

1000 followers a week

1. Social media content calendar
2. Don't post on top of the hour – too much competition – all the people using IG post at the top of the hour
3. Post before the top of the hour – 20 mins before
4. 100 – 10 000 followers, post at least 2 to 3 times a day
5. Captions
 - Lead every caption with an attention grabbing sentence
 - Tell a story
 - Use emotions
 - Small spaces and paragraphs are the key
 - You can summarize the reel, make it hard so people have to think about it, ask a question that hits them hard
 - Use odd numbers to list things because they track more attention
6. Use a specific type for text or the voice, make it unique to you
7. Share educational content with Instagram cur solves
8. Engage with users through likes and comments, Instagram loves that
9. Measure your content – see what gets you more and less views so you can implement it on your account