



January 2022 Social Media, Blog, &/or Video Idea Posting Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
						National Hangover Day New Year's Day
	2 3	4	5	6	7	8
International Stop Spam Day World Introvert Day	Festival of Sleep Day Humiliation Day	National Spaghetti Day Trivia Day	National Bird Day	Bean Day Cuddle Up Day	Old Rock Day	Bubble Bath Day Male Watcher's Day
	9 10	11	12	13	14	15
Play God Day	Houseplant Appreciation Day Peculiar People Day	Learn Your Name in Morse Code Day Step in a Puddle and Splash Your Friend's Day	National Hot Tea Day National Pharmacist Day	Make Your Dream Come True Day National Rubber Duckie Day	Dress Up Your Pet Day	National Bagel Day National Hat Day
	16 17	18	19	20	21	22
Appreciate a Dragon Day National Nothing Day	Martin Luther King Jr. Birthday Ditch New Years Resolutions Day	Thesaurus Day Winnie the Pooh Day	National Popcorn Day National Tin Can Day	National Cheese Lover Day Penguin Awareness Day	National Hugging Day Squirrel Appreciation Day	National Blonde Brownie Day
23/30	24/31	25	26	27	28	29
23 - Nat'l Pie Day or Handwriting Day 30 - National Inane Answering Message Day	24 - Compliment or Global Belly Laugh Day 31 - Backward Day	Bubble Wrap Appreciation Day Opposite Day	Spouse's Day	Chocolate Cake Day Punch the Clock Day	Data Privacy Day Fun at Work Day	National Puzzle Day National Cornchip Day

Monthly & Weekly Themes:	Timely Hashtags:	Promotional Ideas:
National Bath Safety Month National Blood Donor Month National Braille Literacy Month National Hobby Month	#newyearsale #healthyhabits #funatworkday #postholidaysale #postholidayblues #newyearschallenge #newyearsgoals	#milkday #gettoknowyourcustomers #oppositeday #complimentsomeone #conserveenergy • 22% off for 2022 • Pick-me-up promotions for post-holiday blues • Blog post on goal-setting • 2022 must-dos

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