

## First 7 Days of Social Media: FB & IG

**DIRECTIONS:** Do these 4 posts, in this order, the next 7 days (one/day). You do not need to re-word these, that will complicate things. Space them out however life allows but make sure they are done within 7 days of starting. This is PROVEN to generate leads. Use your own photos and be authentically YOU.

**PRO TIP:** Quickly comment back on **every** comment & let them know you'll DM (direct message) them.

**WHAT TO SAY IN DM:** See Board folder

**\*DO NOT\*** mention Arbonne in the posts or comments section.

### POST 1

"So I did a thing..... And it's a little out of my comfort zone but I'm really excited about it - I can't wait to share it soon 😊."

*(insert fun selfie, be you, don't try to "pretty/fancy" it up)*



### POST 2 (OPT 1)

"Life is as exciting as we make it... everything I do, I do for them. Change can be scary, but necessary for growth."

*(inset photo of you and sig other or family)*



### POST 2 (Opt. 2)

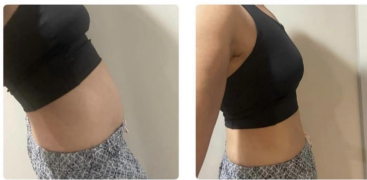
"Invest in yourself...your health, your growth, your future...YOU are your biggest asset!"

*(insert selfie- SMILE!)*

## POST 3 (Opt. 1- you have a product review)

Insert your product testimony with a green gut glow before and after OR skin care before and after OR a fun selfie if you don't have this. *(Example: PC who upgraded to IC and had a result to share)*

Just completed my first two week gut reset !! Feeling amazing!! I started this plan looking for an unmedicated solution to my out of no where chronic anxiety that I started experiencing about a month ago. I am so happy I asked about this reset and the products. I had no idea about all of the other health benefits I was about to discover ❤️. I am extremely busy juggling 4 little guys and all the things life. Anxiety was starting to weigh me down heavy. That scared me so much. That feeling was hard everyday and was starting to consume me. I have to keep going for my kiddos all the time! With this program kicking the anxiety was just the beginning. I am more energized than ever before! Constant inflammation and bloating gone. One more huge plus. The healthy habits and way of eating that I learned with this are an added bonus to how I fuel my life moving forward ! We start the next reset Nov 4 🔥 message me for more info!



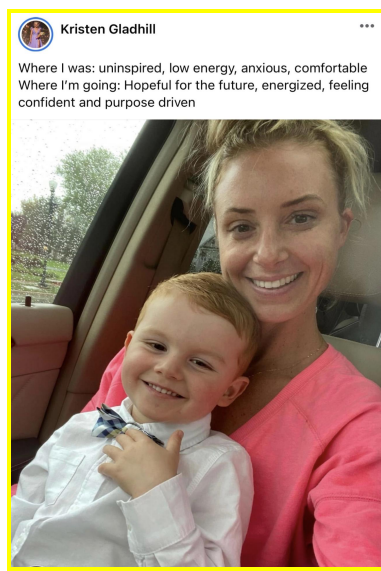
**Day 1**

**Day 3**

## DAY 3 (Opt. 2- you are just starting products)

“Where I was: *(Insert what you want to change health OR lifestyle wise, be honest so more people can relate)*

Where I'm going: *(Insert where you're going and what you're excited for)."*



## DAY 4- (Opt. 1) GO LIVE with your VP - best results!

**Topics:** Interview your upline VP

**Interview Questions:** 1. What did you do before working for yourself? 2. How were you introduced to this community and brand? 3. What were your initial thoughts? 4. Why did you jump in?



**EXAMPLE HERE TO WATCH: INTERVIEW WITH UPLINE VP AND NEW PARTNER:**

<https://www.facebook.com/617611874/videos/1996442830524402/>

## DAY 4- (Opt. 2)-

“I have THE MOST exciting news to share with you all...

I said “YES” to one of the most exciting opportunities to come across my path! I found something that is impacting people’s lives in a huge way. I took a leap and decided to live life more fully and to lock arms with leaders who are paving the way in the health & women empowerment space (or health/fitness/entrepreneurial). Big things are coming!”

*(insert selfie, or photo with your sponsor/friend)*

