Fullrliving's

CONTRIBUTORS' *Guide*



Writing with Purpose. Sharing What Matters.
Editorial Guidelines & Submission Reference

Welcome to Fullrliving

Thank you for your interest in contributing to Fullrliving. We believe valuable ideas deserve to be shared, and that thoughtful information can help people make better decisions, discover new possibilities, and approach everyday challenges with greater confidence.
Fullrliving is an online magazine and resource hub dedicated to helping readers live better, not busier. Through articles, insights, recommendations, and practical resources, we explore the different areas of life that influence our well-being, opportunities, and everyday experiences.
This guide is designed to help you prepare a submission that reflects our editorial standards and provides genuine value to our readers.
Before submitting, please review our Write for Fullrliving page for contributor opportunities, submission instructions, and general policies.
Our editorial philosophy is simple: **Write with purpose. Offer value. Respect the reader.**

1. Understanding Our Editorial Focus

Fullrliving welcomes original contributions that inform, educate, inspire, challenge assumptions, or introduce useful solutions.

Our content is organized around key areas of everyday living.

Elevate — Personal Growth & Mindset

Explore ideas that encourage self-awareness, challenge limiting perspectives, and support meaningful personal development.

Topics may include confidence, motivation, decision-making, emotional resilience, personal growth, and changing perspectives.

$Flow — Financial Well-Being
Explore how financial knowledge, everyday money habits, and informed decisions contribute to stability, independence, and freedom.

Topics may include budgeting, spending, saving, financial behavior, money psychology, debt management, and financial planning.

Vitality — Health & Wellness

Share responsible, evidence-informed perspectives on physical and mental well-being.

Topics may include nutrition, movement, sleep, stress management, healthy habits, and practical wellness strategies.

Tools — Technology & Practical Resources

Introduce readers to useful technology, digital applications, products, and resources that solve problems or simplify everyday activities.

Topics may include software, digital tools, technology guides, comparisons, tutorials, and product recommendations.

Before selecting a topic

Review existing Fullrliving content to determine whether your proposed article introduces a fresh perspective, adds meaningful information, or explores an existing subject in greater depth.

2. Originality & Authenticity

All submissions must represent original work that the contributor has the right to publish.

We generally accept previously unpublished articles. If your work has appeared elsewhere, including on another website, blog, or social media platform, disclose this before submitting.

Previously published material may be considered only with prior editorial approval.

We do not accept:

- Plagiarized, stolen, or improperly attributed content.
- Recycled articles presented as original work.
- Articles rewritten from another author's work without meaningful original contribution.
- Content created primarily to manipulate search rankings.
- Misleading, fabricated, or deliberately inaccurate information.
- Articles written primarily as advertisements for a business, product, or service.

Fullrliving may use originality checks and editorial research to evaluate submissions.

Contributors are responsible for ensuring that quotations, research, images, and other third-party materials are appropriately credited and used with permission where required.



3. Writing With Purpose

Every article should have a clear reason for existing.

Before writing, identify the central idea you want readers to understand and why it matters.

Consider these questions:

What is the article about?
Define the subject clearly. Avoid attempting to cover too many unrelated ideas in one piece.

Who is the intended reader?
Consider the reader's interests, questions, challenges, and level of familiarity with the subject.

What value will the article provide?
Will readers gain useful knowledge, discover a practical solution, consider a different perspective, or better understand an issue?

What makes your perspective worth sharing?
Identify the original insight, relevant experience, credible research, or useful approach that distinguishes your contribution.

We value articles that leave readers with something meaningful to consider or apply.

4. Article Length & Structure

Recommended Word Count

Our preferred article length is 1200–2,000 words.

Longer submissions may be considered when the topic requires additional depth, research, or explanation.

An article should be long enough to explore its subject adequately without including unnecessary information simply to reach a word count.

Recommended Structure

Title
Choose a clear, engaging headline that accurately represents the article.

Avoid exaggerated promises, misleading statements, or sensational language designed solely to attract clicks.

Introduction
Begin with an engaging opening that establishes the subject and gives readers a reason to continue.

You might introduce a familiar situation, ask a thought-provoking question, present a surprising observation, or identify a common challenge.



