

The Ultimate "Polite But Not Pathetic" Follow-Up Email Pack

Below you'll find templates you can shamelessly steal, customize, and pretend you wrote yourself. Because we both know you weren't going to figure this out alone.

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1. First Follow-Up: "Hey, Remember Me?"

Subject Line: Just Checking In — Guest Post Idea for [Blog Name]

Email Body:

Hi [Editor's Name],

Hope you're doing great! Just following up on my previous email about the guest post idea ["Proposed Topic Title"]. Totally understand you're busy — just wanted to see if it might be a good fit for [Blog Name]?

Thanks so much for considering it! Happy to tweak the idea if needed.

Looking forward to hearing your thoughts,

[Your Name]

(P.S. Still not desperate. Just... persistent.)

2. Second Follow-Up: "Still Alive, Still Interested"

Subject Line: Quick Nudge About Guest Post for [Blog Name]

Email Body:

Hey [Editor's Name],

Just wanted to float this back up in your inbox. I'd still love to contribute to [Blog Name] and think [Proposed Topic Title] would bring real value to your readers.

Of course, if now's not a good time or you're not interested, no worries at all — just let me know.

Thanks again!

[Your Name]

(P.S. No inbox haunting intended.)

3. Third (and Final) Follow-Up: "Last Call Before I Take the Hint"

Subject Line: Final Check-In — Guest Post Idea

Email Body:

Hi [Editor's Name],

Just sending one last note about the guest post idea I sent over — [Proposed Topic Title]. If it's not a fit or the timing's not right, absolutely no problem.

Either way, I appreciate your time and hope we can connect on something else in the future!

Thanks so much,

[Your Name]

(P.S. After this, I promise I'll stop being the human equivalent of "just one more thing".)

Bonus Tip: After the third follow-up, STOP. You're pitching guest posts, not trying to win a hostage negotiation.

Now go forth, use these, and pretend you're a functional adult.

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