

Summer Slump: Super Charge your Social Media

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Monday MEME	Tuesday QUESTION	Wednesday QUOTE	Thursday BLOG	Friday CHALLENGE
		1 A strong, positive self-image is the best possible preparation for success. Joyce Brothers	2 Improve your self image with these tips (link to blog)	3 Look in the mirror with kindness. The person you see need your love and kindness!
6 	7 We all talk to ourselves inwardly. Are you kind with your words?	8 Relentless, repetitive self talk is what changes our self-image. Denis Waitley	9 Self Talk, What Are You Telling Yourself? (link to blog) ----- My Relationship Coaching practice is based on compassion toward self and others. (add link to contact page)	10 Give yourself some praise this weekend!
13 	14 Do you have your own set of dating rules?	15 "Love yourself. Forgive yourself. Be true to yourself. How you treat yourself sets the standard for how others will treat you." - Steve Maraboli	16 5 Dating Rules Every Woman Should Know (link to blog) ----- Wondering if Relationship Coaching is for you? Contact me for a free consultation! (add contact info)	17 Do you have dating rules? Share one with me!
20 	21 How do YOU define "the one" when it comes to relationships?	22 What greater thing is there for two human souls than to feel that they are joined to strengthen each other, to be at one with each other in silent unspeakable memories." – George Eliot	23 Defining "The One" (link to blog) ----- I specialize in Dating Relationships. Contact me for a free 30 minute consultation!	24 This weekend make a list of qualities you respect in a dating partner.
27 	28 What are YOUR dating don'ts?	29 The course of true love never did run smooth. William Shakespeare	30 3 Dating Don'ts You May Be Doing (link to blog) ----- Check out my eBook, "How to Find a Mate" here: (Link)	31 Take time to consider your own personal 'don'ts' for your dating relationships.



CREATING IMAGES FOR SOCIAL MEDIA IS EASY!



Canva.com

It's free and fun to use!

Schedule posts using



[Hootsuite.com](https://hootsuite.com)

CONTACT ME!

Let me know what you gained from this session. Are you excited about what you learned? Confused? Overwhelmed? Contact me at TJ@PinkPigeonMedia.com

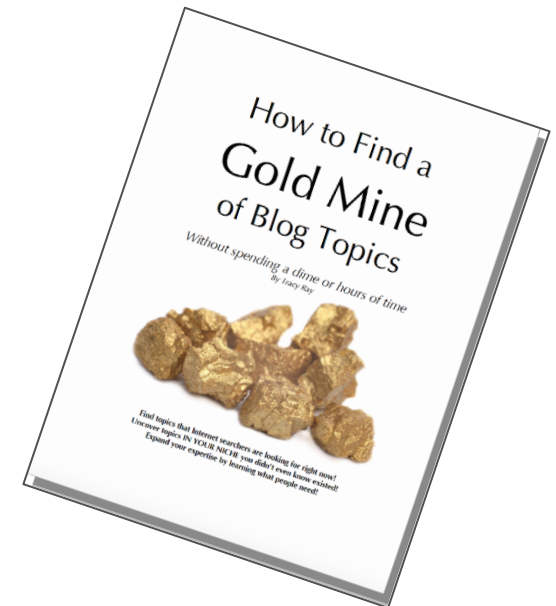
Need help?

Consult with me: <http://pinkpigeonmedia.com/consultation/>

Send me the links to your website and any social pages, and we can go over each one to link them, make improvements or organize them.

Need blog topics?

If you're stumped on what to write about on your blog, my new eBook is THE answer you're looking for! Within minutes, you'll have a ton of topics that online readers are searching for right now! Order *How to Find a Gold Mine of Blog Topics* in literally MINUTES at PinkPigeonMedia.com. You'll find it on the right sidebar.



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I'm an affiliate for InMotion because I love them almost as much as macaroni and cheese. If you're planning to build a website, consider InMotion Hosting. I think they rock!

<https://secure1.inmotionhosting.com/cgi-bin/gby/clickthru.cgi?id=TracyRay>

Social Media Tools

I have a number of social media resources available through my affiliate links on my website.

Resources to get you started using social media: <http://pinkpigeonmedia.com/affiliate-resources/>

Contact Tracy at TJ@PinkPigeonMedia.com or by using the contact form found at PinkPigeonMedia.com