FREE GUIDE

75+ ONLYFANS CONTENT IDEAS

Never run out of things to post again. 89 proven, fan-favourite ideas sorted into 10 categories, plus the tips and weekly plan I use with my creators.

89
IDEAS INSIDE

Put together by your OnlyFans assistant
with 10+ years in the industry.

How to use this guide

Coming up with fresh content every week is one of the hardest parts of running an OnlyFans page. This guide gives you a ready-made bank of ideas so you can spend less time staring at your camera roll and more time creating.

Every idea has a short note on how to shoot it. Ideas marked PPV IDEA tend to work well as paid content. Tick the box next to each one as you try it, so you always know what's left.

01 **Everyday & GFE** 10 ideas

02 **Try-Ons & Fashion** 10 ideas

03 **Fitness & Wellness** 8 ideas

04 **Themed & Roleplay Sets** 10 ideas

05 **Seasonal & Holidays** 10 ideas

06 **Interactive & Fan-Led** 10 ideas

07 **Behind the Scenes** 8 ideas

08 **Faceless & Body Focus** 8 ideas

09 **Audio, Voice & ASMR** 6 ideas

10 **PPV & Premium Exclusives** 9 ideas

1

Pick a mix

Choose ideas from at least 3 different categories each week so your page never feels repetitive.

2

Batch shoot

Shoot several ideas in one session while your hair and makeup are done. Save them for the weeks ahead.

3

Track it

Tick off what you post and note which ideas get the most tips, replies and PPV unlocks.

☐ Tick when you've tried it PPV IDEA Works well as paid content

01 Everyday & GFE

Girlfriend-experience content makes fans feel like part of your day. It's the glue that keeps people subscribed.

10 ideas

- 01 **Good morning from bed** — Messy hair, no filter, first thing. Real beats perfect.
- 02 **Get ready with me** — Chat to camera while you do your makeup and pick an outfit.
- 03 **Coffee date POV** — Film as if they're sitting across the table from you.
- 04 **What I ate today** — Casual, cute and easy. Perfect feed filler between sets.
- 05 **Outfit check** — Show two looks before going out and let fans pick.
- 06 **Evening wind-down** — Skincare, robe, candles and a cosy chat before bed.
- 07 **Day-in-my-life vlog** — Short clips from your day stitched into one video.
- 08 **Lazy Sunday in bed** — Loungewear, snacks and a film. Low effort, high intimacy.
- 09 **Cooking for you** PPV IDEA — Make dinner in something cute and save a tease for the end.
- 10 **Goodnight voice note** — Send straight to DMs. Small effort, huge for loyalty.

02 Try-Ons & Fashion

Try-ons are the easiest content to shoot and one of the most reliable sellers. No fancy setup needed.

10 ideas

- 11 **Lingerie haul** PPV IDEA — Unbox a new order and rate each set out of 10.
- 12 **What fits vs what doesn't** — Honest, playful try-on. The misses are half the fun.
- 13 **Too revealing?** PPV IDEA — Fans vote on options, then you shoot the winner.
- 14 **Swimsuit try-on** — Bikinis, one-pieces and cover-ups. Great in summer.

15 **Date-night outfits**
Three looks, fans choose where you'd 'go' in each.

16 **Stockings & heels set**
A timeless classic that always performs.

17 **Work-to-weekend switch**
Office look into a night-out look in one video.

18 **Wearing his shirt**
Oversized button-up and nothing fussy. Fan favourite.

19 **Colour-theme set**
All pink, all red or all black. Looks great as a bundle.

20 **Lace & corset details**
Close-ups that show texture, straps and fastenings.

03 Fitness & Wellness

Fitness content doubles as promo for your socials and builds a routine fans look forward to.

8 ideas

21 **Gym mirror series**
Same pose every week. It becomes a ritual fans wait for.

22 **Workout clip**
Squats, glute work or resistance bands, filmed from behind.

23 **Post-workout glow**
Flushed, sweaty and natural, straight after training.

24 **Yoga flow**
Slow stretches, soft music, minimal outfit.

25 **Stretch with me**
A POV stretching routine they can 'join'.

26 **Pool or beach day**
Swimming, sunbathing and applying sunscreen.

