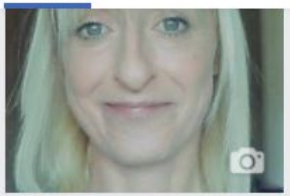


Setting up your Facebook Post Boost

A FB Post Boost is the simplest form of Facebook Advertising, and very effective.



Life Coach - Kate May
@katemaycoaching

- Home
- About
- Reviews
- Services
- Photos
- Videos
- Posts



Liked Following Share ...

Write something...

Post creation options: Photo, Video, Live, Story

Go to your FB page and get ready to put up a post.


1. Click on Share a Photo or Video

Image Text Check

Upload an image to determine how much text is in your ad image. If the proportion of text to image is too high, your ads may not reach its full audience.

We make exceptions for certain kinds of products being advertised. Visit our [Help Center](#) to learn about exceptions, see examples of images with text, and get more guidance.

Upload

 Image Text: OK
Your ad will run normally.



1. Go to your images and choose one.
2. Test that image at FB's text overlay tool to make sure that the image has less than 20% text. Go to: https://www.facebook.com/ad/tools/text_overlay
3. Just click on Upload and add your image and you will get a response within seconds.

NOTE: If there is more than 20% text, FB will either reject to ad completely, or rank it so low you will not get clicks

self-care-2904778_....jpg

Writing Sales Cont....pdf

ClickFunnels Acces....pdf

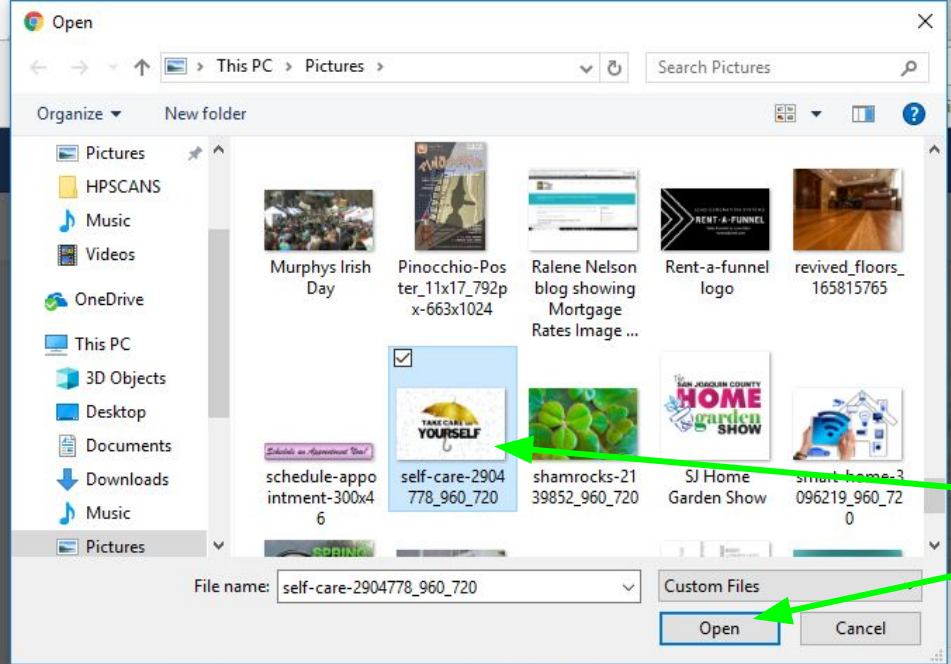
Integration.pdf

_Davis Park Church....pdf

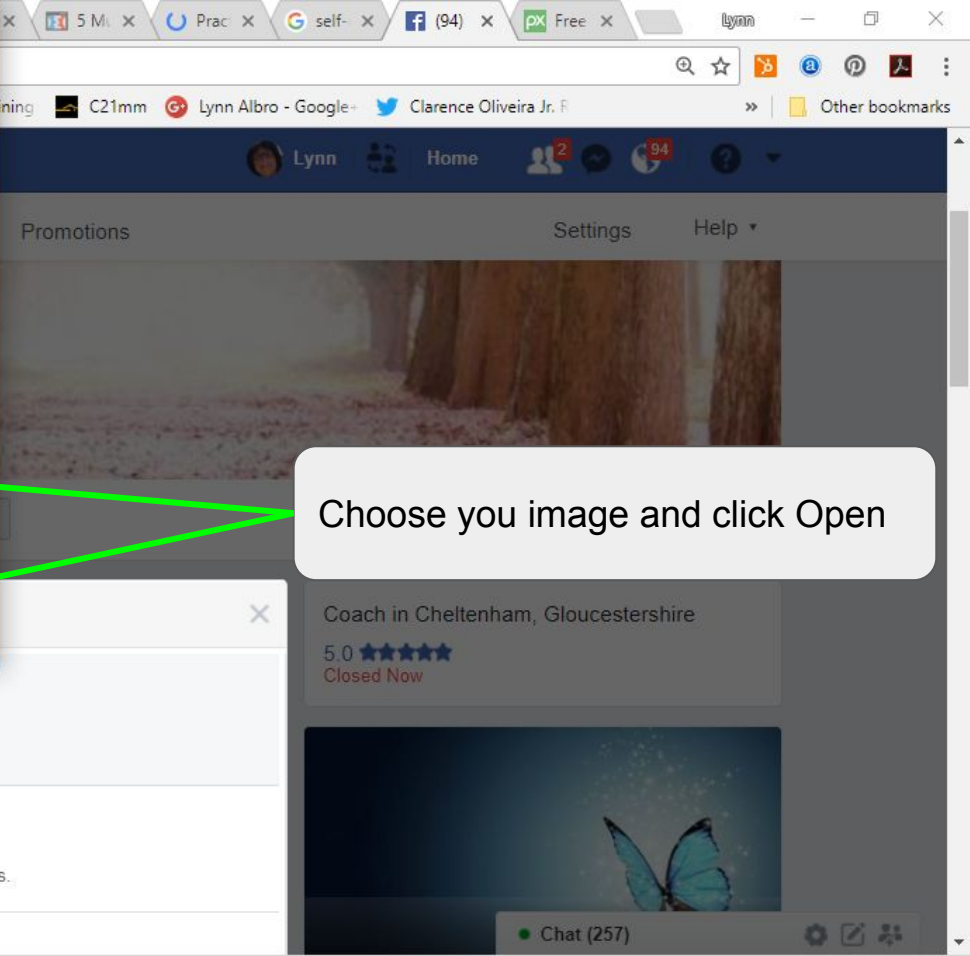
Show all

Type here to search

1:48 PM
3/20/2018



Choose you image and click Open



You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for...
A Marketing campaign to spearhead...
Tons of paperwork...
And your calendar is jam-packed with things to do...
How do you get it all done? Take Time for SELF CARE!
You work overtime, cancel your girls night out, and either skip a few meals, or eat unhealthy snacks - just to get through.
To keep up with all the stuff that needs to be done, we don't think twice before putting self-care on the back burner.

Go to your Sales Content and COPY it.

Life Coach - Kate May

Page | Inbox | Notif

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Promote


Manage Promotions

In 5 Must-Do's for Self Care you will learn:

- >>>How to take care of yourself
- >>>5 easy ways you can take a breath in your business and work life
- >>>Simple Daily Life Tweaks - Change the way you think and live...
- >>>How to Say "NO!" - Without explaining yourself...
