

# 7-DAY STORYTELLING CHALLENGE

Turn Everyday Moments Into Content That Connects & Converts

Post once per day using the prompts below. Keep it simple. Progress over perfection.

## DAY 1: Your Before Story

Focus: Emotion & Relatability

Prompt: Share how you used to feel before starting your journey.

## DAY 2: The Struggle Moment

Focus: The Challenge

Prompt: Share a specific struggle your audience relates to.

## DAY 3: The Shift

Focus: Clarity

Prompt: Share the moment your thinking changed.

## DAY 4: The Belief You Released

Focus: Growth & Identity

Prompt: Share a belief you no longer hold.

## DAY 5: The Everyday Moment

Focus: Simplicity

Prompt: Turn a small moment into a lesson.

## DAY 6: The Invitation

Focus: Soft CTA

Prompt: Invite someone to take the next step with you.

## DAY 7: The Future Vision

Focus: Hope & Direction

Prompt: Share what's possible with consistency.