THE ONE-PAGE INFLUENCER GUIDE

HOW TO POST YOUR STORIES

A One-Page Guide for Influencers

What You're Receiving:

Six Instagram Stories. One for each day, over six days.

Each Story is a finished image with words already on it. You can post it exactly as it is, or recreate it in your own style.

Each Story has a voiceover script- optional. Use it, or don't.

Each Story needs a Link Sticker - this is the only thing you must add yourself. It is how your audience gets the free books.

Before You Begin:

You need one thing from us:

Your unique link. It looks like this: `[https://www.10demandments.net/dontrushgirl/]`

This link goes on every Story, using the Link Sticker.

How to Add the Link Sticker (Once You've Opened the Story):

1. Open Instagram. Tap the +at the bottom.

2. Choose Story. Upload the Story image we sent you.

3. Tap the Sticker icon (square smiley face) at the top.

4. Tap Link.

5. Paste your unique link.

6. Tap Customise sticker text. Type what you want the button to say - for example: "Get all four free" or "Read it free".

7. Tap Done.

8. Drag the sticker to a clear space on the image. Tap it to change the colour if you want.

9. Post the Story.

That's it. The link is now clickable. Anyone who taps it goes straight to the free books.

The Six Stories - What Goes Where:

Day	Story	Link Sticker Text
Day 1	The Invitation	"Get all four free"
Day 2	The Reveal	"All three free"
Day 3	The Storytelling Secret	"Read it free"
Day 4	The Mother's Quote	"For the mothers"
Day 5	The Invitation to Go Deeper	"Read Chapter 1 free"
Day 6	The Pass It On	"Get all four free"

Use the same link on every Story. The text can change. The link stays the same.

Optional: The Voiceover Scripts:

Each Story comes with a short script. If you want to speak over the Story, read it as you post. If you'd rather stay silent, the image already carries the words.

Speak slowly. The message is slow, warm, and quiet. Rushing it changes the meaning.

Optional: Save to Your Highlights

Stories disappear after 24 hours. If you want your audience to be able to find the free books after the six days are done:

1. Post each Story as normal.

2. After posting, tap the three dots on your own Story.

3. Tap Highlight.

4. Create a new Highlight called "Free Books "or "Don't Rush, Girl".

5. Add each of the six Stories to that Highlight.

Now anyone visiting your profile can find them permanently.

Posting Rhythm:

One Story per day, for six days.

That's the whole guide. Posting more than 4–5 Stories per day can reduce your Story reach on Instagram. This kit is already paced to keep you within the safe rhythm.

You can post fewer. You can skip one. You can start on any day. The only thing that matters is: the link goes on every Story you post.

Thank You:

Thank you for sharing this.

These books are free because they are too valuable to be kept from her. And they will travel because you passed them on.

Three books. One invitation. One link.

No Hurt. Only Healing.

More below…

THE INSTAGRAM STORY KIT

Six Stories for Influencers - For She Was Once You, Don't Rush, Girl, The Slow Rebellion, and the Deeper Invitation

HOW TO USE THIS KIT (for the influencer):

Post one Story per day, for six days.

Each Story has its own design, its own words, and its own link sticker. You can post the Story image exactly as provided, or recreate it in your own style. You can also film yourself talking over the Story if you prefer - some audiences respond better to a face.

Every Story carries the same link at the end - so at any point in the six days, your audience can download the free books.

There is no pressure to say yes. Post as many as you like. Skip the ones that don't feel like you.

PART TWO: THE SIX STORY BRIEFS

These are written for you. Each brief is one short paragraph - everything she needs, nothing she doesn't.

STORY 1 - THE INVITATION

What it is:
The opening Story. Plants the seed. Names all four gifts - three free books and one invitation. Warm, quiet, inviting.

The image:
Soft Cream background. Playfair Display, centred. Small lineart open door, Warm Gold, top right.

The link sticker text:
"Get all four free"

The link:
Link: https://www.10demandments.net/dontrushgirl/

Optional voiceover:
"I found something I want to share with you. Three free books - one for mothers, one for teenage girls, and one for anyone who wants to do something about the rush (The Slow Rebellion is the latest and will be sent to you soon). Plus Chapter 1 of a deeper book. All free. All in the same download. Link is right here."

What not to add:
Don't add hashtags to this Story. Don't add emoji stickers. Don't add music. The Story is designed to be quiet. Keep it quiet.

