

# 30 DAYS REELS CHALLENGE



She **BOLD** Stock

# Hiding is Fun!

## Hey there, superstar!

Navigating the world of reels can be a bit daunting, I know. But incorporating reels into your marketing strategy is a game-changer. They're a fantastic way to reach new audiences and deepen connections with your existing followers.

And here's some great news: there are countless ways to shine on Reels, and some don't even require showing your face. Isn't that amazing? Faceless reels offer a creative and time-efficient way to engage your audience.

I'm excited to share with you a golden blueprint for creating captivating reels in under 30 minutes a week. Imagine this: each reel template, ready to use in Canva, tailored with your brand's fonts and colors. Plus, I've included title prompts to make it super easy for you to fill in the blanks and spotlight your business.

If you're eager to jump back into the spotlight, this 30-day challenge is your launchpad. Feeling overwhelmed? Start with one reel a week, then maybe three, or even all five – it's all about finding your rhythm. Remember, it's more important to be consistent than to start strong and burn out after two weeks.

*And the best part? You can plan your reels a week or even a month in advance using apps like Planoly, Plann, Later, or even Canva!*

So, are you ready to get REEL-ly into it? Let's make some magic happen!

Jasmine



# DAY 1

## Quote Motivation

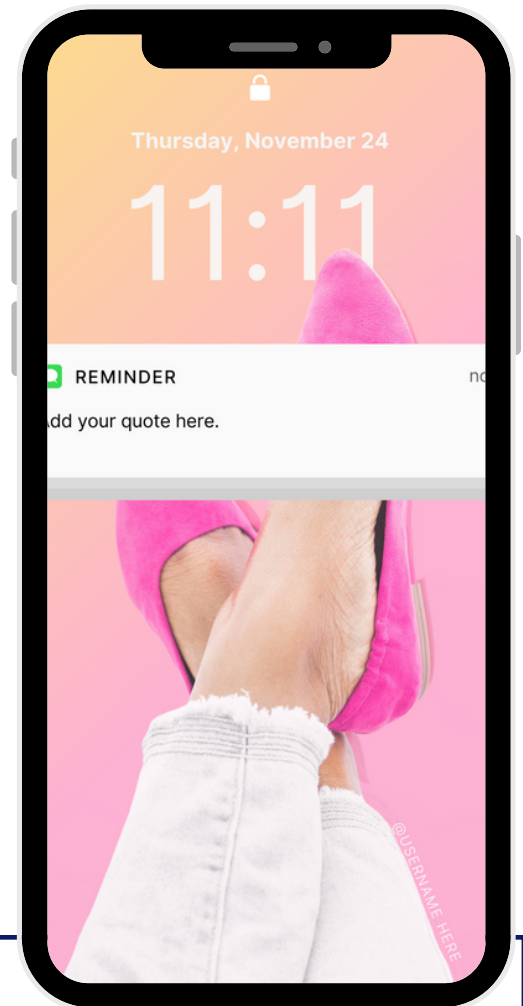
INSPIRATIONAL

 [GRAB TEMPLATE](#)

### Content Prompt

For this reel share an inspirational quote that you feel would challenge or motivate your audience. Think “**What do they need in this moment that you wish you had in the past**”. This can come from a pinterest quote you've seen, a podcast you listened,

Tip: Encourage your followers to reshare it!



### Caption Prompt

"Needed this reminder today: [Your Quote Here]. Share a quote that's been on your mind lately!"

"This quote changed my perspective: [Your Quote Here]. What's a quote that always lifts you up?"

"The best advice I ever received was [insert advice]. It's been a guiding light in my journey. What's the best piece of advice you've received?"

Other caption ideas:

- You with me?
- Monday Reminder...
- Your daily reminder...
- That's it, that's the post
- Add a 100 in the comments if you agree

# DAY 2

## List Reels



EDUCATIONAL



GRAB TEMPLATE

### Content Prompt



Sharing a list reel. You can do this easily by pulling from past high performing content.

**Tip:** Repurpose old blog posts, newsletters, carousels, etc.



### Caption Prompt


If you decide to repurpose another piece of content here, simply copy and paste an excerpt from the caption or long form content.

"X Quick tips to help you (specific benefit) for (specific topic) ↓

You're gonna want to save this for later!

One of the biggest questions I get is "(add a FAQ)?"

\*Share your answer here by also sharing why the reels tips helps with this question.

 Save this post so that you can come back to it when you need solid reminder or share with a biz bestie!"

# DAY 3

## Text on Screen: Are we right for each other



PROMOTIONAL



GRAB TEMPLATE

### Content Prompt

This reel is great to get in front of the right audience that fits what you are selling. Make it fun and interactive by making it trendy.

**Tip:** Who do you want to attract, this doesn't have to do with selling a product but more so the type of person you want to attract.

**Text Prompt Idea:** Where are my [girls] that [insert type of girls you love hanging out with]



### Caption Prompt

Welcome to my side of Instagram where...

[insert adjective]meets [insert a verb]

Give me a ❤️ if I'm speaking your language!

or

Any of y'all relate?? If so then hit that follow button!

# DAY 4

## Screen grab a testimonial



SOCIAL PROOF

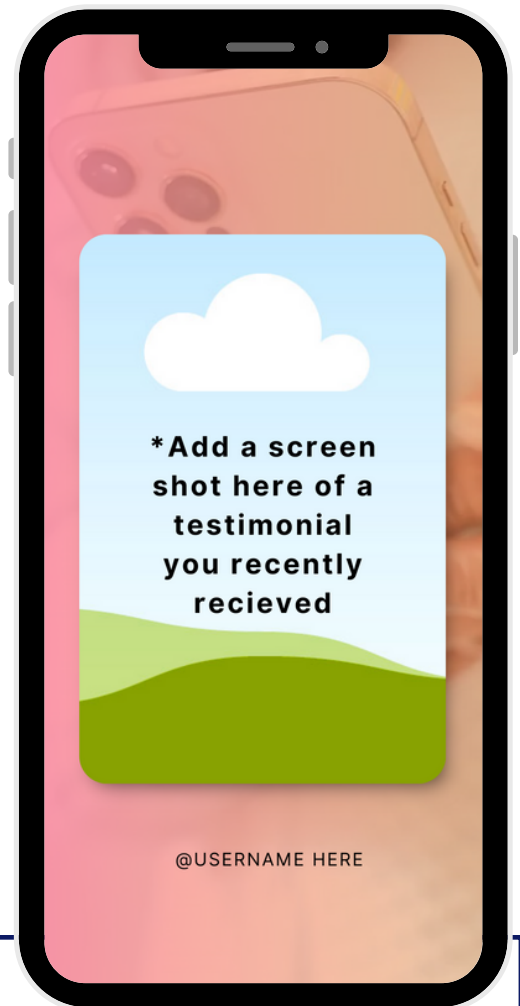


GRAB TEMPLATE

### Content Prompt

These are simple and quick but make an impactful message to your audience that what you offer is going to benefit their life.

