

@misscarolineflett

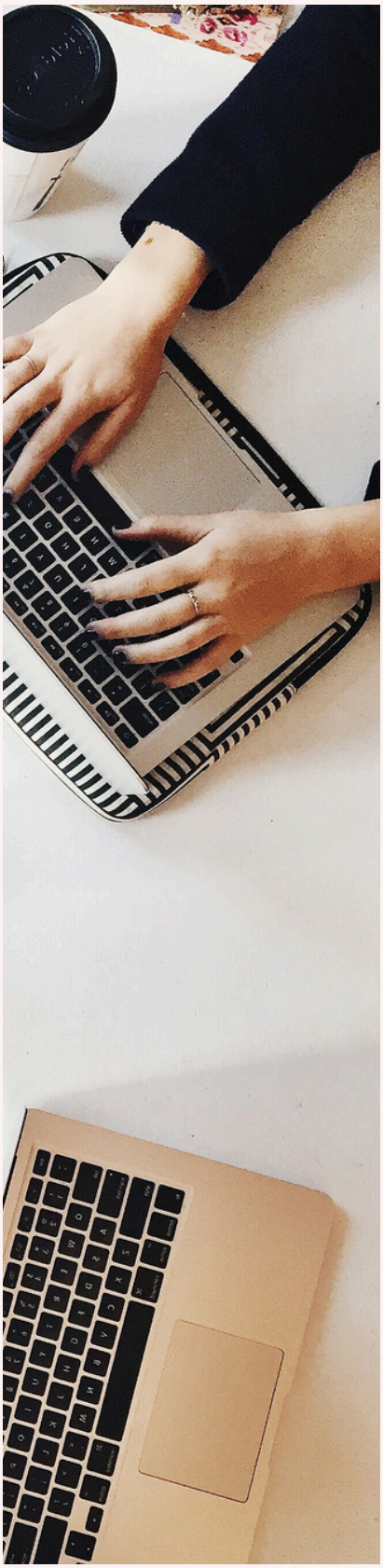
ChatGPT for Instagram Growth Guide



www.carolineflett.com

✨ Grow My Instagram & Sales

The Prompts



1 INSTAGRAM BIO

Please act as a social media expert for my business.

Please write me 15 instagram bios, no more than 150 characters, including emojis.

I help [ideal client or person - example: online business owners] with [specific goal, problem and results] so they can [get ultimate outcome, desires or results].

Focus on the benefits to my audience.
Make each of the 15 bios 3 lines.
Make each line a complete sentence focusing on 1 benefit and beginning with an emoji.
Use simple and common language.
Please include the following keywords in each bio: [insert keywords].

2 CONTENT TOPICS FOR ATTRACTION

Please act as a social media expert and strategist for my business.

I help [person/avatar] [solve these problems], [get these results] so they can [achieve greater goals and desires].

My ideal client is [this type of person] with [desires, needs or characteristics]

Please generate 30 of the top topics related to my niche, that I should make content about to attract my ideal client.

Please include 5 related keywords for each topic.

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3

CREATE A WEEK OF CONTENT IDEAS

Please act as a SEO expert and social media content strategist.

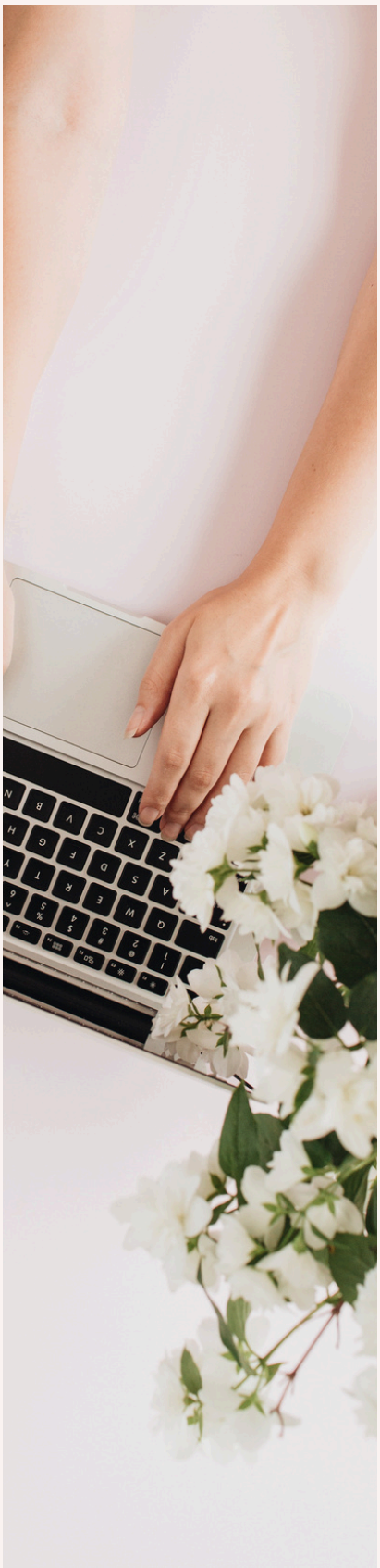
I'd like you to generate content ideas for my business. I help [client avatar] [get results and get specific benefits].

