30-Day AI-Powered Content Calendar

Plan, Create & Post Smarter — With Tools You Already Know

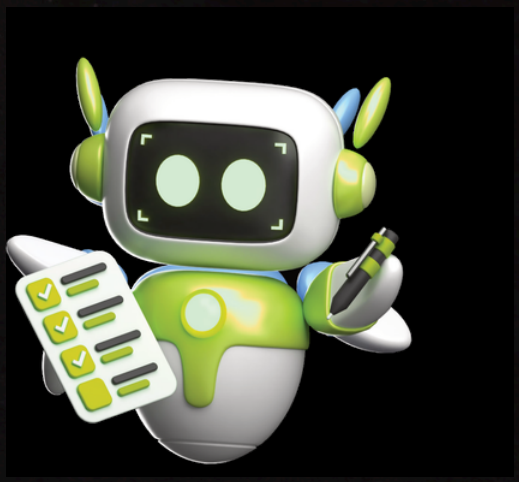
Inside:

- ✔ Weekly post ideas with AI-generated prompts, Tools &
- ✔ tips to speed up your workflow
- ✔ Smart strategies for engagement & reach
- ✔ Bonus: Reusable prompt bank for ChatGPT
- ✔ Built for creators, marketers & busy business owners

Scandiz

Training Academy

Simplifying Skills for Real-World Results



No more blank screens. No more burnout. Just simple, smart content creation — powered by AI.



This 30-Day AI-Powered Content Calendar was created to help you post consistently without the stress of starting from scratch. Whether you're promoting a service, growing your audience, or just getting into the content game, this guide gives you structure, strategy, and AI support all in one.

Who It's For:

✔ Content creators, marketers & small business owners

✔ Beginners who want guidance

✔ Busy people who want results without hiring a team

How to Use This Calendar:

-Post 3–5 times a week,using theideas from each week's theme

- Copy or adapt the included AI prompts to save time (and brainpower)

- Use ChatGPT to expand your ideas, and Canva to bring them to life

- Swap, repeat, or remix prompts — it's designed to be flexible!

Each post idea is paired with a theme, a purpose (like trust-building or engagement), and a suggestion for which AI tool to use.

Bonus:

Atthe end of the calendar, you'll find a Prompt Bank you can reuse any-time, plus a toolkit list to help you automate even more.

Let's get posting — the smart way.

Week1 – BuildTrust& IntroduceYourself

Goal: Start strong by helping your audience understand who you are, what you do, and why they should follow you.
Post Frequency: Aim for 3–5 posts this week

Post1:The"Why I Do This"Post

Prompt:
"Share the story behind your brand, project, or mission. What inspired it? Why does it matter to you?"

ChatGPT Prompt Example:

"Write a short Instagram caption explaining why I started [your brand/ business name] and who I help, in a friendly, personal tone."

Suggested Tool: ChatGPT + Canva (use a personal photo or founder-style image)



Post2: Meet the Person Behind the Brand

Prompt:
"Introduce yourself or your team. Share 3–5 fun or surprising facts to humanise your brand."

ChatGPT Prompt Example:

"Write a casual social post introducing me as a creative entrepreneur with 3fun facts, in a warm, relatable tone."

Suggested Tool: ChatGPT + Canva or smartphone photo with text overlay

Post 3: What You Offer — In Plain Language

Prompt:
"Explain what you do and who it's for — without jargon."

ChatGPT Prompt Example:

"Write a one-paragraph LinkedIn post describing what I offer (AI crash courses for creators and marketers) in plain, engaging language."
Suggested Tool: ChatGPT + LinkedIn Text Post or Canva carousel



Post 4: Before & After (Problem - Solution)

Prompt:
"Describe a common problem your audience faces — and how your product/service solves it."

ChatGPT Prompt Example:

"Write a social media caption showing the transformation from struggling with content creation to using AI tools efficiently, friendly and visual."

Suggested Tool: Canva carousel or Reel with simple storytelling



Post 5: Quick Win or Tip

Prompt:
"Share one practical tip or shortcut your audience can use today."

ChatGPT Prompt Example:

"Write a tip for creators on how to use ChatGPT to brainstorm 10 content ideas in less than a minute."