- >>>How to identify Your Needs & Fulfill Them - 5 Simple examples.

Get immediate access here: Go to <https://katemay71.clickfunnels.com/optin>

Write post in another language [?]



Boost this post to show it to more people.

Boost Post | Publish

Lynn | Home | 2 | 94

Settings | Help

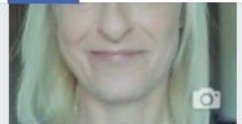
Kate May

Chat (264)

Edit the content so that there is a lot of white space.

Add *** and >>> in place of bullets - because FB doesn't give that option.

Use the complete URL in the link and FB will make it hot, i.e. <http://yourdomain.com>.



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@katemaycoaching

- Home
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- Manage Promotions

Liked | Following | Share

Send Message

Life Coach - Kate May
Published by Lynn Albro [?] · 1 min ·

You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for..... See More



Boost Post

Like | Comment | Share

Coach
Opens tomorrow
Closed Now
Suggest Edits

Team Members
Kate May

People Also Like
Inspyre Plus
Mental Health Service

Once your Post is live, go click on Boost Post

YOUR PAGES | SEE ALL

- Lazar Real Estate Se... [9+]
- Oakdale Real Estate [7]
- Sick & Tired of Being ... [9+]

CONTACTS

- Mark Hammond
- Don Adams
- Andrea Towne Davis
- Lilia Laura Garcia
- Valery Alexander-Tho...
- Alicia Ortiz
- Corey Heidkamp
- Jerry Jones
- John Russell Shook
- Nellie Lazar 7h

Search

Boost Post

OBJECTIVE

What results would you like from this post?

Engagement: reactions, comments and shares [Change](#)

What's this?

POST BUTTON (Optional)

Add a button to your post

- No Button
- No Button
- Shop Now
- Book Now
- Learn More
- Sign Up

By clicking Boost Post Now, you agree to Facebook's [Terms & Conditions](#) | [Help Center](#)

[Cancel](#) [Boost Post Now](#)

Choose a Button option, in this case 'Learn More'

DESKTOP NEWS FEED MOBILE NEWS FEED INSTAGRAM

Life Coach - Kate May [Like Page](#)

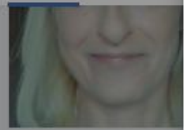
Sponsored

You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for..... [See More](#)

TAKE CARE OF YOURSELF

- YOUR PAGES** SEE ALL
- Lazar Real Estate Se... [9+]
 - Oakdale Real Estate [7]
 - Sick & Tired of Being ... [9+]
- CONTACTS**
- Don Adams
 - Nikole Albro
 - Andrea Towne Davis
 - Lilia Laura Garcia
 - Valery Alexander-Tho...
 - Alicia Ortiz
 - Corey Heidkamp
 - Pam Benziger
 - Angela Buenaventura
 - John Russell Shook

Page Inbox



Life Coach - Kate May @katemaycoaching

Boost Post

What's this?