Please generate 7 of the content ideas related to the topic [insert your niche topic]. The ideas should fit into the following categories:

1. A mistake they make related to the topic
2. A myth my audience believes about this topic
3. Tips & Strategies: (like 3 tips or 5 ways to...)
4. How-to tutorial
5. List of resources (like apps, recipes or tools)
6. A problem
7. A TOP question my audience member is searching for

Please ensure the ideas will attract my ideal client and are highly searched.

Do you understand?



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CONTENT IDEAS TO SOLVE YOUR FOLLOWERS PROBLEMS

I want to make Instagram reels for my business and attract [ideal client or customer types] who need my services.

I provide [specific services] to [get result or solve problem] [for my client type or avatar] using [method or tools], helping my clients get [deeper benefit or long-term desired result].

Please generate 20 ideas for Instagram reels relating to the top problems my ideal clients faces on a daily basis.

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CREATE 30 DAYS OF CONTENT TO ATTRACT YOUR IDEAL FOLLOWER

I want to make Instagram content that's going to attract my ideal followers, clients and customers for my business.

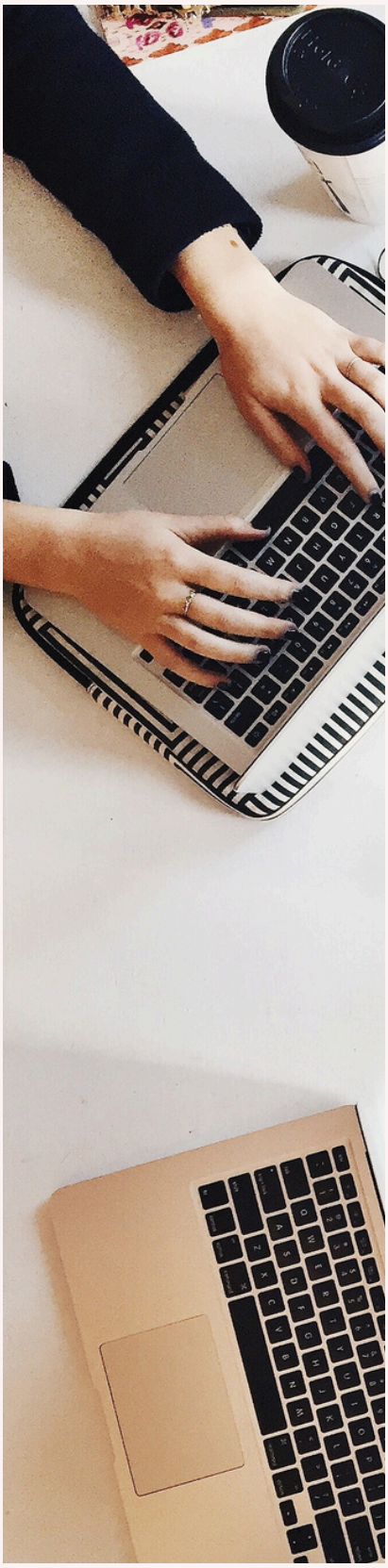
I help [specific person] with [these problems] to [get these results].

Please list the top 7 topics I should be making content about.

Next, for each topic, please list:
3 of the most common mistakes they're making
3 fears related to the topic
3 desires and results they want
3 frustrating symptoms my customers experience

Please describe each in 2 sentences, being as specific and descriptive as possible.

Do you understand?



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QUOTES FOR HIGH ENGAGEMENT ON YOUR REELS

I want to make inspiring quote reels for my [type/topic] business on Instagram.

Please generate 50 viral quotes about [topic].

The quotes should be short, motivating and inspiring.

They should be about [these main ideas, thoughts and values].

They should also trigger emotion.