**Tip:** Take screenshots of testimonials you've received from socials, emails, or surveys you've put out. Don't have any yet, get to asking past clients or customers or share the results when you used your products or services in your own business.



### 3 Caption Prompt Ideas

"When I saw what [Client's Name] said about [xyz service], it stopped me in my tracks: '[insert testimonial quote here].' It's moments like these that remind me why I do what I do. Thank you for making my week! 🌟"  
or

"Feeling incredibly grateful for feedback like this: '[insert testimonial quote here].' It's not just a review; it's a reminder that [xyz product/service] is truly making a difference. Your words mean the world to me! 🙏❤️"

or

"This feedback on [xyz product/service] just made my day! '[insert testimonial quote here].' Knowing that I'm able to contribute to someone's success is the fuel that keeps me going. Your words are cherished! ✨"

# DAY 5

## Relatable Funny Quotes

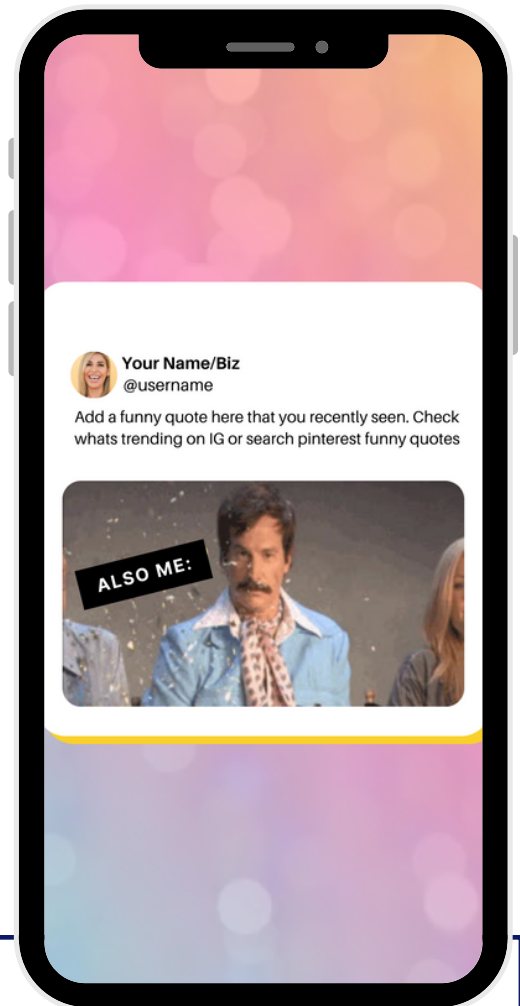
ENTERTAINMENT

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### Content Prompt

Share the fun side of you! This gets people wanting to share your posts and/or engage with you.

Share a funny title that people can relate to. You can go on pinterest and search funny quotes. See what makes you laugh!



### Caption Prompt

1. 😂 Double tap if you've ever felt this way about \_\_\_\_\_! 🙌 What part of \_\_\_\_\_ drives you absolutely crazy? Share your funniest experiences in the comments – let's see who can relate!
2. 🤔 Double tap if you know exactly what I mean by \_\_\_\_\_! 🙌 What's the most hilariously frustrating thing about \_\_\_\_\_ for you? Let's laugh it off together in the comments!
3. 😂 If you've ever experienced the chaos of \_\_\_\_\_, double tap right now! 🙌 What's the most absurdly funny thing about dealing with \_\_\_\_\_? Spill the beans in the comments for a good chuckle!

**30 DAYS REELS  
CHALLENGE**

**WEEK**

**2**

**YOU ARE ROCKING IT!**



# DAY 6

## Be a source for positivity

INSPIRATIONAL

 [GRAB TEMPLATE](#)

### Content Prompt

Share affirmations, mantras, insights, celebrity quotes to inspire your audience to move in greatness.

**Tip:** How would these relate to your audience on an emotional level.

If you use a celebrity voice over add closed captions so that people can view them through hearing and text.



Share a Quote  
that *actually*  
inspires you

@USERNAME HERE

### Caption Prompt

1. "Your Daily Dose of Inspiration 🧯 What words do you live by? An affirmation, a motivational quote, or a personal motto? Share it in the comments and let's create a tapestry of inspiration to motivate each other!"
2. A New Perspective for Tough Days 💡 When days get [challenging/discouraging], I think about how [my colleague/teacher/close friend] views me – as someone who is [capable/inspiring/brave]. It really helps shift my mindset. Who is that person for you, who always believes in your greatness?
3. Sometimes, all it takes to [move forward/find your groove] is a powerful word or two. Like this: '[Your favorite inspirational quote].' Doesn't that just lift your spirits? What quotes help you shake off the blues?

# DAY 7

## Quick Tips



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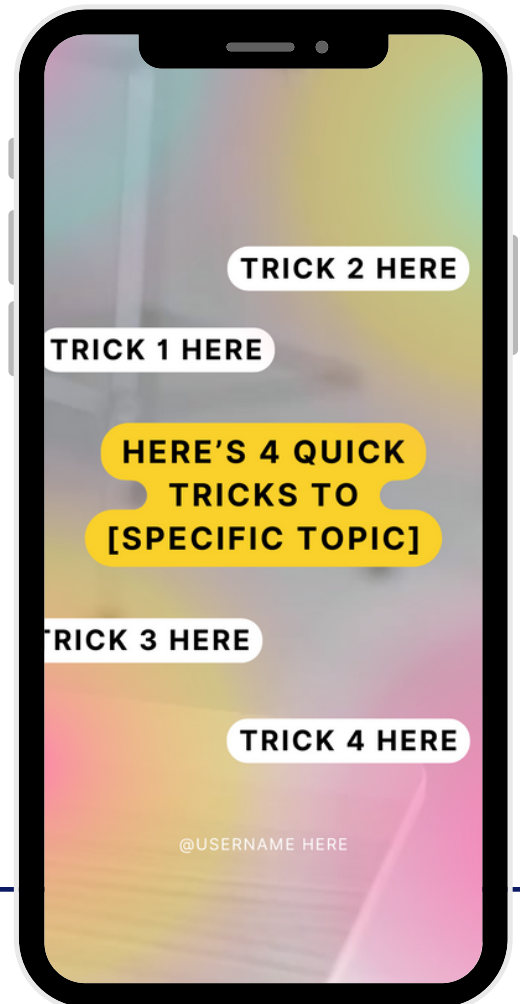
GRAB TEMPLATE

### Content Prompt



Share game changing tips for your audience. Bonus points if you can add tips that not many people are talking about.

