

150 Social Media Post Ideas

The idea around promoting on Social Media is to create a healthy mix of content – about your business, your personal life, and who you are.

This will enhance your personal brand, but also grow your influence, strengthen relationships, and help you grow your business online.

Remember the 80/20 Rule – 80% of your posts should be about you, adding value, etc. The other 20% can be promotional.

But with that being said... Showing how to use a product without a link or “Buy Now” is considered value-added, not promotional.

So just work on that healthy mix.

How to use these prompts!

Go live on your Facebook wall and create a story post.

Make an engagement post and end it with an open ended question.

Use a colored background for Shorter prompts.

Provide images of your own or pictures of you to make these posts your own.

1. Share one of Avon’s Blog Posts from your Avon Online Store
2. If you can see this post! Say hello below!
3. Share an inspirational quote
4. If I had to travel to one place in the world, it would be _____
5. Let me walk you through my morning routine
6. What I wish I knew before I started my online business.
7. Caption this!
8. Where did we meet?

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9. I can't live without my (blank.) Name one thing you can't live without!
10. 5 healthy habits for a better quality of life.
11. Why gratitude will bring you the most happiness.
12. Are you an early bird or a night owl?
13. Which of our products do you like the most?
14. Why you should start (blank).
15. 3 things you didn't know about me.
16. Create and share interesting infographics related to Avon or beauty
17. Have you ever read a quote and thought, "Wow, I really needed to hear that?" Well, I found one this morning that was so perfect, I had to pass it on to you... (quote)
18. My favorite affirmations are (blank). What are yours?
19. Let's make today a good one. Share an inspirational quote below.
20. A tour of my office.
21. I won an (award/achievement/rank advancement). Here's how...
22. 3 things I never miss on when it comes to self-care.
23. Share a Personal Story
24. Need a new series to watch. What's your favorite?
25. Introvert or extrovert?
26. Ask me Anything #AMA
27. How to target your self-limiting beliefs.
28. How my life has changed since becoming my own boss.
29. What's something you take daily to help you improve, maintain, or support your health?
30. The biggest misconception about what I do is...

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31. You can change your life if you simply decide enough is enough. Have you decided?
32. In 3 words I would describe myself as...
33. Share a Quick Tip
34. Do you ever feel like your phone is a distraction? Let's talk about it.
35. True freedom to me is...
36. At some point you have to decide whether other people's opinions matter more than what you want for yourself.
37. Post a Sneak Peek of something coming soon.
38. Post Something Seasonal or Highlight a Holiday
39. Share an Unknown Feature About Your Products or Services.
40. This time last year I was... where were you?
41. So grateful to be using my business money to pay for (whatever your income pays for).
42. One of my greatest achievements was...
43. I was born in... where is your hometown?
44. How to rise when you feel like you're failing.
45. What are 3 words better than "I love you"?
46. Simply put! If you want to be successful you have to be willing to do the things unsuccessful people just aren't willing to do!
47. 3 things you didn't know about...
48. What do you do for a living?
49. What was your first job?
50. Name a place on your bucket list!
51. Ask Your Audience How They Found You.

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52. A day in the life of a (blank).
53. The step by step guide to (blank).
54. The most common question I get asked as an entrepreneur is...
55. If I could turn back time I would...
56. The top ways to...
57. Share a funny beauty quote or meme.
58. The 4 elements of...
59. OMG the results from this (product) are amazing! (elaborate).
60. 3 important tips to...
61. How to boost your confidence...
62. Iced or hot coffee?
63. The one thing I learned that changed my life is...
64. 5 signs that you need to work on your mindset.
65. Here's how I dealt with this really negative comment...
66. This or that?
67. A funny story and an important lesson.
68. My all-time favorite movie is... What's yours?
69. If your life was a TV show, which one would you star in and what character would you be?
70. Share one good thing that happened to you today.
71. Something unexpected that I learned from my childhood.
72. I watched this training the other day... here's what I learned.
73. My favorite product is... because...
74. The one thing I hope my children learn when they get older is...
75. Talk about a product that's on sale right now.