DESKTOP NEWS FEED MOBILE NEWS FEED INSTAGRAM

POST BUTTON (Optional)

Add a button to your post

Learn More

Choose a link for this button

<https://katemay71.clickfunnels.com/optin>

Choose the website address you'd like to send people to.

AUDIENCE

People you choose through targeting

Location - Living In: United Kingdom: England
Age: 18 - 65+

By clicking Boost Post Now, you agree to Facebook's Terms & Conditions | Help Center

Cancel **Boost Post Now**

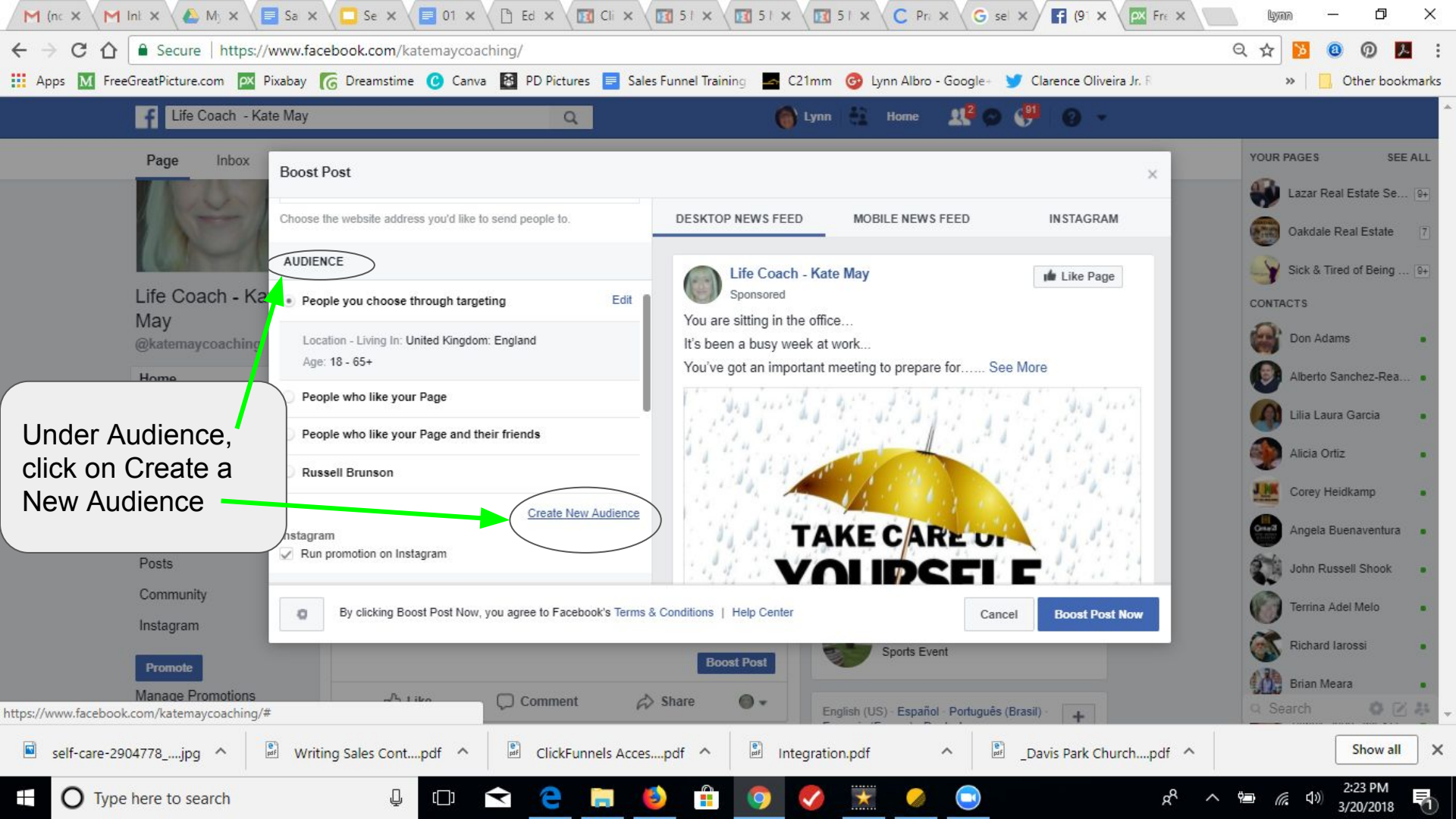
Choose a Link for your Button and add it

Life Coach - Kate May Sponsored

You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for..... See More

Like Page

- YOUR PAGES** SEE ALL
- Lazar Real Estate Se... [9+]
 - Oakdale Real Estate [7]
 - Sick & Tired of Being ... [9+]
- CONTACTS**
- Don Adams
 - Alberto Sanchez-Rea...
 - Lilia Laura Garcia
 - Alicia Ortiz
 - Corey Heidkamp
 - Angela Buenaventura
 - John Russell Shook
 - Terrina Adel Melo
 - Richard Iarossi
 - Brian Meara
- Search



Boost Post

Choose the website address you'd like to send people to.

AUDIENCE

People you choose through targeting [Edit](#)

Location - Living In: United Kingdom: England
Age: 18 - 65+

People who like your Page

People who like your Page and their friends

Russell Brunson

[Create New Audience](#)

Instagram

Run promotion on Instagram

By clicking Boost Post Now, you agree to Facebook's [Terms & Conditions](#) | [Help Center](#)

Cancel

Boost Post Now

Under Audience,
click on Create a
New Audience

YOUR PAGES

- Lazar Real Estate Se... [9+](#)
- Oakdale Real Estate [7](#)
- Sick & Tired of Being ... [9+](#)

CONTACTS

- Don Adams
- Alberto Sanchez-Rea...
- Lilia Laura Garcia
- Alicia Ortiz
- Corey Heidkamp
- Angela Buenaventura
- John Russell Shook
- Terrina Adel Melo
- Richard Iarossi
- Brian Meara

Show all

Create Audience

Select the location, age, gender and interests of people you want to reach with your ad.

Name

Gender
 All Men Women

Age
 - ▼

Locations

 England

Detailed Targeting
INCLUDE people who match at least ONE of the following
 [Suggestions](#) [Browse](#)

1. Give your Audience a Name
2. Choose All, Men or Women
3. Choose an Age Group

Life Coach - Kate May

Page | Inbox | Boost Post


Choose the website address

United Kingdom

England

Add locations