**Tip:** Keep these tips short and concise. You can dive more in depth in the caption if you need to.



### Caption Prompt

💡 Quick Tip Time! 💡 Did you know that [Your Quick Tip Topic] can make a huge difference in your [specific area of business/life]? Here's a fast hack: [Share a concise, practical tip]. It's a simple change, but trust me, it works wonders! Try it out and let me know how it goes. And if you've got a tip of your own, share it in the comments – let's learn together! 🌟



or

🌟 Boost Your [specific aspect] Instantly!

[Offer a concise, practical suggestion].

Small tweaks can lead to big leaps. Let me know if this tip helps you, and feel free to share your go-to strategies as well!

# DAY 8

## Text on Screen: Sell the Benefits



PROMOTIONAL



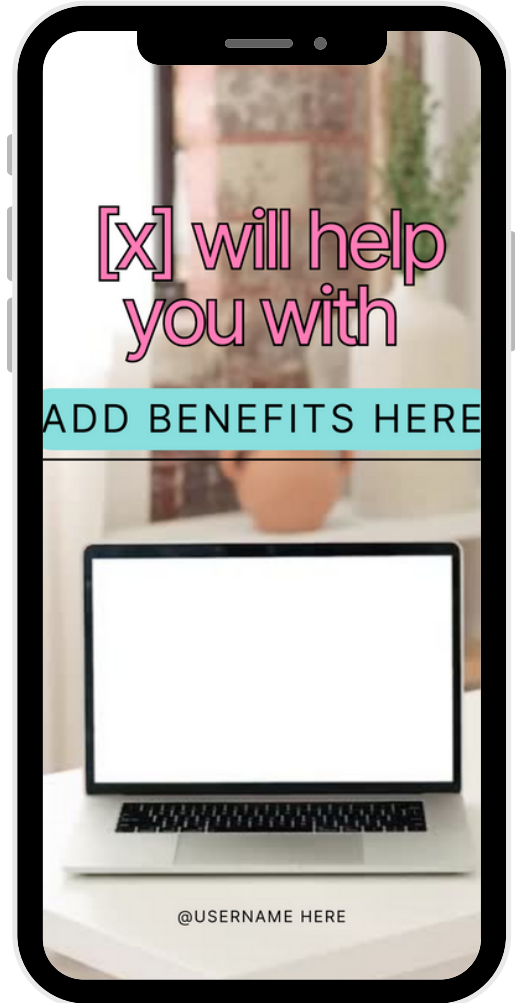
GRAB TEMPLATE

### Content Prompt



**Tip:** Brainstorm the benefits of your products. Keep a running list of what your clients or customers has said. If you are new make sure to do a poll to get ideas. Pull from your own experiences of using your content.

Reels Title: [x] will help you...  
Then in different clips share a benefit.



### Caption Prompt

Here's why [x] can be a game changer for you/business but only if you [share a common mistake that people may make].

**\*\*Dive into more details about each benefit here\*\***

Want to experience [ideal outcome] for your business/life? Head to the link in my bio to get access to [lead magnet or freebie that you want to share.]

# DAY 9

## Answer a FAQ

 SOCIAL PROOF

 [GRAB TEMPLATE](#)

### Content Prompt

Your audience has questions. Find creative ways to answer them.

Not sure what to ask, ask questions on your stories or with your clients and audience to see what they may be struggling with.

Struggling to  
[1-2 words]  
because  
[1-2 words]?  
*this is why*

[READ THE CAPTION](#)

@USERNAME HERE

### Caption Prompt

Questions are welcome here when it comes to [offer/resource/program]

The question I get a lot is, '[share common question here]'.

The actual fact is: [answer common question here].

I'm curious: what's one learning or growth area you're focusing on in your business right now? Maybe we could help you work it out.

Let's discuss in the comments!"

# DAY 10

## Funny Relatable Memes

ENTERTAINMENT

 [GRAB TEMPLATE](#)

### Content Prompt

People love a funny meme, no matter what the Gen Z and beyond say! Go to pinterest and find funny memes, add a title that relates back to your audience, product, services, or industry.

**Tip:** If I wasn't me, would I share this?

Here me out...

Share a funny quote that relates to your audience.



@USERNAME HERE

### Caption Prompt

1. 😂 Double tap if you've ever felt this way about \_\_\_\_\_! 🙌 What part of \_\_\_\_\_ drives you absolutely crazy? Share your funniest experiences in the comments – let's see who can relate!
2. 🤔 Double tap if you know exactly what I mean by \_\_\_\_\_! 🙌 What's the most hilariously frustrating thing about \_\_\_\_\_ for you? Let's laugh it off together in the comments!
3. 😂 If you've ever experienced the chaos of \_\_\_\_\_, double tap right now! 🙌 What's the most absurdly funny thing about dealing with \_\_\_\_\_? Spill the beans in the comments for a good chuckle!

**30 DAYS REELS  
CHALLENGE**

**WEEK**

**3**

WOW, YOU ARE HALF  
WAY THERE!

# DAY 11

## Give tips to win the week

INSPIRATIONAL

 GRAB TEMPLATE

### Content Prompt

Give strategies that will help your audience increase productivity or motivation throughout their work week.

**Tip:** Think about pain points your audience have mentioned in the past what are some tips you can offer them for the week ahead.



### Caption Prompt

1. 💡 Transform Your Week by \_\_\_\_\_. 💡 In your experience, what's the toughest part of \_\_\_\_\_? Join the conversation and let's strategize ways to overcome these obstacles!
2. 🌟 Make This Week Count: Commit to \_\_\_\_\_. 🌟 What aspect of \_\_\_\_\_ do you often struggle with? Let's discuss and turn those challenges into victories
3. 🚀 Kickstart Your Week by \_\_\_\_\_! 🚀 What's the biggest challenge you face when trying to \_\_\_\_\_? Let's conquer this week together by tackling these hurdles head-on!

# DAY 12

## How to XYZ



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### Content Prompt



Lists are popular because they are helpful bite-sized information.

Try this idea:

"#x ways to do xyz"

5 WAYS TO DO  
[SPECIFIC  
TOPIC]  
FOR [SPECIFIC  
OUTCOME]

READ THE CAPTION

### Caption Prompt

It's Easier Than You Think! 💡 The journey begins with a single step: [insert step one]. In my early days as a [Your Title], I realized that sometimes, the simplest approach is the most effective. What challenges are you encountering in [topic]? Share and let's find solutions together!

or

🔥 Making [Process] a Breeze in [#] Steps! 🔥 I've broken down [process] into just [#] straightforward steps, and they're all yours! Here's your guide to [insert topic]: [insert step by step how-to]. It's simpler than you thought, isn't it? Any more questions on [topic]? Let's dive deeper!



