



with Chalene Johnson

Be a Periscope Pro: 200+ Ideas for a Dope Scope

1. Spirituality

- Morning Pick Me Up
- Daily Devotional
- Prayer group for entrepreneurs
- How to bring your faith into your business
- Spirit Leader Life
- Bible Lesson 101
- Questioning your faith
- Live prayer request
- How to integrate faith into your social media
- Spirituality / Faith in your relationship / marriage
- Staying true to your faith in a tough business decision
- Christians who tell jokes when they pray
- Faith for families
- Instilling faith in your children
- Creating a spirituality schedule / how & when to integrate prayer and daily devotion into your daily life

2. Physical Health

- Daily cardio
- Daily strength workouts
- Daily flexibility
- Cross Training
- HIIT workouts
- Daily dance moves
- Salsa lessons
- Yoga exercise of the day
- Balance / handstands
- Core
- Outdoor workouts
- Running tips/club
- Cycle workouts/tips
- Pregnancy workouts
- Mommy and me exercises
- Exercise for newbies



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- WOD (Workout Of the Day)
- Form & technique training
- Motivational message /accountability
- Program accountability
- Challenge group
- Sex talk (rated R not X!!!)
- How fitness can improve your sex life
- Family fitness ideas
- How to get your significant other to workout
- Motivating workout music and playlists

3. Nutrition

- Gluten free
- Dairy free
- Paleo
- Vegan
- Non-GMO
- Juicing
- Cleanses
- Intermittent fasting
- Flexible dieting
- High fat, low carb diets
- Food allergies
- Hormones
- Eating to cure ADD
- Eating to cure disease
- Low sugar challenge
- Nutritional coaching
- Meal prep
- Cooking show
- Cooking on a budget
- Clean eating accountability
- Staying healthy when eating out
- Quick and easy meals
- Kid Friendly meals
- Sports nutrition
- Feeding child athletes
- Fun nutrition for kids



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4. Personal Development

- Life Coaching
- Book / podcast / periscope review show
- Finding balance
- Confidence
- Consistency
- Self-improvement
- Organization
- Focus
- Summary show of best personal development periscopes
- Interpersonal skills
- Learn a language
- Specific skills
- Coping with _____
- Support for _____

5. Business Development

- Periscoping tips
- Summary show with best tips from top periscopes
- Social media tips
- New business coach
- Cyber security
- Instagram
- Leadership
- Business / Branding tips
- Facebook
- Twitter
- Pinterest
- YouTube
- Podcasting
- Video tips
- Leadership
- Crushing your MLM
- How to find customers
- Going virtual
- Hiring / firing / motivating staff



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6. Environment

- Home organization
- Home staging
- Design
- Realtors corner
- Cleaning / laundry hacks
- Closet makeovers
- Gardening
- Feng Shui
- Decorators

7. Mental Wellness

- Psychology
- Life coaching and tips
- Guided meditation
- Healers
- Support group for _____
- Daily healthy habits / accountability
- Kicking addiction / codependency
- Relationship talk
- Overcoming depression / anxiety
- Dealing with stress
- Dealing with setbacks or hard times

8. Marriage / Partnerships

- Relationship advice
- Daily Tips
- Recovering from divorce
- Recovering from a break-up
- Wedding planners / wedding tips
- Support for newlyweds
- Starting a family
- Difficult times (health / loss of job)
- Prayer
- How to partner with your spouse
- How to date your spouse
- Romance
- Communication tips
- Love language



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9. Family / Friends

- Positive influencers
- Working from home
- Finding balance
- Parenting toddlers
- Simple family meals
- Parenting teens
- Monitoring your kids on social media
- Raising confident, self-sufficient children
- Single parenting
- How to deal with negative people
- Reality style broadcast
- Empty nesters
- How to transition out of a toxic relationship
- Taking care of a parent/seniors

10. Finances

- Daily investing tips
- Money saving tips
- Monetizing passions
- Passive income tips
- Daily Q&A on all things taxes
- Business budgets
- Personal budgets
- Couponing
- Getting out of debt
- Smart business spending
- Buying a home
- Financial advice for newlyweds
- Tips for college students
- Saving for College

11. Purpose / Career

- Life coaching
- Leadership
- Parenting tips
- Monetizing Your Passion
- Business coaching
- Purpose filled periscopes



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- Starting a new job
- Tips for getting a job out of college
- Tips for identifying your passion / career
- Tips for growing a side business / quitting your day job
- Going back to school tips
- How to create a killer resume
- Preparing for an interview

12. Joy / Entertainment

- Reality TV style broadcasts
- Interview style show
- Comedy
- Art lessons
- Travel show
- Sports commentary
- Restaurant and food reviews
- Prankster / hidden scope show
- Singing
- Dance lessons
- Hobbies
- Reality TV review (gotta be funny)
- Style / Glamour
- Fashion tips
- Makeup tutorials
- Beauty tips
- Hair tutorials
- Men's style guide
- Branding
- Quick tips
- Thrifting
- Fashion deals
- Trend spotting
- Accessorizing for success
- On the street / what to wear!

How to:

- Learn a language
- Social media
- Product use/review
- Cook
- Tech tutorials and reviews



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- Be an organized traveler
- Be a better speaker
- Co-parent
- Be better on video
- Organize and plan your week / month / year
- Protect your identity