top 3 posts reviewed
- ☐ About section updated
- ☐ Profile photo reviewed
- ☐ Cover reviewed or updated
- ☐ Bio rewritten
- ☐ CTA selected
- ☐ Timeline cleaned up
- ☐ Privacy reviewed
- ☐ 5-second storefront test passed



DAY 01 COMPLETE



Your Facebook profile now has a job. It is no longer just where people find you. It is where they begin to understand you, trust you and take the next step.



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FACEBOOK
WORKBOOK

DAY
02

CONTENT MOMENTUM

SHOW UP. PROVIDE VALUE.
BUILD TRUST.



Consistent content builds visibility.
Value builds trust.
Today, you create momentum.

1 TODAY'S FOCUS

Today is about building content momentum that:

- ✓ Shows up consistently
- ✓ Provides value
- ✓ Builds trust & connection
- ✓ Positions you as the go-to
- ✓ Creates opportunities



REMEMBER:
You don't need more followers.
You need consistent value.

2 CONTENT PILLAR CHECK

Review the 5 content pillars you selected on Day 1.
Mark the ones you want to create content around this week.

- ☐ Pillar 1: _____
- ☐ Pillar 2: _____
- ☐ Pillar 3: _____
- ☐ Pillar 4: _____
- ☐ Pillar 5: _____

MY MAIN PILLAR THIS WEEK:

3 TODAY'S CONTENT PLAN

Your goal is to post content that provides value and connects with your audience.

- I WILL POST:**
- ☐ 1 Value Post
 - ☐ 1 Personal Post
 - ☐ 1 Engage Post (question, poll, etc.)
 - ☐ 1 Story Daily

MY POSTS WILL FOCUS ON:

4 CONTENT IDEAS

Write 3 content ideas for each post type.



VALUE POST
Teach, educate, or provide help.

1. _____

2. _____

3. _____



PERSONAL POST
Share your story, life, or perspective.

1. _____

2. _____

3. _____



ENGAGE POST
Ask a question, poll, or spark conversation.

1. _____

2. _____

3. _____



TIP: Save these ideas in your notes so you never run out of content again.

5 HOOK IDEAS

Strong hooks stop the scroll.
Write 3 hooks you can use this week.

- 1. _____
- 2. _____
- 3. _____

6 AI CONTENT PROMPT (OPTIONAL)



CONTENT IDEAS PROMPT
Give me 10 content ideas for my Facebook page using my 5 content pillars. Make them valuable, engaging, and aligned with my audience.



HOOK GENERATOR
Give me 10 attention-grabbing hooks I can use for Facebook posts that will stop the scroll and lead to value.



TIP: Use AI to brainstorm, not to replace you.
Your voice = the magic.

7 DAY 2 ACTION STEPS

Before you mark Day 2 complete:

- ☐ Created 3 content ideas for each post type
- ☐ Wrote 3 strong hooks
- ☐ Planned my posts for the week
- ☐ Set a reminder to post daily
- ☐ Took action and posted something today

MY COMMITMENT
I commit to showing up, providing value, and building trust through my content. I am building momentum.

SIGNED:



DAY 02 COMPLETE



Consistency today creates visibility tomorrow.
Keep showing up. Keep providing value.
Keep building momentum.



14-DAY
ACCELERATOR

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FACEBOOK
WORKBOOK

DAY 03
BRAND CLARITY + CONTENT PILLARS
GET CLEAR. GET FOCUSED.
CREATE WITH PURPOSE.



Clarity creates connection.
Pillars create consistency.
Consistency creates recognition.
Recognition builds results.

1 TODAY'S FOCUS

Today is about getting crystal clear on your brand and building your content foundation.

- ✓ Get clear on who you help
- ✓ Define the value you provide
- ✓ Build 4 content pillars
- ✓ Create a bank of content ideas
- ✓ Create with confidence
- ✓ Show up with consistency

REMEMBER:
A clear message makes it easier for the right people to find you, follow you, and trust you.

2 BRAND STATEMENTS

Write 3 versions of this brand statement:
"I help _____ by _____
because _____."
Get clear. Get specific. Get real.

STATEMENT 1:

STATEMENT 2:

STATEMENT 3:

MY BRAND MESSAGE IN ONE SENTENCE:

3 CONTENT PILLARS

Choose 4 content pillars you can naturally and consistently create. These become your main topics.

PILLAR 1: _____
PILLAR 2: _____
PILLAR 3: _____
PILLAR 4: _____

MY PILLARS WILL HELP ME ATTRACT:

4 CONTENT IDEAS

Write 5 content ideas for each pillar.

PILLAR 1	PILLAR 2	PILLAR 3	PILLAR 4
			
1. _____	1. _____	1. _____	1. _____
2. _____	2. _____	2. _____	2. _____
3. _____	3. _____	3. _____	3. _____
4. _____	4. _____	4. _____	4. _____
5. _____	5. _____	5. _____	5. _____

TIP: Great ideas come from solving problems, sharing your story, teaching, inspiring, and leading.

5 FACEBOOK POST THIS WEEK

Choose one pillar and create one Facebook post or Story using your face.

- I WILL CREATE:
- ☐ 1 Facebook Post (with my face)
or
☐ 1 Facebook Story (with my face)

I CHOOSE THIS PILLAR:

WHY THIS TOPIC?

6 AI CONTENT PROMPT (OPTIONAL)


CONTENT IDEAS PROMPT
Give me 20 Facebook content ideas for my niche using my 4 content pillars. Make them valuable, engaging, and aligned with my audience.


HOOK GENERATOR
Give me 10 attention-grabbing hooks I can use for Facebook posts that will stop the scroll and lead to value.

TIP: Use AI to brainstorm, not to replace you. Your voice = the magic.

