



# SYSTEMS SUNDAY

Downloadable

## Finding Your Core Content Exercises

Brought to you by

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The Virtual Assistant Trainer™

# #1: Make a list of 1-3 core topics you want to cover in your social media content every month

*Takes notes about specific titles, text, or images you'll want to use for each topic.*

<b>Core Topic #1:</b>
Notes:
<b>Core Topic #2:</b>
Notes:
<b>Core Topic #3:</b>
Notes:

## #2: Figure out how many posts you'll need for the month and set a posting schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday