

## Wordpress Blogging / Social Media Posting

Log into your website by going to <a href="https://website/wp-admin">https://website/wp-admin</a>

## Go to dashboard >All Posts

🖀 Fresh Start Hope 🛛 🛡 🛛	0 🕂 New Vie	ew Posts 🚺 📲 Insights 🔟 🁔 Edit Liv	e 🎹 Events		
🚳 Dashboard	Posts Add	d New 🔻			
🖈 Posts 🔸	All (4)   Publish	ed (4)   Bin (2)   Cornerstone content (0)			
All Posts	Bulk actions	✓ Apply All dates ✓	All Categories 🗸 🛛 All forma	its 🗸 🛛 All SEO Scores	✓ All Read
Add New		Title	Author	Categories	
Categories Tags	•	Happy International Women's Day – March 8t	:h JMaartenW	Blog	
9 Media					
Comments		Are You Getting The Right Amount Of Sleep?	JMaartenW	Blog	
🖈 Portfolio					
🖈 FAQs		WAYS TO REDUCE STRESS AND ANXIETY	JMaartenW	Blog	
🗹 Contact					
📥 Profile		All About Mental Health	JMaartenW	Blog	
🖋 Tools					
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Collapse menu					

- Cleck add a new post or edit an existing post
- Simply add a Title
- Copy or write your blog text Use the Add Media button to upload an image

Add title
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Paragraph 🔹 B $I \coloneqq$ 64 $\rightleftharpoons$ $\boxdot$ $\boxdot$ $@$ $\blacksquare$ $\blacksquare$ $\blacksquare$ $\blacksquare$
Word count: 0
Yoast SEO
SEO 💿 Readability < Social
Focus keyphrase 🔞

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Under FS Poster:

Click Add and select the social media pages you want to publish your posts too. ( please note some are your personal profiles which manage your pages, you can exclude these)

Publish or Preview

You can save your post as a draft, and preview it before publishing.

This is also were you will publish your post when you're finished. But first finish up the settings of your post below.

Select the default format (usually [Image])



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!important	Categories ^ V A
Set your default Blog Category here. This will ensure your post appears in the correct place on your website ( in this example use [Blog]	All Categories Most Used  Blog Uncategorized  + Add New Category
You can add a few Tags here.	Tags ^ V A
Tags are free text fields which can help to search for content topics and group similar posts together	Add         Separate tags with commas         Choose from the most used tags
Post attributes should be left to default	Post Attributes <ul> <li>Template</li> <li>Default template</li> <li>V</li> </ul>



Set your featured Image. This can be the same Featured image that you've used in the post or a different one. Featured images are used to preview your posts on summary pages or Social media posts. Use first Featured image always. Other featured images can be added if required.

Featured image	~ ~ *
<u>Set featured image</u>	
Featured image 2	^ V *
Set featured image 2	
Featured image 3	~ ~ *
Set featured image 3	
Featured image 4	~ ~ *
Set featured image 4	

Complete the SEO fields below. Also go here to improve your readability score

SEO compliant Blogs are more easily found on Search engines and generate more readership.



🙂 SEO 😬 Readability < Social	
ocus keyphrase 🔞	
Happy International Women's Day	
Get related keyphrases	
Google preview	~
•review as: • Mobile result	
freshstarthope.org > happy-international-womens-day	
freshstarthope.org > happy-international-womens-day           Happy International Women's Day – March 8th             Fresh Start Hope	
<ul> <li>freshstarthope.org happy-international-womens-day</li> <li>Happy International Women's Day – March 8th J Fresh Start Hope</li> <li>Mar 8, 2021 · On Happy International Women's Day the emphasis is on achieving gender equality and unity. There are approximately equal amounts of women a</li> </ul>	
<ul> <li>freshstarthope.org happy-international-womens-day</li> <li>Happy International Women's Day – March 8th J Fresh Start Hope</li> <li>Mar 8, 2021 · On Happy International Women's Day the emphasis is on achieving gender equality and unity. There are approximately equal amounts of women a</li> </ul>	Insert variable
<ul> <li>freshstarthope.org &gt; happy-international-womens-day</li> <li>Happy International Women's Day – March 8th J Fresh Start Hope</li> <li>Mar 8, 2021 · On Happy International Women's Day the emphasis is on achieving gender equality and unity. There are approximately equal amounts of women a</li> <li>EXECUTIE</li> <li>Mar 8</li> <li>Mar 9, 2021 · On Happy International Women's Day the emphasis is on achieving gender equality and unity. There are approximately equal amounts of women a</li> </ul>	Insert variable
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<ul> <li>freshstarthope.org happy-international-womens-day</li> <li>Happy International Women's Day – March 8th J Fresh Start Hope</li> <li>Mar 8, 2021 · On Happy International Women's Day the emphasis is on achieving gender equality and unity. There are approximately equal amounts of women a</li> <li>EXEC title</li> <li>Title Page Separator Site title</li> <li>Slug</li> <li>happy-international-womens-day</li> </ul>	Insert variable



Use the SEO Analysis to improve your SEO. Always aim to get as close to a green smiley face as possible.

To learn more about SEO go here:

https://yoast.com/seo-blog/

•	SEO analysis ^ Happy International Women's Day
<u>+ A</u> + A	<u>dd synonyms</u> dd related keyphrase
D o	id you know Yoast SEO Premium also analyses the different word forms <b>Go Premium!</b> ► f your keyphrase, like plurals and past tenses?
Ana	alysis results
^	Problems (2)
•	<u>Keyphrase in introduction</u> : Your keyphrase or its synonyms do not appear in the first paragraph. <u>Make sure the topic is clear immediately</u> .
•	Keyphrase in subheading: use more keyphrases or synonyms in your H2 and H3 subheadings!
^	Good results (12)
•	<u>Outbound links</u> : Good job!
•	Internal links: You have enough internal links. Good job!
•	<u>Keyphrase length</u> : Good job!
•	Keyphrase density: The focus keyphrase was found 2 times. This is great!
•	Keyphrase in meta description: Keyphrase or synonym appear in the meta description. Well done!
•	Meta description length: Well done!
•	Previously used keyphrase: You've not used this keyphrase before, very good.