You can type in specific countries, state/regions, cities, postal codes, addresses or congressional districts. You can also add worldwide or global regions.




Detailed Targeting ⓘ

INCLUDE people who match at least ONE of the following ⓘ

Add demographics, interests or behaviors | Suggestions | Browse

Exclude People



Your audience size is **defined**. Good job!

Potential Audience Size: 14,000,000 people ⓘ

Cancel Save

Instagram

Like Page

YOUR PAGES SEE ALL

- Lazar Real Estate Se...
- Oakdale Real Estate
- Sick & Tired of Being ...

CONTACTS

- Sandra Oliveira
- Don Adams
- Andrea Towne Davis
- Lilia Laura Garcia
- Valery Alexander-Tho...
- Corey Heidkamp
- Pam Benziger
- John N. Melo
- Craig AndVal Top
- Richard Iarossi

Boost Post Now

Scroll down to Choose a geographical location, in this case United Kingdom, England

Under Detailed Targeting, Type in a keyword that describes the audience that you are targeting... i.e. entrepreneur, or business administration, or single moms. Choose the best keywords for the audience you are trying to reach, but pay close attention to the bottom section.

The goal is to have an audience of around 200k

Click Save



Detailed Targeting ⓘ

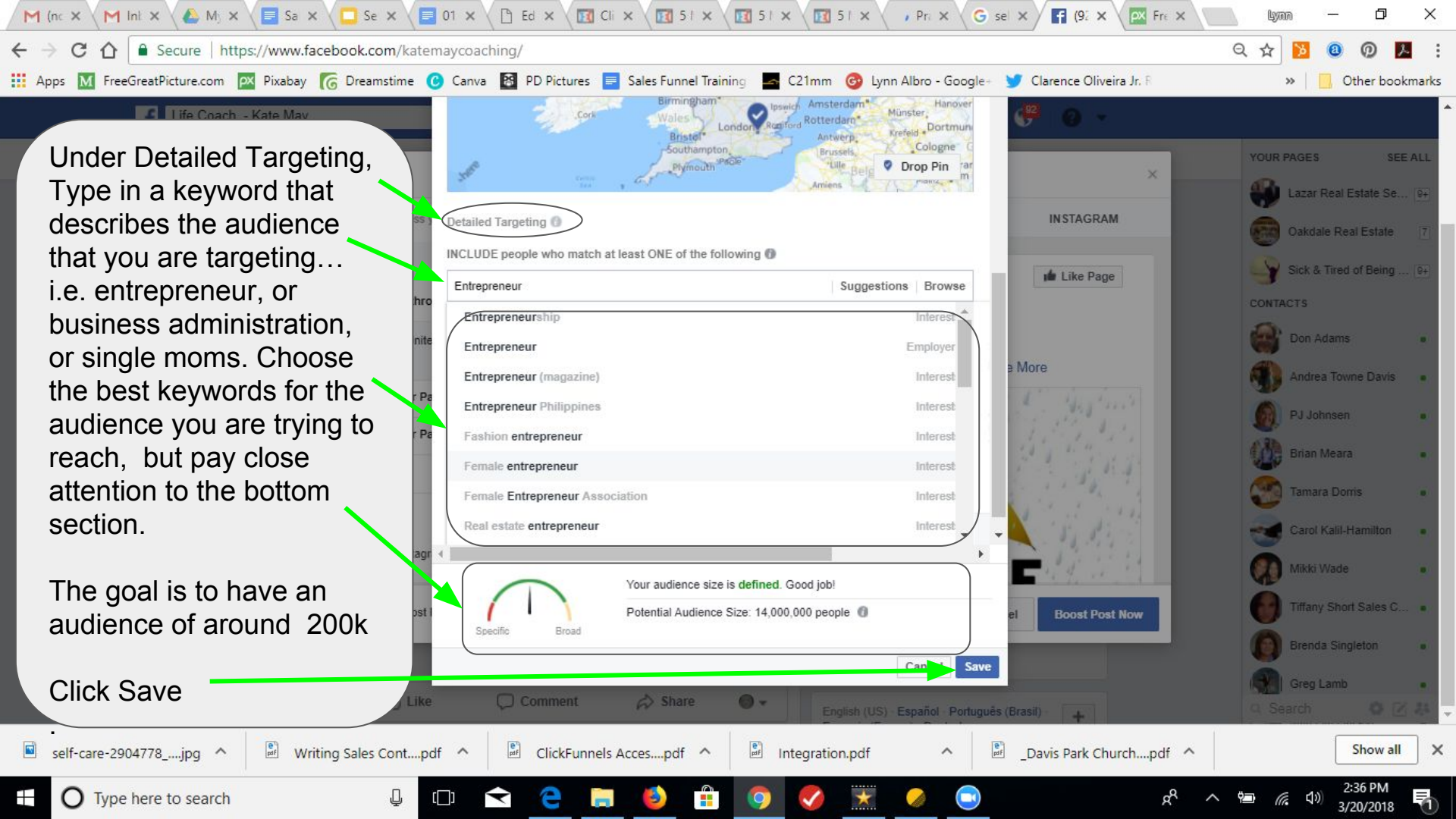
INCLUDE people who match at least ONE of the following ⓘ

