# For Influencers

**What you're receiving:**

Twenty quote cards. Ten from "Don't Rush, Girl." Ten from "She Was Once You." Each one is fully designed - 1080x1080, ready to post.

**How to use them:**

Post one card per day, for twenty days. Or dip into them as the moment calls - whatever suits your rhythm.

Every card comes with its own caption. Copy it, paste it, adapt it if you want. Or write your own. The card is complete on its own.

Every card carries the same link in the caption - "From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/" or
“From 'Don’t Rush Girl' – A free Book. Search the title, or visit 10demandments.net/dontrushgirl/"
So as long as your link is live, the cards will do their work.

If you would - you can post the link in the first comment, as it will help to ensure users can click directly to download their books: www.10demandments.net/dontrushgirl/

**What order to Post them:**

You can post them in any order. But if you want the full arc, post the Don't Rush, Girl cards first (Days 1–10) and the She Was Once You cards second (Days 11–20). The first ten speak to the girl. The second ten speak to the woman raising her.

**What not to do:**

Don't add filters. Don't crop them. Don't cover the quote. They are complete as they are.

Don't worry if one of them doesn't land. Some land harder than others. That's normal.

Optional: Save them to a Highlight:

If you want your audience to find these after they've gone off your grid, save them to an Instagram Highlight called "Free Books" or "Quotes."

**Thank You:**

Thank you for sharing these. They are free because they are too valuable to be kept from her.

*No Hurt. Only Healing.*

www.10demandments.net/dontrushgirl/

Here is the complete Quote Card Pack - twenty ready-made quote cards that an influencer can post with zero design work. Ten from Don't Rush, Girl, ten from She Was Once You. The whole pack is designed to be posted as a sequence - one per day for twenty days - or dipped into as standalone posts. Both work.

**THE QUOTE CARD PACK**

**PART ONE — THE TEN CARDS FROM DON'T RUSH, GIRL**

**CARD 1 — THE ANCHOR**

Quote:

"You are not behind.
You are becoming.
And becoming takes as long as it takes."

Caption:

You are not behind. You are becoming. And becoming takes as long as it takes.
Save this. Come back to it whenever you forget.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #FreeBook #YouAreBecoming #NoHurtOnlyHealing

**CARD 2 — THE HURRY**

Quote:

"The rush is a lie.
And you are done believing it."

Caption:

The rush is a lie. And you are done believing it.
Don't Rush, Girl is a free book for every girl who's already feeling behind.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #TheRushIsALie #FreeBook #NoHurtOnlyHealing

**CARD 3 — THE TIMELINE**

Quote:

"The timeline is a lie.
Your timeline is yours.
And it doesn't have a deadline."

Caption:

The timeline is a lie. Your timeline is yours. And it doesn't have a deadline.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #YourTimeline #FreeBook #NoHurtOnlyHealing

**CARD 4 — THE COMPARISON**

Quote:

"Comparison is the thief of joy.
And you are comparing your behind-the-scenes
to everyone else's highlight reel.

Caption:

Comparison is the thief of joy. And you are comparing your behind-the-scenes to everyone else's highlight reel.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #Comparison #FreeBook #NoHurtOnlyHealing

**CARD 5 — THE BODY**

Quote:

"Your body is not a problem.
It's a miracle.
And it deserves your love, not your shame."

Caption:

Your body is not a problem. It's a miracle. And it deserves your love, not your shame.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #BodyLove #FreeBook #NoHurtOnlyHealing

**CARD 6 — THE HIDING**

Quote:

"You are allowed to need help.
You are allowed to feel.
You are allowed to heal."

Caption:

You are allowed to need help. You are allowed to feel. You are allowed to heal.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #YouAreAllowed #FreeBook #NoHurtOnlyHealing

**CARD 7 — THE PRODUCTIVITY**

Quote:

"You are not what you do.
You are who you are.
And that's enough."

Caption:

You are not what you do. You are who you are. And that's enough.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #YouAreEnough #FreeBook #NoHurtOnlyHealing

**CARD 8 — THE FEAR**

Quote:

"Your worth is not your youth.
Your body is not a clock.
You have time."

