Your first 30 days of videos Ideal for social Medea. TikTok, Instagram or Facebook

I'm from UK and live in Spain. My interest is to keep fit and healthy without going to the gym. Surviving financially in these modern timed of ever increasing prices, inflation and static income. Searching social media for people in a similar situation who want solutions, that are prepared and willing to do what it takes to improve their lifestyle

TikTok can work well for that, but you'll need to be strategic so you attract the "right" kind of people, not just views.

Here's what you should think about first:

1. ""Clarify your message.""
   The kind of "improvement" we are offering
 — health, mindset, business opportunity, all three? Be clear and specific. If people don't get what you stand for within the first 3 seconds, they scroll.

2. ""Pick a strong hook.""
   Examples:

   " "Tired of working all day and still broke?"
   " "2 hours a day changed my income and mindset — here's how."
   " "If you've got discipline but no direction, this is for you."
     Hooks like that stop the right audience.

3. ""Show, don't sell.""
   Share short clips of what your day looks like, how you manage time, small wins, lifestyle habits — "not" hypey promises. Authentic beats flashy on TikTok now.

4. ""Call to action.""
   Don't just say "DM me." Say something like "If you're serious about improving your situation, comment 'READY' or check my link." Make it easy to engage.
I have chosen the word "ready" you may feel more comfortable using a different one

5. ""Post daily.""
   TikTok's algorithm rewards consistency. Even short clips (10–20 seconds) work if they're clear and relatable.

We are promoting a business opportunity built around everyday and health-improving products, with mentorship and team support. "real people building better lives", not just "join my biz."

Here is your ""30-day content plan"" — a mix of short videos and text/picture posts that build trust, curiosity, and credibility.

⚡ STRUCTURE OVERVIEW

" ""Days 1–10:"" Build trust and curiosity (your story, mindset, lifestyle).
" ""Days 11–20:"" Show the opportunity without "pitching."
" ""Days 21–30:"" Social proof, education, and direct invites.

🗒️ 30-Day TikTok Content Plan. You can use these ideas to script your own daily videos. Read on to see my full scripts.

""WEEK 1 – YOUR STORY & VALUES""

1. ""Video:"" "Why I stopped trading time for money." (Share your motivation, talk straight.)
2. ""Text/Pic:"" Quote post – ""If you want change, start with how you use your hours.""
3. ""Video:"" "I live in Spain, work a few hours a day, and actually enjoy life now." (Show a slice of your day.)
4. ""Video:"" Share 3 products you use daily from your business, with real talk about what you like.
5. ""Text/Pic:"" "I'm not chasing millions. I'm chasing freedom and health."
6. ""Video:"" "People think they need a gym or big money to start improving life. Wrong." (Give a quick example.)

7. ""Text/Pic:"" Simple carousel: "2 hours a day. Consistency. Mentorship. That's it."

""WEEK 2 – SHIFTING MINDSET""

8. ""Video:"" "Here's what changed when I started treating life like a business."
9. ""Video:"" Bust a myth — "Online income is a scam? Not when you treat it like real work."
10. ""Text/Pic:"" Before vs after mindset graphic (lazy vs proactive habits).
11. ""Video:"" "I don't sell products. I show people how to build a system that pays them back."
12. ""Video:"" "Here's what we actually do daily in our team." (Screen blur for privacy, but show messages/calls.)
13. ""Text/Pic:"" "Discipline beats motivation every time."
14. ""Video:"" "If you've got 2 hours a day and the drive, you can do this."

""WEEK 3 – THE BUSINESS ITSELF (SOFT SELL)""

15. ""Video:"" "How I earn from stuff people already buy daily." (Be clear but simple.)
16. ""Text/Pic:"" Post explaining: "Health + income + community = freedom."
17. ""Video:"" Short team clip — Zoom call snippet, or testimonial quote overlay.
18. ""Video:"" "This isn't for everyone — it's for people who want to help themselves."
19. ""Text/Pic:"" Carousel with "Top 3 excuses that keep people broke."
20. ""Video:"" Share one success story from your team (focus on effort and results, not hype.)
21. ""Text/Pic:"" "If you're still thinking about it, that's your sign to start."

""WEEK 4 – CALL TO ACTION & COMMUNITY""

22. ""Video:"" "Here's how you can start with me and the team — we train you daily."
23. ""Text/Pic:"" "No boss. No commute. Just your phone and a plan."
24. ""Video:"" "What it's really like working with us — unfiltered."
25. ""Video:"" "How we support each other daily (screen clips of messages, motivation)."
26. ""Text/Pic:"" Member testimonial quote image.
27. ""Video:"" "You've got 2 choices: keep scrolling, or start something that pays you back."
28. ""Text/Pic:"" End-of-month reflection — "One month of consistency can change everything."
29. ""Video:"" Recap your own progress or lessons.
30. ""Video:"" "Want in? Comment 'READY' or DM me 'INFO' — we'll talk."