7 DAY 3 ACTION STEPS

Before you mark Day 3 complete:

- ☐ Wrote 3 brand statements
- ☐ Defined 4 content pillars
- ☐ Wrote 5 content ideas for each pillar (20 total)
- ☐ Chose one pillar to create a post or Story from
- ☐ Created & posted (or scheduled) my post/Story
- ☐ Took action and posted something today

MY COMMITMENT

I commit to showing up, creating valuable content, and building recognition with my audience through my content.

SIGNED:



DAY 03 COMPLETE



Clarity today creates confidence tomorrow.
Pillars create consistency.
Consistency creates recognition.
Recognition creates results.
Keep building momentum.



ONE POST TODAY. ONE STEP CLOSER TO YOUR GOALS.

14-DAY
ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS



FACEBOOK
WORKBOOK

DAY
04

STORIES + CONNECTION
SHARE YOUR STORY, BUILD TRUST.
CREATE CONNECTION.



Stories create connection.
Connection builds trust.
Trust builds relationship.
Relationship creates results.

1 TODAY'S FOCUS

Today is about using story posts and simple visuals to build:

- ✓ Connection & relatability
- ✓ Trust & credibility
- ✓ Engagement & attention
- ✓ Stronger relationship
- ✓ More opportunities

★ **REMEMBER:**
People connect with people.
Share the real, the behind-the-scenes, and the lessons.
Your story is your strongest hook.

2 STORY FRAMEWORK

Use the 4-Beat Story Framework for your story posts.
Keep it simple. Keep it real.

- ☐ BEFORE: _____
- ☐ THE STRUGGLE: _____
- ☐ THE SHIFT: _____
- ☐ WHERE I AM NOW: _____

MY STORY TOPIC:

3 TODAY'S CONTENT PLAN

Your goal is to share your story and create connection.

- I WILL POST:
- ☐ 1 Story Post (my 4-beat story)
 - ☐ 2 Quote Graphics
 - ☐ 1 Behind-the-Scenes Post (show my face / share my story)
 - ☐ 1 Personal Insight or Lesson
 - ☐ 1 Engagement Post (question, poll, etc.)

MY POSTS WILL FOCUS ON:

4 STORY POST IDEAS

Use the 4-beat framework to create 3 story post ideas.

IDEA 1

Before: _____
Struggle: _____
Shift: _____
Now: _____

IDEA 2

Before: _____
Struggle: _____
Shift: _____
Now: _____

IDEA 3

Before: _____
Struggle: _____
Shift: _____
Now: _____

★ **TIP:** Write from the heart. Vulnerability + honesty = connection.

5 QUOTE GRAPHIC IDEAS

Write 3 powerful quotes your audience needs to hear.

- 1 _____
- 2 _____
- 3 _____

★ **TIP:** Keep your quotes short, punchy, and repeatable.
Make people want to save + share.

6 AI CONTENT PROMPT (OPTIONAL)



STORY POST PROMPT

Give me 3 Facebook story post ideas using the 4-beat framework (Before, Struggle, Shift, Now) that build connection and trust.



QUOTE GENERATOR

Give me 5 short, powerful quotes about growth, resilience, and purpose for Facebook quote graphics.

★ **TIP:** Use AI to brainstorm, not to replace you.
Your voice = the connection.

7 DAY 4 ACTION STEPS

Before you mark Day 4 complete:

- ☐ Wrote 1 story post using the 4-beat framework
- ☐ Created 2 quote graphics in Canva
- ☐ Posted both this week
- ☐ Posted 1 behind-the-scenes or personal post
- ☐ Engaged with my audience (reply, comment, connect)
- ☐ Took action and posted something today

MY COMMITMENT

I commit to showing up, sharing my story, and building real connection with my audience through my content.

SIGNED: _____



DAY 04
COMPLETE



Your story creates connection.
Connection builds trust.
Trust creates relationship.
Relationship creates results.
Keep building momentum.



14-DAY ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



FACEBOOK WORKBOOK



BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS

DAY 05

BUILD YOUR CONTENT RHYTHM

PLAN. CREATE. PUBLISH. REPEAT.

CONSISTENCY CREATES GROWTH.



A rhythm removes overwhelm. Planning creates consistency. Consistency builds trust and results.

1 TODAY'S FOCUS

Today is about creating a content rhythm you can actually stick to.

- ✓ Plan with purpose
- ✓ Balance value + promotion
- ✓ Use stronger hooks
- ✓ Post consistently
- ✓ Track + improve

REMEMBER:

A plan is good. A rhythm is better. A system is unstoppable.

2 CONTENT PILLAR CHECK

Review the 5 content pillars you selected.
Check the ones you will focus on this week.

- ☐ Pillar 1: _____
- ☐ Pillar 2: _____
- ☐ Pillar 3: _____
- ☐ Pillar 4: _____
- ☐ Pillar 5: _____

MY MAIN PILLAR THIS WEEK:

3 TODAY'S CONTENT PLAN

Your goal is to plan 5 posts that create value, build trust and drive connection.

I WILL POST:

- ☐ 4 Value Posts
- ☐ 1 Promotional Post
- ☐ 1 Story Daily
- ☐ 1 Engagement Post (question, poll, etc.)

MY POSTS WILL FOCUS ON:

4 CONTENT IDEAS

Write 3 content ideas for each post type.



VALUE POSTS

Teach, educate, or provide help.

1. _____
2. _____
3. _____



PERSONAL POSTS

Share your story, life, or perspective.

1. _____
2. _____
3. _____



ENGAGEMENT POSTS

Ask a question, poll, or spark conversation.

1. _____
2. _____
3. _____

★ **TIP:** Save these ideas in your notes so you never run out of content again.

5 HOOK IDEAS

Strong hooks stop the scroll.
Write 3 hooks you can use this week.

1. _____
2. _____
3. _____

6 AI CONTENT PROMPT (OPTIONAL)



CONTENT IDEAS PROMPT

Give me 10 Facebook content ideas for my niche using my 5 content pillars. Make them valuable, engaging, and aligned with my audience.



HOOK GENERATOR

Give me 10 attention-grabbing hooks I can use for Facebook posts that will stop the scroll and lead to value.