27 **Bath-time self-care**
Bubbles, candles and a face mask. Very shareable teasers.

28 **Fan fitness challenge**
PPV IDEA
Fans set the reps, you film yourself doing them.

04 Themed & Roleplay Sets

Themed sets support premium pricing. Keep every character clearly adult, as platform rules require.

10 ideas

29 **Nurse check-up** PPV IDEA
Uniform, clipboard and a bedside-manner script.

30 **Boss & secretary** PPV IDEA
Glasses, pencil skirt and an 'after hours' office vibe.

31 **Gamer girl**
Headset, controller and LED lights. Stream-style set.

32 **Cleaning day maid**
Feather duster, apron and a playful attitude.

33 **Personal trainer**
A 'private session' where you coach them through it.

34 **Western cowgirl**
Boots, hat and denim. Easy to pull together.

35 **Cosplay night**
Anime or game-inspired looks of adult characters.

36 **Angel vs devil**
Two contrasting looks. Fans pick which side wins.

37 **Flight attendant**
'Welcome aboard' set with a cheeky in-flight menu.

38 **Massage therapist** PPV IDEA
Oil, towels and soft lighting, shot from their POV.

05 Seasonal & Holidays

Holidays give you a built-in reason to post, promote and run a sale. Plan them a month ahead.

10 ideas

39 **Valentine's Day** PPV IDEA
Red lingerie, rose petals and a love-letter voice note.

40 **Christmas** PPV IDEA
Santa's helper outfit, tree photos and an 'unwrap me' set.

41 **Halloween week**
A different costume every day, ending in a full set.

42 **New Year's countdown**
Sparkly outfit, champagne and a midnight-kiss POV.

43 **Easter bunny**
Ears, pastel lingerie and a chocolate egg hunt.

44 **Summer pool party**
Inflatables, bikinis and golden-hour light.

45 **Your birthday week**
Fans spoil the birthday girl. Great for tips and wishlists.

46 **Page anniversary**
Thank-you post plus a discount to bring old fans back.

47 **Holiday colour sets**
Green for St Patrick's, rainbow for Pride and so on.

48 **Cosy autumn set**
Oversized jumpers, blankets and rainy-window shots.

06 Interactive & Fan-Led

When fans help decide what you make, they feel invested, and invested fans renew.

10 ideas

49 **This-or-that polls**
Two options, one vote. Quick, easy engagement.

50 **Rate my outfit**
Fans score it out of 10 in the comments.

51 **Fan-picked shoot** PPV IDEA
They vote on outfit, location and pose. You shoot it.

52 **Truth or dare weekend**
Answer truths in posts, do dares in DMs.

53 **Ask me anything**
Open Q&A, answered in a mix of posts and voice notes.

54 **Caption contest**
Best caption wins a free PPV.

55 **Two truths and a lie**
Fans guess the lie. Reveal it the next day.

56 **Spin the wheel**
Tippers spin for a random prize from your vault.

57 **Tip-goal unlock**
Post it blurred. It unlocks when the tip goal is hit.

58 **Fan of the month**
Shout out your most loyal fan. Recognition beats discounts.

07 Behind the Scenes

BTS content is low effort, feels exclusive, and teases the paid content you're about to release.

8 ideas

- [ ] 59 **Shoot-day bloopers**
Falls, laughs and outfit malfunctions. Very relatable.

- [ ] 60 **Setting up the shoot**
Lights, angles and outfits laid out on the bed.

- [ ] 61 **Before & after edits**
Show the raw shot next to the final version.

- [ ] 62 **Mood board reveal**
Share inspiration for your next set and build hype.

- [ ] 63 **Room tour**
Your shooting space. Hide anything that could identify you.

- [ ] 64 **Unboxing fan gifts**
Open wishlist presents on camera and thank the sender.

- [ ] 65 **Deleted scenes** PPV IDEA
Short teasers from a PPV to push sales.

- [ ] 66 **Monthly recap**
Best moments of the month plus what's coming next.

08 Faceless & Body Focus

Perfect for days you don't feel camera-ready, for creators staying anonymous, and for safe Reddit promo.

