1) Profile Setup and Clarity

1.

Niche/topic:
Audience:
Main Instagram goal right now:
->Write a simple Instagram bio with a clear one-line value statement and one call-to-action.

2.

Niche/topic:
Audience:
What you want people to do when they visit your profile:
->Suggest a profile name, display name, and one tagline that clearly says what you do.

3.

Niche/topic:
Audience:
What a new follower should expect from your page:
->Write a pinned post caption that explains who you help and what they will learn from following you.

4.

Niche/topic:
Audience:
Top 3 problems your audience has:
->Give me 5 Instagram highlight titles that match what my audience needs most.

5.

Niche/topic:
Audience:
First thing you want a new visitor to understand about you:
->Write a "Start Here" highlight story script in 5 short frames.

6.

Niche/topic:
Audience:
Proof you have right now (even small):
->List 5 credibility proof ideas I can show on my profile even if I'm a beginner.

7.

Niche/topic:
Audience:
3 things you can teach or show:
->Define my content pillars as 4 simple topics I should rotate weekly.

8.

Niche/topic:
Audience:
One question you want to ask new followers:
->Write a short DM auto-reply that welcomes new followers and asks one helpful question.

9.

Niche/topic:
Audience:
Result you help them get:
->Create a one-sentence positioning statement I can repeat in content and captions.

10.

Niche/topic:
Audience:
Vibe you want your profile to give:
->Give me a simple checklist to make my profile look trustworthy in 15 minutes.

2) Reel Ideas That Actually Work

11.

Niche/topic:
Audience:
Goal ("followers", "clients", "sales", "community"):
->Give me 10 Reel ideas that are beginner-friendly and do not require fancy editing.

12.

Niche/topic:
Audience:
Common misunderstanding in your niche:
->Write 5 "myth vs truth" Reel concepts with a clear punchline.

13.

Niche/topic:
Audience:
Biggest mistake beginners make:
->Write 5 "mistakes to avoid" Reel ideas that teach one lesson each.

14.

Niche/topic:
Audience:
Transformation you can show (before → after):
->Create 5 "before/after" Reel concepts I can film with what I already have.

15.

Niche/topic:
Audience:
One simple skill you can teach fast:
->Create 5 "3-step tutorial" Reel ideas that fit in 20 seconds.

16.

Niche/topic:
Audience:
One quick win they want:
->Create 5 "quick wins" Reel ideas that give value in under 10 seconds.

17.

Niche/topic:
Audience:
Part of your process you can show:
->Suggest 5 "behind the scenes" Reel ideas that still teach something useful.

18.

Niche/topic:
Audience:
Opinion you have that helps beginners:
->Give me 5 "hot take" Reel ideas that are confident but not rude.

19.

Niche/topic:
Audience:
Tools you use most:
->Create 5 "tools I use" Reel ideas with one benefit per tool.

20.

Niche/topic:
Audience:
Style of content you do ("talking head", "hands-only", "screen recording", "vlog"):
->Suggest 10 simple B-roll shot ideas I can reuse across many Reels.

3) Hooks and One-Minute Reel Scripts

21.

Niche/topic:
Audience:
One problem they keep struggling with:
->Write 10 simple Reel hooks that would stop my audience from scrolling.

22.

Niche/topic:
Audience:
One result they want badly:
->Write a 20-second talking-head Reel script that promises one clear result and delivers it.

23.

Niche/topic:
Audience:
One common fear they have:
->Write a short Reel script that calms that fear and gives one practical next step.

24.

Niche/topic:
Audience:
One beginner mistake you want to correct:
->Write a "you're doing it wrong" Reel script that is helpful, not harsh.

25.

Niche/topic:
Audience:
One simple rule you follow:
->Write a Reel script that teaches this rule with one quick example.

26.

Niche/topic:
Audience:
One question you get asked a lot:
->Write a Reel script that answers this question in 3 steps.

27.

Niche/topic:
Audience:
What you want them to do after watching ("save", "follow", "comment"):
->Write a Reel script that naturally drives the exact action I want.

28.

Niche/topic:
Audience:
One myth you want to kill:
->Write a Reel script that starts with the myth, then flips it with a simple truth.

29.

Niche/topic:
Audience:
One "before" situation they hate:
->Write a Reel script that paints the "before", then shows the "after" in one minute.

30.

Niche/topic:
Audience:
Style of content you do ("talking head", "voiceover", "text-only"):
->Write the same Reel idea in 3 versions that match my style.

4) Captions That Convert

31.

Niche/topic:
Audience:
What this post is about (one sentence):
->Write an Instagram caption with a strong first line, clear value, and a simple call-to-action.

32.

Niche/topic:
Audience:
What you want them to comment:
->Write a caption that ends with a comment question my audience will actually answer.

33.

Niche/topic:
Audience:
One lesson in this post:
->Write 5 caption options that teach the same lesson in different tones.

34.

Niche/topic:
Audience:
Action you want ("save", "share", "follow", "DM"):
->Write a caption that drives this action without sounding pushy.

