

EXAMPLE

SOCIAL MEDIA ASSETS

01

Designed with your brand colours

All designs can be amended to include your brand colours

02

Your company logo included

Slides can include your logo where the design allows

03

50+ designs for a full year's content

We will supply enough content for you to promote your weekly Playbook tips on Facebook & Instagram.



withinu
where the answers are



As long as you're true
to yourself, you've
already won.

#motivationmonday




Download our FREE Mental
Health Playbook
Link in bio

#MOTIVATIONMONDAY

**Remember,
some things
have to end for
better things to
begin.**

A person stands on a rocky peak, looking out over a vast valley. The valley is filled with green hills and a large lake. In the background, there are more mountains under a clear sky. The foreground is a field of purple flowers.

**SLOW
PROGRESS IS
STILL
PROGRESS**



*No act of
kindness, no
matter how
small, is
ever wasted.*

***Whoever is
happy will
make
others
happy too.***

#MONDAYMOTIVATION

An aerial photograph of a vast, rugged mountain range with deep valleys and rocky peaks. The scene is captured in a slightly desaturated, naturalistic color palette. A semi-transparent rectangular box is overlaid on the upper portion of the image, containing white text.


WHEN YOU DISCOVER SOMETHING
THAT NOURISHES YOUR SOUL AND
BRINGS JOY, CARE ENOUGH ABOUT
YOURSELF TO MAKE ROOM FOR IT IN
YOUR LIFE.

DOWNLOAD OUR FREE MENTAL
HEALTH PLAYBOOK
LINK IN BIO

“

Nobody has their whole life figured out. We're all learning and growing as we go through life day by day.

#MONDAYMOTIVATION

A person wearing a white tank top is shown from the chest up, with their hands pressed together in a prayer-like gesture. The background is a soft, out-of-focus brown and beige. A semi-transparent white rounded rectangle is overlaid on the center, containing the text.

*Sometimes you have
to unplug yourself
from the world for
a moment, so you
can reset yourself.*

#mondaymotivation

There is not one
path. There is not
even the right path.
There is only your
path.





“

**The best project
you will ever work
on is you.**

”

“

The world is filled
with nice people. If
you can't find one,
be one.



keep going

everything

will be

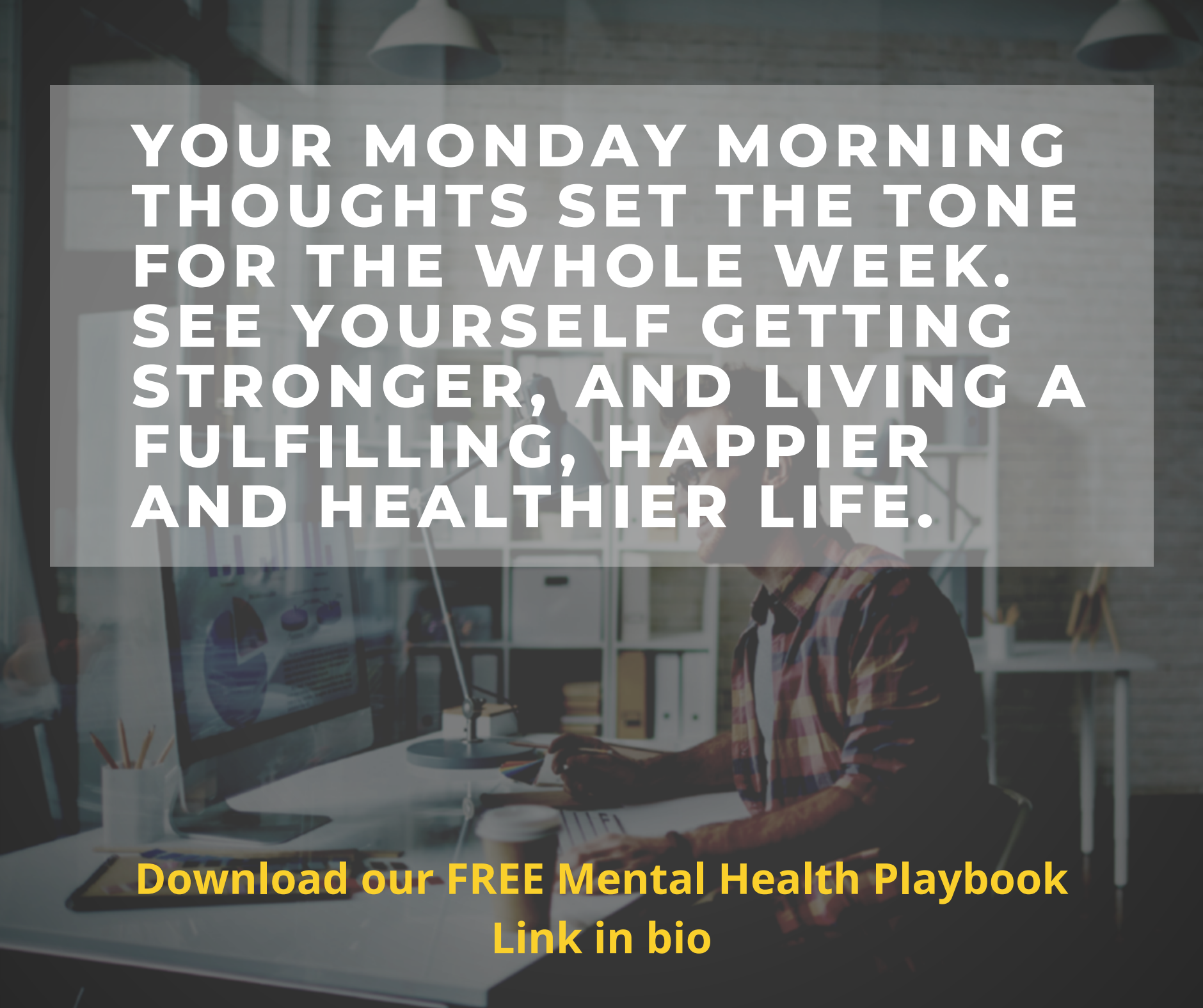
okay.





It's a good day
to be happy!



A person wearing a plaid shirt is sitting at a desk in an office or studio setting. They are looking at a computer monitor that displays various charts and graphs. The desk has a pen holder, a coffee cup, and some papers. The background shows a white shelving unit with books and other items. The overall scene is dimly lit, with a focus on the person and their work.

**YOUR MONDAY MORNING
THOUGHTS SET THE TONE
FOR THE WHOLE WEEK.
SEE YOURSELF GETTING
STRONGER, AND LIVING A
FULFILLING, HAPPIER
AND HEALTHIER LIFE.**

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A close-up photograph of a person's head and shoulders. The person has long, thick dreadlocks that are a mix of dark brown and light brown. They are holding their head with both hands, with their fingers spread across the top of their head. The background is a plain, light-colored wall. The overall mood is one of self-care and empowerment.

*Your only
limit is
your mind*

#MONDAYMOTIVATION

5 Steps to Self Love

Don't compare yourself to others.

Don't be afraid to let go of toxic people.

Be intentional about what you put into your body.

Allow yourself to make mistakes.

Let go of what you can't control.