# DAY 13

## Share a Round up



PROMOTIONAL



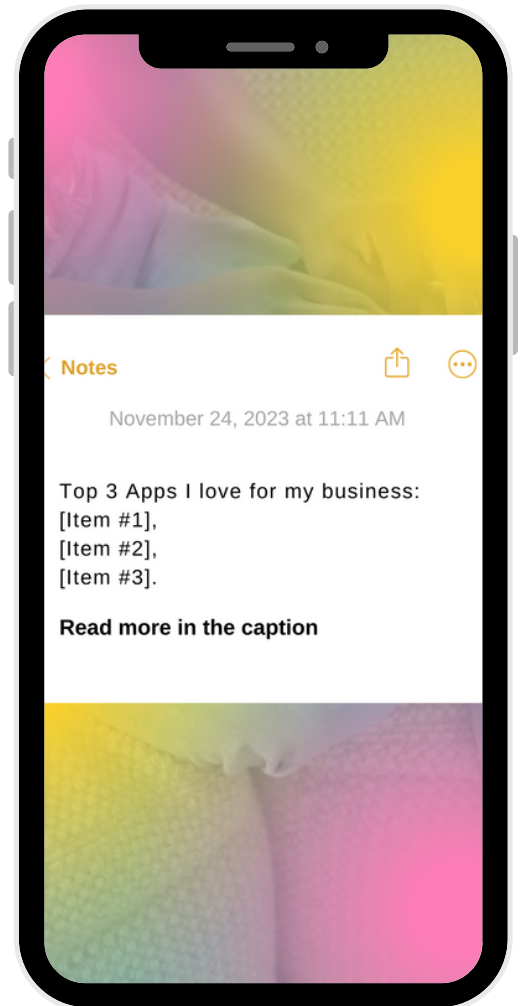
GRAB TEMPLATE

### Content Prompt



This a great real to share additional products or ideas that align with your brand. Think what will help them in addition to what you will solve.

I.E Apps you use, programs that save time, collaborate with a related industry to showcase their products and how it will help them, books or podcast you love.



### Caption Prompt

💡 Discover My Favorites! 💡 Curating the best experience in [specific business offer] means relying on some incredible tools and/or collaborators.

Here's a glimpse at what helps us excel:

[Item #1],  
[Item #2],  
[Item #3].

They align seamlessly with our mission at [Your Business]. I'm curious, what are your must-have tools or partners in your business journey? Let's exchange ideas! 🌐👉

# DAY 14

## Get Feedback



SOCIAL PROOF

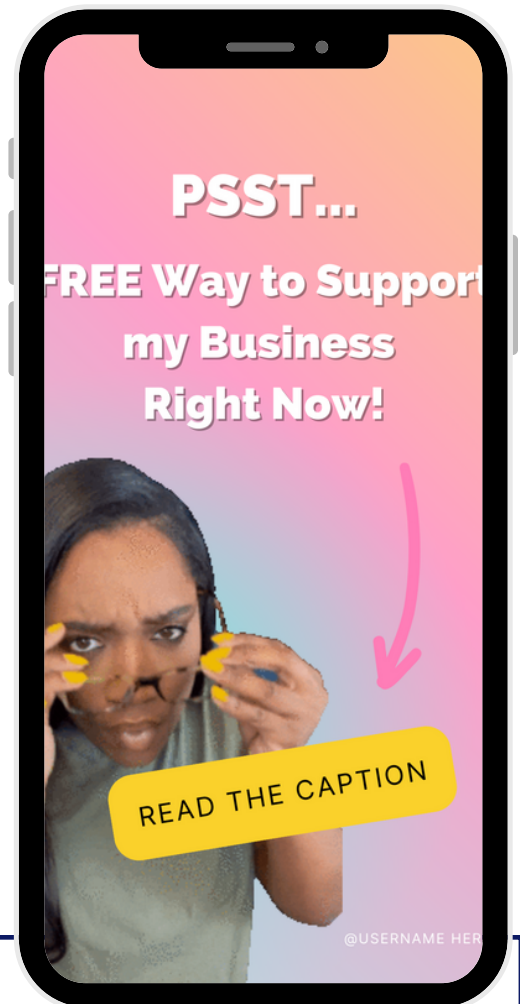


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### Content Prompt

These are simple and quick but make an impactful message to your audience that what you offer is going to benefit their life.

**Tip:** Take screenshots of testimonials you've received from socials, emails, or surveys you've put out. Don't have any yet, get to asking past clients or customers or share the results when you used your products or services in your own business.



### Caption Prompt

"👉 Need Your Support, Friends! 👉 I've been all in with [program/offer/etc], striving to create the best experience for you. Your positive words could help others discover it too! If you're part of [program/offer/etc], what's been your takeaway? Would you recommend it? 🤔❤️"

or

"🎉 Brighten My Day! 🎉 Tell me all about your experience with [offer/program/resource]. Over [number] people have already shared their love for it, and now I'm excited to hear from you! Feel free to leave your thoughts in the comments or slide into my DMs if you're more comfortable there. 💬❤️"

# DAY 15

Seek out a trend people are loving

ENTERTAINMENT



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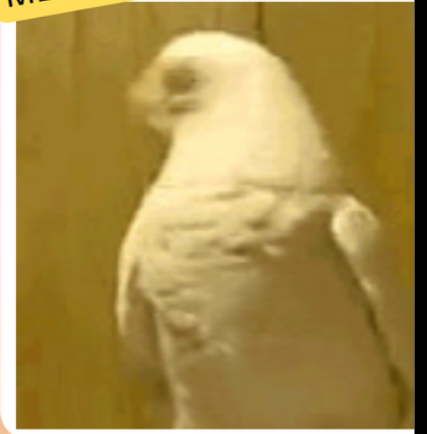
## Content Prompt



Every week there is a new reel or tiktok trend. Get involved by adding to the trend your own anecdote. Think of a pain point or an outcome your audience would like to have.

Trends can include memes, funny videos, and trending audios.