★ **TIP:** Use AI to brainstorm, not to replace you. Your voice = the magic.

7 DAY 5 ACTION STEPS

Before you mark Day 5 complete:

- ☐ Planned 5 posts for the week
- ☐ Wrote 5 strong hooks
- ☐ Created 1 post for this week
- ☐ Scheduled or set reminders to post daily
- ☐ Engaged with my audience today
- ☐ Took action and posted something today

MY COMMITMENT

I commit to building my content rhythm, creating value, connecting with my audience, and staying consistent.

SIGNED:



DAY 05 COMPLETE



Rhythm beats hustle.
Consistency beats motivation.
Keep showing up. Keep providing value.
Keep building momentum.



★ ONE POST TODAY. ONE STEP CLOSER TO YOUR GOALS. ★

14-DAY ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



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FACEBOOK WORKBOOK

DAY
06

DAILY ENGAGEMENT + VISIBILITY

SHOW UP. CONNECT. GET NOTICED.
VISIBILITY CREATES OPPORTUNITY.



Showing up consistently and engaging with others builds trust, expands your reach, and brings new eyes to your content.

1 TODAY'S FOCUS

Today is about building daily visibility habits that grow trust and reach.

- ✓ Engage with your audience
- ✓ Show up in Stories
- ✓ Create meaningful interactions
- ✓ Build real relationships
- ✓ Stay consistent every day

REMEMBER:
Small actions done daily create big results over time.

2 CONTENT PILLAR CHECK

Review the 5 content pillars you selected.
Check the ones you will focus on this week.

- ☐ Pillar 1: _____
- ☐ Pillar 2: _____
- ☐ Pillar 3: _____
- ☐ Pillar 4: _____
- ☐ Pillar 5: _____

MY MAIN PILLAR THIS WEEK:

3 TODAY'S CONTENT PLAN

Your goal is to show up, engage, and create visibility that brings new eyes and builds trust.

I WILL POST:

- ☐ 1 Post (value or insight)
- ☐ 3 Stories (BTS / Value / CTA)
- ☐ 1 Engagement Post
- ☐ 15-Minute Engagement Block (comments + real conversation)

MY CONTENT WILL FOCUS ON:

4 DAILY ENGAGEMENT PLAN

A consistent engagement block grows trust and visibility.

-  **15-MINUTE ENGAGEMENT BLOCK**
Set a timer. Engage with your audience. Comment on 10-15 posts or stories.
-  **COMMENT WITH VALUE**
Leave thoughtful, helpful comments that start conversations.
-  **REPLY + CONNECT**
Reply to comments and DMs. Build relationships, not just reach.
-  **POST STORIES DAILY**
Share BTS, quick wins, tips, or a simple CTA (poll, question, or "DM me START").

TIP: Engage before you post. Stay active after you post. Consistency compounds.

5 VISIBILITY ACTION PLAN

Simple daily actions = massive long-term visibility.

-  **SET YOUR DAILY TIME**
Block 15 minutes every day for engagement. Protect this time.
-  **ENGAGE STRATEGICALLY**
Focus on your target audience, top followers, and new potential followers.
-  **TRACK YOUR IMPACT**
Watch for comments, shares, saves, profile visits, and new followers.
-  **KEEP SHOWING UP**
Consistency builds trust. Trust builds connection. Connection creates opportunity.

TIP: Visibility is not about being everywhere. It's about being consistent where it counts.

6 HOOK IDEAS FOR ENGAGEMENT POSTS

Use these hooks to start conversations.

- 1 What's one thing you're working on right now?
- 2 Drop a 🙌 if you agree!
- 3 Which one is your biggest challenge?
- 4 What would you add to this list?
- 5 Comment "ME" and I'll send you more info!

TIP: Hooks start the conversation. Your replies build the connection.

7 DAY 6 ACTION STEPS

Before you mark Day 6 complete:

- ☐ Posted 1 feed post (value or insight)
- ☐ Posted 3 Stories (BTS / Value / CTA)
- ☐ Engaged with at least 10-15 people
- ☐ Reply to comments and DMs
- ☐ Blocked 15 minutes for engagement
- ☐ Took action and posted something today

MY COMMITMENT

I commit to showing up daily, engaging with others, and building real connections that grow my brand and create opportunity.

SIGNED: _____



DAY 06
COMPLETE



Show up. Engage. Connect.
Visibility creates opportunity.
Trust builds relationships.
Relationships build results.
Keep building momentum.



ONE ACTION TODAY. STRONGER CONNECTIONS TOMORROW.

14-DAY
ACCELERATOR

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FACEBOOK
WORKBOOK

DAY
07

GO LIVE + REPURPOSE

PLAN IT. ANNOUNCE IT. GO LIVE.
REPURPOSE IT. REACH MORE PEOPLE.
LIVE BUILDS TRUST. REPURPOSING GROWS YOU.



Live creates connection.
Connection creates trust.
Trust creates loyalty.
Repurpose to reach more.
More reach = more impact.

1 TODAY'S FOCUS

Today is about going Live and repurposing your content so one Live creates multiple touchpoints.

- Go Live with confidence
- Engage in real time
- Save your Live
- Repurpose for more reach
- Show up consistently

REMEMBER:

You don't need to be perfect.
You just need to be present.
People connect with real.

2 CONTENT PILLAR CHECK

Review the 5 content pillars you selected.
Check the ones you will focus on this week.

☐ Pillar 1: _____

☐ Pillar 2: _____

☐ Pillar 3: _____

☐ Pillar 4: _____

☐ Pillar 5: _____

MY MAIN PILLAR THIS WEEK:

3 TODAY'S CONTENT PLAN

Your goal is to go Live and repurpose that content to reach more people.

I WILL:

- Go Live (planned or impromptu)
- Save my Live
- Create 1 short clip from my Live
- Post 1 value post from key points
- Engage in comments + DMs

MY CONTENT WILL FOCUS ON:

4 GO LIVE GAME PLAN

Plan your Live using this simple structure.



