

| | | JA | NUAR | Y | | |
|---|---|--|--|---|--|---|
| | Key them | es for the month: New Year | 's, Resolutions, Women R | ock Day, Martin Luther Ki | ng Jr. Day | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | | 1 | 2 |
| | | | | | Relationship goals for the New Years | Social media marketing trends for the new year |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Women Rock Day: How Women Can Be Happy Single | How to Set Relationship Goals for the New Years | How do you come across more confident | Are you connecting with someone because you are comparing scars and struggles | The X Secret to Attracting A Quality Partner | National Bubble Bath Day: How Couples Can Pratice Self-Care Together | Where do you want to be from a year from now |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Personal Story On How I Become A Relatioship Coach | X Tips to Better Communications | How to set standards and not be a booty call | 5 Ways to Not Be Used | Who you align with determines where and how far you go | How to stay motivated in the dating life | What does true compatibility look like |
| | | | | | | |
| 17 | 18 | 19 | 20 | | 22 | 23 |
| Myth or Fact: Is the way to a man's heart through his stomach | Martin Luther King Jr. Day: Why Equality Matters | How to Start a Relationship in X Year | What profiles pictures are best for online dating | You want to know the secret to having a thriving relationship | Is there something right with me | How can you make finding and keeping a man easier |
| 04 | 25 | 20 | 07 | 20 | 20 | 20 |
| 24 The 2 Ways you can work in love | X Reasons Why People Get Trapped In Toxic Love | | 27 Why is it harder to find someone who wants to commit | 28 Quality Time vs. Quantity Time | 29 X Reasons Why Marriage and Relationships Fail | 30 Story of Life as a Dating Coach |
| 24 | | | | | | |
| 31 Letting Fear Deciding Your Future | | | | | | |
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FEBRUARY

themes for the month: Valentine's Day, New Year's Goals, National Freedom Day, World Marriage Day, Susan B. Anthony Day, President's Day, African American History Mo

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|----------|
| | 1 | | 3 | 4 | 5 | 6 |
| | National Freedom Day: How To Create Finanical Freedom in Marriages | X Ways to Love On Your Partner | X Ways to Love On Yourself | How to Go On a Date | How to Improve Your Relationship | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| How to Get Your Partner on The Same Financial page | How to Love Relationship Flaws | How to Talk Money with Your Honey | How to Love Your Current Relationship | How to Design a Working Relationship You Love | X Budget Friendly Valentine Gifts | |
| 14 | · 15 | 16 | 17 | 18 | 19 | 20 |
| How to Build a Relationship You Love | A Beginner's Guide to Creating Amazing Experiences With Your Partner | How to Build Strong Financial Relationships | How to Have Better Boundaries with Partners That Asks for Money | How to Get Your Partner On Board with Your Financial Goals | How to Work With Your Partner on Your Financial Goals | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| How to Teach Your Kids About Money | How to Find a Partner | Why Financial Education Matters In A Relationship | X Ways to Save Money In The Winter | X Tips from African American Entrepreneurs | X Best Relationship Management Software | |
| 28 | <u> </u> | | | | | |
| How Create Financial Equity | | | | | | |
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MARCH

