

SagePreneurs® Content Planner

Niche: _____

Category >>			
Myths & Misconceptions (clarifying common misunderstandings)			
Common Mistakes (highlighting frequent errors or pitfalls)			
Step-by-Step How-Tos (practical instructions and guides)			
Frequently Asked Questions (addressing common concerns)			
Stories & Examples (real-life illustrations and relatable experiences)			
Expert Insights (deeper wisdom, tips, and valuable advice)			

Sample

Niche: Weight Loss

Category >>	Nutrition	Mindset	Fitness
Myths & Misconceptions (clarifying common misunderstandings)	"Carbs make you fat" and other diet myths	The belief that willpower alone guarantees weight loss	"You must exercise intensely every day to lose weight"
Common Mistakes (highlighting frequent errors or pitfalls)	Underestimating hidden calories	Relying solely on motivation, without habits	Overtraining without rest days
Step-by-Step How-Tos (practical instructions and guides)	Meal-prepping for weight-loss success	Cultivating daily affirmations for a weight-loss mindset	Designing a beginner-friendly workout routine at home
Frequently Asked Questions (addressing common concerns)	"Do I need to cut out sugar completely?"	"How can I stay committed even after setbacks?"	"Which type of exercise burns the most fat?"
Stories & Examples (real-life illustrations and relatable experiences)	How Julia lost 50 pounds by tracking meals	Mark's mindset shift that finally ended yo-yo dieting	Lisa's inspiring story of finding joy in fitness after age 50
Expert Insights (deeper wisdom, tips, and valuable advice)	Top nutritional swaps recommended by dietitians	Psychological strategies for overcoming emotional eating	Expert trainers reveal the best exercises for long-term fat loss