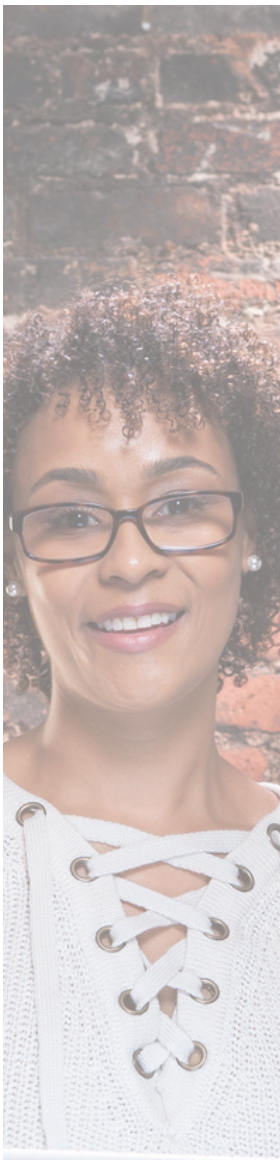
Main Content
Organize the article into logical sections using descriptive subheadings.
Each section should contribute to the central subject and move the discussion forward.

Use examples, explanations, research, or practical guidance where appropriate.

Conclusion
Bring the central ideas together and leave readers with a meaningful takeaway.

A conclusion might offer a practical next step, introduce a final consideration, or encourage readers to reflect on what they've learned.

Avoid simply repeating the introduction.





5. Writing Style & Readability

Fullrliving's editorial voice is conversational, thoughtful, informative, and grounded.

We want readers to feel informed and engaged, not lectured or overwhelmed.

Write Clearly
Use straightforward language whenever possible.

Explain unfamiliar concepts and avoid unnecessary technical terminology.

Keep Paragraphs Manageable
Use short to moderate-length paragraphs that are comfortable to read on mobile devices.

As a general guideline, aim for two to five sentences per paragraph, adjusting when the subject requires more explanation.

Use Headings Thoughtfully
Break longer articles into clearly defined sections.

Headings should help readers understand the article's organization and navigate its content.

Choose the Appropriate Perspective
First-person writing is welcome when sharing personal experiences or observations.

Second-person writing may be appropriate when addressing readers directly.

Third-person writing may be more suitable for educational, analytical, or research-based articles.

Choose the perspective that best serves the content.

Avoid Unnecessary Repetition
Each paragraph should contribute something meaningful.

Remove repeated arguments, excessive introductions, filler language, and statements that do not advance the discussion.

Maintain a Respectful Tone
We welcome thoughtful opinions and differing perspectives.

Avoid condescending language, unsupported generalizations, personal attacks, or claims that oversimplify complex experiences.

Our preference is substance over sensationalism and clarity over complexity.

6. Research, Accuracy & References

Credible information is essential to maintaining reader trust.

Contributors should verify factual statements, statistics, research findings, and specialized information before submitting.

When appropriate:

- Reference reputable studies, academic publications, government agencies, or recognized professional organizations.
- Include direct links to original sources.
- Distinguish established facts from personal opinions and interpretations.
- Identify relevant dates when discussing information that may change over time.
- Avoid presenting speculation as confirmed information.

Health & Financial Content

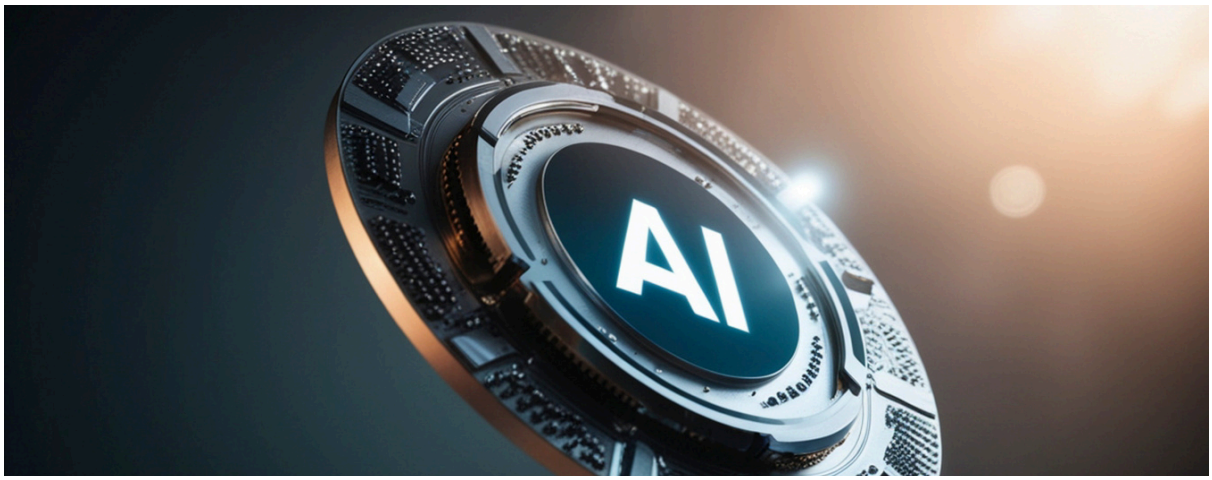
Articles addressing health, medical, financial, or other consequential decisions require particular care.