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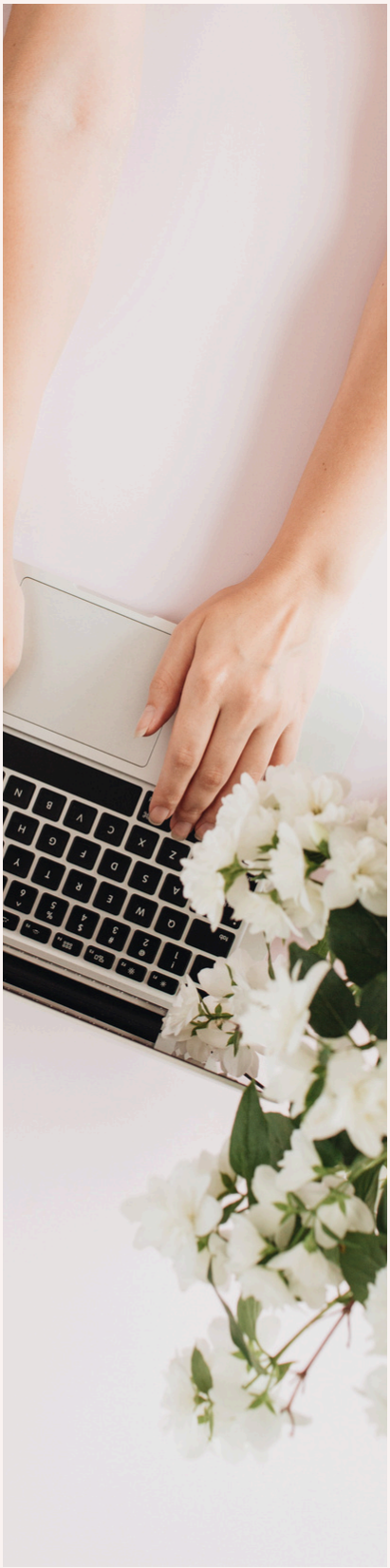
24 JUICY HOOKS

Please act as a social media strategist and expert copywriter.

I want to make instagram reels for my business. I help [person you help] with [specific goals, desires and outcomes].

Please generate 24 hooks, or strong starting statements to start my video. These statements should capture attention, make people curious and make them watch my video. They should be about the topic of [specific topic related to your niche] and use the following hook templates:

1. The #1 mistake you're making that's stopping you from [achieving specific goal].
2. This may be controversial but [insert controversial but true opinion].
3. Stop doing [common thing your audience is doing wrong]. Do this instead.
4. When you finally figure out how to [get specific result your audience wants], without [specific thing your audience hates doing].



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CONVINCING STATISTICS FOR CONTENT

Please generate 30 statistics that support why [my ideal client] should [do the thing you want to help them with].

Please display the responses in 3 columns.

Column 1: the statistic.

Column 2: a phrase about what they'll miss out on by ignoring it.

Column 3: a phrase about how to use this information to get a better result.

You must verify that the statistics are accurate)

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LIVE TRAINING TITLES THAT SELL

"I'd like you to act as an expert copywriter for my business.

I'd like to come up with ideas for the name of my next [topic] training.

The training is about [insert what the training is about]

I'd like the title to include strong action words, use simple language and include the following ideas:

- [Audience benefit 1]
- [Audience benefit 2]
- [Problem you're solving]

The name should make may audience feel compelled to want to watch it with a title that sells. Please generate 30 name ideas."

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B-ROLL CLIPS FOR STELLAR REELS

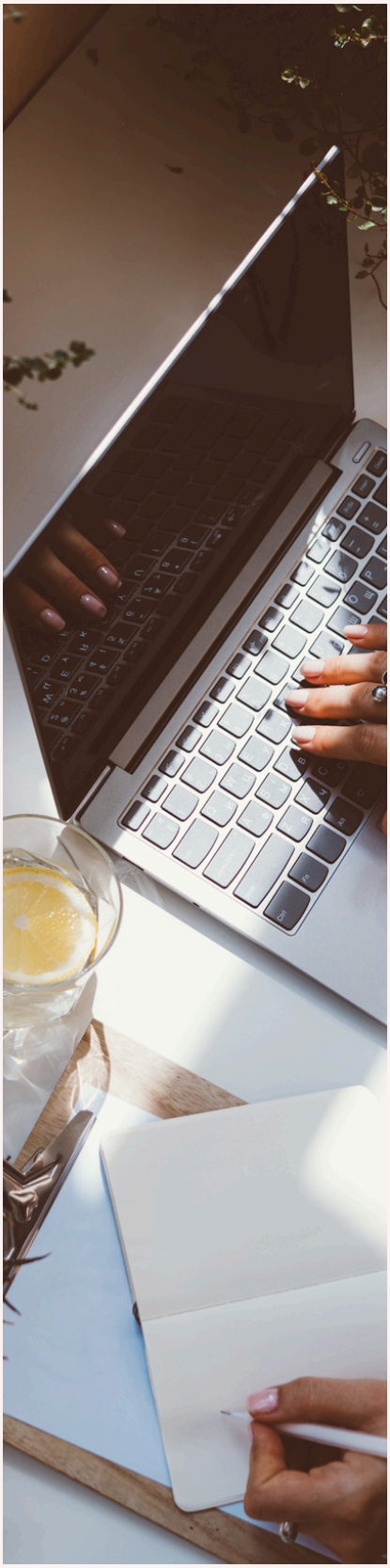
I'd like to create video clips or b-roll for my text on screen Instagram reels and I'd like some ideas.