BEFORE LIVE
Plan + prepare.
Announce your Live.

1. _____
2. _____
3. _____



DURING LIVE
Open strong.
Share value.
Engage.

1. _____
2. _____
3. _____



ENGAGE LIVE
Respond to comments.
Ask questions.

1. _____
2. _____
3. _____



CLOSE + CTA
Wrap up.
Call to action.
Next step.

1. _____
2. _____
3. _____

TIP: Outline, not a script. Talk to one person, not the whole world.

5 REPURPOSE YOUR LIVE

Turn your Live into multiple content pieces.



SHORT CLIP (REEL/VIDEO)
30-60 sec clip with a key point.



QUOTE GRAPHIC
Pull a strong quote from your Live.



VALUE POST
Turn 1 tip/lesson into a text post.



STORY SERIES
Share highlights + CTA in Stories.

TIP: One Live can create 4-6 pieces of content.

6 HOOK IDEAS FOR YOUR LIVE

Use these hooks to grab attention in the first 10 seconds.

1. _____

2. _____

3. _____

4. _____

5. _____

TIP: Curiosity, bold statements, questions, and benefits work best.

7 AI CONTENT PROMPT (OPTIONAL)



LIVE TOPIC PROMPT
Give me 10 Facebook Live topic ideas that provide real value, build trust, and create engagement with my audience.



REPURPOSE PROMPT
Give me 10 ways to repurpose one Facebook Live into short content pieces that reach more people.

TIP: Use AI to spark ideas, not to replace your voice.

8 DAY 7 ACTION STEPS

Before you mark Day 7 complete:

- Planned my Live topic
- Announced my Live
- Went Live
- Saved my Live
- Created 1 short clip
- Posted 1 value post
- Engaged in comments + DMs
- Took action and posted something today

MY COMMITMENT

I commit to showing up on Live, repurposing my content, engaging with my audience, and creating more touchpoints that build trust.

SIGNED: _____

14-DAY
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FACEBOOK
WORKBOOK

DAY
08

PLAN YOUR WEEK
PLAN SMARTER. POST CONSISTENTLY.
GROW FASTER.
A PLAN TODAY CREATES FREEDOM TOMORROW.



Planning creates focus.
Focus creates consistency.
Consistency builds trust.
Trust builds loyalty.
Loyalty creates results.

1 TODAY'S FOCUS

Today is about creating a simple weekly plan so you always know what to post and when.

- ✓ Plan your content in advance
- ✓ Batch your writing + graphics
- ✓ Set your posting rhythm
- ✓ Connect Live + authority posts
- ✓ Show up with confidence

REMEMBER:

A plan removes stress.
Action creates momentum.
Momentum creates growth.

2 CONTENT PILLAR CHECK

Review the 5 content pillars you selected.
Check the ones you will focus on this week.

☐ Pillar 1: _____

☐ Pillar 2: _____

☐ Pillar 3: _____

☐ Pillar 4: _____

☐ Pillar 5: _____

MY MAIN PILLAR THIS WEEK:

3 TODAY'S CONTENT PLAN

Your goal is to plan and schedule content that builds trust and creates engagement.

I WILL PLAN:

☐ 4 Feed Posts (Mon, Wed, Fri, Sun)

☐ 1 Live (topic + time)

☐ 1 Authority Post (connects to Live)

☐ 3 Stories Daily (value + engagement)

☐ 1 Engagement Strategy (comments + DMs)

MY CONTENT WILL FOCUS ON:

4 4-WEEK CONTENT CALENDAR MAP

Map your content in advance.

MON	WED	FRI	SUN
 VALUE POST Teach, educate or provide a solution. 1. _____ 2. _____ 3. _____	 LIVE DAY Go Live and engage in real time. 1. _____ 2. _____ 3. _____	 AUTHORITY POST Share proof, results or your story. 1. _____ 2. _____ 3. _____	 CONNECTION POST Inspire, motivate or share a personal post. 1. _____ 2. _____ 3. _____

TIP: Repurpose your Live → Clip, Quote, Graphic, Post.

5 BATCH + PREPARE

Create once. Share all week.



BATCH CAPTIONS
Write captions for 4 posts today. _____



BATCH GRAPHICS
Create graphics for 4 posts. _____



SCHEDULE POSTS
Schedule your content in advance. _____



PLAN YOUR LIVE
Choose topic, time + promotion plan. _____

TIP: Batching saves time. Consistency builds trust.

6 HOOK IDEAS FOR THE WEEK

Use these hooks to grab attention.

1. _____

2. _____

3. _____

4. _____

5. _____

TIP: Start strong. The hook decides if they stop or scroll.

7 AI CONTENT PROMPT (OPTIONAL)



WEEKLY CONTENT PROMPT
Give me 10 Facebook post ideas for my niche using the 5 pillars (Who I Was, What Changed, What's Possible Now).



AUTHORITY POST PROMPT
Give me 5 authority post ideas that connect to my upcoming Live topic and build trust.

TIP: Use AI to spark ideas, not to replace your voice.

8 DAY 8 ACTION STEPS

Before you mark Day 8 complete:

☐ Planned my 4-week content map

☐ Wrote 4 captions

☐ Created 4 graphics

☐ Scheduled my posts

☐ Planned my Live

☐ Planned my authority post

☐ Engaged in comments + DMs

☐ Took action and posted something today

MY COMMITMENT

I commit to planning ahead, showing up consistently, and creating content that builds trust and creates opportunity.

SIGNED: _____



DAY 08
COMPLETE

Plan builds focus.
Focus builds consistency.
Consistency builds trust.
Trust builds loyalty.
Keep showing up. Keep creating. Keep growing.



14-DAY
ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS



FACEBOOK
WORKBOOK

DAY 09

CONNECT + START CONVERSATIONS

PEOPLE DON'T BUY FROM BRANDS.
THEY BUY FROM PEOPLE THEY KNOW, LIKE, AND TRUST.

