

## **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 I do.**

3.

- Niche/topic:
- Audience:
- What a new follower should expect from your page:

**Write a pinned post caption that explains who I help and what they will learn from following me.**

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 if it's 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 my phone.**

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.**

67.

- 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.**