ME WHEN I \_\_\_\_\_



## Caption Prompt

1. 😂 That moment when \_\_\_\_\_ hits just right. Who else gets it? On a side note, I'm totally hooked on \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. What are your top three can't-live-withouts?"
2. "🌟 Who's gearing up to \_\_\_\_\_?! I'm already on board since the last time I \_\_\_\_\_. Curious to know – when you're pumped about something, which emoji is your go-to? I always find myself using this one: \_\_"
3. "👁️ Caught up in the latest craze of \_\_\_\_\_ and I can't get enough! I'm slightly obsessed with \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Tell me, what are the three things that you absolutely need in your life?"
4. "🔥 Jumping on the trend wagon with \_\_\_\_\_! Last time I did this, I was blown away. What about you? Also, let's talk emojis: which one do you spam when you're super excited? I'm all about this one: \_\_"
5. "💡 Just discovered \_\_\_\_\_ and I'm all in! It reminds me of my love for \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. What are your indispensable three? Also, when excitement hits, which emoji do you use the most? Here's mine: \_\_"

**30 DAYS REELS  
CHALLENGE**

**WEEK**

**4**

WOAH, YOU ARE  
ALMOST DONE!

# DAY 16

## Morning Routines

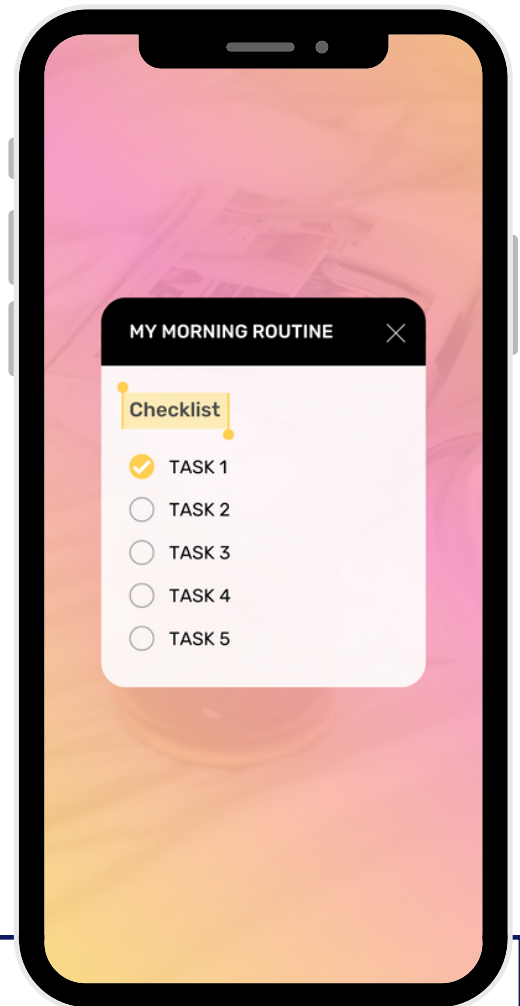
INSPIRATIONAL

 [GRAB TEMPLATE](#)

### Content Prompt

How do you like to spend your morning before work. Share your tips that will possibly help others set the tone for their business work down.

**Tip:** Find clips that speak to you, you can overlay brand colors over them if they aren't your aesthetic.



### Caption Prompt

1. Embrace Your Monday Morning Routine! ☀️ Start your day with [insert a morning routine activity] and set the tone for a productive week. I'm kicking off my day by [your morning routine]. What's your go-to morning ritual to get into the groove of a new week? Share and inspire!
2. Good Morning, Monday! ☀️ Today's success begins with your morning routine. Whether it's [insert morning routine idea] or your unique twist, make it empowering. I always start my day with [your routine]. What morning habits set you up for a winning day?
3. Rise and Shine! ☀️ After a relaxing weekend, remember: anything is possible with a positive mindset! I'm channeling this energy into [goals you are setting/dreams you are pursuing]. What's one thing in your mornings that you must do to make your day count!

# DAY 17

## Unpopular Opinions



EDUCATIONAL



GRAB TEMPLATE

### Content Prompt



People love to hear a hot take on different things in industries they are interested in. So share what's on your mind, sick of seeing in your industry, or advice that you want to share that your audience simply has to learn!

**Tip:** People love twitter or thread style posts.



### Caption Prompt

I was on [forumn/facebook group/podcast, etc] listening to [specific topic] and I got a revelation about how people are viewing [specefic topic related to your niche]

[insert common industry myth]

It really couldn't be further from the truth! 🤖 It's fascinating how these myths get around, isn't it?

Tell me what are you thoughts on this. Did it make you side eye [topic] or was you one that believed this myth?

**or**

🔥 Time for a Hot Take! 🔥 Ready for my unpopular opinion? [insert unpopular opinion]. Yep, I said it! Here's my perspective: [insert wisdom related to your industry]. At the end of the day, it's your customers' views that count the most. What do you think? Agree or disagree? 🙌

# DAY 18

## Showcase a New Product/Service



PROMOTIONAL



GRAB TEMPLATE

### Content Prompt

Share a soft launch of your latest new product or services. Share what they are getting when they invest in your products or services.

**Tip:** Do quick transitions and cuts. Add info to each clip or do a voice over if you are feeling confident!



### Caption Prompt

"🌈 Transform Your [Business/Lifestyle/Work] with [Your Product/Service]! 🌈 We've packed it with [Key Feature #1], [Key Feature #2] - all you need for [desired outcome]. Dive in and see the magic for yourself. Click the link in my bio to get started! 🔗"

or

"🎉 Big Reveal Time! 🎉 Ever wondered what makes [Your Product/Service] so special? Here's the scoop: [Key Feature #1], [Key Feature #2], [Key Feature #3]. Designed to take your [specific need] to the next level. Ready to experience the difference? Check it out via the link in my bio! ⭐🔗"

# DAY 19

## Share a Transformation



SOCIAL PROOF



GRAB TEMPLATE

### Content Prompt

These are simple and quick but make an impactful message to your audience that what you offer is going to benefit their life.

**Tip:** Take screenshots of testimonials you've received from socials, emails, or surveys you've put out. Don't have any yet, get to asking past clients or customers or share the results when you used your products or services in your own business.



### Caption Prompt

😊 Received the most uplifting words from [@clientname] about their [experience with your product/service]: [Insert testimonial]. It's feedback like this that fuels my passion.

**\*\*Add your favorite story or how they made you feel during their process or working with you-if you had a client. Did you see a transformation in their confidence [or specific mood you want to give people]\*\***

Thinking about [product/service]? [insert call-to-action]. Let's make amazing experiences together!"



# DAY 20

Who needs to hear this?