35.

Niche/topic:
Audience:
Personal story detail you're willing to share (small is fine):
->Write a caption that uses a short personal story to teach one clear point.

36.

Niche/topic:
Audience:
Biggest mistake you want to warn them about:
->Write a caption that starts with a warning and ends with a simple fix.

37.

Niche/topic:
Audience:
Your offer (free or paid):
->Write a caption that introduces my offer clearly in 3 lines and includes one next step.

38.

Niche/topic:
Audience:
What makes your approach different:
->Write a caption that positions my method as different, using one simple comparison.

39.

Niche/topic:
Audience:
One "quick tip" you can give:
->Write a short caption (max 600 characters) that delivers one tip and feels complete.

40.

Niche/topic:
Audience:
Post type ("Reel", "carousel", "photo"):
->Write a caption tailored to this post type, with the right pacing and call-to-action.

5) Carousel Posts and Slide Copy

41.

Niche/topic:
Audience:
One big lesson for this carousel:
->Create a 7-slide carousel outline with short slide text and one clear takeaway.

42.

Niche/topic:
Audience:
Common mistake you want to fix:
->Write a "mistake → fix" 8-slide carousel with simple, punchy slide copy.

43.

Niche/topic:
Audience:
Checklist outcome (what they'll be able to do):
->Create a 6-slide checklist carousel that people will want to save.

44.

Niche/topic:
Audience:
Myth you want to challenge:
->Write a 7-slide "myth vs truth" carousel with one example per slide.

45.

Niche/topic:
Audience:
One simple framework you use:
->Turn my framework into a 9-slide carousel with simple names for each step.

46.

Niche/topic:
 Audience:
 One tool/app you recommend:
 ->Write a 6-slide carousel teaching how to use this tool in a beginner-friendly way.

47.

Niche/topic:
Audience:
One "before" pain they relate to:
->Write a 7-slide carousel that starts with pain, then gives a step-by-step solution.

48.

Niche/topic:
Audience:
What you want them to do after (one action):
->Write a carousel that ends with a strong CTA slide that feels natural.

49.

Niche/topic:
Audience:
Style you want ("minimal", "bold", "fun", "serious"):
->Rewrite this carousel copy to match my style, keeping it simple and clear.

50.

Niche/topic:
Audience:
Title of the carousel:
->Give me 10 hook-title options for this carousel that are simple and clickable.

6) Stories That Build Trust

51.

Niche/topic:
Audience:
Today's story goal ("connect", "teach", "sell"):
->Write a 5-frame Instagram Story sequence that hits this goal.

52.

Niche/topic:
Audience:
Question you want to ask in Stories:
->Give me 10 Story question stickers that get real replies from my audience.

53.

Niche/topic:
Audience:
What you're doing today (behind the scenes):
->Turn my day into a simple Story script that feels interesting and useful.

54.

Niche/topic:
Audience:
Result you can help them get this week:
->Write a "mini challenge" Story plan for 3 days with one action per day.

55.

Niche/topic:
Audience:
Product or offer you're promoting:
->Write a 6-frame Story sales sequence that feels honest, not salesy.

56.

Niche/topic:
Audience:
Testimonial or win you have (even small):
->Write a Story script that shares this win and makes it relatable for beginners.

57.

Niche/topic:
Audience:
One belief you want your audience to adopt:
->Write a Story script that teaches this belief with one simple example.

58.

Niche/topic:
Audience:
Style you want ("talking", "text-on-screen", "polls"):
->Give me 10 Story formats I can rotate so my Stories never feel repetitive.

59.

Niche/topic:
Audience:
Call-to-action ("DM me", "click link", "reply"):
->Write 5 Story CTAs that feel natural and get responses.

60.

Niche/topic:
Audience:
One common objection they have:
->Write a Story script that answers the objection clearly in 4 frames.

7) Engagement and Community

61.

Niche/topic:
Audience:
Community type you want ("supportive", "high-performance", "fun"):
->Give me 10 community rules or norms I can communicate over time through content.

62.

Niche/topic:
Audience:
One conversation you want to start:
->Create 10 post prompts that spark real comments, not just "nice".

63.

Niche/topic:
Audience:
One common struggle they feel embarrassed about:
->Write a post idea that makes them feel seen and invites them to share.

64.

Niche/topic:
Audience:
What you want them to DM you about:
->Write a caption and CTA that drives DMs about this topic.

65.

Niche/topic:
Audience:
Boundaries you want for DMs (time, topics, support level):
->Write a polite DM boundary message that still feels helpful.

66.

Niche/topic:
Audience:
Most helpful free resource you can offer:
->Write a simple "comment a keyword" post that delivers the free resource cleanly.

68.

Niche/topic:
Audience:
Type of posts you want them to save more:
->Give me 10 "save-worthy" post formats tailored to my niche.

68.

Niche/topic:
Audience:
3 words that describe your voice:
->Rewrite my comment replies so they match my voice and build community.

