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## Optimize Your Blog or Website Checklist

- Choose a Key Phrase
  - Include it in your Title
  - Include it in your Meta- Description
  - Include it in your start of your web copy (*optional*)
- Use Key Phrase and different variations in blog post or web copy
- Use Key Phrase and different variations in Subheadings
- Internal Links (links that lead to other pages or posts on *your website*)
- External Links (links that lead elsewhere on the internet)
- Images with Alt Attributes
- Images
  - At least 300 words
    - 1200-1500 words
    - Keyword/phrase used 2x per 130-135 words