REAL CONNECTION. REAL CONVERSATIONS. REAL RESULTS.



Connections create opportunity.

Conversations create trust.

Trust creates loyalty.

Loyalty creates customers.

Customers create results.

1 TODAY'S FOCUS

Today is about making real connections and starting genuine conversations.

- ✓ Find the right people
- ✓ Engage with intention
- ✓ Start conversations
- ✓ Build relationships
- ✓ Grow your community

REMEMBER:

People don't care how much you know until they know how much you care.

2 CONNECTION PILLAR CHECK

Review the 5 connection pillars you selected.

Check the ones you will focus on this week.

☐ Pillar 1: _____

☐ Pillar 2: _____

☐ Pillar 3: _____

☐ Pillar 4: _____

☐ Pillar 5: _____

MY MAIN PILLAR THIS WEEK:

3 TODAY'S CONNECTION PLAN

Your goal is to connect with the right people and start conversations that lead to relationships.

I WILL CONNECT:

☐ Add 20 new friends

☐ Engage in 5 groups

☐ Comment on 5 posts

☐ Send 5 connection messages

☐ Start 2 real conversations

MY CONNECTION WILL FOCUS ON:

4 THE FRIEND FUNNEL

Follow this simple funnel to grow your network.



FIND
Find your ideal people in groups, pages, and communities.

1. _____

2. _____

3. _____



ENGAGE
Like, comment, and engage consistently.

1. _____

2. _____

3. _____



CONNECT
Send a friend request after warm engagement.

1. _____

2. _____

3. _____



CONVERSE
Start real conversations and build trust.

1. _____

2. _____

3. _____



NURTURE
Stay in touch and continue supporting.

1. _____

2. _____

3. _____

TIP: Warm engagement first. Connection second. Conversation third.

5 CONVERSATION STARTERS

Use these openers to start natural conversations.



VALUE OPENING
Loved your post about _____



QUESTION OPENING
What made you start _____?



EXPERIENCE OPENING
I've been learning about _____



RESOURCE OPENING
This reminded me of _____



SUPPORT OPENING
How can I support you with _____?

TIP: Listen more. Ask more. Share more. Sell less.

6 DAILY CONNECTION HABITS

Use these habits every day.

- ✓ Engage in 3-5 groups
- ✓ Comment on 5 posts
- ✓ Send 5 connection requests
- ✓ Have 2 real conversations
- ✓ Follow up and stay in touch

TIP: Small daily actions. Big long-term results.

7 AI CONTENT PROMPT (OPTIONAL)



CONNECTION POST PROMPT
Give me 10 Facebook post ideas that start conversations. (Who I Am, What I Do, What's Possible Now).



ENGAGEMENT POST PROMPT
Give me 10 questions, polls, or "this or that" post ideas to increase engagement.

TIP: Use AI to spark ideas, not to replace your voice.

8 DAY 9 ACTION STEPS

Before you mark Day 9 complete:

☐ Engaged in 3-5 groups

☐ Commented on 5 posts

☐ Sent 5 connection requests

☐ Had 2 real conversations

☐ Followed up with new connections

☐ Took action and posted something today

MY COMMITMENT

I commit to connecting with the right people, starting real conversations, and building relationships that last.

SIGNED:



DAY 09 COMPLETE



Connections create opportunity.
Conversations create trust.
Trust creates loyalty.
Your connections create results.
Keep showing up. Keep connecting. Keep growing.



ONE CONNECTION TODAY. ONE CONVERSATION TOMORROW. BIGGER RESULTS ALWAYS.

14-DAY
ACCELERATOR

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BUILD
YOUR BRAND



POST
WITH PURPOSE



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RESULTS



FACEBOOK
WORKBOOK

DAY
10

SCALE WHAT WORKS

OBSERVE. OPTIMIZE. REPEAT.
DO MORE OF WHAT GETS RESULTS.

SMARTER MOVES. BETTER RESULTS. BIGGER IMPACT.



Data tells you what works.
Focus creates consistency.
Consistency builds trust.
Trust builds loyalty.
Loyalty creates customers.
Customers create results.

1 TODAY'S FOCUS

Today is about studying what's working and doing more of it.

- ✓ Review what your audience loves
- ✓ Identify patterns and signals
- ✓ Optimize your posts
- ✓ Scale what already works
- ✓ Grow your reach + engagement

REMEMBER:

Success leaves clues.
Scale what works.
Don't guess, use data.

2 INSIGHTS PILLAR CHECK

Review the 5 insights pillars you selected.
Check which ones performed best this week.

- ☐ Pillar 1: _____
- ☐ Pillar 2: _____
- ☐ Pillar 3: _____
- ☐ Pillar 4: _____
- ☐ Pillar 5: _____

MY TOP PERFORMING
PILLAR THIS WEEK:

3 TODAY'S ACTION PLAN

Your goal is to scale your reach by doing more of what works.

I WILL DO:

- ☐ Review top performing posts
- ☐ Repurpose best content
- ☐ Optimize 2 posts
- ☐ Post 1 high-value post
- ☐ Engage with warm audience

MY CONTENT WILL
FOCUS ON:

4 CONTENT PERFORMANCE REVIEW

Look at your top posts from this week.

TOP POST #1

Likes _____
Comments _____
Shares _____
Saves _____
Reach _____

Why it worked: _____

TOP POST #2

Likes _____
Comments _____
Shares _____
Saves _____
Reach _____

Why it worked: _____

TOP POST #3

Likes _____
Comments _____
Shares _____
Saves _____
Reach _____

Why it worked: _____

TIP: Look for patterns in topics, formats, hooks, and timing.

5 SCALING STRATEGY

Based on what worked, plan how you will scale it.

CONTENT TO SCALE: _____

WHY IT WORKED: _____

HOW I WILL IMPROVE IT: _____

WHERE I WILL SHARE IT: ☐ Feed ☐ Groups ☐ Stories ☐ Live

WHEN I WILL POST IT: _____

TIP: Small tweaks can create big growth.

