# Post Happy Social Media

Want to #PostHappy and inspire your colleagues to GIVE HAPPY online? Use this guide to get started on sharing about your cause and motivational messages to colleagues, friends, and family!

1. Think about your favorite motivational message, and write it out on a sticky note, or use our Digital Template to create one virtually on your computer.
2. Save the image, or take a picture with your phone, and then upload it to social media, intranet, or even post it to your office Teams channel and share with colleagues!
3. Use the copy below to help write your accompanying post, and be sure to tag three people to pass on the good feelings.
4. Be sure to visit GiveCFC.org to pledge support of your favorite cause, and GIVE HAPPY!

## Social Media:

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| Donor PostFacebook/Instagram/LinkedIn/TeamsI just shared my first #PostHappy motivational note! It feels so good to lift up my colleagues while helping a great cause. I'm tagging @NAME, @NAME, and @NAME to do the same.Be sure to supplement your message with a gift at GiveCFC.org | [Add your own image! Either a photo of a sticky note with a message or use the Digital Template to make a virtual one!] |
| Donor PostFacebook/Instagram/LinkedIn/TeamsIt feels so good to brighten someone’s day with a little positivity - I'm challenging @NAME and @NAME and @NAME to do the same. I can’t stop leaving #PostHappy notes!Give it a try and #GiveHappy to someone near you, then visit GiveCFC.org to pledge a gift to a charity of your choice. | **[Add your own image! Either a photo of a sticky note with a message or use the Digital Template to make a virtual one!]** |
| Donor PostFacebook/Instagram/LinkedIn/TeamsI just got my first #PostHappy note! My cause is [CAUSE] and I look forward to spreading joy when I #GIVEHAPPY through the CFC at GiveCFC.org, @NAME, @NAME, and @NAME, will you join me and do the same? | **[Add your own image! Either a photo of a sticky note with a message or use the Digital Template to make a virtual one!]** |