Avoid exaggerated claims, guaranteed outcomes, and recommendations that could mislead readers.

Contributors should not present general educational information as individualized professional advice.

When discussing specialized subjects, relevant qualifications, evidence, and limitations should be clearly communicated.





7. AI-Assisted Writing

Fullrliving recognizes that artificial intelligence tools can assist with research, brainstorming, outlining, proofreading, and editing.

However, AI assistance does not replace editorial responsibility.

Contributors must:

- Review and verify all AI-assisted factual information.
- Ensure the submitted work contains meaningful original contribution.
- Check quotations, citations, and references for accuracy.
- Disclose substantial AI-generated content.
- Avoid submitting unverified, mass-produced, or misleading material.

AI-generated text does not automatically disqualify a submission, but editorial quality, accuracy, transparency, and originality remain essential.

8. Links, Images & Promotional Content

External Links
Relevant links to credible sources and supporting resources are encouraged.

Links should contribute to the reader's understanding of the subject.

Fullrliving reserves the right to remove, modify, or decline links that are promotional, irrelevant, misleading, or inconsistent with our editorial standards.

We do not guarantee followed backlinks or specific search engine benefits.

Images & Multimedia
Contributors may suggest or provide photographs, illustrations, charts, or videos that support their articles.

All submitted media must be original, appropriately licensed, or used with permission.

Please provide attribution and licensing information when necessary.

Fullrliving may select or replace imagery to maintain visual consistency.



Promotional Content

Articles should not function primarily as advertisements.

Relevant products, tools, and services may be discussed when they offer genuine educational or practical value.

Any material financial relationships, affiliate arrangements, or other potential conflicts of interest must be disclosed.



9. Preparing Your Submission

Article Preparation Checklist

- [ ] My topic aligns with Fullrliving's editorial focus.
- [ ] My article offers useful information or an original perspective.
- [ ] The title accurately represents the content.
- [ ] The introduction clearly establishes the subject.
- [ ] The article is organized using relevant headings.
- [ ] Paragraphs are readable and unnecessary repetition has been removed.
- [ ] Factual claims and research references have been checked.
- [ ] Sources and third-party materials are appropriately credited.
- [ ] Any substantial AI assistance has been disclosed.
- [ ] The article has been proofread for grammar, spelling, and clarity.
- [ ] The conclusion provides a meaningful takeaway.

Author Information

Please include:

- Your name or preferred publishing name.
- Your email address.
- A short author biography of approximately 50–100 words.
- Relevant professional credentials, when applicable.
- Your website or professional profile, if you would like it considered for inclusion.

Preferred File Format

Submit your article as a Word document or a viewable Google Docs link.

Please ensure the document is accessible for editorial review.

If submitting a proposal rather than a completed article, include the proposed title, topic summary, intended audience, and key points you plan to address.

10. Editorial Review & Publication

Every submission is reviewed for relevance, originality, clarity, accuracy, and alignment with Fullrliving's editorial standards.

We may:

- Accept a submission for publication.
- Request clarification or revisions.
- Suggest a different editorial approach.
- Decline a submission that does not meet our requirements.

Submission does not guarantee publication.

We aim to review contributions within 2–3 weeks, although response times may vary.

Minor edits may be made for grammar, formatting, and clarity. Substantial editorial changes will be discussed before publication.

Publication rights, attribution, compensation where applicable, and any other relevant arrangements should be agreed upon before an article is published.



11. Before You Submit: Four Final Questions

Before sending your work to Fullrliving, ask yourself:

1. Is my article genuinely helpful?
Does it provide information, insight, or a perspective worth sharing?

2. Who will benefit from reading it?
Can I identify the reader and understand why the subject matters to them?

3. How will it benefit them?
Will it help readers understand something, solve a problem, consider a different approach, or make a more informed decision?

4. Would I find this article worthwhile as a reader?
If I discovered this article on Fullrliving, would I consider it informative, engaging, and worth my time?

If you can answer these questions confidently, your article is likely moving in the right direction.

Ready to Share Your Work?

We appreciate the time, knowledge, and creativity that contributors bring to Fullrliving.

Our goal is to publish content that respects readers' time, encourages thoughtful exploration, and offers meaningful value.

If you've reviewed these guidelines and believe your contribution is a good fit, we invite you to submit your article or proposal through our contributor page.

Write for Fullrliving
Have questions before submitting? Please use our website's contact form.

Thank you for considering Fullrliving as a place to share your ideas.

Fullrliving
Live Better. Not Busier.
Make More of What Matters.









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a space built to help you live better, not busier.