Caption:

Your worth is not your youth. Your body is not a clock. You have time.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #YouHaveTime #FreeBook #NoHurtOnlyHealing

**CARD 9 — THE TIME**

Quote:

"Time is not running out.
It's unfolding.
And you are in it."

Caption:

Time is not running out. It's unfolding. And you are in it.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #YouHaveTime #FreeBook #NoHurtOnlyHealing

**CARD 10 — THE VOW**

Quote:

"I will not be served to the Clockarchy.
I will not Rush. I will not Compare.
I will not Hide. I will not Fear.
I will Become."

Caption:

I will not be served to the Clockarchy.

I will not Rush. I will not Compare. I will not Hide. I will not Fear.

I will Become.

This is the vow. Save it. Come back to it whenever you forget.
Don't Rush, Girl is free.

From 'Don't Rush, Girl' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#DontRushGirl #The10Demandments #TheVow #IWillBecome #BreakTheClockarchy
#NoHurtOnlyHealing

**PART TWO — THE TEN CARDS FROM SHE WAS ONCE YOU**

**CARD 11 — THE FOUNDATION**

Quote:

"You cannot give what you do not have.
But a mother who is healing?
She can teach all of that. And more."

Caption:

You cannot give what you do not have. But a mother who is healing? She can teach all of that. And more.
She Was Once You is a free guide for mothers.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #ForTheMothers #FreeBook #NoHurtOnlyHealing

**CARD 12 — THE QUESTION**

Quote:

"What am I teaching her?
Not with my words.
With my life."

Caption:

What am I teaching her? Not with my words. With my life.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #ForTheMothers #RaisingGirls #NoHurtOnlyHealing

**CARD 13 — THE PERMISSION**

Quote:

"You are allowed to heal.
Not for her. Not for them.
For you."

Caption:

You are allowed to heal. Not for her. Not for them. For you.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #YouAreAllowed #ForTheMothers #NoHurtOnlyHealing

**CARD 14 — THE REST**

Quote:

"Rest is not a reward.
It's the foundation of being."

Caption:

Rest is not a reward. It's the foundation of being.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #RestIsARight #ForTheMothers #NoHurtOnlyHealing

**CARD 15 — THE MIRROR**

Quote:

"You are a mirror for your daughter.
What will she see?"

Caption:

You are a mirror for your daughter. What will she see?
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #YouAreTheMirror #ForTheMothers #NoHurtOnlyHealing

**CARD 16 — THE INHERITANCE**

Quote:

"Your mother was told to hurry.
Her mother was told to hurry.
But the inheritance ends with you."

Caption:
Your mother was told to hurry. Her mother was told to hurry. But the inheritance ends with you.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #GenerationalHealing #BreakTheCycle
#NoHurtOnlyHealing

**CARD 17 — THE DUAL JOURNEY**

Quote:

"You are allowed to heal while you guide her.
You are allowed to learn while you teach her.
You are allowed to become while you help her become."

Caption:
You are allowed to heal while you guide her. You are allowed to learn while you teach her. You are allowed to become while you help her become.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #TheDualJourney #ForTheMothers #NoHurtOnlyHealing

**CARD 18 — THE CYCLE**

Quote:

"She was once you.
And you were once her.
And now - together -
you can break the cycle."

Caption:
She was once you. And you were once her. And now - together - you can break the cycle.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #BreakTheCycle #ForTheMothers #NoHurtOnlyHealing

**CARD 19 — THE PERMISSION SLIP**

Quote:

"Your need is the permission.
It always was."

Caption:

Your need is the permission. It always was.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #YourNeedIsThePermission #ForTheMothers
#NoHurtOnlyHealing

**CARD 20 — THE CLOSING**

Quote:

"She was once you.
And you are becoming her.
The free her. The healed her.
The whole her."

Caption:

She was once you. And you are becoming her. The free her. The healed her. The whole her.
She Was Once You is free.

From 'She Was Once You' - A free Book. Search the title, or visit 10demandments.net/dontrushgirl/

#SheWasOnceYou #The10Demandments #YouAreBecomingHer #ForTheMothers
#NoHurtOnlyHealing