



www.fitnesshacksforlife.org

Email Series

Note: Fitness Hacks for Life is a non-profit that provides mental health resources for people who have experienced emotional abuse or trauma. The organization was seeking to raise funds to improve their website, and to connect people directly with mental health practitioners.

I created an email series for them to send to anyone on their list. The goal was to help people understand a little more about Fitness Hacks for Life (as they are a growing organization) and to raise awareness for their fundraising needs.

Email #1

EMAIL HEADLINE: Have you experienced narcissistic abuse?

Did you know that about [60 million people](#) in the US will suffer from emotional abuse?

Abusers act nice when they're happy, only to take advantage of you when they don't get what they want.

They manipulate you into thinking it's all your fault. They leverage their power over you to chase their pleasures, only to belittle you when you call them out.

That's why we created Fitness Hacks for Life. We scour the internet for resources to help you overcome anxiety and trauma and become the best version of yourself.

We're sending positive vibes to the world, hoping to bring healing through mindfulness and self-care.

And we see an essential opportunity ahead. Too many people who have been emotionally abused don't know where to turn for help. We'd like to create a direct line on our website to connect people with supportive counselors they can trust.

We'd also like to improve our website and make it easier to find, so we can help as many people as possible.

Would you consider making a [donation](#) of \$5, \$10, or some other amount? Any donation you can give helps us to help others.

There's no pressure to support us; we're happy to have you here either way. Just thought we'd extend the opportunity to make the world a better place.

Thank you for being mindful of others!

[Insert a "Donate Today" button here.]

Love,
The Fitness Hacks for Life team

Email #2

HEADLINE: You CAN find freedom from unhealthy relationships

Toxic relationships run rampant in our society, and not just in romantic contexts.

Did you know that emotional abuse can also come from a friend, family member, supervisor, or in any other relationship?

But, it's hard to seek help and heal from narcissistic abuse when you don't even know it's happening. That's why we created Fitness Hacks for Life. We offer healing to the world through knowledge, mindfulness, and other resources that help you become the best version of yourself.

And we don't want to stop there. We're hoping to expand our website so that we can help people connect with professional therapists, and overcome emotional trauma.

We know this will create a positive change for many people, and that's why we need your help.

Would you consider sending us some good vibes by [donating](#) \$5, \$10, or some other amount?

Thank you for paying it forward!

[Note: Insert a "Donate Today" button here.]

Love,
The Fitness Hacks for Life team

Email #3

HEADLINE: Bring healing to thousands of people

Hey **[INSERT FIRST NAME]:**

If you could give only **\$5** today and see thousands of lives changed, would you do it? (If 'yes', then we have just the opportunity for you!)

Right now, Fitness Hacks for Life is at a crossroads. Since our inception, we've reached more than 80,000 people! We've shown you how to hack your brain chemistry, become more aware of yourself, and say goodbye to anxiety forever.

We're so happy to serve thousands of people with vital resources, but we want to go a step further. We'd like to partner with counseling services directly, so that we can help connect people with therapists who really *get* them.

After all, nearly [50% of Americans](#) don't seek professional help even when they should. We want to destigmatize therapy and make the right counselors easier to find.

We're excited to offer more support to the world, and we need your help! So, we just wanted to ask one more time: **would you consider [donating](#) \$5, \$10, or some other amount towards our cause?**

(All donations sent will help us to improve our website, make it easier to find, and allow us to offer more help to those who need it! **So even if you can only donate \$5**, you are making the world a better place for thousands of people.)


As always, there is absolutely no pressure to give. If you're down for what we're doing but not able to donate, you could even share this email with a friend instead.

Thank you for reading, and just know that we're rooting for you always!

[Note: Insert a "Donate Today" button here.]

Love,
The Fitness Hacks for Life team

Thank You for Donating Email

EMAIL HEADLINE: How You Brought Healing to Trauma Survivors 

Hi **[FNAME]**:

We just wanted to say thanks for your generous donation!

Through your help, we're expanding the Fitness Hacks for Life website to reach more people in need of mental health resources. **Your support helps us bring healing to the world** – to people suffering from emotional abuse, and those who need help moving on.

Follow us at www.fitnesshacksforlife.org and help spread the word. Also, feel free to share this email with a friend.

Thanks again for caring about fellow humans!

Love,
The Fitness Hacks for Life Team

P.S. If you want to support us again in the future, please visit:

<https://fitnesshacksforlife.org/donate/>

[Insert a "Donate Today" button here.]