

CONTENT SUBMISSION CHECKLIST

Review and be prepared before you start content submission. You can't save forms. They must be completed in one session.



TOPIC



Be prepared to determine a topic category when prompted. Examples are Cancer, Anxiety, Cannabis & Spirituality, Gut Health, Intimacy, etc.



CONTENT TYPE



Article or Blog

YouTube Content

Podcast

Class / Course / Webinar

Event



NEEDED INFO



Name/title of the submission, podcast, etc.

Brief description & bullet points on what the takeaways of the content are

All URL links to the submission

Episode name/number if applicable



PHOTO/ART



Photo or artwork to go with your submission

Proper photo/artwork credit

You will be asked to verify you have permission to submit any photo/art