

Feeling stumped? No creative flow happening? Here are some ideas & topics for your Facebook Lives!

- Mommy/Daddy Topics - Funny stories about your kids, relatable things that kids do, struggles of being a parent/single mom, what being a mom has taught you, what you love about being a mom, balancing motherhood and business building, etc.
- Food - how to cook your favorite detox dish, make protein balls, protein cookies, interesting facts about food, blind food tastings, trying a new dish for the first time, visiting a unique restaurant,
- Make a FIZZ mocktail and have fun!
- Self-Growth - things that can help people better themselves and/or their business
- Health Topics - interesting health facts, health tips & tricks, personal testimony, etc. No medical claims!
- Pets - adopting a pet, getting a new pet, taking care of a pet, etc.
- Adoption - if you have been adopted or are adopting, talk about the struggles and successes of this journey
- Your Why - why you began a career in network marketing, what it has taught you, what this industry has done for you and your family, how you have grown with this business
- product Unboxing - open your box and talk about the products inside
- Goals - how to set goals, how to follow through with goals, important points about goals, what are your goals, share when you hit your goals
- Favorite products - feature a product you love that you DON'T sell, could be clothing brand, make-up brand, hair care, food, etc.
- Karaoke - sing it loud and sing it proud
- Books - reflect on your thoughts about a particular book that you recently read, what did you love, what did you dislike, did you learn anything, would you recommend it
- Health Issues - talk about a health issue or disease that you are familiar with, what is it, how do you cope with it, do any of our products help with the symptoms
- Kids - let your kids do their own video, do a Q&A with your kids
- Makeover Challenge - let your husband do your makeup, let your kids do your makeup, do your husband's makeup, do your own makeup; these can be comical or serious
- Excuses - what are the most common excuses, how to get over them, what they are holding you back from
- How To - something you're good at or want to learn along with your followers, can be serious or comical; how to fold a fitted sheet, how to make....., how to do the perfect eyebrow, how to fix....., how to play guitar, how to make a flower arrangement, how to make a goal board, etc.
- Personal Struggles - something you are struggling with (but don't be a Negative Nancy or Debbie Downer), this should be something that is either in your head or in reality that your followers can tune into and help you out and give you words of encouragement or advice, talk about how you came through the struggle
- Recognition/Shout-Outs - give kuddos to people in your life for recent accomplishments or achievements, can be family, friends, or team

- Being Happy - how to be happy, what to do when you don't feel happy, what does happiness bring you, why it's important to be happy
- Crafts - activities with your children, make homemade putty, the Skittles experiment, any other fun and quick science experiments
- Organizational Tips - different ways you organize your life, your computer, your household
- Gifting - really good gift ideas, gift wrapping 101
- Wine Pairings
- Life Hacks - interesting things you discover that you can use to improve your daily life
- Travel/Packing Tips - how to pack the perfect suitcase, best traveling tips
- Off-the-Beaten Path Holidays - look on Google, National Chocolate Cake Day, National Donut Day, National Compliment Day, etc.
- Budgeting - how to manage your money better, meals on a budget, how to create the perfect outfit from the clearance rack
- Tips for Blended Families - are you familiar with struggles as a blended families, give your followers tips on how to make being part of a blended family smoother, more pleasant, and less stressful
- Guest Stars - get a friend, fellow business owner, hairstylist, photographer, waitress, DJ, coach, ANYONE to guest star on your live, it gets you double the viewers and shows people you care about more than just yourself, it also gives another perspective on something you may not know as much about
- New Product Launch - show the new product on your video and talk about its benefits
- Using a Product - show how to use a product or something that you love
- Event - go live from an event you are attending, show your followers the excitement, what you're experiencing, and give them a quick virtual tour
- Breaking News - talk about something huge that just happened in the news, steer clear of anything involving religion or politics; this topic walks on a fine line, don't talk about the election but you could discuss a national tragedy or an Olympic victory, something that 95% of people will agree with your thoughts on the matter
- Your process - if you are a painter or artist, live stream your artistic process
- Marketing Tips - how to market yourself in public, how to market yourself on social media, the importance of marketing, do's and don'ts of successful marketing
- Time Management - how to better manage your time, common time management mistakes, etc.
- Something you're Passionate about
- Live Events - child's basketball game, concert, Christmas morning, child's birthday cake smash, races, etc.