



What to post when you're stuck

No big insights? No problem. Use one of these.

These prompts are designed for days when your brain is foggy, your calendar's full, or your energy is "I can't think of what to post right now."

Pick one and run with it — no overthinking required.



Experience-based prompts

Talk about something you've done, seen, or learned.

- Something you did this week that worked
- A mistake you made (and what you'd do differently)
- A question a client or peer asked you recently
- A problem you helped someone solve (without selling it)
- A mindset shift or lesson you're still wrapping your head around



Opinion-based prompts

Share your take, even if it's not fully formed yet.

- Something you disagree with in your industry
- A trend people are getting wrong
- A myth you'd love to debunk
- A quote you love (or hate) — and why
- An "unpopular opinion" that your audience might secretly agree with



Behind-the-scenes prompts

Bring people into your world (without oversharing).

- How you structure your week / day / process
- A tool or trick that saves you time
- Something you're currently testing or experimenting with
- The "real reason" you do something a certain way
- A small detail you've tweaked that made a big difference



Easy-format prompts

When your brain is fried but you still want to show up.

- A list (eg. 3 lessons, 5 tips, 7 mistakes)
- A one-line idea followed by an example
- A "This vs That" post (what works vs what doesn't)
- A carousel using something you've already written

Tip: Don't try to be original every time. Try to be clear, relevant, or helpful.