

## GUEST WRITER - GUEST BLOG SUBMISSION TEMPLATE

Items	Description/Explanation
<p>Article Title (try to keep short):</p> <p>Meta description for SEO (156 characters/25 words):</p> <p><i>These should be unique and enticing, not generic!</i></p>	<p>Example: <i>Why You SHOULD Date Emotionally Unavailable Men</i>            (copyrighted)</p> <p>Example: <i>Find out why you SHOULD date emotionally unavailable men in order to grow as a person.</i></p>
<p>Quote/Statement (to entice readers):</p> <p><i>This will be placed at the start of your article.</i></p>	<p>Example: <i>We find ourselves in a culture where narcissistic defenses are painted as self-respect. Read this article to find out more about why you should date emotionally unavailable men.</i></p> <p>Example: <i>"Every challenge is a disguised opportunity for salvation. ~Eckhart Tolle"</i></p>
<p>Focus Keyword (article's main word):</p> <p>Tag Keywords (other keywords, can include focus):</p> <p><i>These should be relevant to post content/theme.</i></p>	<p>Example: <i>Emotionally Unavailable Men</i></p> <p>Example: <i>emotionally unavailable men, relationships, dating</i></p>
<p>Images &amp; Image Titles:            (images attached to email, not copy pasted in email or placed in doc)</p> <p><i>For featured image, select copyright free stock photos that are thematic to your article from <a href="https://unsplash.com">unsplash.com</a> or <a href="https://pexels.com">pexels.com</a>, then title them with your focus keyword and attach to email. Make sure the images don't have words on it, as the title of your blog will go over it.</i></p>	<p>Please attach to email:</p> <ol style="list-style-type: none"> <li>1. 1-3 featured image(s) thematic to your article (1920x1240).</li> <li>2. A headshot photo of yourself (200x200).</li> <li>3. Filenames (rename featured image and headshot with focus keyword - your name if headshot - spaced with hyphens and "blog" included at end for both):               <ol style="list-style-type: none"> <li>a. Example (featured image):  <i>emotionally-unavailable-men-blog</i></li> <li>b. Example (headshot): <i>brooke-sprowl-blog</i></li> </ol> </li> </ol>
<p>Guest Writer Bio (75 words):</p> <p><i>This will be placed at the end of your article.</i></p>	<p>Example: <i>Brooke Sprowl is the Founder, CEO, and Clinical Director for My LA Therapy, a practicing individual, family, and couples therapist, and the primary contributor for the My LA Therapy MiniSesh Blog, which she oversees. When she's not working, she spends her time playing beach volleyball, writing poetry, and developing her books which endeavor to explore the relationship between the existential truths of the human condition as they relate to personal transformation.</i></p>
<p>Website &amp; Social Media Platform Links:            (Facebook/Instagram/Twitter/LinkedIn)</p> <p><i>We hope you can share the link we provide you on your social media platforms so we can reshare. Let's also follow each other on these platforms!</i></p>	<p>Example: <a href="http://www.mylatherapy.com">www.mylatherapy.com</a>,  <a href="https://www.facebook.com/mylatherapy">www.facebook.com/mylatherapy</a></p>