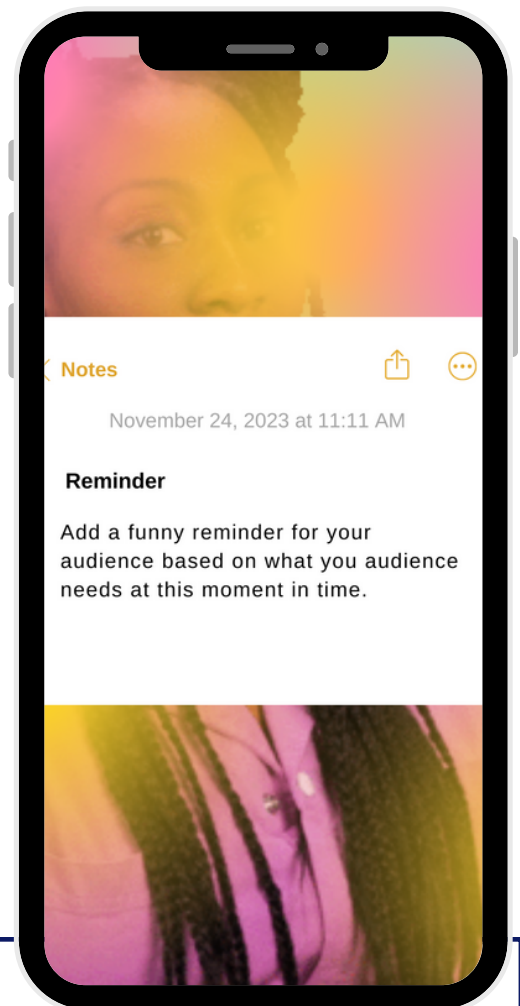
ENTERTAINMENT

 [GRAB TEMPLATE](#)

## Content Prompt

Joke with your audience about a common mistake or an overlooked mistake that your clients/customers make when doing something related to your industry.

Tip: use a reminder/notes app style graphic to make it recognizable.



## Caption Prompt

1. "📣 Who needs to hear this today? You're doing better than you think! Give yourself some credit for the small victories. ✨ Tag someone who always underestimates their awesomeness. "
2. 😊 Who needs to hear this right now? It's okay not to have everything figured out. Embrace the journey and enjoy the ride. 📈 Tag a friend who's on their way to great things but needs to enjoy the process.
3. 😂 Alright, who needs to be reminded? Taking a break is NOT the same as giving up. Sometimes, a little pause is exactly what you need to recharge. 🛏 Tag a workaholic friend who could use this reminder!

**30 DAYS REELS  
CHALLENGE**

**WEEK**

**5**

**YOU ARE ON FIRE!**

# DAY 21

## What our Mondays look like

 INSPIRATIONAL

 [GRAB TEMPLATE](#)

### Content Prompt

Pull the curtain back on how you or your team stay productive through the week to bring your best foot forward to clients, customers, and your audience.

**Tip:** Make a list of things you like to do on Mondays when you are preparing for this post.

Reel title: Mondays sets the stage for the week

CTA: Read the Caption



### Caption Prompt

Here's how we set the tone for the week ahead...

- ✓ Share your idea here
- ✓ Share your idea here
- ✓ Share your idea here
- ✓ Share your idea here
- ✓ Share your idea here

Mondays are busy here at [insert your biz name]. [Share why it's important for the week ahead.]

CTA: Need help in [xyz] then we can help you overcome [obstacle they face]. DM us for more info or book a client call with us now!

Another CTA Idea: What's one thing that helps you set the tone for the week ahead.

# DAY 22

## Frustrated? Check the caption



EDUCATIONAL



[GRAB TEMPLATE](#)

### Content Prompt



Such an easy way to get people viewing your caption. Add a hook that entices and then say "read the caption"

Find a trendy audio.

Struggling to  
[1-2 words]  
because  
[1-2 words]?  
*this is why*

READ THE CAPTION

@USERNAME HERE

### Caption Prompt

1. "🌟 Feeling Frustrated? You're Not Alone! 🌟 When [XYZ thing] becomes overwhelming, and you're on the verge of [extreme reaction], pause and try this: [insert step-by-step]. Notice the difference in how you feel. Doesn't it bring a sense of calm and control?"
2. "💡 Hit a Wall with [XYZ Thing]? 💡 It's easy to feel like [reacting impulsively] in those moments. Next time, switch gears and follow these steps: [insert step-by-step]. How transformative does that feel compared to your initial reaction?"
3. "🚀 Frustrated with [XYZ Thing]? Let's Turn That Around! 🚀 Instead of [dramatic response], here's a more productive path: [insert step-by-step]. Implement this and feel the change. How much better does that approach feel for you?"

# DAY 23

## Here's what we don't do



PROMOTIONAL



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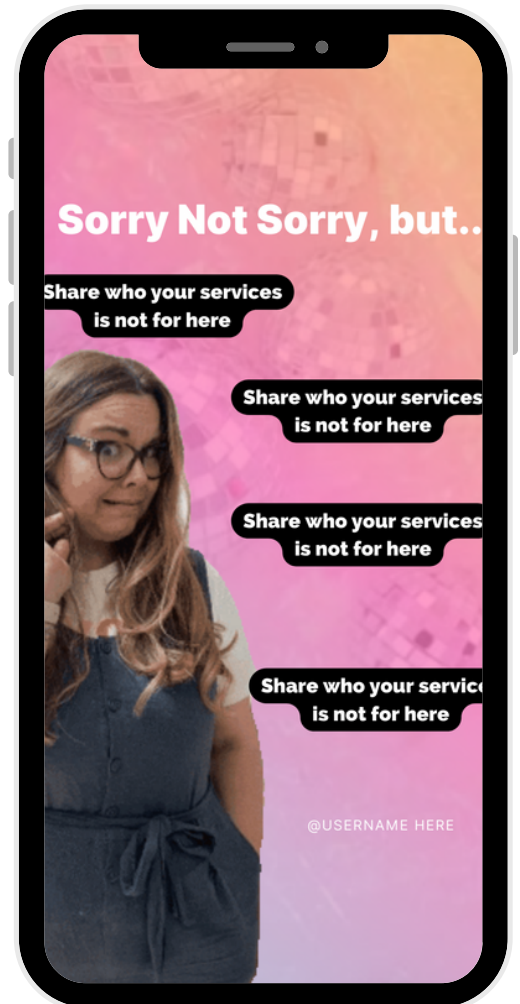
### Content Prompt



This is a great text to screen reel to share what you don't offer in your business or services. This is a great way to set boundaries, distinguish yourself from others, and weed out people who are not ideal for you.

Title: Things we don't offer in [business name]

Share 3-5 things that you don't offer in your business.



### Caption Prompt

Here at [business name] we create/deliver [adjective that describes your products] for [your target audience].

Send us a DM or type in the comments below so we can answer any of your burning questions about [product/service].

Or Head to the link in our bio to book a call with us today!

