How-To:

Make a Social Media Post

Steps to Success: ____

Craft Your Post

People love hearing a story from the beginning, so share your journey right away. Craft a message that paints a picture of your why, makes you relatable, and invites others to want to join you.

Take an Authentic Photo

A picture is worth a thousand words, so make sure your picture is saying the right things. Take a photo that represents your **why**. For example:

- If you are starting this journey because of your family, include your kids in the photo
- If you are starting this journey to get active, wear workout clothes or be active in your photo

Don't forget to invite others to join you on your journey!

Add Hashtags & 3 Set Post to Public

Setting your post to Public and adding hashtags broadens your reach and makes your post searchable on the Internet. Sample hashtags: #health&happiness #newjourney #myjourney

Tag Your Sponsor 4

Tagging your sponsor will increase visibility and cue your sponsor to comment in support of you!

5 Follow-Up

Reach out to your friends and family that are interacting with your post. Contact them in a way that is authentic to you: messaging, text message, phone call, or in-person.

These products are not intended to diagnose, treat, cure, or preve

These are real posts from real Ambassadors just like you! Use these as inspiration for your own first post. Click next to each post to watch a short video clip from an Ambassador on how to make your first post.

Family Driven Stephanie Abrams - Diamond Ambassador**

Stephanie M Abrams is with Karl Spohn

Here's to something new,.....to self care so I can be a better mama for these Here's to something new,....to set care so I can be a better name for these strikes. $\leq d$, why find told me she's been taking this drink & seeing changes, so I'm excited to curb cravings, get through my day without dreaming of a nap \geq and overall...just FEEL better, you know? We've got one life, and I want to live it fully. Who wants to try it with me? $\geq d$ it's way more fun to have accountability & share something new with friends. #health&happiness #family





Chris Doran is at South Montgomery County YMCA S TX .

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I used to leave 15 minutes early for Basketball on Monday nights, I'd stop at the corner gas station and grab a Bang before I played hoops. Started something new and haven't stopped at the gas station since. I never thought something this good for me would give me great energy and clarity. #energy



Healthy Gut*

Jamie Richards - Ambassador**

Jamie Richards is with Katle Crispin July 15 at 9.44 AM · @

I am SO excited about my health journey that I have been on!! After having no energy, my friend, Katie Crispin shared with me about some clean health supplements that have helped her! I can't believe the atural energy I have now to keep up with my boys, such better digestion and just feeling amazing!!! Sooo thankful! If anyone wants to try what I'm doing, I have a free coupon that expires this evening if you want it! #newjourney



Family Time Maria Ramos Rangel - Emerald Ambassador**



I am so thankful for the energy that I get from my supplements to be out on a walk right now! The old me would be sitting on the couch draaaained watching my kids play! That's NO fun! Be the fun mom you've always wanted to be! Who wants to join me? #PlexusgetActive



Still looking for more ideas on what to say? You can find what you need on the next page!



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First Post Sample Verbiage

"You guy, I am so excited because I am feeling hope about my health for the first time in a long time! You may or may not know that I've been struggling with [a, b, c] and I'm over it, but it's far more fun with friends who might be feeling the same. If we start now, we could progress by bathing suit season. I'm looking for 3 people to partner with me and cheer each other on. My friend <insert name> got great results with these products that I just started taking and so far so good. Who wants in? #newjourney"

Amy Kosmalski- Diamond Ambassador**

"I am so excited about feeling hope about my health for the first time in a long time! I am sleeping better and wake up rested, have much more energy and focus to get through my busy days, and already see some results regarding weight loss. Now is the perfect time to start thinking about getting in shape and getting healthy, so I'm looking for 3 people to partner up with and cheer each other on! Who wants to do this with me? #accountabilitypartners #healthjourney"

anne Clinton- Diamond Ambassador

"Sooo- I'm trying something new to help me with my overall health! It's been a real struggle for quite a while. I decided I wanted to try something healthy first! I'm excited to say that I've found something that has WORKED for so many dealing with similar issues. My friend <insert name> has shared with me her journey to tackle and manage her health. It has helped her in every sense of the word! It's changed her weight and health for the better! She no longer has low energy and now has way better gut health (which affects pretty much everything). Can't wait to see my results and what else is in store for me. Is anyone interested in joining me on this journey?

#health&happiness #takingcontrol"

Sarah Knollenberg- Emerald Ambassador

"I am so excited to start my journey to a healthier, happier version of me! I've been feeling so run down and I'm honestly just sick and tired of feeling sick and tired. I can't wait to change my health and maybe even be able to help a few others become the best versions of themselves along with me. Thank you, ____ for introducing me to this! #health&happiness"

"Well- here it goes. I've been watching my friend ____ have an amazing transformation for the last 2 years and now it's my turn! I'm looking forward to all that this will do for me as I amp up my health game by getting to some root issues! I'd love an accountability partner or two... #accountability #newjourney"

If you waited a little while to post...

Sarah Tasa - Emerald Ambassad

"Y'all I am so excited to embark on this new journey! I have been making some health changes the last <insert #> months and so far I've noticed that I'm not experiencing <insert benefits>. I can't wait to see even more changes happen in the next three months! Does anyone want to join me? #healthandhappniess #guthealthhappy #findingabetterme"

Sarah Tasa - Emerald Ambassado