Daily Blogging Checklist

On Your Blog
Post a blog/vlog 2-3 times per week.
Twitter
Tweet 3 articles and/or posts from others (esp those from your tribe or content relevant to your niche).
Follow at least 10 new people per day. (creep your favorite tweeps "following" list & follow who they do).
Tweet 3 articles and/or posts from others (esp those from your tribe or content relevant to your niche).
Facebook
Ask a question.
Share an image.
Upload a link and description to a current (or previous) blog post. (Facebook is great for recycled old content!).
Google+
+1 and share content from others.
Circle 5 to 10 new people per day.
Upload a link and description to a current (or previous) blog post. (This is vital to maximizing your Google juice).
Pinterest
Repin 5 to 10 images.
Ensure that every post you publish has a pinnable image.
Pin your content several times a week (Mornings and weekends are high usage times for Pinterest.)
Emails
Respond to all emails you get from a PR agency using stock email responses. Simply cut, paste and personalize!
Check your email for the Massive Sway newsletter and be sure to apply to new opportunities.
Go the extra mile
Keep an ongoing list of post ideas on your phone or in a notebook.
Create Google alerts for different keywords/phrases within your niche. This will inspire new post ideas.
Review & update your editorial calendar based on the categories you're identified for your blog.
Create an income/expense tracker and note any money that you earned from blogging or spent on your blog.