69.

Niche/topic:
Audience:
One beginner win you want to celebrate:
->Write a post that celebrates small wins and encourages people to share theirs.

70.

Niche/topic:
Audience:
Collaboration type you want ("Lives", "Remix", "Shoutout"):
->Write a DM outreach message to collaborate that is short, clear, and respectful.

8) Growth and Analytics

71.

Niche/topic:
Audience:
Current posting frequency:
->Build me a realistic 7-day Instagram posting plan I can actually stick to.

72.

Niche/topic:
Audience:
Best-performing content type right now ("Reels", "carousels", "Stories"):
->Tell me what to double down on this month and what to pause, based on my situation.

73.

Niche/topic:
Audience:
Main bottleneck ("ideas", "filming", "editing", "confidence"):
->Give me a simple fix plan for this bottleneck using beginner-friendly steps.

74.

Niche/topic:
Audience:
Average view count range:
->Give me 10 changes to test that can raise views without changing my niche.

75.

Niche/topic:
Audience:
Target metric ("saves", "shares", "follows"):
->Suggest 10 post ideas engineered to increase this metric.

76.

Niche/topic:
Audience:
One post that performed well (describe it):
->Generate 10 "sequels" to my best post so I can repeat success without copying.

77.

Niche/topic:
Audience:
One post that performed poorly (describe it):
->Diagnose why it failed and rewrite it into a stronger version.

78.

Niche/topic:
Audience:
Hashtags you currently use (or none):
->Create a simple hashtag strategy with 3 hashtag sets I can rotate.

79.

Niche/topic:
Audience:
Countries or cities you're targeting:
->Suggest content angles that fit this location and audience culture.

80.

Niche/topic:
Audience:
Content style ("educational", "entertaining", "personal"):
->Suggest a growth strategy that fits my style without forcing me to be someone else.

9) Offers, Clients, and Monetization

81.

Niche/topic:
Audience:
What you're trying to sell ("service", "product", "course", "newsletter"):
->Write a simple Instagram offer statement that a beginner can understand in 5 seconds.

82.

Niche/topic:
Audience:
Price range you're aiming for:
->Create 3 offer tiers with clear deliverables and simple names.

83.

Niche/topic:
Audience:
Proof you have (results, testimonials, portfolio):
->Write an Instagram post that sells my offer using only honest proof I already have.

84.

Niche/topic:
Audience:
Main objection people have before buying:
->Write a Reel script that answers the objection and invites a DM.

85.

Niche/topic:
Audience:
DM keyword (one word):
->Write a post that asks people to DM the keyword and explains what they'll receive.

86.

Niche/topic:
Audience:
Ideal client/customer like:
->Write a "client magnet" post that repels the wrong people and attracts the right people.

87.

Niche/topic:
Audience:
Service you can deliver in 7 days or less:
->Package my service into a simple "quick start" offer and write the IG pitch.

88.

Niche/topic:
Audience:

One outcome you can guarantee (effort-based is fine):
->Write a clear offer promise that is honest and not exaggerated.

89.

Niche/topic:
Audience:
Link you want in bio ("booking", "shop", "freebie"):
->Write a short bio CTA and a Story CTA that drives clicks to this link.

90.

Niche/topic:
Audience:
Conversion step ("DM", "call", "checkout"):
->Build a simple 3-step Instagram funnel that turns followers into customers.

10) Workflow, Consistency, and Creative Confidence

91.

Niche/topic:
Audience:
Hours per week you can post consistently:
->Create a weekly content plan that fits my time without burning me out.

92.

Niche/topic:
Audience:
Biggest mental block ("fear", "perfectionism", "consistency"):
->Give me a simple plan to beat this block using tiny actions I can do daily.

93.

Niche/topic:
Audience:
Style of content you do ("talking head", "hands-only", "screen recording"):
->Give me a beginner filming checklist tailored to my style so I can record faster.

94.

Niche/topic:
Audience:
Tools you have ("phone only", "phone + laptop"):
->Build a simple creation workflow I can repeat every week with my tools.

95.

Niche/topic:
Audience:

Slowest part ("ideas", "writing", "editing"):
->Suggest 10 ways to speed up my slowest step without lowering quality.

96.

Niche/topic:
Audience:
One topic you never get tired of talking about:
->Turn this topic into 20 post ideas I can batch in one weekend.

97.

Niche/topic:
Audience:
Preferred tone ("friendly", "direct", "funny", "calm"):
->Rewrite my next 5 captions to match this tone consistently.

98.

Niche/topic:
Audience:
Your "content fear" (what you worry people will say):
->Write a short mindset script I can read before posting so I stop overthinking.

99.

Niche/topic:
Audience:
One small win you got this month:
->Turn my win into a post that teaches a lesson and builds trust.

100.

Niche/topic:
Audience:
Next 30-day goal on Instagram:
->Create a simple 30-day posting challenge with weekly checkpoints and clear focus.