

BLOG KEYWORD SHEET

Optimized for: Pinterest | Blogs | Reels | SEO | Digital Products

TheMindSpaceCo.com

BLOGGING & CONTENT

Main Keywords:

- how to start a blog
- content creation tips
- blog post ideas
- blogging for beginners
- SEO for blogs
- content calendar strategy
- repurposing content
- viral blog content

Long-Tail & Niche Phrases:

- best blog platforms for beginners
- how to monetize your blog in 2025
- content creation workflow for solopreneurs
- blogging vs social media in 2025
- blog topics that rank on Pinterest

Trending Terms:

- AI tools for blogging
- faceless blogging strategies
- digital minimalism in content creation

COACHING & DIGITAL PRODUCTS

Main Keywords:

- how to create a digital product
- coaching business online
- sell courses online
- digital downloads that sell
- passive income for coaches
- high-ticket coaching offers

Long-Tail & Niche Phrases:

- coaching business without showing your face
- how to launch your first course
- best platforms for digital products
- evergreen funnels for coaches
- low-ticket offers with high impact

Trending Terms:

- faceless digital coaching
- Canva templates to sell
- micro digital products
- AI-enhanced coaching tools

WELLNESS & MINDSET

Main Keywords:

- mindset shifts for success
- wellness habits for busy women
- morning routine ideas
- reduce stress naturally
- self-love mindset
- productivity without burnout

Long-Tail & Niche Phrases:

- how to stop overthinking everything
- affirmations for overwhelmed moms
- nervous system regulation tips
- journaling prompts for growth
- success mindset for entrepreneurs

Trending Terms:

- dopamine detox for digital creators
- 19-second stress relief trick
- wellness routines that go viral

BLOG KEYWORD SHEET

Optimized for: Pinterest | Blogs | Reels | SEO | Digital Products

TheMindSpaceCo.com

SMALL BUSINESS MARKETING

Main Keywords:

- digital marketing tips
- Instagram strategy for small biz
- email marketing 101
- how to grow on Pinterest
- brand storytelling for solopreneurs
- marketing automation tools

Long-Tail & Niche Phrases:

- small business marketing without ads
- how to get clients from Instagram
- faceless marketing strategy
- personal branding for beginners
- Pinterest SEO checklist

Trending Terms:

- 2025 marketing trends for women-owned brands
- AI tools for small businesses
- no-face marketing hacks

Mindspace Tips

Batch your content with these keyword clusters to stay consistent

- Cross-post optimized snippets on Pinterest, Threads, and Insta
- Use long-tail keywords in your blog titles + first 100 words
- Don't forget ALT TEXT for pins and reels (SEO goldmine!)