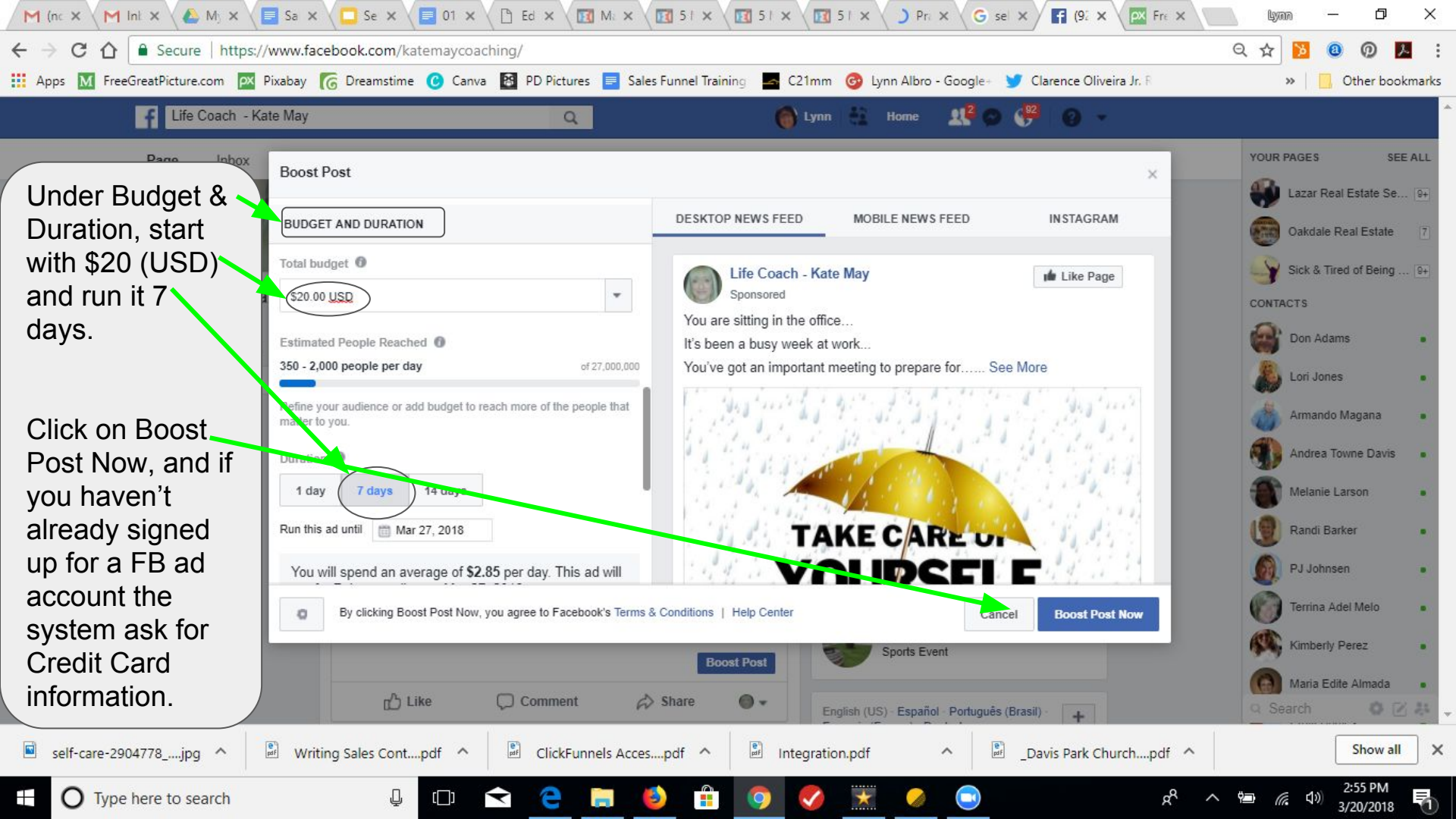
Entrepreneur | Suggestions | Browse

Entrepreneurship	Interest
Entrepreneur	Employer
Entrepreneur (magazine)	Interest
Entrepreneur Philippines	Interest
Fashion entrepreneur	Interest
Female entrepreneur	Interest
Female Entrepreneur Association	Interest
Real estate entrepreneur	Interest



Cancel Save





Under Budget & Duration, start with \$20 (USD) and run it 7 days.

Click on Boost Post Now, and if you haven't already signed up for a FB ad account the system ask for Credit Card information.

Boost Post

BUDGET AND DURATION

Total budget [?]

\$20.00 USD

Estimated People Reached [?]

350 - 2,000 people per day of 27,000,000

Define your audience or add budget to reach more of the people that matter to you.

Duration

1 day 7 days 14 days

Run this ad until

You will spend an average of \$2.85 per day. This ad will

By clicking Boost Post Now, you agree to Facebook's Terms & Conditions | Help Center

Cancel Boost Post Now

DESKTOP NEWS FEED MOBILE NEWS FEED INSTAGRAM

Life Coach - Kate May Sponsored

You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for..... See More

TAKE CARE OF YOURSELF

- #### YOUR PAGES
- Lazar Real Estate Se... [9+]
 - Oakdale Real Estate [7]
 - Sick & Tired of Being ... [9+]
- #### CONTACTS
- Don Adams
 - Lori Jones
 - Armando Magana
 - Andrea Towne Davis
 - Melanie Larson
 - Randi Barker
 - PJ Johnsen
 - Terrina Adel Melo
 - Kimberly Perez
 - Maria Edite Almada

Usually you will be informed that FB will be reviewing your ad... but you get access to your order summary.

If you want to delete the ad, click on this gear icon to do so.


View Results In Review

Order Summary

- You are targeting women, ages 27 - 65+ who live in 1 location, and have 3 interests.
Show full summary
- This promotion will run for 7 days.
- Your total budget for this promotion is \$20.00 USD.
- Lynn Albro's PayPal account (lynn.albro@gmail.com) will be billed.
- Your next bill will arrive when:
 - You spend \$75 of your budget Learn More
 - Or on March 31, 2018
- Your promotion will also run on Instagram. Learn More.

