

30-Day Content Calendar

Your first month of content — planned, themed, and ready to brief.

This is your exact content plan for month 1. Follow it as written — change topics later once you know what resonates with your audience. Every day has a content type, a topic, a hook angle, and a goal. Use the Monday system to batch each week in 45 minutes.

MONTHLY THEME: "AI Tools That Grow Your Business"

<p>WEEK 1 Foundation</p> <p>Introduce yourself & the problem you solve. No selling.</p>	<p>WEEK 2 Education</p> <p>Deep-dive AI tool tutorials. Establish authority.</p>	<p>WEEK 3 Proof & Story</p> <p>Results, case studies, real outcomes. Build trust.</p>	<p>WEEK 4 Conversion</p> <p>Soft promotion + community building. First sales.</p>
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CONTENT TYPE KEY: [T] Tutorial [S] Story [L] List [C] Controversial [P] Promotion [E] Engagement

DAY	#	TYPE	TOPIC	HOOK ANGLE
MON	1	T	5 free AI tools every business owner needs	Stop paying for things AI do
TUE	2	S	Why I almost gave up on AI in week 1	Before/after personal story
WED	3	L	7 things I no longer do manually (AI does them)	Which one surprises you mo
THU	4	T	How to write a month of content in 1 hour	The exact Monday system I
FRI	5	E	Poll: What's your biggest time drain in business?	Drive comments → algorith
SAT	6	P	My free AI starter toolkit (everything I use)	Soft affiliate day 1
SUN	7	S	The real reason I started this — my story	Founder story content
MON	8	T	Claude AI: complete beginner tutorial	You don't need to be techn
TUE	9	C	Claude vs ChatGPT — which is actually better for business?	Controversial = more shares
WED	10	T	ElevenLabs: create a podcast without a microphone	Demo-style tutorial
THU	11	S	The week AI saved my business from burnout	Emotional story arc
FRI	12	L	10 AI prompts that run my whole business (save this)	Save-worthy list content
SAT	13	P	ElevenLabs affiliate promo (use my link + code)	Natural affiliate mention
SUN	14	T	What is n8n? Why every business needs automation	Awareness content — big o
MON	15	S	My income went from \$0 to \$340 with AI — breakdown	Specific numbers build trust
TUE	16	T	How to set up your first AI automation in 30 min	Step-by-step walkthrough
WED	17	L	10 prompts that do my marketing for me (copy them)	Practical value — share-wo
THU	18	S	A day in my AI-powered business (real footage/screen)	Behind the scenes authentic
FRI	19	E	What AI tool do you want me to review next?	Community question — boo
SAT	20	P	My complete AI toolkit — everything I use daily	Natural promo — affiliate lin
SUN	21	T	The future of AI in business — what's coming (2026)	Thought leadership + predic
MON	22	T	Build a business email list with AI in one day	Step-by-step Kit setup
TUE	23	C	'But I'm not tech-savvy' — why that excuse is over	Objection busting content
WED	24	S	After 30 days of AI content — the honest numbers	Transparency builds massiv
THU	25	T	How to sell digital products using AI tools	Product launch education
FRI	26	E	Answering your top 10 questions about AI (compilation)	Community-driven content

DAY	#	TYPE	TOPIC	HOOK ANGLE
SAT	27	P	My AI Business Starter Pack — launching today	Main product/offer promo
FRI	28	S	28 days posting every day — what I learned	Reflection + milestone conte
SAT	29	T	The #1 thing holding most people back from using AI	Mindset + practical content
SUN	30	E	Thank you — what's next for this community	Appreciation + future teasing

How to Use This Calendar

Each Monday, use the Monday System (Guide 02) to create content for days 1-7. Adapt topics to what's trending in your niche. Promo days (6, 13, 20, 27) are your affiliate + offer days — space them naturally. Track which posts get the most engagement and double down on those formats in Month 2.