

30 DAYS OF VISIBILITY

*30 Instagram prompts for women who want to
build community, be true to themselves &
connect their offerings with the people that
matter...*

A S S E M B L Y

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30 Instagram prompts for women who want to build community, be true to themselves & connect their offerings with the people that matter...

If you have something to share, a product to sell, an offering to bring into the world and you don't know how to connect it with the people you want to serve - this is for you.

We've all been there. We want to share, to build community and let people know what we're all about and what we have to offer.

We may even have the images ready to go but when it comes to what to say, how to write that caption...we freeze. We get stuck in an overthinking spiral and end up sharing nothing at all.

Here's why that's an issue:

You have something to say.

You have something to offer that will bring value and service and maybe even healing to someone else.

Can I just take a minute to tell you how much we need you?

In case no one has told you this before - let me be clear: we need your brilliance, your ideas, your solutions and your creativity in the world.

We badly need more women willing to bravely put their ideas into the atmosphere. The world is desperate for more empathic, brave, committed women to show us what they are made of - even if (and maybe especially if) your version of that looks wildly different from what you see around you right now.

This page of prompts is simply a jumping off point to help kick your visibility into gear; to help you remember all the brilliance inside of you.

TIPS FOR USING THE PROMPTS:

- Feel free to customise or expand them to suit you and your voice. These 30 prompts can be used over and over again in different ways to connect with your community or customers.

- Try to provide your readers with a call to action - either a response/reply to a question, a link to check out or a way that they can connect with you again.

- Don't be surprised if you lose followers initially. This is what happens, trust the process. It'll all even out and you'll find a really engaged community emerging.

- Offer value. Build trust with the people that you want to serve. Give, give, give, ask.

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Instagram prompts for women who want to build community, be more true to themselves & connect their offerings with the people that matter...

- 1) *Something you might not know about me is...*
- 2) *Have I told you about this thing I've been working on? (tell your community about the thing!)*
- 3) *When I was a kid, I really wanted to be a....*
- 4) *My favourite kind of morning is...*
- 5) *One of my biggest dreams for my business/life/family is...*
- 6) *Something I'm really passionate about is...*
- 7) *The best people to work with are those that...*
- 8) *One of my favourite tips for anyone who is thinking of (connect this bit to what you do and offer a short piece of advice).*
- 9) *Something that I'm super proud of is (can be business or general life related)...*
- 10) *Right now I'm really interested in learning more about...*
- 11) *Three things I have found really useful to remember in building my business/offering is...*
- 12) *If I could trade places with one person for the day it would be...*
- 13) *One of the toughest things about bringing ideas to life is...*
- 14) *Did you know that I offer...?*
- 15) *Here's something one of my customers/clients said recently that felt really good to hear...(share some testimonials or feedback)*

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16) *I want you to know that you don't have to be _____ to run your own business or to bring your ideas to life in the world...*

17) *Here's a little behind the scenes from where I get my work done...*

18) *Let me tell you about the time things went really wrong and how I figured that out...*

19) *The best decision I ever made was to...*

20) *Something I think we need more of in the world is...*

21) *If I could jump into another job for a day and see what it's like I'd like to try...*

22) *One of the hardest decisions I've ever had to make in my work life was...*

23) *My favourite thing about running my own business is...*

24) *When you buy/order/read/engage with something from me, here's what you get...(talk not just about the product/offering but what that connection or purchase means to you).*

25) *One of my favourite leaders is _____ because...*

26) *The last thing I experimented with in my business/service was...*

27) *Here's a little secret about my business/offering that you might not have known...*

28) *Some other women who are owning their work and doing brilliant things in the world are...*

29) *Share a favourite quote and why it's meaningful to you...*

30) *Want a run down of my day? Here's a quick birds eye view of how things go...*