By clicking Add Budget, you agree to Facebook's Terms & Conditions | Help Center

Boost Another Post Close



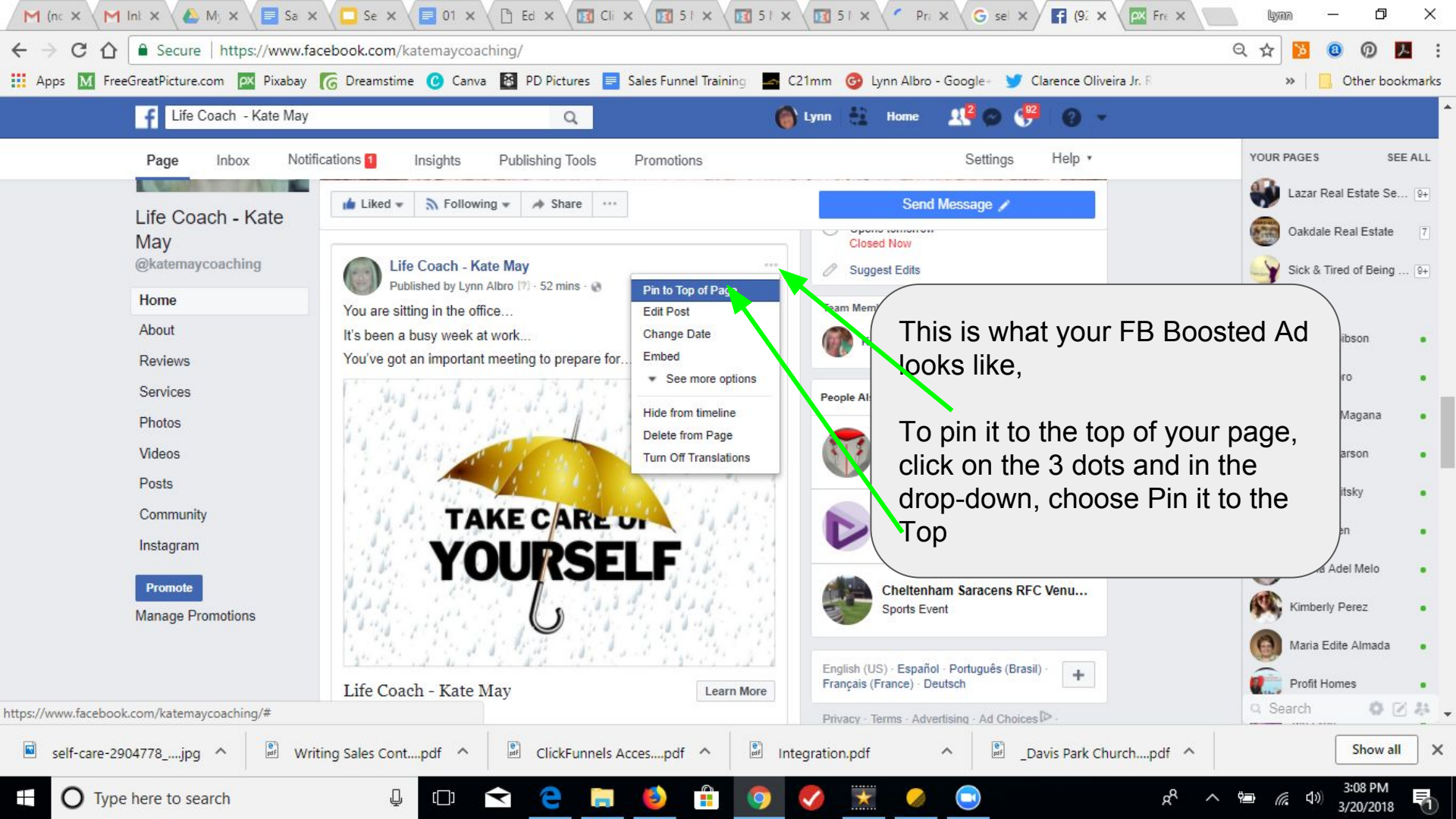
YOUR PAGES SEE ALL

- Lazar Real Estate Se... [9+]
- Oakdale Real Estate [7]
- Sick & Tired of Being ... [9+]

CONTACTS

- Armando Magana
- Randi Barker
- Terrina Adel Melo
- Maria Edite Almada
- Profit Homes
- Brian Meara
- Karie Lewis
- Tari Lynn
- Barbara Jean Hamm...
- Beverly Grandstaff D...

Search



Life Coach - Kate May
@katemaycoaching

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Liked Following Share

Life Coach - Kate May
Published by Lynn Albro (7) · 52 mins ·

You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for...



Life Coach - Kate May

Learn More

- Pin to Top of Page
- Edit Post
- Change Date
- Embed
- See more options
- Hide from timeline
- Delete from Page
- Turn Off Translations

Send Message

Closed Now

Suggest Edits

Team Mem

People Al

Cheltenham Saracens RFC Venu...
Sports Event

English (US) · Español · Português (Brasil) · Français (France) · Deutsch

Privacy · Terms · Advertising · Ad Choices

This is what your FB Boosted Ad looks like,

To pin it to the top of your page, click on the 3 dots and in the drop-down, choose Pin it to the Top

YOUR PAGES SEE ALL

- Lazar Real Estate Se... (+)
- Oakdale Real Estate (7)
- Sick & Tired of Being ... (+)
- ibson
- ro
- Magana
- arson
- itsky
- an
- Adel Melo
- Kimberly Perez
- Maria Edite Almada
- Profit Homes

Search



Life Coach - Kate May
@katemaycoaching

- Home
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- Posts
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- Instagram

Liked Following Share

Send Message

Life Coach - Kate May
Published by Lynn Albro (7) · 56 mins ·

You are sitting in the office...
It's been a busy week at work...
You've got an important meeting to prepare for..... See More



Life Coach - Kate May
Coach [Learn More](#)

+44 7786 798942
Typically replies within minutes
Send Message
<http://katemaycoachi...> [Promote Website](#)

