

# MAY 2025



## Holidays & National Days

Mental Health Awareness Month, Skin Cancer Detection and Prevention Month, Women’s Health Month, Better Sleep Month, Military Appreciation Month, National Small Business Month, Celiac Awareness Month

- May 2 - National Day of Prayer
- May 4-10 National Small Business Week
- May 5 - Cinco De Mayo
- May 5 - 9 Teacher Appreciation Week
- May 6 - 12 National Nurse’s Appreciation Week
- May 6 - National Nurse's Day
- May 6 - Teacher Appreciation Day
- May 11 - Mother’s Day
- May 12 - National Fibromyalgia Day
- May 20 - National Rescue Dog Day
- May 23 - Safe Sun Week
- May 26 - Memorial Day
- May 28 - National Flip Flop Day
- May 31 - National Smile Day



## Daily Action Items

- Good energy attracts people!
- Create 2 pieces of content daily.
- Make 2 new friends.
- Have 5 conversations.
- Check in with 3 customers.
- Have 3 booking conversations.

## Call To Action Phrases

- Comment below if you have any questions...
- Let me know, what is your take on this...
- Meet me in the comments and let me know if you agree...
- Tag a friend who...
- Raise your hand if you’re feeling this...
- Watch this and...
- Save this post for later...
- Earn extra money with ...
- Share this post...

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TOPICS IN BOLD HAVE A CORRESPONDING ENGAGEMENT DAY IMAGE AND POST IDEA WHICH CAN BE FOUND IN BOARDS.				1 MAY IS HERE! TAKING A TRIP? WHAT DO YOU BRING WITH YOU?	2 SHARE THE JJ BOX - IT’S YOUR TICKET TO A GREAT SUMMER!	3 BETTER SLEEP MONTH SHARE HOW SLEEP SOLUTIONS HELP YOU MAGNI-ZZZ
4 SHARE THIS MONTH’S JOIN SPECIAL AND YOUR JE STORY	5 CINCO DE MAYO TAKE A SELFIE IN YOUR MOJITO MASK	6 NATIONAL NURSES AND TEACHERS DAY - THANK YOU TO OUR NURSES!	7 TEACHER APPRECIATION WEEK - SHARE HEARTFELT THANKS TO TEACHERS	8 COMMUNITY CLASS IT’S NOT TOO LATE TO SHOP FOR MOM - GET HER A GIFT CARD AND INVITE TO COMMUNITY CLASS!	9 FRESH FRIDAY SHARE SOMETHING NEW THAT YOU LOVE	10 SELF-CARE SATURDAY WHAT HELPS YOU TAKE CARE OF YOURSELF
11 HAPPY MOTHER’S DAY!	12 SHARE HOW NON-TOXIC DEODORANT IS IMPORTANT FOR WOMEN’S HEALTH	13 OPEN HEART INVITE TO OPEN HEART OPEN HOUSE	14 POST ABOUT THE MILITARY APPRECIATION SET	15 OPEN HOUSE FEATURE HOST SPECIAL AND TALK ABOUT THE BENEFITS OF HOSTING	16 SHARE THE CUSTOMER SPECIAL	17 SHARE SOMETHING THAT RENEWS YOUR MOOD!
18 SHARE HOW YOU RESET FOR A NEW WEEK	19 MAGNESIUM MONDAY SHARE YOUR FAV MAGNESIUM STICK	20 POST A PRODUCT TESTIMONIAL	21 WELLNESS WEDNESDAY POST THE SOLUTION THAT YOU’VE BEEN USING A LOT LATELY	22 SHARE YOUR FAVORITE SIGNATURE SCENT	23 POST A PICTURE OF YOU OUT AN ABOUT - WHAT DO YOU BRING WITH YOU?	24 TRY THIS! MINERAL MAKEUP HAS NATURAL SUN PROTECTION
25 POST HOW-TO TIPS WITH YOUR SELF-CARE ROUTINE	26 MEMORIAL DAY- ASK WHATS ONE TRADITION YOOUR FAMILY NEVER SKIPS?	27 GO LIVE IN YOUR VIP GROUP AND DO YOUR MORNING OR EVENING ROUTINE	28 NATIONAL FLIP FLOP DAY POST YOUR FOOT CARE ROUTINE	29 SHARE A GOAL YOU ACCOMPLISHED THIS MONTH	30 FEATURE FRIDAY - FEATURE THE JJ BOX LAST CHANCE!	31 THIS OR THAT PICNIC OR CAMPING SHARE PRODUCTS TO TAKE WITH YOU
MAY SPECIALS		JOYFUL JORDAN BOX- BUG BOX!!	\$5 CUSTOMER SPECIAL- ENERGY SHEA	HOST SPECIAL-UPGRADED! SPA DAY HEALTHY HOME 2-PACK WITH BOTTLE	JOIN SPECIAL-SUMMER SIZZLE KIT! \$25!	