

1. Share your why
2. Talk about how you got started
3. Celebrate a financial victory
4. Celebrate a team victory
5. What does being a coach mean to you?
6. What does being on our team mean to you?
7. What unexpected blessing has coaching brought into your life?
8. What is 1 thing you are able to do now you couldn't before coaching
9. What's the best tip you would give to someone wondering about coaching?
10. What are the top 3 things you've learned since being a new coach?
11. Shoutout someone you admire
12. What apps help you manage your time as a coach
13. Where do you work? Show your workspace!
14. A day in the life
15. What's your favorite "work clothes" as a coach
16. What products make your coaching life easier or more fun?
17. What's a prize you've earned as a coach that you particularly like and why?
18. Behind the scenes of a project you are working on
19. Share a quote that is inspiring you in your business right now?
20. What is your favorite Beachbody product and how do you use it? (show this!)
21. Show a creative/funny way to use a product that is different from what people expect
22. Show how you include your family in your business
23. Show something you have been able to be generous with because of coaching
24. Sneak peek an upcoming project/challenge/or promotion
25. A month in review: talk about highlights from your business last month
26. Numbers game: break down your activities into numbers in a fun way to show the compound effect in a simple way and how you make things work!  
(Ex: This week in numbers: 7 smoothie's drank, 10 hours of personal development read, 53 diapers changed, 5 loads of laundry washed, 5 workouts crushed, 3 pounds lost, etc..)
27. List post: rank and list your 5-10 favorites... movies, workouts, books, 90's songs, mom blogs, yoga pants companies, shaun T-isms... whatever ;)
28. Explain how you are able to celebrate something (special occasion, holiday, etc) in a new way because of coaching
29. Share a "what I wore" post to poke fun at us working (and working out) from home
30. Share your morning routine
31. Share the best advice you've ever received and how it's stuck with you
32. Share a problem you've had recently and how you solved it (with coaching/beachbody's help)
33. Share a go-to meal idea you love that you discovered since becoming a coach
34. What's in your bag?
35. Write book reviews for each personal dev book you finish

36. Share your guilty pleasure as a wellness coach and how life is all about balance
37. Share a before and after highlighting not just your weight loss
38. Share a SHAREABLE news story pertaining to health/fitness/beachbody
39. Share a funny fitness related cartoon, quote, graphic or infographic
40. Why is community important?
41. What is a tool of your trade?
42. What is a common misconception about what you do?
43. How do you beat the summer heat?
44. "I wish someone told me..." (make it positive even if it is a learning experience)
45. Brag on your success partner
46. What does the sisterhood on our team mean to you?
47. Share your love story and how your relationship has grown thanks to the changes in your life since coaching
48. When do you feel beautiful/confident/smart/etc?
49. Who is your #girlboss hero and why?
50. Exciting plans? Shout out what you've got coming up you're excited about!