



ENERGY ENTERPRISE LLC

100-DAY INTERNSHIP

EARN THE CREDENTIAL.

Remote · Self-paced · 100 days

earnthatenergy.com

01

This Is for You

The platform, the opportunity, and who it is built for.

Energy Enterprise LLC runs Earn That Energy, a guided self-reflection platform for young men. This internship is 100 days, fully remote, and built around one idea: you earn the credential by doing the work.

Perfect If You Study

- Psychology
- Marketing or Communications
- Social Work or Counseling
- Public Health
- Education
- Business or Entrepreneurship
- Digital Media or Content Creation

Choose Your Resume Title

When you complete the internship, you choose the title that fits your path. All titles are issued under Energy Enterprise LLC.

- Social Media Content Intern
- Mental Health Content Intern
- Content and Wellness Intern
- Marketing and Wellness Intern
- Digital Marketing Intern

What Goes on Your Resume

- Completed a structured 100-day content creation program for a mental health and personal development brand
- Built and managed a dedicated social media account from zero to 100+ original posts
- Created daily content based on a 56-mission guided reflection curriculum across 14 themes

"Positive energy is not given. It is earned."

02

How It Works

The structure, the rules, and what counts as done.

The internship has two phases. In Phase 1, you complete the Earn That Energy program at earnthatenergy.com: 56 missions across 14 themes, one per day. In Phase 2, you keep posting for 44 more days as someone who finished the work. Total: 100 days, 100 posts.

Your Account

On Day 1, create a brand-new, public social media account on Instagram, TikTok, X, or Facebook. The handle or display name must include the word "energy." The bio must link to earnthatenergy.com.

Your Posts

One post per day. Every day. For all 100 days. Format is yours: text, image, reel, carousel, video. Every post must tag [@earnthatenergy](https://earnthatenergy.com) and use [#EarnThatEnergy](https://earnthatenergy.com). All content must be original.

The Program

Complete all 56 missions and the Destiny Reflection inside the app at earnthatenergy.com. The prompts are in the app. You do not need to look them up elsewhere.

Completion Requirements

All four must be true. No partial credit.

- All 56 missions completed inside the app
- Destiny Reflection (five closing questions) completed
- At least 100 posts on your account, each tagging [@earnthatenergy](https://earnthatenergy.com)
- Account link emailed to earn@earnthatenergy.com by Day 100

If any requirement is not met, the certificate is not issued and Energy Enterprise LLC may not be listed on your resume.

Duration: 100 calendar days from your start date.

Time commitment: 30 to 60 minutes per day.

Compensation: Unpaid. The credential and portfolio are the return.

03

The 100 Days

What to do and what to post.

PHASE 1 · DAYS 1–56 · THE MISSIONS

You post every single day starting Day 1. Complete one mission in the app, then post about it. That is two things per day: do the mission, make the post. Tag @earnthatenergy on every post.

DAYS	THEME	WHAT TO DO
1–4	Grace	Complete missions. Post one takeaway per day.
5–8	Clarity	Complete missions. Post one takeaway per day.
9–12	Justice	Complete missions. Post one takeaway per day.
13–16	Honesty	Complete missions. Post one takeaway per day.
17–20	Commitment	Complete missions. Post one takeaway per day.
21–24	Spirituality	Complete missions. Post one takeaway per day.
25–28	Values	Complete missions. Post one takeaway per day.
29–32	Greed	Complete missions. Post one takeaway per day.
33–36	Community	Complete missions. Post one takeaway per day.
37–40	Mutuality	Complete missions. Post one takeaway per day.
41–44	Romance	Complete missions. Post one takeaway per day.
45–48	Loss	Complete missions. Post one takeaway per day.
49–52	Healing	Complete missions. Post one takeaway per day.
53–56	Destiny	Complete missions. Post one takeaway per day.

"By Day 56, you have finished the program. You earned that energy. Now use it."

PHASE 2 · DAYS 57–100 · THE CONTENT

No app prompt. You decide what to say. Here is your guide.

Days 57–63 · LOOKING BACK

- 57: Which theme hit you hardest and why.
- 58: One thing you'd tell yourself on Day 1.
- 59: A mission that made you uncomfortable.
- 60: Something you learned about honesty.
- 61: How your definition of strength changed.
- 62: What grace means to you now vs. before.
- 63: What would you say to a man who hasn't started?

Days 64–70 · THE THEMES YOU CARRY

- 64: Commitment. What does keeping a promise cost?
- 65: Community. Who showed up for you?
- 66: Loss. What did losing something teach you?
- 67: Healing. What it looks like in practice.
- 68: Clarity. What are you clear about now?
- 69: Spirituality. What grounds you?
- 70: Destiny. Where are you going?

Days 71–77 · SPEAKING TO OTHERS

- 71: A post for a man who feels stuck.
- 72: A post for a man afraid to be honest.
- 73: Advice for someone starting something new.
- 74: What it means to earn something instead of buying it.
- 75: Why reflection is not weakness.
- 76: What discipline looks like when nobody is watching.
- 77: The difference between direction and motivation.

Days 78–84 · YOUR VOICE

- 78: Something you believe that most people do not.
- 79: A quote that shaped your thinking. Explain why.
- 80: A hard truth you accepted during the program.
- 81: Something about yourself that took courage to admit.
- 82: What "energy" means to you now.
- 83: Try a format you have never used before.

84: What you are working on next.

Days 85–91 · CREATIVE WEEK

85: A short video (60 seconds or less) about your experience.

86: A carousel or multi-image post about one theme.

87: Before and after. Day 1 you vs. Day 87 you.

88: A handwritten note or letter to your future self.

89: Your top 5 takeaways from 89 days of reflection.

90: Explain Earn That Energy to a stranger.

91: What consistency has taught you.

Days 92–98 · THE FINAL PUSH

92: What finishing something actually feels like.

93: One habit from this program you plan to keep.

94: Someone who inspired you during the 100 days.

95: Your honest review of the Earn That Energy experience.

96: What you would build if you had no fear.

97: One sentence. Make it count.

98: Your vision for the next 100 days of your life.

Days 99–100 · CLOSING

99: A reflection on the full 100 days. What changed?

100: Final post. You earned that energy. Say what you need to say.

04

How to Submit

One email. That is it.

On or before Day 100, send one email to earn@earnthatenergy.com.

Subject line: 100-Day Internship Submission — [Your Full Name]

Include:

- Your full name
- The link to your social media account
- Your start date and end date
- The username you used on earnthatenergy.com

We verify your missions, review your posts, and confirm your count. Certificate arrives within 14 business days.

Questions: earn@earnthatenergy.com. We respond within 72 hours.



EARN THAT ENERGY

*"Most men do not need more motivation.
They need direction."*

Start at earnthatenergy.com.

Post every day.

Finish what you started.

Energy Enterprise LLC · Founded 2025