

BLOW UP YOUR VIDEO!

BOOST VIEWS & ENGAGEMENT

DO THIS FIRST: PRIME YOUR AUDIENCE

Before you hit “publish,” spend 10–20 minutes warming up your audience. This gets the Facebook algorithm working for you by pushing your posts into your friends’ feeds — and pulling their posts into yours.

Use this time to like, share, and comment on posts from your best cheerleaders. These are the people who support you, and the people you expect will show up for you.

BREAKFAST - LUNCH - DINNER METHOD

- **UPLOAD YOUR CONTENT AND PUBLISH TO** FACEBOOK/INSTAGRAM USING META BUSINESS CENTER. ALSO BE SURE TO SELECT UP TO 3 GROUPS TO FORWARD YOUR POST. *(DO THIS AT BREAKFAST 7-9 AM PREFERABLY MON, TUES, OR WED MORNING)*
- **RESHARE THE VIDEO** TO YOUR TIMELINE AND SAY THIS IN THE DESCRIPTION: “HEY GUYS, IF YOU MISSED IT THIS MORNING, HERE’S MY LATEST VIDEO” *(IT’S TIME FOR LUNCH, RESHARE FROM 11-1 PM)*
- **ONE LAST STAND.** Finally reshare your video one last time. Tell your audience “Big thanks to everyone who shared and liked my video today, here it is if you missed it!”

NEED HELP?

CONTACT ME PERSONALLY AT [FACEBOOK.COM/QUINTONRDAY](https://www.facebook.com/quintonrday)