6 HOOK IDEAS FOR NEXT WEEK

Write 5 hooks that come from what worked.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

TIP: Use your winners as inspiration, not duplication.

7 AI CONTENT PROMPT (OPTIONAL)



WEEKLY INSIGHTS PROMPT

Give me 10 Facebook post ideas based on my top performing content this week.
(Use patterns, hooks, and topics.)



REPURPOSE PROMPT

Give me 5 ways to repurpose my top post into new content formats to reach more people.

TIP: Use AI to spark ideas, not to replace your voice.

8 DAY 10 ACTION STEPS

Before you mark Day 10 complete:

- ☐ Reviewed top 3 performing posts
- ☐ Identified winning patterns
- ☐ Optimized 2 posts
- ☐ Repurposed 1 top post
- ☐ Posted 1 high-value post
- ☐ Engaged with warm audience
- ☐ Took action and posted something today

MY COMMITMENT

I commit to scaling what works, staying consistent, and creating more value so I can help more people and grow my brand.

SIGNED: _____



DAY 10
COMPLETE



Data shows you the way.
Scale what works.
Help more people.
Build your brand.
Keep showing up. Keep creating. Keep growing.



ONE PLAN TODAY. ONE REPEAT WIN TOMORROW. BIGGER RESULTS ALWAYS.

14-DAY
ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS



FACEBOOK
WORKBOOK

DAY
11

TURN ATTENTION
INTO OPPORTUNITY

CONNECT. CONVERSE. CREATE OPPORTUNITY.
ATTENTION IS THE START, ACTION CREATES RESULTS.



Conversations create connection.
Connection creates trust.
Trust creates opportunity.
Opportunity creates impact.
Impact creates freedom.

1 TODAY'S FOCUS

Today is about turning warm attention into real conversations and creating an opportunity.

- Start warm conversations
- Ask real questions
- Understand their needs
- Handle objections with care
- Create the next step

REMEMBER:

People don't want a pitch.
They want relevance,
help and a next step.

2 CONVERSATION STARTERS

Use these simple conversation starters to open natural conversations.

- I noticed you _____.
What's been working for you? _____
- What are you looking for right now? _____
- What's been your biggest challenge lately? _____
- I have something you might find helpful. Want me to send it? _____

MY GOAL TODAY:

3 TODAY'S ACTION PLAN

Your goal is to create conversations that lead to real opportunities.

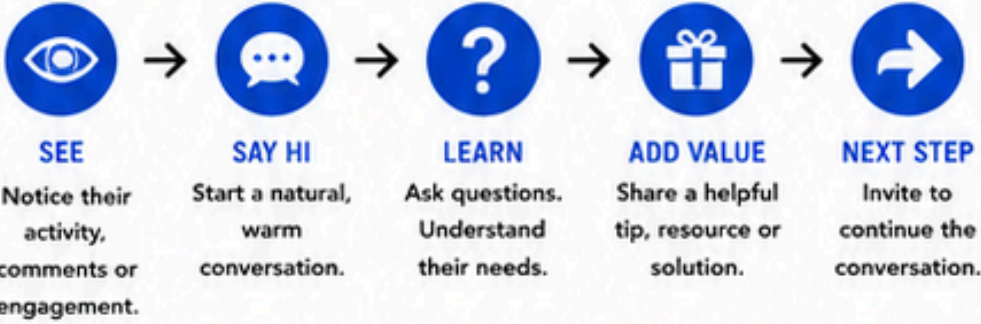
I WILL:

- Start 5 warm conversations
- Ask real questions
- Listen for needs
- Share relevant help or value
- Invite to the next step
- Follow up
- Track my conversations

MY NEXT STEP WILL CREATE OPPORTUNITY BY:

4 THE OPPORTUNITY FLOW

Follow this simple flow to turn attention into opportunity.



TIP: Listen more than you talk. Ask → Understand → Help → Next Step.

5 CONNECTION TO OPPORTUNITY CHECKLIST

Use this checklist to stay intentional with every conversation.

- I started warm (no pitch).
- I asked real questions.
- I listened and understood.
- I shared value or helped.
- I invited a next step.
- I will follow up.

TIP: Small actions create big opportunities over time.

6 OBJECTION HANDLING

Respond with empathy. Keep it simple.

- Too busy → I get it. What would be most helpful right now?
- Not interested → No problem. I'll share value when useful.
- Send info → Absolutely. Let me send you something helpful.
- I'll think about it → Perfect. I'll follow up with something useful.

TIP: Empathy first. Value second. Follow-up next.

7 FOLLOW-UP SYSTEM

Don't lose good conversations.

- SAME DAY FOLLOW-UP**
Follow up with a quick message or resource.
- 48 HOUR FOLLOW-UP**
Check in. Add more value or answer questions.
- WEEKLY FOLLOW-UP**
Stay top of mind. Be helpful and consistent.

TIP: Follow up = opportunity. Consistency creates results.

8 DAY 11 ACTION STEPS

Before you mark Day 11 complete:

- Started 5 warm conversations
- Asked real questions
- Listened and understood
- Shared relevant value
- Invited next steps
- Followed up or scheduled follow-up
- Tracked my conversations today

MY COMMITMENT

I commit to turning attention into real opportunities through genuine conversations, value and consistent follow-up.

SIGNED:



DAY 11 COMPLETE



- Start warm.
- Ask questions.
- Add value.
- Invite next steps.
- Follow up.

You create opportunity when you take action.





TIP: Focus on people. Help more. Opportunity follows.



Real conversations create real results.



BIGGER IMPACT ALWAYS.
YOU'RE BUILDING YOUR BRAND.
YOUR FREEDOM. YOUR FUTURE.

14-DAY
ACCELERATOR

BUILD. POST. CONNECT. GET RESULTS.



BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS



FACEBOOK
WORKBOOK

DAY 12

CONTENT THAT MOVES PEOPLE

MESSAGE. VALUE. NEXT STEP.

CLEAR CONTENT GETS ACTION.