✅ Posting Tips

" Keep videos ""10–20 seconds"". Hook in the first 3 seconds.
" Use ""subtitles"" and a clean caption with one clear message.
" Rotate formats: selfie talk, lifestyle clips, product demos, quote posts.
" Use trending sounds quietly under your voice to boost reach.
" Reply to every comment — builds algorithm and trust.

Here are the ""complete video scripts and captions"" for each day (so you just record and post).

WEEK 1
Perfect — that's the right tone for this kind of content. Here is "" your week 1 (Days 1–7)"": real, no hype, built to attract people who are serious about improving their life and finances with your opportunity.

""WEEK 1 – Building Trust & Curiosity""

""Day 1 – Why I Stopped Trading Time for Money""

""Video Script (10–15 sec):""
"(Filming tip: speak straight to camera, calm tone, natural light.)"

> "I got tired of working full-time and still stressing over bills. So I started using a couple of hours a day to build something that actually pays me back. Not a get-rich thing — just smart use of time. If you're done trading hours for nothing, comment 'READY.'"

""Caption:""
"Working smarter > working harder. You in? #workfromhome #financialfreedom #realtalk"

""Day 2 – Your Hours Are Your Freedom""

""Video Script:""

> "Everyone's got the same 24 hours. Some use 2 of them to change their future. Others use all 24 complaining about life. You choose which one you are. I chose to do something different. If that hits home, comment 'READY.'"

""Caption:""
"2 hours a day can shift everything if you use them right. #mindsetshift #maketime"

(Note. This video could be repeated several times in the month)
""Day 3 – My Day in Spain""

""Video Script:""
"(Show clips: coffee, walk, laptop, chill moment — voiceover or talk directly.)"

> "I live in Spain, work a couple of hours a day, and actually have time to enjoy life now. Not from luck — from building a simple online system with products I already use. It's not easy, but it's worth it. Want to know how? Comment 'READY.'"

""Caption:""
"Freedom's not about luck, it's about choices. #workanywhere #buildyourowntime"

""Day 4 – Products I Actually Use""

""Video Script:""
"(Show your bathroom shelf or kitchen, low-key style.)"

> "I don't sell random junk. These are products I already use — toothpaste, shampoo, supplements, even my coffee. I just found a way to earn from what I already buy. Simple as that. Want to see how it works? Comment 'READY.'"

""Caption:""
"Use it. Love it. Earn from it. That's real business. #simpleincome #everydayproducts"

""Day 5 – No Gym Needed""

""Video Script:""
"(Outside or at home, show you doing something active.)"

> "You don't need a gym membership or a ton of money to start improving your life. You need habits that build health and income over time. That's what I help people do — one step at a time. Comment 'READY' if you're serious."

""Caption:""
"Health + income = real freedom. #healthylifestyle #buildbetter"

""Day 6 – Not Chasing Millions""

""Video Script:""

> "I'm not chasing millions. I'm chasing freedom — time to live, not just survive. That's what this is about. If that's what you want too, comment 'READY.' Let's talk."

""Caption:""
"Forget hype. Real people want time, not trophies. #realtalk #timefreedom"

""Day 7 – Consistency Beats Everything""

""Video Script:""

> "You don't need luck, you need consistency. I show people how to use a couple of hours a day, every day, to build something that grows. Most people quit too soon. Don't be one of them. Comment 'READY' if you're in."

""Caption:""
"Consistency > Motivation. #discipline #buildsomethingreal"

Here's ""Week 2 (Days 8–14)"" — this week shifts from personal story to mindset and reality of building something that lasts.

""WEEK 2 – Mindset & Real Work""

""Day 8 – Treat Life Like a Business""

""Video Script:""
"(Direct to camera, calm but firm tone.)"

> "Here's the truth — if you don't treat your life like a business, you'll always work for someone who does. I started looking at my time, habits, and health like assets. That's when things changed. You can do the same. Comment 'READY.'"

""Caption:""

"Your time is your business. Start running it like one. #mindset #financialfreedom"

""Day 9 – 'Online Income is a Scam'""

""Video Script:""
"(Smirk or casual tone, leaning into camera.)"

> "People love saying 'online income is a scam.' Yeah, if you expect money for doing nothing — it is. But if you learn, show up, and build? It's just work with smarter tools. That's what I do. Want to see how? Comment 'READY.'"