Suggested Tool: ChatGPT + Canva (for quote-style post or quick tip graphic)

Week 2 – Stay Visible & Be Useful

Goal: Keep showing up with helpful, low-pressure posts that build trust without selling. Focus on making your audience feel seen, supported, and curious.

Post Frequency: 3–5 posts this week

Post1:"Things I Wish I KnewEarlier"

Prompt:
Share something you've learned that would've saved you time, stress, or money — and your audience would benefit from knowing now.

ChatGPT Prompt Example:

"Write a short caption starting with 'I wish I knew this sooner…' about using free AI tools for social media content creation. Make it relatable and honest."

Suggested Tool: ChatGPT + Canva (quote format or selfie with overlay text)



Post 2: Bust a Common Myth

Prompt:
Choose a common misconception in your niche and clear it up in a friend-ly way. Bonus points for using a visual or analogy.

ChatGPT Prompt Example:
"Write a casual Instagram caption busting the myth that you need to be tech-savvy to use AI tools. Keep it friendly and encouraging."

Suggested Tool: Canva carousel or short Reel with text overlays

Post 3: FAQ or "I Get Asked This All the Time"

Prompt:
Answer a common question people ask you — or should ask but don't know how to phrase.

ChatGPT Prompt Example:

"Write a friendly caption answering the question: 'What if I've never used AI before — is your course still for me?'"

Suggested Tool: Canva (Q&A graphic) or a simple selfie video



Post 4: This or That / Poll Style Post

Prompt:
Invite your audience to vote or share an opinion — serious or fun. Great for Instagram Stories, LinkedIn polls, or casual comments.

ChatGPT Prompt Example:

"Write a short caption asking people whether they'd rather get content ideas from AI or write from scratch — keep it light, no pressure."

Suggested Tool: ChatGPT + Poll (Instagram, LinkedIn, Facebook) or a Canva "This or That" graphic



Post 5: Daily Routine or Workflow Peek

Prompt:
Let your audience peek behind the curtain — how do you actually use tools, structure your day, or save time?

ChatGPT Prompt Example:

"Write a friendly Instagram caption showing how I use ChatGPT for 10 minutes each morning to plan social media posts."

Suggested Tool: Canva carousel or a photo/video of your workspace

Week 3 – Teach & Build Authority

Goal: Share practical, helpful content that positions you as a knowledgeable, approachable expert. Focus on showing (not telling) what you know, using tips, examples, and micro-lessons.
Post Frequency: 3–5 posts this week

Post1:Mini Tutorial or "How To" Post

Prompt:
Teach something simple and useful your audience can try today. Break it into steps or use a quick visual demo.

ChatGPT Prompt Example:

"Write a short carousel script showing how to use ChatGPT to rewrite a LinkedIn headline in a more engaging tone."

Suggested Tool: Canva carousel or short screen recording + caption



Post 2: Mistakes to Avoid

Prompt:
List 3–5 common mistakes your audience makes (or you used to make), and what to do instead — helpful, not judgmental.

ChatGPT Prompt Example:

"List 3 mistakes beginners make when trying to use AI tools for content creation, and suggest easy fixes in a friendly tone."

Suggested Tool: Canva carousel or Reel with text overlay

Post 3: A Real-Life Example or Case Study (Short)

Prompt:
Show how something worked in practice — it could be a project, a client, or even how you used AI yourself.

ChatGPT Prompt Example:

"Write a short caption explaining how I used AI to repurpose one blog post into 5 pieces of content, with an example of the steps."

Suggested Tool: ChatGPT + Canva or photo carousel with short explana- tions



Post 4: Quick "Did You Know?" Fact

Prompt:
Drop a surprising or valuable tip related to your niche — something that makes your audience go, "Oh wow, I didn't know that."

ChatGPT Prompt Example:

"Write a short LinkedIn post starting with 'Did you know…' that explains a lesser-known but useful feature of Canva's AI tools."

Suggested Tool: Canva quote format or quick tip graphic



Post 5: Your Go-To Tools or Workflow Stack

Prompt:
Share 3–5 tools you actually use and why. It shows you're practical and resourceful — not just teaching theory.

ChatGPT Prompt Example:

"Write a casual caption listing 3 tools I use weekly for content planning, including ChatGPT and Canva, and how they help."