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|--|---|--|---|--|--|---|
| | Key themo | es for the month: St. Patric | :k's Day, International Wo | omen's Day, Women's Hist | ory Month | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | 1 | 2 | 3 | 4 | 5 | |
| | | National Read Across America Day: X Best Couples Books | | X Ways to Fix Your Credit | How to Start Preparing For Taxes | X Best Tax Tools for Y Year |
| 7 | 8 | 9 | 10 | 11 | 12 | 1 |
| X Ways to Mindfulness mproves Your Relationship | National Women's Day: Best Relationship Tips for Women | 3 Top Women Relationship Coaches on Instagram | 3 Top Women Relationship Coaches on Twitter | 3 Top Women Relationship Coaches on Linkden | Everything Women Need to Know About Investing | X Best Relationship Tools for Women |
| 14 | 15 | 16 | 17 | 18 | 19 | 2 |
| Why Representation Matters in Leadership Positions | What is the difference between relationship coach and couples therapy | X Ways to Promote Your Partner In Life | St. Patrick's Day | X Ways to Advocate for Women | How to Work With Your Partner | How These Top Women Relationship Coaches Organize Their Relationshi |
| 21 | 22 | 23 | 24 | 25 | 26 | 2 |
| Top Women Realtionship Coaches | How to Be a Good Partner | X Quotes from Top Women Coaches | X Networking Tips for Building Business Relationships | X Date Ideas for Couples | How Couples Can Get Funding For Their Get- Aways | |
| 28 | 29 | 30 | 31 | | | |
| | | How Women Can Find A Mentor | | | | |
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| | | Key ther | nes for the month: Taxes | s, Spring | | |
|---|--|---|--|--|---|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 | 2 | 3 |
| | | | | X Tax Deductions for Y | X Tax Deductions for X Industry | X Tax Deductions for X Business |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| How to Find Amazing Accountant | X Reasons Why You Need an Accountant | X Tax Rules You Need to Know About | X Tax Rules X Business Need to Know About | How to Do Year Long Tax Planning for Your Business | How to Organize A Partner Search | How to Streamline Your Business Finances |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| X Terms You Need to Know About Business | X Ways to Increase Profits In Your Business | Should You Do Your Taxes Alone Or Together ? | X New Tax Rules for Y year | Do you need to hire contractors or employees? | X Tax Mistakes Business Owners Make | Different Kinds of Incorporations and Why |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| How to Spring Clean Your Finances | How to Spring Clean Your Expenses | How to Spring Clean Your Home Office | How to Spring Clean Your Business | How To Use Online Financial Management | X Finance Organization Tips | How to Reduce Mental Clutter |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| How to Organize Your Debt Repayment Plan | How to Streamline Your Financial Files | How to Get Rid of Clutter in Your Finances | How to Spring Clean Your Office (Outside of Home) | How to Streamline Your Bill Pay | How to Declutter Your Files | |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|--|---|
| | | | | | | |
| | | | | | | What to Do If You Gave Up On Your Relationship |
| 2 | 3 | 4 | 5 | 6 | 7 | |
| What to Do If You're Behind on Your Goals With Your Partner | X Top Ways to FIII Your Emergency Fund | How to Save Money On Your Grocery Bill | How X Relationship Coaches Found Their Careers | My Crazy Relationship Story | X Tips for Negotiating With Your Spouse | X Ways to Get Your Parner To Connect With You |
| 9 | 10 | 11 | 12 | 13 | 14 | 1 |
| Going Back To Memory Lanes | X Things You Need to Know About Getting Into A Relationship | How To Introduce Yourself As An Extrovert/Introvert To Potential Partner | X Conversation To Have Before Marriage | Telling Lies on Dating Profiles | The Influence of Communication In Relationship | How To Improve Cetain Areas In A Realionship |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| How Couples Can Make A Successfully Relationship | How To Stand Out In Dating Profile | Why You Need To Love Thy Self | Three Lies About Relationship | How To Grab The Attention Of Pontential Partner | Facing On Hidden Resentments | How You Bounced Back From A Bad Break Up |
| 23 | 24 | 25 | 26 | 27 | 28 | 2 |
| Know Your Value | How to Negotiate Your Marriage Agreement | Getting Rid of Items From Past Relationship | How To Interact With Others To Build Relation | X Tips To Avoid Being Ghosted Or Played | How To Break Up With Someone | Vacation Saving Plan |
| 30 | 31 | | | | | |
| X Couples Trends for the summer | | | | | | |
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| | Key themes for th | e month: Summer, Effec | tive Communications Mo | nth, LGBT Pride Month, S | Summer Vacation |
|---|--|---|--|--|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | 1 | 2 | 3 | |
| | | How to Avoid Burnout | How To Get it All Done Mindset Training | How to Serve Clients So They Keep Coming Back | How Your Company Plan Out Content St |
| 6 | 7 | 8 | 9 | 10 | |
| Celebrating Pride In Your Business | Couples Anniversary | How You and Your Partner Can Shine In Your Relationship | Rules For Relationship Success | What to Do When You Don' t Hit Your Goals | How to Rebound Fi Relationship Mista |
| 13 | 14 | 15 | 16 | 17 | |
| The Importance of Authenticity in Creating A Relationship | How to Effectively Communicate with Your Partner | How To Effectively Communicate With Your Partner's Kids | What To Do If You Can't Buy Your Partner A Gift | Giving Your Partner Their Space | Preparing a Vacation Your Spouse |
| 20 | 21 | 22 | 23 | 24 | |
| Relationship Trends | How to Run an Efficient Business | How to Make Your Social Media Profiles Friendly | How to Balance Your Relationship and Work Life | Taking a Stand on a Specific News Topic | The Importance of h an alignment of val needs and desir |
| 27 | 28 | 29 | 30 | | |
| X Ways of Creating Intimacy In A Relationship | Taking Your Relationship to the Next Level | Improving the Quality Of Connection Between | Identifying Issues That Effecting Your Relationship | | |
| | | | | | |

| 11 | |
|--------------------------------|--|
| , | SATURDAY |
| 4 | 5 |
| any Can Strategy | How to Lead By Serving Your Clients Well |
| 11 | 12 |
| d From istakes | Healing Wounds Of Past Relations |
| | |
| 18 | 19 |
| tion With se | X Social Media Copy Secrets to Attract Clients |
| 25 | 26 |
| of having values, esire. | How to Teach Your Kids About Proprer Relationship |
| | |
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JULY

