

Monthly Blog Planning Checklist

For this checklist, we'll utilize the following tools: Write with AI in AttractWell, your [Trello Swipe File & Content Planner](#), and [this Canva template](#).

Step 1: Generate Blog Titles

- ☐ Use your swipe file to identify 4 blog ideas to use this month.
- ☐ Open Write with AI in GetOiling and generate a title for each blog post.

Example Prompt:

"I am a wellness coach who helps first-time moms and moms of young kids take control of their family's wellness with easy-to-implement steps and safe, natural products. Generate a list of 5 blog post titles. Use a fun, friendly tone."

- ☐ Review the AI-generated titles and choose one for each blog post (4 total)
- ☐ Save the titles to Trello cards (one per post) in the "Drafts" column.

Step 2: Draft the Blog Body (1000 Words)

- ☐ Open Write with AI and draft the full blog content for each title.

Example Prompt:

"I am a wellness coach who helps first-time moms and moms of young kids take control of their family's wellness with easy-to-implement steps and safe, natural products.

Write a 1000-word blog post titled [paste blog title].

The post should include:

An introduction that sets the stage for the topic.

A main section with actionable, beginner-friendly tips.

A conclusion with a call-to-action encouraging readers to schedule a free wellness consult call.

- ☐ Copy the AI-generated blog post into the corresponding Trello card in the "Drafts" column. Do this for all 4 posts.

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Step 3: Generate Blog Excerpts

- ☐ Use Write with AI to create a short excerpt for each blog post.

Example Prompt:

"I am a wellness coach who helps first-time moms and moms of young kids take control of their family's wellness with easy-to-implement steps and safe, natural products. Summarize the following blog post in one engaging sentence for use as a preview or social share:

Blog Title: [paste blog title].

Blog Content: [paste blog post copy].

Use a fun, friendly tone."

- ☐ Save the AI-generated excerpt to the corresponding Trello card in the "Drafts" column.

Step 4: Create Blog Graphics in Canva

- ☐ Open the pre-designed Canva template provided.
- ☐ Customize the template for each blog post:
- ☐ Replace placeholder text with the blog title.
- ☐ Adjust background colors, fonts, or images to match personal branding.
- ☐ Save each graphic as a PNG or JPEG file.
- ☐ Upload the graphics to their corresponding Trello cards in the "Drafts" column.

Step 5: Organize for Next Week

- ☐ Review each Trello card to ensure all components are added:
- ☐ Blog Title
- ☐ 1000-Word Blog Draft
- ☐ Excerpt
- ☐ Canva Graphic
- ☐ Confirm all cards are saved in the "Drafts" column of your Trello board.