

soul to soul

business & marketing
for therapists, coaches & healers

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My Facebook Profile Checklist

Just tick below when its complete:

- Bio Complete with photograph and help statement
- Show my personality and life, but remove anything damaging
- Clean up your likes & groups
- Post posts that your tribe will relate to and like
- Create a friends list if needed to keep business posts private

My Facebook Group Checklist

1. My groups to focus on are _____
2. My daily actions are
 - Spend 10 minutes browsing the group daily
 - Spend 10 minutes liking 5 peoples post and putting a comment
 - Invite those same 5 people as friends and when they accept send a hello hi message