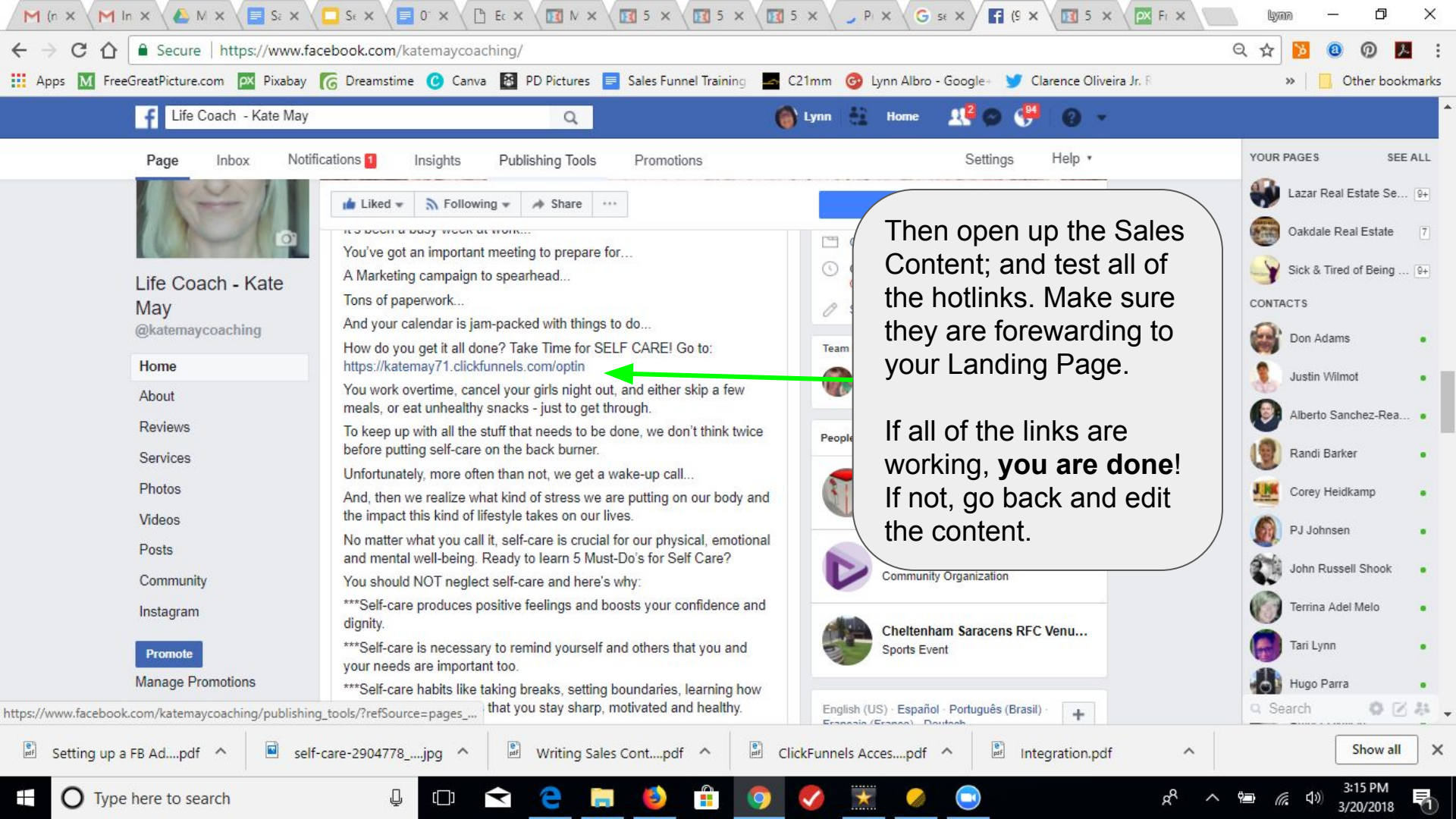
Finally, Test your links, first click on Learn More to make sure it forwards to your Landing Page.

YOUR PAGES SEE ALL

- Lazar Real Estate Se... [9+]
- Oakdale Real Estate [7]
- Sick & Tired of Being ... [9+]

CONTACTS

- Don Adams
- Corey Heidkamp
- PJ Johnsen
- Terrina Adel Melo
- John N. Melo
- Nate Carter
- Tari Lynn
- Hugo Parra
- Amber Oldfield
- Michael Allan Burlison



Life Coach - Kate May
@katemaycoaching

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Manage Promotions

Liked Following Share ...

It's been a busy week at work...
You've got an important meeting to prepare for...
A Marketing campaign to spearhead...
Tons of paperwork...
And your calendar is jam-packed with things to do...
How do you get it all done? Take Time for SELF CARE! Go to:
<https://katemay71.clickfunnels.com/optin>
You work overtime, cancel your girls night out, and either skip a few meals, or eat unhealthy snacks - just to get through.
To keep up with all the stuff that needs to be done, we don't think twice before putting self-care on the back burner.
Unfortunately, more often than not, we get a wake-up call...
And, then we realize what kind of stress we are putting on our body and the impact this kind of lifestyle takes on our lives.
No matter what you call it, self-care is crucial for our physical, emotional and mental well-being. Ready to learn 5 Must-Do's for Self Care?
You should NOT neglect self-care and here's why:
***Self-care produces positive feelings and boosts your confidence and dignity.
***Self-care is necessary to remind yourself and others that you and your needs are important too.
***Self-care habits like taking breaks, setting boundaries, learning how that you stay sharp, motivated and healthy.

Then open up the Sales Content; and test all of the hotlinks. Make sure they are forwarding to your Landing Page.
If all of the links are working, **you are done!** If not, go back and edit the content.

YOUR PAGES SEE ALL

- Lazar Real Estate Se... [+]
- Oakdale Real Estate [7]
- Sick & Tired of Being ... [+]
- CONTACTS
- Don Adams
- Justin Wilmot
- Alberto Sanchez-Rea...
- Randi Barker
- Corey Heidkamp
- PJ Johnsen
- John Russell Shook
- Terrina Adel Melo
- Tari Lynn
- Hugo Parra