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76. I did this and everything changed!
77. Share a time where your business partner inspired you/uplifted you.
78. I'm looking for 3 women to take a chance with me...
79. One thing I do to immediately bring my spirits up when I am feeling low.
80. 3 things I did to get to where I am today.
81. The secret to success is...
82. I wanted to share this testimonial from a recent customer... How awesome is this?
83. Here's how I got into selling what I sell.
84. 3 ways I use my favorite (insert name of products but not company name)
85. Tell us a motto you live by.
86. Here's how I handle rejection.
87. Host a live giveaway. (Prize can be as simple as an envelope full of samples that can easily be mailed)
88. My strategy for a productive work day.
89. How I handle work/life balance.
90. If you could wake up as any Disney character, who would it be?
91. My personal growth journey since I started my business online.
92. Name someone you admire and why.
93. 3 ways I use (product) to enhance (benefit).
94. Here's why I don't have regrets in life.
95. Selfie queen or hide from pictures?
96. One thing I have overcome...
97. Here's how to stop playing small...

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98. Here's an easy recipe I can't get enough of. You're welcome!
99. Post a picture of your workspace and ask where they are working today
100. Who would have thought...
101. I bought this on amazon and omg...
102. Dogs or cats?
103. My personal mantra is "perseverance, not perfection, is the key to success."
104. How I landed my first customer.
105. Here's a sign you are giving up too soon!
106. A book I highly recommend.
107. Highlight a customer of the month
108. 3 ways to use (product)
109. Name a song that plays over and over in your head!
110. Inspirational quote
111. What you need to know about...
112. Coffee or tea? Which do you drink the most of?
113. I do this every morning to make sure I have an awesome day!
114. Things I always keep in my purse.
115. If you were granted one wish, what would it be?
116. Name one thing you are grateful for today.
117. Post a random fact that you think most people don't know.
118. My nightly skincare routine is...
119. Seeing beauty all around you is a choice.
120. Share about an event you recently attended.
121. 5 things I try to live by every day for a happier life.

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122. One important lesson I learned when I...
123. The one thing you need to know before trying out (product).
124. Have you ever seen these?
125. When I was little... I used to dream about...
126. I am so proud of...
127. Dreams do come true! Here's why.
128. Be a source of joy and laughter with a funny meme, joke, or story.
129. Share an unboxing video – Your starter kit, your most recent Avon order...
130. I started this journey from working from my phone (post when you started)... and here's what I have found.
131. Books or movies?
132. How to get your mind ready to take on any obstacle.
133. How many kids do you have?
134. Quick hack using one of our products.
135. Share a product from another company that you love and why.
136. One thing I always make time for is...
137. Money saving tip.
138. If you could get one more season of a tv show, what would it be?
139. When I learned... it was game changing!
140. What song gets you feeling motivated and energized?
141. Why you should start getting comfortable with being uncomfortable.
142. Would you rather have free Starbucks for a year or free iTunes for a lifetime?
143. 3 ways to deal with a negative person in your life.

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144. Someone I really look up to and why.
145. How I manage my fear within my business.
146. How to simplify...
147. Here's how to stop making excuses.
148. How to get more done in less time.
149. Why or why not?
150. What do you do to add to your household income every month?

Resources That May Help You

Link to the [Simple Business Tracker to Grow Your Avon Business Online](#) –

OnlineBeautyBiz.com/wp-content/uploads/2022/11/Simple-Business-Tracker-OnlineBeautyBiz.pdf

The **Card Sending Service** that I use –

[SendOutCards](#) – OnlineBeautyBiz.com/soc

Link to [Automate Your Follow-Ups Training](#) –

OnlineBeautyBiz.com/automate-your-follow-ups

The **Email Service** that I use –

[Aweber](#) – OnlineBeautyBiz.com/autoresponder

The **Image Editing Program** I use –

[Canva](#) - OnlineBeautyBiz.com/canva – The Free version is totally OK to start

The **Social Posting Tool** that I use –

[CinchShare](#) – OnlineBeautyBiz.com/cinchshare