Content gets attention.

Clear messages build trust.

Trust creates opportunity.

Opportunity creates impact.

Impact creates freedom.

1 TODAY'S FOCUS

Today is about creating content that does more than get views.

- ✓ Turn one problem into a post + Story series
- ✓ Connect the problem to value
- ✓ Share your solution or offer
- ✓ Make the next step obvious
- ✓ Create content that gets action

★ **REMEMBER:**

Clarity converts.

One message. One CTA.

One next step.

2 CONTENT STRUCTURE

Use this simple structure for your post + Story series.

- 1 PROBLEM**
What problem is your audience thinking about?

- 2 PERSPECTIVE / VALUE**
What perspective or value changes how they see it?

- 3 SOLUTION / OFFER**
What is your solution or offer that solves this?

- 4 CTA / NEXT STEP**
What is the next step you want them to take?

MY MAIN MESSAGE TODAY:

3 TODAY'S ACTION PLAN

Your goal is to create a conversion-focused post and Story series.

I WILL:

- ☐ Choose one specific problem
- ☐ Write my post using the 4-part structure
- ☐ Create a 3-part Story series
- ☐ Include proof, value or result
- ☐ Add one clear CTA
- ☐ Post my content
- ☐ Engage with comments & DMs
- ☐ Track my results

MY NEXT STEP WILL CREATE OPPORTUNITY BY:

4 THE \$100 CONTENT FLOW

Follow this flow to create content that moves people to action.



PROBLEM

Identify the real problem your audience faces.

→



PERSPECTIVE / VALUE

Share your unique perspective and why it matters.

→



SOLUTION / OFFER

Present your solution, offer or transformational approach.

→



CTA / NEXT STEP

Make the next step obvious and easy.

★ **TIP:** One message. One goal. One next step. Keep it simple.

5 POST + STORY SERIES CHECKLIST

Use this checklist to build your conversion-focused content.

- ✓ My post solves one real problem.
- ✓ My message follows the 4-part structure.
- ✓ I included value, proof or transformation.
- ✓ My Stories support and expand the message.
- ✓ I added one clear CTA.
- ✓ I engaged with comments and DMs.
- ✓ I tracked my results.

★ **TIP:** Content that's useful + clear gets shared, saved and acted on.

6 POST IDEAS

Use these ideas to create \$100 content.

- _____
- _____
- _____
- _____
- _____

★ **TIP:** Focus on one problem and one solution.

7 STORY SERIES IDEAS

Write 3 ideas for your Story series.

- 1** Hook / Problem: _____
- 2** Value / Proof: _____
- 3** CTA / Next Step: _____

★ **TIP:** Stories carry the message further and build trust.

8 DAY 12 ACTION STEPS

Before you mark Day 12 complete:

- ☐ Posted my conversion-focused post
- ☐ Posted my 3-part Story series
- ☐ Included one clear CTA
- ☐ Engaged with comments & DMs
- ☐ Tracked my content results today
- ☐ Improved based on what I learned
- ☐ Took action and posted something today

MY COMMITMENT

I commit to creating content that connects, delivers value and makes the next step obvious so I can create more conversations, opportunities and impact.

SIGNED:



DAY 12 COMPLETE

Content creates attention.

Clarity creates action.

Action creates opportunity.

You create the next step. Keep creating. Keep growing.



★ **TIP:**

Clear content gets action.

Unclear content gets ignored.



Make your message.

Share your value.

Guide the next step.

★ **BIGGER IMPACT ALWAYS.**

YOU'RE BUILDING YOUR BRAND.

YOUR FREEDOM. YOUR FUTURE.

14-DAY
ACCELERATOR

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BUILD
YOUR BRAND



POST
WITH PURPOSE



CONNECT
WITH PEOPLE



GET
RESULTS



FACEBOOK
WORKBOOK

DAY
13

BUILD YOUR
CONSISTENCY SYSTEM

PLAN. TRACK. REPEAT.

A SYSTEM TODAY CREATES RESULTS TOMORROW.



Consistency creates visibility.
Visibility creates trust.
Trust creates opportunity.
Opportunity creates income.
Income creates impact.

1 TODAY'S FOCUS

Today is about building the simple system that keeps you moving every day.

- ✓ Create daily habits
- ✓ Track what matters
- ✓ Build momentum
- ✓ Stay consistent
- ✓ Create growth on autopilot



REMEMBER:

Motivation gets you started.
Systems keep you going.
Habits create results.

2 SYSTEM STRUCTURE

Use this 4-step system to build your consistency engine.

- 1 PLAN**
What will I do today?

- 2 TAKE ACTION**
Do the work. Show up.

- 3 TRACK**
Measure what matters.
What gets measured grows.

- 4 REPEAT**
Review, adjust and keep going tomorrow.

MY SYSTEM TODAY:

3 TODAY'S ACTION PLAN

Your goal is to build a system you can repeat every day.

I WILL:

- ☐ Complete my first Power Hour
- ☐ Set up my lead tracker
- ☐ Choose 3 weekly metrics
- ☐ Block my Power Hour
- ☐ Review tomorrow's plan
- ☐ Engage with comments
- ☐ Track my daily results
- ☐ Follow my system daily

MY NEXT STEP WILL
CREATE OPPORTUNITY BY:

4 THE POWER HOUR SYSTEM

Use this simple system every day to create consistent movement.



10 CREATE

Create content that helps and provides value.



10 ENGAGE

Engage with your audience and add value.



10 CONNECT

Start conversations and build real connections.



TRACK

Track leads, conversations and results.



TIP: Small daily actions done consistently create massive long-term results.

5 LEAD TRACKER HABITS

Track what matters and follow up like a pro.

- NEW CONVERSATIONS**
How many new conversations started? _____
- FOLLOW-UPS**
How many follow-ups did I make? _____
- APPOINTMENTS / CALLS**
How many calls or appointments set? _____
- OFFERS SHARED**
How many offers or solutions shared? _____
- OUTCOMES**
What happened as a result? _____
- NOTES**
Key notes to remember. _____



TIP: Track daily. Follow up fast. Stay consistent.