""Caption:""
"It's not a scam, it's just effort in a different form. #worksmart #onlineincome"

""Day 10 – Lazy vs Proactive""

""Video Script:""
"(Use a split idea: show yourself chilling, then switching to action mode.)"

> "You've got two voices in your head — lazy or proactive. Lazy says, 'I'll start tomorrow.' Proactive says, 'Let's start now.' Only one of them gets paid. Your call. Comment 'READY.'"

""Caption:""
"Most people lose to their own excuses. Don't. #selfdiscipline #mindset"

""Day 11 – I Don't Sell Products""

""Video Script:""
"(Talk casually, maybe holding one of the products.)"

> "I don't 'sell' products. I show people how to build a simple system that rewards them for using quality stuff they already buy. That's it. If that sounds more real than sales talk, comment 'READY.'"

""Caption:""
"This isn't about pushing products — it's about using them smart. #smartincome #simplebusiness"

""Day 12 – A Look Inside the Team""

""Video Script:""
"(Show quick glimpses of chat messages, blurred names, or a video call.)"

> "This isn't a solo thing. We work as a team — share wins, help each other grow. Daily support, no boss. Just people levelling up together. If you'd fit with that, comment 'READY.'"

""Caption:""
"Community > competition. #teamwork #growthmindset"

""Day 13 – Discipline Over Motivation""

""Video Script:""
"(Simple, quiet setting — maybe your workspace.)"

> "I don't rely on motivation — it's unreliable.
Discipline is what gets results. I'd rather show up for 2 hours daily than wait to 'feel ready.' That's the difference. Comment 'READY' if you get it."

""Caption:""
"Discipline builds the life motivation can't. #consistency #successhabits"

""Day 14 – Got 2 Hours a Day?""

""Video Script:""
"(Look straight into camera, confident tone.)"

> "You don't need 10 hours a day. You need 2 focused hours, where you learn, build, and take action. That's all I did to start. If you've got 2 hours and the drive, comment 'READY.'"

""Caption:""
"2 hours can change your direction. #workfromhome #buildincome"

This week should start filtering the right kind of people — the ones willing to learn and take consistent daily action. But don't be alarmed if you aren't getting many comments yet we are building your audience.

""Week 3 (Days 15–21)"" — where we start showing the business side more directly but still in your no-hype, grounded style?

Week 3 is where you start being open about what you "do", without sounding like a pitch. It's all about showing that this is a real, simple system that rewards effort — not hype.

""WEEK 3 – The Business (Real Talk Style)""

""Day 15 – Earn from What You Already Buy""

""Video Script:""
"(Show products on a counter — toothpaste, shampoo, coffee, etc.)"

> "I use this stuff every day — shampoo, toothpaste, coffee. Nothing fancy. The only difference is, now I get paid for buying it. That's what smart business looks like. Everyday life that pays back. Comment 'READY' if that makes sense."

""Caption:""
"Use what you already buy. Get rewarded for it. #simplebusiness #realtalk"

""Day 16 – What We Actually Build""

""Video Script:""
"(Talk direct to camera, maybe show notes or your laptop.)"

> "We build small online systems around products people already use — personal care, health, daily essentials. No hype, no big investment. Just consistency and teamwork. You do your part, it grows. Want to see the process? Comment 'READY.'"

""Caption:""
"Simple system. Daily effort. Real growth. #teamwork #worksmarternotharder"

""Day 17 – Real People, Real Team""

""Video Script:""
"(Show group chat screenshots blurred, or read a few short wins aloud.)"

> "Real people doing this. Some started for a side income, some full-time. No fancy promises — just real effort and support. That's how we work. Comment 'READY' if you'd fit that kind of team."

""Caption:""
"No hype, no pressure — just real teamwork. #community #supportsystem"

""Day 18 – It's Not for Everyone""

""Video Script:""
"(Firm but calm tone.)"

> "This isn't for everyone. If you want quick cash, skip it. If you're lazy, skip it. But if you're willing to learn, show up, and build — this works. I'll be straight with you every step. Comment 'READY' if that's you."

""Caption:""
"Not for everyone — for the ones who show up. #realbusiness #noBS"

""Day 19 – Top 3 Excuses That Keep People Broke""

""Video Script:""

> "Top 3 excuses I hear:
>
> 1. 'I don't have time.' — You do, you just waste it.
> 2. 'I don't know how.' — That's why we teach you.
> 3. 'What if it doesn't work?' — What if it does?
>   Stop overthinking. Comment 'READY.'"

""Caption:""
"Excuses keep you broke. Action changes that. #mindsetshift #buildincome"

""Day 20 – Team Wins""

""Video Script:""
"(Share a small win — yours or a teammate's. Could be a first sale, first payout, or personal progress.)"

