

30 Days of Instagram Post Ideas



- ☐ 1. Inspirational quote
- ☐ 2. 3 Get to know me facts
- ☐ 3. Offer a Freebie!
- ☐ 4. Share a business tip
- ☐ 5. Share your workspace
- ☐ 6. Share the story behind your name/logo
- ☐ 7. Promote exclusive offer for your IG followers
- ☐ 8. Share a funny story that happened recently
- ☐ 9. Throwback of you or your business
- ☐ 10. Your business mantra
- ☐ 11. Run a Giveaway
- ☐ 12. Your biggest Mom Guilt
- ☐ 13. Shortout to mentor or hero
- ☐ 14. Business lesson you learned
- ☐ 15. Share your personality quiz results
- ☐ 16. One of your deal breakers in business
- ☐ 17. Share your morning routine
- ☐ 18. Your favorite self-care tips

- ☐ 19. Share your secret vice
- ☐ 20. Share a pic of your planner
- ☐ 21. Favorite lyrics from a throwback song
- ☐ 22. Dream vacation destination
- ☐ 23. Share what would be in your "Mom Survival Kit"
- ☐ 24. Share a review or comment from a loyal customer
- ☐ 25. Share business anniversary
- ☐ 26. Something you struggled with in your business
- ☐ 27. Time lapse of how you make a product
- ☐ 28. Announce a new product
- ☐ 29. Share a discount code
- ☐ 30. Run a caption contest

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