**DOCUMENT 4 - THE FULL KIT, INSTRUCTIONS AND OVERVIEW**
For Influencers Who Want to Understand the Kit Before They Download

**What this Kit Is**

A complete collection of ready-made content for sharing The 10 Demandments Series - three free books for mothers, girls, and anyone who wants to do something about the rush.

Everything is free. Everything is designed to be shared. Nothing needs to be created.

**What's Inside the Kit**

1. The Books
The three free books - She Was Once You, Don't Rush, Girl, The Slow Rebellion- plus Chapter 1 of TikTok: The 10 Demandments of Time on a Woman. Four PDFs.

2. The Image Posts
Three ready-made single-image posts. Complete with captions and hashtags. Designed for Instagram, Facebook, Threads, and Bluesky.

3. The Carousels
Three ready-made swipeable carousels (seven slides each). Complete with captions and hashtags. Designed for Instagram and Facebook.

4. The Instagram Stories
Six ready-made Stories - one per day, for six days. Complete with voiceover scripts, link sticker text, and posting briefs.

5. The Quote Cards
Twenty ready-made quote cards - ten from Don't Rush, Girl, ten from She Was Once You. All 1080x1080. All ready to post.

6. The Guides

Everything you need to know:
- Instruction PDFs/Text Files for Graphic Posts, Carousels, Stories and for Quote Cards
- How to Post - the one-page influencer guide
- The Whole Series, On One Page - for journalists and organisations
- Who, What, Why - a bio and eight talking points for interviews
- The Suggested Posting Order - a gentle six-day rhythm

**Two ways to use this Kit**

Option 1 - The Full Kit
Download the complete zipped folder. Everything is inside. One click. All yours.

Option 2 - By Section
Take only the pieces that fit your audience. Each section is downloadable on its own. Grab what you need. Leave what you don't.

**The Link to Share**

Whatever you post, your audience needs a link to download the free books. Share this:

`10demandments.net/dontrushgirl/` | https://www.10demandments.net/dontrushgirl/

**If you're not sure where to start**

Take this path:

1. Read the How to Post guide. It's one page.
2. Pick one post from the Image Posts folder. Post it. See what happens.
3. If it lands, add the carousel the next day. Then a Story.
5. If it doesn't, stop. No pressure. Nothing lost.

You don't have to commit. You don't have to do all of it. You just have to start with one thing.

**If you lose this Kit**

If you lose the download, or the zip doesn't open, or you can't find something - everything is available on the Media Kit page:

`10demandments.net/mediakit/`

You can re-download any piece, any time. Nothing expires. Nothing disappears.

**If you need something else**

Different format? Custom graphic? A specific quote from the books? A version of a post adapted to your audience? Email us. We'll make it.

Email: [support@10demandments.net]

**The Promise**

Every piece of content in this kit is built on one promise:

No Hurt. Only Healing.

If anything in these materials ever feels like it's breaking that promise - for you, for your audience, for anyone - tell us.

You are more important than any book. You always were.

**Thank You**

Thank you for being here. Thank you for reading this far. Thank you for considering sharing these books with the women who follow you.

That is not a small thing. That is how the cycle breaks.

One woman, one girl, one book at a time.

No Hurt. Only Healing.

www.10demandments.net/mediakit