

Script ideas 2

Content

1.	"Small habits, big life changes."	2
2.	"This is your sign to reinvent yourself."	2
3.	"Nobody is coming to save you — but that's good news."	2
4.	"Normalize improving your life quietly."	2
5.	"Your future self will thank you for this."	2
6.	"Read this before you give up."	3
7.	"Be the person you needed when you were young."	3
8.	"Why haven't you reached your goals?"	3
9.	"You're closer than you think."	3
10.	"Start now. Feel proud later."	3
11.	"Day 1 of becoming the best version of myself."	4
12.	"Day 1 – Day ... of coming back to the gym after 7 months"	4
13.	"Save this for your next reset day."	4
14.	"4 habits that changed my life."	4
15.	"Read when you feel unmotivated."	4
16.	"What I wish I knew before starting my self-improvement journey."	4

1. "Small habits, big life changes."

- The text can be what small everyday things I do that can change my life in the future
- Filming a close up on a laptop – on the screen I am planning things I am going to do tomorrow to organize my day
- Showing people how to make their routine and which apps to use

2. "This is your sign to reinvent yourself."

- Motivational video
- Text on the video has to be motivational and inspirational to the user so they can emotionally connect to it
- Video – running, training outside, drinking tea at a laptop while doing something useful

3. "Nobody is coming to save you — but that's good news."

1st example to continue - You're the hero, the author, and the plot twist."

2nd example to continue - Imagine what happens when you stop waiting and start acting."

Video – motivational, good view, aesthetic

4. "Normalize improving your life quietly."

Text – Don't tell anyone about what you are doing right now, save it when you make it

Text2 – It gives you a dopamine effect when you talk about how you are going to make it, and that kills it

Video – calm environment, cozy, drinking warm drink with steam

5. "Your future self will thank you for this."

Text – one day you will remember the things that today may seem pointless, but one day you will look back and realize that that moment mattered

Text2 – drink water, read 10 pages, go for a walk/run/workout, do anything to benefit yourself

Video – film myself doing these things

6. "Read this before you give up."

Text – you are closer than you think, maybe this new video that you post will blow up and make you go viral

Text2 – You're allowed to rest, not quit – so lock the f*ck in

Video – emotional and aesthetic shot then hard work for the text2

7. "Be the person you needed when you were young."

Text – This is me before...

Text2 – tis is me now...

Video – show your baby and teen years photos and then how you changed

8. "Why haven't you reached your goals?"

Text – Talk about setting the small goals in life

You will achieve the big goal faster by setting yourself smaller goals...

9. "You're closer than you think."

Can be same as number 6 but with this hook

10. "Start now. Feel proud later."

Text – just this quote and motivational video behind it

11. "Day 1 of becoming the best version of myself."

Can be a very good series on the account, filming and documenting my journey and the road to success

12. "Day 1 – Day ... of coming back to the gym after 7 months"

Filming my journey to self-improvement

13. "Save this for your next reset day."

Motivational video – training and self-improvement

14. "4 habits that changed my life."

Drinking water, training every day, making my schedule the night before, fix your sleep

15. "Read when you feel unmotivated."

You don't have to move mountains today.

Sometimes the smallest step — getting up, trying again, choosing not to quit — is already a victory.

Your progress is real, even when it feels quiet.

16. "What I wish I knew before starting my self-improvement journey."

Growth isn't a straight line, and it isn't always pretty.

Some days you'll feel unstoppable, and other days you'll feel like you're starting from zero again.

Both are part of the process.

The important thing is to keep showing up for the person you're becoming.