

Inbox Redemption Toolkit

Guest Post Pitch Templates, Fixes, and a Judgmental Checklist.

You're here because your guest post pitches are either being ignored, rejected, or quietly forwarded to the office meme thread. This PDF exists to save you from that fate.

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Pitch Template 1: The “I’m a Professional” Pitch

For when you want to sound competent and polite without sounding like a LinkedIn bot.

Subject: Guest Post Idea for [Blog Name]: [Proposed Title]

Email:

Hi [Editor’s Name],

I’ve been reading [Blog Name] for a while now, and really enjoyed your recent piece on [insert post]. I noticed you haven’t covered [Your Topic], and I’d love to contribute a guest post that fills that gap.

Here’s my idea:

Proposed Title: [Catchy, specific headline]

Summary: [1–2 sentences on what it offers readers]

I’ve written for [Notable Sites] and attached a few samples below. Let me know if this sounds like a fit—I can send a full draft or outline at your preference.

Thanks for your time!

[Your Name]

[Link to portfolio or relevant content]

Pitch Template 2: The “Confident but Not a Psycho” Pitch

For when you want to sound like a real person with actual thoughts.

Subject: [Blog Name] + Guest Post Idea: [Catchy Title]

Email:

Hey [Editor's Name],

I'll keep this quick. I've got a guest post idea that's tailor-made for your audience, and I think it'll spark some solid discussion.

Title: [Actual, interesting headline]

Quick Summary: [Sentence or two that proves you're not an AI with a head injury]

Happy to send a full draft or outline if you're open to it. I've written for sites like [Name drop] and included a few samples below.

Appreciate your time.

[Your Name]

[Links to samples or site]

Pitch Template 3: The “Unhinged but It Works” Pitch

Use with caution. Or enthusiasm.

Subject: This Pitch Is Bad But the Idea Isn't

Email:

Hi [Editor's Name],

Look, this pitch isn't going to win any awards. I'm just going to say it: I want to write a guest post for you. It's about [Wildly Specific But Cool Topic] and I swear it's not awful.

Title: [Spicy, scroll-stopping headline]

Why It's a Fit: Because your readers need this. They just don't know it yet.

Here are a couple things I've written so you know I'm not making this up:

- [Link 1]
- [Link 2]

Say the word and I'll write it. Or ignore this and I'll crawl back into the inbox void.

Cheers,

[Your Name]

Before You Hit Send: The Pitch Sanity Checklist

- Used editor's name (and spelled it right)
 - Referred to a specific post from their blog
 - Offered a topic that's actually relevant
 - Gave a short, clear summary of the post
 - Linked to decent writing samples
 - Wrote like a human, not a desperate SEO goblin
 - No typos or formatting disasters
 - Didn't beg for backlinks like a Victorian orphan
 - Didn't attach a full 1,400-word draft uninvited
 - Sounded helpful, not entitled
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That's it. If you still get ignored after using this, blame fate. Or Mercury retrograde. Or just go outside.