6 DAILY SYSTEM CHECKLIST

Use this checklist to run your day.

- ☐ Did my Power Hour
- ☐ Create content
- ☐ Engage with audience
- ☐ Connect with people
- ☐ Start conversations
- ☐ Follow up
- ☐ Track my results
- ☐ Plan for tomorrow



TIP: Systems remove guesswork and create freedom.

7 WEEKLY METRICS

Review your 3 metrics every week.

- 1 METRIC #1**
Choose one key metric to track.

- 2 METRIC #2**
Choose your second key metric.

- 3 METRIC #3**
Choose your third key metric.



TIP: Review weekly. Adjust with purpose. Keep growing.

8 DAY 13 ACTION STEPS

Before you mark Day 13 complete:

- ☐ Completed Power Hour today
- ☐ Set up lead tracker
- ☐ Chose 3 weekly metrics
- ☐ Blocked Power Hour on calendar
- ☐ Tracked today's results
- ☐ Planned tomorrow's actions
- ☐ Engaged with comments
- ☐ Followed my system today

MY COMMITMENT

I commit to running my system daily, tracking what matters, and showing up with consistency so I can create opportunity, freedom and impact.

SIGNED:



DAY 13
COMPLETE



- Build your system.
- Run your Power Hour.
- Track what matters.
- Follow your plan.



TIP:

Systems beat motivation.
Habits create results.
Results create freedom.



Plan it. Track it.
Repeat it.
That's how you win.



BIGGER IMPACT ALWAYS.
YOU'RE BUILDING YOUR BRAND.
YOU'RE BUILDING YOUR FREEDOM.
YOU'RE BUILDING YOUR FUTURE.

14-DAY
ACCELERATOR

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RESULTS



FACEBOOK
WORKBOOK

DAY
14

FINISH WITH A
GROWTH PLAN

SYSTEM. GROW. SCALE.
YOU FINISH STRONG. YOU KEEP GROWING.



Consistency creates visibility.
Visibility creates trust.
Trust creates opportunity.
Opportunity creates income.
Income creates impact.

1 TODAY'S FOCUS

Today is about building your next move and planning how you grow.

- ✓ Finish the 14-Day Accelerator
- ✓ Build your growth system
- ✓ Plan your next level
- ✓ Stay consistent
- ✓ Keep taking action

REMEMBER:

A plan today creates your results tomorrow.
Your next move is built on the work you've already done.

2 TODAY'S GAME PLAN

Use this simple plan to leave with a clear next move.

- 1 REVIEW**
Look at what's working.
Find your wins.
- 2 PLAN**
Choose your growth path.
Set your goals.
- 3 BUILD**
Create your system, content and schedule.
- 4 EXECUTE**
Take action and show up.
Be consistent.
- 5 GROW**
Review, adjust and level up.
Repeat.

MY NEXT MOVE TODAY:

3 TODAY'S ACTION PLAN

Your goal is to finish with a system and a plan that grows.

I WILL:

- ☐ Complete my platform Day 14 training
- ☐ Download my Day 14 resource
- ☐ Complete my Day 14 build
- ☐ Plan my next 7 days
- ☐ Set a weekly content system
- ☐ Engage with my community
- ☐ Track my results
- ☐ Commit to the next level

MY NEXT STEP WILL
CREATE OPPORTUNITY BY:

4 FACEBOOK · DAY 14

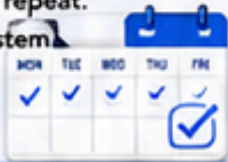
TRAINING: SIMPLE WEEKLY SYSTEM



Build a repeatable weekly system around batching, Reels, scheduling and AI support.

DAY 14 RESOURCE
THE SIMPLE WEEKLY SYSTEM

Batch → record → schedule → repeat.
Keep your weekly content system simple enough to maintain.



4 INSTAGRAM · DAY 14

TRAINING: COLLABS + LIVES TO SCALE REACH



Use aligned collaborators and strategic Lives to expand reach beyond your existing audience.

DAY 14 RESOURCE
THE COLLABORATION REACH LOOP

Find aligned creators → invite → collaborate → share audiences → build new relationships.



4 TIKTOK · DAY 14

TRAINING: TEST YOUR FIRST SPARK AD



Use a small test on proven content, track the results and scale what works.

DAY 14 RESOURCE
THE SPARK AD TEST

Choose proven content → set one goal → run a small test → track results → decide what deserves more.



5 YOUR FINAL DAY CHECKLIST

Complete the steps below so you leave with a concrete growth plan.

FACEBOOK · DAY 14

- ☐ Batch 3 posts (Hook → Message → CTA)
- ☐ Record 1 Reel with a clear hook
- ☐ Schedule next week's posts
- ☐ Use AI for hooks, captions and CTAs
- ☐ Repeat weekly and stay consistent

INSTAGRAM · DAY 14

- ☐ List 3 aligned collaborators
- ☐ Send 1 invite DM today
- ☐ Plan a Live with 3 talking points
- ☐ Add a clear CTA for your Live
- ☐ Follow up and build relationships

TIKTOK · DAY 14

- ☐ Choose one high-performing post
- ☐ Set it up as a Spark Ad
- ☐ Use \$10-\$20 for 3-5 days
- ☐ Track views, clicks & conversions
- ☐ Take notes and decide what scales



DAY 14
COMPLETE



You finished the 14-Day Accelerator.
You built. You posted. You connected.
You learned. You took action.
Now you keep building your future.
Finish strong. Keep growing.



TIP:

A simple plan + daily action = massive results.
Keep it simple. Keep it going.



Plan your next move.
Execute consistently.
Grow with purpose.



BIGGER IMPACT ALWAYS.

YOU'RE BUILDING YOUR BRAND.
YOU'RE BUILDING YOUR FREEDOM.
YOU'RE BUILDING YOUR FUTURE.