> "One of our team just earned their first payout — not life-changing yet, but proof that it works. That's how it starts. Consistent effort, small wins, steady growth. Comment 'READY' if you want to start small and build."

""Caption:""
"Small wins stack up. #teamgrowth #progressnotperfection"

""Day 21 – Think About It""

""Video Script:""

> "If you've watched my videos for a week or two and still haven't reached out, ask yourself why. Fear? Doubt? Timing? You don't need perfect timing — just a start. Comment 'READY' when you're done hesitating."

""Caption:""
"You'll never 'feel ready.' You just decide. #takeaction #workfromhome"

This week builds strong trust — it tells people clearly what you stand for and screens out the time-wasters.

Lets get started with ""Week 4 (Days 22–30)"" — the call-to-action week that gets people actually messaging and joining you?

This is where you turn curiosity into action. Week 4 keeps your grounded tone but gets more direct. The goal here: push the ones who've been "watching quietly" to finally comment "READY" and start.

""WEEK 4 – Get Moving (Direct, No Hype)""

""Day 22 – How to Start with Us""

""Video Script:""
"(Direct, clear tone — maybe sitting casually with your phone in hand.)"

> "Here's how this actually works: you start small, learn how the system runs, and we train you daily. You use everyday products, build your side income step by step. No pressure, just results. If you're ready to learn, comment 'READY.'"

""Caption:""
"Simple steps. Real support. No hype. #starttoday #sideincome"

""Day 23 – No Boss, No Commute""

""Video Script:""
"(Film outside — park, balcony, or café.)"

> "No boss, no commute, no clock-in. Just your phone, internet, and a plan. That's my setup. It's not for everyone — but it's freedom for those who put in effort. Want that? Comment 'READY.'"

""Caption:""
"Work from anywhere. Live by choice. #freedomlifestyle #realtalk"

""Day 24 – What It's Really Like Working With Us""

""Video Script:""
"(Talk straight, like a friend sharing truth.)"

> "You'll learn new stuff. You'll get support. You'll have to show up daily. It's not always easy, but it's solid. We've got a real system and a real team behind it. If you want that kind of environment, comment 'READY.'"

""Caption:""
"Real people. Real work. Real results. #teamwork #growthmindset"

""Day 25 – How We Support Each Other""

""Video Script:""
"(Show team chat screenshots blurred or just talk through examples.)"

> "We've got daily check-ins, group calls, and constant support. You're never alone in this. That's what makes it work — everyone moving together. Want to be part of that? Comment 'READY.'"

""Caption:""

"Support builds success. #community #dailyhabits"

""Day 26 – A Win from the Team""

""Video Script:""
"(Use a screenshot, testimonial, or voice clip from a teammate — keep it real.)"

> "One of our team just hit their first bonus this week. Not luck — effort. Small steps, daily. That's what this is all about. Comment 'READY' if you want to earn your first win too."

""Caption:""
"Proof beats promises. #results #teamwin"

""Day 27 – Two Choices""

""Video Script:""
"(Look straight into camera, serious but calm.)"

> "You've got two choices:
>
> 1. Keep scrolling, do nothing, and stay where you are.
> 2. Use two hours a day to build something better.
>   One keeps you stuck. The other pays you back. Comment 'READY' if you know which one's smarter."

""Caption:""
"Change doesn't wait for you — you choose it. #noexcuses #takeaction"

""Day 28 – One Month of Effort""

""Video Script:""
"(Reflective tone, maybe walking or sipping coffee.)"

> "A month ago, I said I'd focus two hours a day. Now I've got momentum, a growing income, and people learning with me. That's what 30 days of effort can do. Imagine six months. Comment 'READY' if you're done wasting time."

""Caption:""
"30 days of effort beats 30 days of excuses. #momentum #realtalk"

""Day 29 – What I've Learned""

""Video Script:""
"(Honest, conversational tone.)"

> "I've learned most people want change but few are willing to act. The ones who do? They win quietly. This business isn't flashy — it's real. If you're serious about improving your life, comment 'READY.'"

""Caption:""
"Winners act quietly. #mindset #successhabits"

""Day 30 – Let's Talk""

""Video Script:""
"(Simple, confident closer — look right into the camera.)"

> "You've seen what I do. You know it's real. If you're tired of sitting on the sidelines, comment 'READY' and let's talk. No hype — just straight help and a solid start."

""Caption:""
"Last call for the ones who mean it. #workfromhome #buildincome"

That's your full 30-day TikTok plan — every post designed to attract serious, grounded people who want health, income, and independence.