8 ideas

- [ ] 67 **Window silhouettes**
Backlit outlines. Artistic and shows nothing identifying.

- [ ] 68 **Feet & heels** PPV IDEA
Pedicure, heels and arches. A huge niche on its own.

- [ ] 69 **Hands, nails & rings**
Fresh manicure shots. Surprisingly popular.

- [ ] 70 **Legs & stockings**
Close-ups of seams, garters and heels.

- [ ] 71 **Back & shoulders**
Over-the-shoulder looks and open-back outfits.

- [ ] 72 **Wet look**
Shower, rain or pool. Water makes everything look better.

73 **Lotion & oil**
Slow application shots with good lighting.

74 **Body-part-a-day series** PPV IDEA
One focus each day for a week, then a full set.

09 Audio, Voice & ASMR

Audio feels personal, takes minutes to record, and works even when you're not camera-ready.

6 ideas

75 **Whispered good morning**
A soft voice note to start their day.

76 **ASMR whispers & tapping**
Mic close, voice low, nails on different textures.

77 **Story-time voice note**
Tell a funny or flirty story from your week.

78 **Bedtime story**
Something slow and soothing to fall asleep to.

79 **Personalised name note** PPV IDEA
Say their name in a custom voice message.

80 **Sleep-with-me audio**
Gentle breathing and soft chat while you drift off.

10 PPV & Premium Exclusives

Keep PPV for content fans can't get anywhere else. If it's been on your feed, it's a weak PPV.

9 ideas

81 **Extended cuts** PPV IDEA
Post a short clip free, sell the full-length version.

82 **Teaser-to-bundle** PPV IDEA
Feed preview, then the complete set in DMs.

83 **Custom requests** PPV IDEA
Fans pay for a photo or video made just for them.

84 **Ticketed live show** PPV IDEA
Promote it for a week, sell tickets for entry.

85 **Pre-planned drip sets** PPV IDEA

A sequence of messages and unlocks. See our Drip Texting Guide.

86 **My favourite set** PPV IDEA

Fans pay to unlock the set you rate highest.

87 **Vault drops** PPV IDEA

Bundle older content into themed packs at a lower price.

88 **Girlfriend for a day** PPV IDEA

Good morning to goodnight messages for one fan.

89 **Fan-voted premium shoot** PPV IDEA

Pre-sell a set based on a poll before you shoot it.

8 tips to make these ideas earn more

01 Post 4 to 5 times a week

Consistency is the biggest driver of renewals. A steady rhythm beats occasional bursts.

02 Rotate your categories

Mix lifestyle, try-ons, interactive and premium content across the week so your page never feels samey.

03 Plan 2 to 4 weeks ahead

Batch-shoot on your good days and keep 1 to 2 weeks of backup content for the days you can't.

04 Save PPV for true exclusives

Anything that's already been on your feed won't sell well as a PPV.

05 Poll before big shoots

Not sure a set will sell? Ask your fans first and shoot what they vote for.

06 Watch renewals, not just likes

Lots of likes but low renewals means you're attracting the wrong crowd. Your Statistics page tells the real story.

07 Space out repeats

Leave 4 to 6 weeks before repeating a format, and double down on the ones that earn the most.

08 Protect your privacy

Turn on geoblocking, strip location data from your files, and keep anything identifying out of shot.

Sample weekly plan

A simple rotation to start from. Swap in ideas from the list and use the last column for your own notes.

Day	Category	Example idea	Your idea
Mon	Everyday & GFE	Good morning from bed	
Tue	Try-Ons & Fashion	Colour-theme set	
Wed	Interactive	This-or-that poll	
Thu	Fitness & Wellness	Post-workout glow	
Fri	PPV & Premium	Extended cut of the week's best	
Sat	Themed Set	Fan-voted theme	
Sun	Audio & BTS	Goodnight voice note + recap	

Want someone to handle the rest?

Ideas are one thing. Chatting with fans, scheduling, pricing, PPV campaigns and keeping your vault organised is another. I work 1 on 1 with a small number of creators so you can focus on creating while I take care of the business side.

yournumber1girls@gmail.com

Instagram @yournumber1girls

My ideas

Jot down your own ideas, fan requests and anything that sold well.