Suggested Tool: Canva list post or "screenshot & caption" combo

Week 4 – Convert & Invite

Theme: Encourage Action Without Being Pushy

Goal: Use your final week to promote your freebie, offer, or course — softly but clearly. These posts give people a reason to take the next step.
Post Frequency: 3–5 posts this week

Post1:"This is for you if..." Invite Post

Prompt:
List 3–5 signs that someone is ready for your freebie/course/training. Use "This is for you if…" to create instant clarity and connection.

ChatGPT Prompt Example:

"Write an Instagram caption that begins with 'This is for you if…' and describes who would benefit from my free 5-day AI content course — keep it friendly and encouraging."

Suggested Tool: ChatGPT + Canva (list-style post or short Reel)



2: Transformation Story (Real or Imagined)

Prompt:
Share a quick before-and-after of someone who went from stuck to supported — this could be a real client, a fictional example, or even your own journey.

ChatGPT Prompt Example:

"Write a short caption showing the transformation from being overwhelmed by content creation to confidently using AI with the help of a structured course."

Suggested Tool: Canva carousel, short video, or text + emoji storytelling

Post 3: “3 Things You’ll Learn”

Prompt:
Give a taste of what someone will learn if they take action — this could be from your email course, freebie, or workshop.

ChatGPT Prompt Example:

“Write a caption listing 3 things someone will walk away with after joining my free AI toolkit and email course.”

Suggested Tool: Canva carousel or clean text post



Post 4: Offer with Urgency (Ethical & Soft)

Prompt:
Remind your audience that spots are limited, or that the email course is starting soon. Keep it warm, not pushy.

ChatGPT Prompt Example:

“Write a warm, friendly caption reminding people to grab the free AI email course before the next batch starts. Mention that spots are limited.”

Suggested Tool: Countdown graphic, Canva post, or pinned story highlight



Post 5: Final Call or Recap Post

Prompt:
Wrap up the month with a post that recaps what you’ve been sharing, what your audience can still grab, and a reminder to subscribe/follow/stay connected.

ChatGPT Prompt Example:

"Write a friendly LinkedIn post wrapping up a month of AI content tips and reminding people they can still join my free 5-day email course and get the toolkit."

Suggested Tool: Text post, "thank you" visual, or clean recap carousel

You now have 4 full weeks of smart, authentic content designed to build trust, teach, engage, and convert — all supported by AI tools like ChatGPT and Canva.



Prompt Bank: Ready-to-Use ChatGPT Prompts

Use these anytime you're stuck for ideas — copy, paste, and tweak as needed.

1. Introduce yourself to new followers

"Write a friendly Instagram caption introducing me as a [your role], including 3 fun facts and who I help."

2. Share a valuable tip

"Write a short, practical tip for small business owners using AI tools for content creation — helpful and non-technical."

3. Teach something in a mini-carousel

"Write a 5-slide carousel script showing how to repurpose one blog post into 3 social media formats using AI."

4. Invite people to your freebie

"Write a warm, no-pressure social media caption inviting people to join my free 5-day AI email course and get the toolkit."

5. Reflect on your journey

"Write a personal-style LinkedIn post reflecting on how AI has changed the way I work as a creator or trainer."

Bonus Toolkit: Tools That Save Time and Boost Creativity

These are tools we've used for AI-powered content creation and planning:

Tool	Use Case	Free Plan Available?
ChatGPT	Brainstorming, captions, writing	✔ Yes (with GPT-3.5)
Canva	Design, video, social templates	✔ Yes
Notion AI	Outlining, organizing, smart notes	✔ Yes (trial)
Copy.ai	Quick marketing copy & product ideas	✔ Yes
Repurpose.io	Turn content into multiple formats	✔ Trial

You don't need them all — pick the 1–2 that fit your workflow now.

What is next

You don’t need more tools.
You need a simple process you can repeat.

If you want to keep building on what you’ve started, here are a few simple next steps:

- **Learn step by step**

Explore our practical, one-day crash courses designed to help you move fast without feeling overwhelmed.

- **Keep learning for free**

Get access to simple guides, tools, and short email courses designed for real-world use.

- **Use what works**

Go back to this guide anytime — the goal is not perfection, just progress.

Keep it simple — and keep going.



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