

FREE DOWNLOAD

# 30 Days of Social Media Content **in 2 Hours**

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The exact AI workflow for batching a full month of posts, graphics, and captions in one sitting. With prompts you can copy.

[HONESTAIREVIEW.ORG](https://HONESTAIREVIEW.ORG)

## The Problem

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You know you should post consistently. But every day you stare at a blank screen, can't think of anything, and don't post. The problem isn't creativity. It's that creating posts one at a time is painfully slow.

**The fix: batch everything for the month in one focused session. AI makes this possible.**

## The Content Mix

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Type	% of Posts	Purpose	Examples
<b>Educational</b>	40%	Build authority	Tips, how-tos, insights from your work
<b>Personal</b>	25%	Build connection	Behind-the-scenes, lessons, stories
<b>Promotional</b>	20%	Drive revenue	Offers, case studies, testimonials
<b>Engagement</b>	15%	Drive comments	Questions, polls, hot takes

## Step 1: Generate 30 Post Ideas (15 min)

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Copy this prompt:

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I run a [business type] serving [target audience]. Create 30 social media post ideas for [platform]. Break them into: 12 educational posts (tips, insights, how-tos about [your expertise]), 8 personal posts (behind-the-scenes, lessons learned), 6 promotional posts (about [your product/service], case studies), 4 engagement posts (questions, polls, takes). For each: the hook (first line) and a 2-sentence description.
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## Step 2: Write All 30 Posts (45 min)

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Go through each idea. Use these platform prompts:

## LinkedIn

LinkedIn post about [topic] for [audience]. Start with a scroll-stopping hook. Short paragraphs (1-2 sentences). Specific example or story. End with a question. Under 200 words.

## Instagram

Instagram caption about [topic]. Compelling first line (before "more"). Value in the body. CTA at end. Under 125 words. 20 hashtags at end.

## X / Twitter

Tweet about [topic]. Punchy and specific. Under 280 chars. If big enough, make it a 5-tweet thread: hook, 3 value tweets, CTA.

## Step 3: Create Graphics (30 min)

Open **Canva**. Make one branded template per content type (4 templates total). Different colors so your feed has variety. Duplicate and customize for each post. 1-2 minutes per graphic.

## Step 4: Schedule (15 min)

Load everything into **Buffer** (\$6/channel) or your scheduler. Set posting times. Walk away.

**Total time:** ~2 hours. Result: 30 days of consistent, professional social media. No more daily scrambling.

## The Calendar Template

Week	Mon	Tue	Wed	Thu	Fri
1	Educational	Personal	Educational	Promo	Engagement
2	Educational	Story	Educational	Case Study	Question
3	How-To	Personal	Educational	Promo	Poll
4	Educational	Story	Tips	CTA	Hot Take

**Batch it. Schedule it. Forget it.**

Two hours now saves you 20+ hours of daily scrambling this month.

[honestaireview.org](https://honestaireview.org)