# DAY 24

## Screen grab a testimonial



SOCIAL PROOF

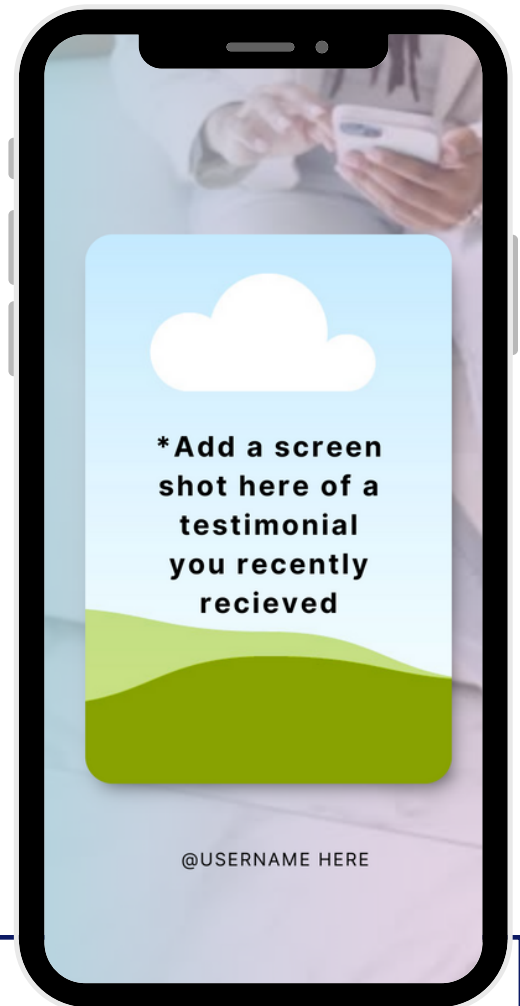


GRAB TEMPLATE

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**Tip:** Take screenshots of testimonials you've received from socials, emails, or surveys you've put out. Don't have any yet, get to asking past clients or customers or share the results when you used your products or services in your own business.



### Caption Prompt

Here's why I love creating [offer/program/resource]

**\*\*Share testimonial again\*\***

I create to inspire/motivate those to [intended outcome of your service/offer]

[Let me know how [offer/program/resource] is working out for you. [Number] others have already made my day with their stories, and I can't wait to hear yours. Comments or DMs, both are perfect ways to share your joy. 🌟📧"]

# DAY 25

## Share a pain point

ENTERTAINMENT

 [GRAB TEMPLATE](#)

### Content Prompt

What's a pain point that gets under your target audience's skin. How can you make it funny and relatable through a meme or gif.



### Caption Prompt

1. 🤔 Feeling Stuck with [Insert Pain Point]? You're not alone. Many of us struggle with this. But here's a thought: [Insert a positive spin or solution]. What's been your biggest hurdle in overcoming [Insert Pain Point]? Let's find solutions together.
2. 💡 Struggling to [Insert Pain Point]? It's a common challenge, but guess what? There's always a way through. Consider trying [Insert a potential solution]. How has [Insert Pain Point] been a roadblock for you, and what have you done to navigate it?
3. 😞 Is [Insert Pain Point] bringing you down? We understand. It's tough, but not insurmountable. Have you tried [Insert a suggestion or remedy]? We'd love to hear how you've been managing [Insert Pain Point] and share some collective wisdom.

BONUS

5

REELS

NOW, YOU ARE READY  
TO SHOW YOUR FACE!



# Let's Face it!

## Hey there, superstar!

If you've managed to post reels consistently throughout the month, you've already earned a gold star in my book. But now, it's time to level up your game. I'm challenging you to start featuring yourself in at least three reels each month. Yes, you heard me right, girlfriend! I know you can do this. And as you grow more comfortable, I encourage you to gradually increase that number.

I understand the thought of creating reels regularly can feel overwhelming, especially with your busy schedule. But remember, you've already shown incredible dedication by posting weekly and engaging with your audience. Now, we're just stepping it up a notch.

Each month, aim to create 3 to 5 reels that offer a peek behind the scenes. The beauty of these reels is that they're totally flexible to your style. Want to film with your back to the camera? Go for it! Feel like showing off your workspace or your computer screen? Absolutely. If you're ready to share snippets of your day-to-day life, just set up your camera and start recording.

The possibilities are truly limitless, and the more you do it, the more natural it will feel. Throughout your week, capture those spontaneous moments of work or even mundane errands. By the end of the week, you'll have a treasure trove of footage to sprinkle throughout the month.

Consider this your bonus challenge when you're ready to reveal more of your world and connect with your audience in fresh, exciting ways. I'm rooting for you and can't wait to see your confidence soar.

*Go get 'em!*

*Jasmine*



# DAY 27

## Re-introduce Yourself

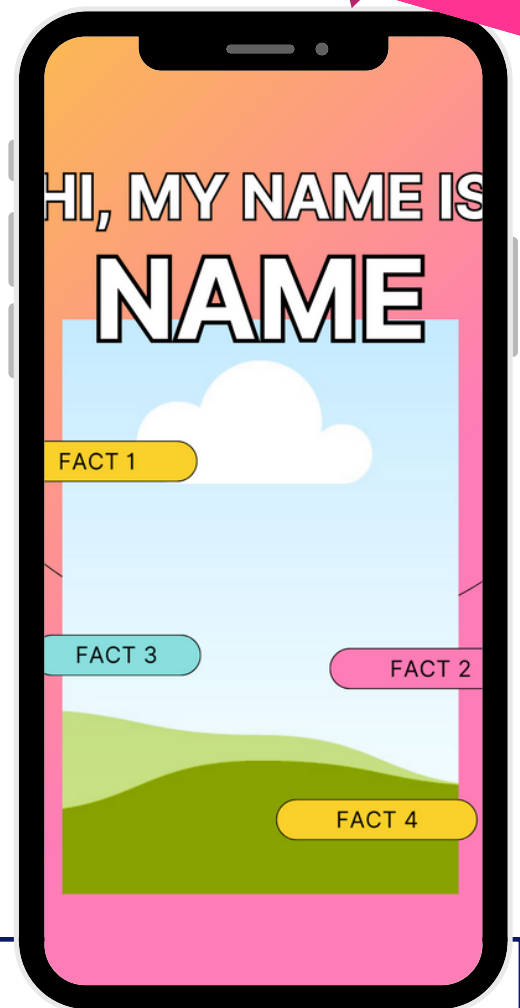
■ GET PERSONAL

🎨 GRAB TEMPLATE

### Camera Clip Ideas

Prop your camera up and record yourself sipping on your favorite drink, chatting with a client, working in your business and add fun facts about you.

Have a team? Why not get them to record themselves while they are working and share fun facts about them to.