Key themes for the month: Summer Vacation, Travel, 4th of July WEDNESDAY SUNDAY MONDAY TUESDAY THURSDAY FRIDAY 1 How Money Helps You What Does Freed Build Independence Love Means to 5 6 7 8 4 Learning The Difference X Ways to Reach dating vs being in a How Being In 4th of July between Codependency **Relationship vs Marriage Relationship Freedom** relationship **Relationship V** and Interdependency 12 14 15 11 13 How to Choose the Best How to Save For a Vacation X Budget Friendly Vacation How to Stop Ma **Dating App Tutorial** Vehicle To Fit Both You Vulnerability With Your Partner Spots Excuses and Your Partner 18 19 20 21 22 Are you making How to Overcome the 3 X Tips to become aware of News trends for the Assumption rather than **Biggest Mistakes that Toxic Relations** X Dating My emotional unavailability week/month Asking sabotage love 25 26 27 28 29 How to Know When to **Top Relation Coaches of** How To Balance Work Life Social trends that can **New Relationship Trends Revealing Your Ti** Slow Down and When to the Summer and Relationship Time impact your relationship Press Forward In A © Copyright 2021 com sup

| | SATURDAY | |
|----------------|--|----|
| 2 | | 3 |
| dom To o Me | How to Achieve Freedom Relationship | In |
| 9 | | 10 |
| n a Work | How Being In a Marriage Work | 9 |
| 16 | | 17 |
| aking | How to Build a Routine With Your Spouse | |
| 23 | | 24 |
| yth | Love isn't everything | |
| 30 | | 31 |
| rue Self | | |
| Amanda | Abella, LLC AmandaAbella | |
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Key themes for the month: Winding Down Summer

