DOCUMENT 3 - HOW TO POST

A One-Page Guide for Influencers

What You're Receiving

A complete kit of ready-made content - three free books, six social posts, six Stories, and twenty quote cards. Everything is already made. Nothing needs to be designed.

You can post as much or as little as you like. There are no rules. Only invitations.

The Kit, At a Glance

Item	What it is	Where to find it
The Books	Three free books + Chapter 1	Books folder
Image Posts	Three ready-made single-image posts	Posts folder
Carousels	Three ready-made carousels	Posts folder
Stories	Six ready-made Instagram Stories	Stories folder
Quote Cards	Twenty ready-made quote cards	Cards folder

Every item comes with its own caption, hashtags, and instructions. You copy, you paste, you post.

How to Post - The Simple Rhythm

If you'd like a schedule, here is the one we recommend. Post one piece per day, for six days.

Day	Post
Day 1	Image Post 1 + Story 1
Day 2	Carousel 1 + Story 2
Day 3	Image Post 2 + Story 3
Day 4	Reel 1 + Story 4
Day 5	Carousel 2 + Story 5
Day 6	Image Post 3 + Story 6
Day 7	Rest

Then you can repeat the sequence with the second half of the kit, or dip into the quote cards as standalone posts whenever the moment calls.

But you don't have to follow this. Post in any order. Post on any day. Post just one thing, or post everything. The rhythm is there if you want it. It's not there to constrain you.

How to Add the Link

Every post needs a link so your audience can download the free books. Here's how to add it on each platform:

Instagram:
- For Stories: use the Link Sticker. Tap the sticker icon, choose Link, paste your unique URL.

- For feed posts: Instagram doesn't allow clickable links in captions. Add the link to your bio, or post it as the first comment.

Facebook:
- Add the link directly in the caption. Clickable automatically.

Threads:
- Add the link in the post. Clickable automatically.

Bluesky:
- Add the link in the post. Clickable automatically.

The link to share:
`www.10demandments.net/dontrushgirl/`

Or use the unique link we've provided with your kit.

A Note on Captions

Every post in the kit comes with its own caption. Copy it exactly as it is, or adapt it in your own voice. Your audience will trust what sounds like you.

There are no captions for Stories - Instagram Stories don't have captions. The words are already on the Story image, and the voiceover scripts are optional.

What Not to Do

- Don't add filters to the quote cards. They are complete as they are.
- Don't crop the Story images. They are designed for the full screen.
- Don't pressure yourself to post every day. The rhythm is a suggestion, not a rule.
- Don't feel you have to share everything. Take what fits your audience. Leave the rest.

If You Want to Save the Stories

Stories disappear after 24 hours. If you'd like your audience to be able to find the books after the six days:

1. Post the Story as normal.
2. After posting, tap the three dots on your own Story.
3. Tap Highlight.
4. Create a Highlight called "Free Books" or "Don't Rush, Girl".
5. Add each of the six Stories to that Highlight.

Now anyone who visits your profile can find them permanently.

If You Need Help

If anything in the kit is unclear, or you need a different format, or you'd like a custom version for your audience - email us. We'll help.

Email: [support@10demandments.net]

Thank You

Thank you for sharing these books. Thank you for passing them on. Thank you for being one of the women who hands a book to another woman.

That is how the cycle breaks.
One woman, one girl, one book at a time.

No Hurt. Only Healing.

www.10demandments.net/mediakit