### Caption Prompt

1. 🌟 Hello Again! 🌟 I'm [insert name], the heart and soul behind [insert company name]. A little about me: I'm passionate about [fact1], [fact2], and yes, [fact3]. Now it's your turn – what are your hobbies or passions? Let's get to know each other better! 🤗"
2. 🙌 Welcome (or Welcome Back) to [@youraccountname]! Here, we're all about [insert your business offer]. Plus, you'll find your dose of motivation every Monday to kickstart your week. As for me, [insert personal tidbit or motivational philosophy]. How do you feel about Mondays? Share your thoughts! 🚀"
3. 🕒 When's Your Peak Time? 🕒 Here at [insert account name], I'm definitely a [choose one: Early Bird/Afternoon Warrior/Night Owl] because [insert reason]. This suits perfectly with [working from home/running my own business]. What's your most productive time? A, B, or C? Let's find out who we are! 🐦🌞🦉"
4. 🤝 Meet [insert name], Your [insert job title]! I'm all about being a [choose: proud nerd/geek/scrappy hustler]. Life's a wild ride of [fact1], [fact2], and [fact3]. Now, it's your turn – tell me about yourself. Where are you from, and what do you do? Let's connect! 🌍🌟"

# DAY 26

## Behind the Scenes

■ GET PERSONAL

🎨 GRAB TEMPLATE

### Camera Shy Ideas

Film yourself creating your next product, working with a client, or brainstorming your next project. This can be done by propping up your camera on something and hitting record.

**Tip:** To get comfortable try filming a short clip everytime you work or when ever you are feeling your cutest!

BEHIND THE SCENES

How we  
create  
*[offer here]*

 Reels Covers

### Caption Prompt

1. "🤔 Habit Revelation 🤔 Did you ever notice how you [do XYZ habit] when you're feeling [stressed/happy/excited]? I realized this the other day while [doing XYZ thing]. For me, [xyz thing] always connects to [other xyz thing]. It's funny how that works, right? Do you have any quirks like this? Let's hear them! 🌈"
2. "My Power Day Routine ☀️ On my most [energized/inspired/productive] days, here's what I do: [insert timeline of your day]. But I can't help feeling something's missing. Any ideas on what I should add to make these days even better?"
3. "Behind the Scenes of [Offer/Experience] 🔍 When creating my latest [offer/experience], I had one thing on my mind: [insert topic]. I wanted to step away from the usual [course/community/program/etc.] format, so I delved deep into [XYZ topic] and used [XYZ knowledge] to craft something unique for you all. ❤️ What elements do you think make an [offer/experience] stand out?"

# DAY 28

## Film a Tutorial

■ GET PERSONAL

🎨 GRAB TEMPLATE

### Camera Shy Ideas

Tutorials are a great way to get people saving your content to come back for more! Plus you don't have to show your face, just use your voice! Simply grab your phone or do a screen recorded tutorial on your phone/laptop and add a voice over.

**Tip:** When working on something why not go ahead and do a recording of you working on it. This will save you from procrastinating. Write out a script and read from there!

 Reels Covers



### Caption Prompt

1. 📹 Tutorial Time! 📹 In today's quick tutorial, I'll show you how to [insert tutorial topic]. It's as easy as [describe how easy it is]. Ready to give it a try? Let's get started! 📲 "
2. 🧐 Learn Something New Today! 🧐 Watch as I demonstrate the steps to [insert tutorial topic]. You won't believe how [describe impressive result]. Now, it's your turn! Try it out and share your results with me. 📸 "
3. ✨ Master [Tutorial Topic] with Me! ✨ I'm sharing my secrets on how to [insert tutorial topic] effortlessly. Follow along and let's make [topic] a breeze! Don't forget to tag me in your creations. 😊 "
4. 🔥 Ready to Level Up Your [Topic]? 🔥 Today's tutorial will teach you how to [insert tutorial topic]. It's a game-changer for [mention the benefit]. Give it a shot and share your progress. 🚀 "
5. 💡 Tutorial Time: [Tutorial Topic] Edition! 💡 Join me as I break down the steps to [insert tutorial topic]. By the end, you'll be a [topic] pro! Show me your results in the comments. Let's do this! 💪 "

# DAY 29

## A GLIMPSE at my life

■ GET PERSONAL

🎨 [GRAB TEMPLATE](#)

### Camera Clip Ideas

Let's get personal and bring people into your life. Try a Day in your life and film it on your phone.

**Tip:** You can take clips while you are doing things throughout the day like pouring your first cup of coffee, take footage of you at the coffee shop, Share your favorite lunch spot, etc. Remember these can be short clips that you can put together for a 5-7 second clip.



### Caption Prompt

1. "📺 Guilty Pleasure Confession 📺 Did you know my go-to [tv show/movie] escape is [insert title]? That's right, it's my secret weapon for unwinding after grappling with [XYZ business struggle]. Do any of you watch [show/movie], or am I flying solo on this one? 🎁👤"
2. A Day in My Shoes 👁️ Ever wonder what a typical day looks like for me? Here's a quick snapshot: [insert brief timeline or key activities]. But I always wonder if I'm missing out on something. What's a must-do in your daily routine that I should try? 🌞🕒
3. Morning to Evening: My Daily Journey 🍷 My day usually goes something like this: [insert morning to evening routine]. It's a blend of [work/lifestyle activities], with a side of [personal touch]. How do you navigate your day from start to finish?

# DAY 30

## Sneak Peek Investment

■ GET PERSONAL

🎨 GRAB TEMPLATE

### Camera Shy Ideas

Showcase what it's like to work with you, share a sneak peek into your product, membership, course. What can people expect when receiving your products or services.

**Tip:** Use your phone and go thought the view of a customer or client, what would they expect when investing in your business.

 Reels Covers

Sneak Peek Look at

**SPECIFIC OFFER  
GOES HERE**

### Caption Prompt

"💡 Spotlight On: [Your Product/Service]!

Say goodbye to [common problem] and hello to [unique solution]. With features like [Feature #1] and [Feature #2], it's a game-changer. Curious? Tap the link in my bio to explore more and transform your [relevant field]. 🚀🌟"

or

"🎪 Pulling the curtains back on [offer]

Ever wondered what makes [Your Product/Service] so special? Here's the scoop: [Key Feature #1], [Key Feature #2], [Key Feature #3].

Designed to take your [specific need] to the next level. Ready to experience the difference? Check it out via the link in my bio! 🌟🔗"



**YOU  
COMPLETED  
YOUR MONTH  
IN REELS!**



SHARE HOW YOU  
**ROCK**

30 DAYS OF REELS

*Content?*

*TAG SHE BOLD STOCK WHEN YOU CREATE  
THESE REELS. WE WOULD LOVE TO SHARE  
YOUR CREATIONS WITH OUR AUDIENCE.*



**SHEBOLD\_STOCK**