These b-roll clips should be short, non-spoken video clips of me doing everyday activities during the day (like preparing my lunch or working on the computer), and include videos of me doing things related to my business, like [give an example - e.g. coaching on Zoom].

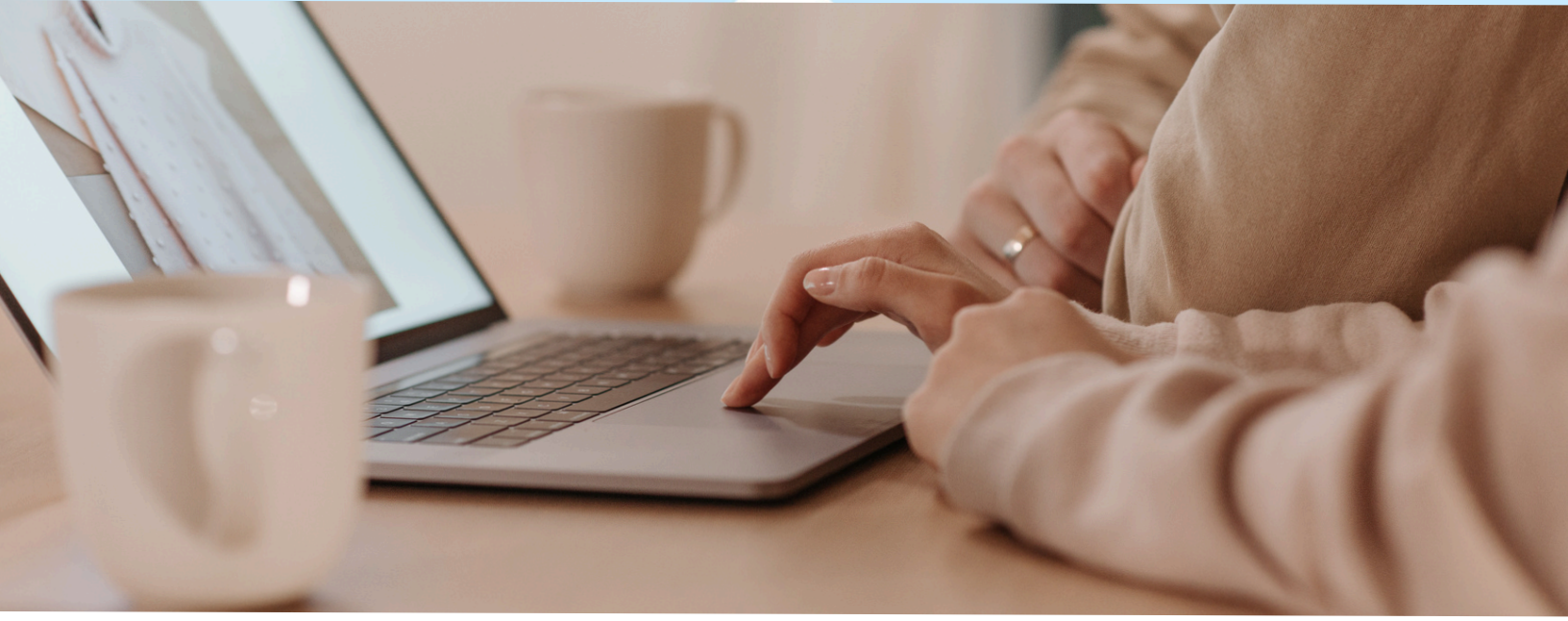
I'm a [insert professional or business title/role] who helps [your ideal client or customer] [achieve main result], and [get added benefits 1, 2 and 3].

Please generate 30 ideas for "b-roll" clips I can film at home and throughout my day.

Please generate another 30 ideas for b-roll clips I can film while I'm out in public or doing errands, such as [give 2 examples specific to YOU like doing yoga or walking outside]



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Let's GROW your audience and brand.

If you're ready to build a personal brand people actually follow, and grow an audience that buys, I'm inviting you to Impact Millions Academy. Inside, I'm sharing the exact strategies, templates and content systems behind my 1.5 million audience and $2 million business.

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Need daily plug & play reel ideas for your niche? Here's where you can get instant access to the app that tells you exactly what to post each day to grow your audience and sales.

👉 Get the Plug & Play Reels App

Student growth: 15M+ followers & 3+ Billion views

Now it's your turn.

Cheering you on big time!

Caroline

Founder of Impact Millions