

31 DAYS OF INSTAGRAM POSTS

1. Morning motivation reel (recycle it to a story highlight and feed)

2. Share a client testimony and story
Call to action: (use for feed and story)

3. Share a relevant quote for your audience
Write a paragraph for feed - reuse the photo for stories

4. Show your followers how to do something in 3 steps reel (reuse for stories and feed)

5. Review a favorite product or book- get a affiliate link from Amazon and share to IGTV, feed and story with link to buy

6. Daily routine or tip- share to feed, stories and reel and do call to action with a link

7. Post a sneak peek of something coming soon- new product or service? (Reel or feed)

8. Share 3 testimonials as a slideshow of photos- share to stories and write paragraph with call to action link

9. Share your top tip of the week -IGTV and reuse for feed, stories and reel)

10. Self care day - show a reel of you resting and recharging in a healthy way (share to stories and feed)

11. hack or trick to reels or IGTV and share to feed or stories

12. Remind people how you got started- pictures of your journey and your story with call to action (share to feed and stories)

13. BTS reel that you shared to feed and stories- call to action-

14. Share a slideshow of your latest products or services and share to feed and stories

15. Welcome new followers and thank your community- write a paragraph about your vision and passion- share photo to stories with Call to action for a free consult and share to your feed

16. post a pic of your fave product or service- give a recipe or tip (share to feed and story)

17. Post a fill in the blank question like .. "what's your weekly goal" Post it to stories and your feed

18. Answer a client question via IGTV share it to your story and your feed and do a small clip for reels

19. Shoutout or mention your clients/customers (put photos on stories and feed)

20. Share a lesson you've learned- As a IGTV or a real clip and put it on your feed and stories

21. Share a phrase you live by- create a graphic quote and share to stories and your feed

22. Share a reel of you working BTS share it to stories and your feed

23. Share a trick or hack with Amazon affiliate link to product

24. Talk about how something is made (share graphics to feed and story)

25. Share a mistake you see a lot- on IGTV, share a clip to Reels and also share to your feed and stories

26. Post an interesting stat that is relevant to your audience- create a graphic and share to your feed & stories

27. Self care day - show a reel of you resting and recharging in a healthy way (share to stories and feed)

28. BTS of you working or explaining something - share to reels and stories

29. Share a reminder or a motivational quote with your audience and write a paragraph about something of interest- have a call to action be for them to DM you questions (share to stories and your feed)

30. Share something you are grateful for- share a picture of your family or a personal story about something that you've learned (share slideshow to stories and feed)

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