| Key themes for the month: Winding Down Summer | | | | | | |
|---|---|---|--|---|--|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Am I Sharing What my Needs Are | Falling In Love | How to Love in an Adult Relationship | How do YOU respond to your partners good news | Every Day Love Challenge | X Side Hustle Ideas You Can Start With Your Partner | The Trap Called, "The One" |
| | | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | |
| You are allowed to want | Personal story about your journey | You deserve love | Addicted to Drama | X Strategies for Negotiating With Your Childrens | Stories you've learned from clients | What is holding you back |
| | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Insecurity | Creating a Space Your Partner can be vulnerable In | Do you make yourself smaller and "less than" | Who do I wish to become as I contiune my life journey | How to be Approachable | How to survive after a devasting relationship | There no such thing as a Perfect Relationship |
| | | | | | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Grief, Transition, Letting Go | Don't Supress Your Desires | People Change It Normal | You can still love a person but still want to end the relationship | The Difference of good and GREAT | It is not the time to reconnect with your ex | Committted Relationship and Grad School |
| | | | | | | |
| 29 | 30 | 31 | | | | |
| What Real Love Does | How to Harm Your Relationship | Navigating Conflict with Grace and Respect | | | | |
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SEPTEMBER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|--|---|---|
| | | | 1 | 2 | 3 | |
| | | | Are you looking for love in the wrong places | What nobody tells you about high school and college relationship | Thinking your way into alignment vs Feeling your way into alignment | The laws of Attractions |
| 5 | 6 | 7 | 8 | 9 | 10 | 1 |
| How to Talk To Your Kids | How does EFT/Tapping work | How to re-commit to the goals you set in January | Are you in your power, or are you giving your power to someone/something else | How to Overcome Perfectionism in Your Relationship | My Secrets to Dating | X Coaches Share How to Create the Best Date Plan |
| 12 | 13 | 14 | 15 | 16 | 17 | 1; |
| 10 Ways to manifest love and peace | How to Bounce Back from Troubles in Your Life | How to Craft a Great Dating Bio That Gets the Right Attention | Mental health stats in industries | How can you meet your higher self | Mental Health and Your Career | Stop trash talking yourself |
| 19 | 20 | 21 | 22 | 23 | 24 | 2 |
| low Relationship Hardship Affects Mental health | Have placed your future partner on a pedestal | Choose your belief | What story do you tell yourself | Are you letting your story define you | How To Use Mindfulness to Reach Your Goals | How can self-acceptance help with healing |
| 26 | 27 | 28 | 29 | 30 | | |
| How can you heal and thrive | X Resources If You're Experiencing Hardship | X Relationship Experts share their resilience stories | X Mental Health Tips | Where to Find Help | | |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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| OUNDAT | MONDAT | | WEDNEODAT | Inorodat | 1 | ONTONDAT |
| | | | | | X Couples Halloween Costumes | What would you say to you younger self |
| 3 | 4 | 5 | 6 | 7 | 8 | |
| CTips to deal with being on the end of inconsisent interest | The healing and understanding on your dating pattern | Getting clear on what your boundaries are | What are you doing in your life right now to feel fulfilled | How to Stop Procrastinating on Your Relationship Goals | Letting go of the guilt/shame/fear | 6 Goals You Should Have ir the next year |
| 10 | 11 | 12 | 13 | 14 | 15 | 1 |
| X Tips on dealing with Loss | 5 Tips to Bring Your Relationship to the Next | What investments to make at the end of the year | Express yourself always | Who did you have to become in order to be | 10 Things you need to know about grief | Is the opinion of yourself holding you back |
| 17 | 18 | 19 | 20 | 21 | 22 | 2 |
| Learning what to prioritize in your life | Self Esteem vs Self Worth | Happy People are Attractive People | How to Align Your Relationship with your Value | How to Hit Your Goals in Just 90 Days | How to Brainstorm Creative Ideas for Anniversary | How to Make Better Decisions entering a relationship |
| 24 | 25 | 26 | 27 | 28 | 29 | 3 |
| Landing Page Tips to Increase Conversions | How to Land a Your Ideal Partner | Don't let ego get your way of happiness | When is It Time to Hire A Relationship Coach | The Number One Thing Holding Most People Back | Analyze The Things You Aren't Saying, But Thinking. | Knowing what to share and when to share it |
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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
| | 1 | 2 | 3 | 4 | 5 | (|
| | Why You Must Practice Gratitude | Are you choosing someone who is also choosing you | Connecting with someone who will help you and other flourish | How You Can Practice Gratitude Every Day | X Types of Women/Men | Why do you feel you have to choose between chemistry and committment |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Are you moving foward in the same direction or are you stagnating | Love should not be build on Secrecy | Are you mixing up your love goal with your identity | Stop assigning agendas and start asking | Trends in the news | Set your standards first | Using grace as a reason to tolerate tocix behavior |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Are you stuck in victim mode | How to Plan a Budget Friendly Holiday Break | When you should sleep with someone | Unpopular opinions about relationships | Initating vs. Chasing | Holiday Trends for Couples | Embracing Rejections |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| X Places To Give Back | How to Handle Conflict in a Relationship | X Challenge Ideas for 2021 | How to Create More Impact With Your Partner | How to not lose momentum during the holiday | What to do when you feel like Giving Up | How to use your money for good |
| 28 | 29 | 30 | | | | |
| How to find budget friendly gifts | Stopping negative thoughts | Does the no contact rule work | | | | |



Voy thoma for th and of yoan taxos budgets athe Holidaya calaa planning fo

| | Key the | eme for the month: Holida | ays, sales, planning for new | w year, end of year taxes, b | udgets | |
|--|--|--|--|--|---|--|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 | 2 | 3 | 4 |
| | | | 2 Types of Dating | Best Gifts For Your Partner | Buliding Trust in Long Distance Relationship | Are you living your story or your mother |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Are you Ready to Let it Go | Breaking The Cycle | Gifts for everyone in your family | Why are you struggling with Love | 8 Red Flags To Watch Out For | How to Tell If Your Their Rebound | Why are you getting ghosted |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| How to Approach A Potential Partner | 6 Signs Their Losing Interest | X Dating Books for X Year | How to Focus During the Holidays | 5 Questions To Ask Yourself BEFORE entering a Long Distance Relationship | How to Plan a Budget Friendly Holiday Event | Letting Pressure Get to You |
| | | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 7 Signs they haven't moved on | Why You Keep Attracting The Wrong Partner | 3 Month Mark | Best Holiday Giveaways | How to Tell If You Are Accidentally Pushing Him Away | Self Sabotage | How to Stay Focused On Your Goals in X Year |
| | | | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| Why You Should/Shouldn't Take a Break from Your Relationship Goals | How to Get Clear on What You're Truly Capable of Accomplishing | 3 Things to Stop Doing Right Now if You Want to Fix Your Love Life | X Things to Let Go Of In the New Year | X Goals to Make In The New Year | How to Celebrate Your Accomplishments | |
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