STORY 2 - THE REVEAL

What it is:
Shows the three book covers. Makes the offer visual and real. Lets her audience see what they're being given.

The image:
Soft Cream background. Three book covers arranged side by side, slightly overlapping, centred.

The link sticker text:
"All three free"

The link:
Link: https://www.10demandments.net/dontrushgirl/

Optional voiceover:
"Here they are. This one is for the woman raising her - She Was Once You. This one is for her daughter - Don't Rush, Girl. The Slow Rebellion is the latest and will be sent to you soon. All free. Link's here."

What not to add:
If you have physical copies of the books, photograph them on a soft surface - a linen cloth, a wooden table, a windowsill. Don't use filters. Don't add stickers over the covers. Let them speak.

STORY 3 - THE STORYTELLING SECRET

What it is:
Reveals why the girl's book is different - the storytelling mode. The intellectual hook.

The image:
Soft Peach background. Lora, centred. Row of five small lineart icons at the bottom - fairy tale (small crown), diary (small book), receipt (small slip), mirror (small oval), hourglass (small hourglass) - Warm Gold.

The link sticker text:
"Read it free"

The link:
Link: https://www.10demandments.net/dontrushgirl/

Optional voiceover:
"The thing that makes this book different from every other book for girls is this: it isn't a book. It's ten rooms. Each one has its own voice - a fairy tale, a diary, a receipt, a mirror. She doesn't just read it. She enters it. And she meets herself in every room."

What not to add:
If you want to show a page from the book, this is the Story to do it in. But only one page, please don't cover the words. The Story's own text needs to breathe.

STORY 4 - THE MOTHER'S QUOTE

What it is:
Speaks directly to the mothers in the audience. If her audience is mother-heavy, this one lands hardest.

The image:
Soft Lavender background. Playfair Display, centred. Small lineart mother and daughter holding hands, Warm Gold, centred below the text.

The link sticker text:
"For the mothers"

The link:
Link: https://www.10demandments.net/dontrushgirl/

Optional voiceover:
"This quote is from She Was Once You - the book for mothers. Because you can't teach your daughter something you haven't learned yourself. But a mother who is healing can teach her everything. Free. Link right here."

What not to add:
Do not add commentary on top of this Story. It's a quote. Let the quote speak. If you want to add your own words, say them out loud rather than adding text overlays.

STORY 5 - THE INVITATION TO GO DEEPER

What it is:
Introduces Chapter 1 of TIKTOK: The 10 Demandments of Time on a Woman. The quiet doorway for the woman who is ready for more.

The image:
Soft Gold background. Lora Italic, centred. Small lineart candle, lit, Warm Gold, above the text.

The link sticker text:
"Read Chapter 1 free"

The link:
Link: https://www.10demandments.net/dontrushgirl/

Optional voiceover:
"And there's one more thing. For the woman who is ready to go deeper - Chapter 1 of the full adult book. It's called TIKTOK: The 10 Demandments of Time on a Woman. It's the deeper therapeutic journey. It's free. Included in the same download."

What not to add:
This Story is a quiet doorway. Don't sell. Don't push. Don't add "click now" or "don't miss out." The Story is an invitation, not an offer.

STORY 6 - THE PASS IT ON

What it is:
Closes the sequence by turning the reader into a messenger. The movement message.

The image:
Soft Cream background with a Soft Gold border. Lora, centred. Small lineart hands passing a book from one to another, Warm Gold, above the text.

The link sticker text:
"Get all four free"

The link:
Link: https://www.10demandments.net/dontrushgirl/

Optional voiceover:
"Three free books. One invitation. One download. Give them to your daughter. Your niece. A friend who has a girl. Pass it on. That's how the cycle breaks. One woman, one girl, one book at a time."

What not to add:
Don't add stickers here either. The line "That's how the cycle breaks" is the movement message. It should feel like a quiet calling - not a marketing line. Say it as you mean it, and let the image finish the sentence.

The posting schedule:

Day	Story	Purpose
Day 1	Story 1 - The Invitation	Plant the seed
Day 2	Story 2 - The Reveal	Show the covers
Day 3	Story 3 - The Storytelling Secret	Hook with the "ten rooms" concept
Day 4	Story 4 - The Mother's Quote	Speak to the mothers
Day 5	Story 5 - The Invitation to Go Deeper	Open the deeper door
Day 6	Story 6 - The Pass It On	Close with the movement

A short note to the influencer:

"Here are six ready-made Stories. Post one per day for six days. Each one has its own image, its own words, its own voiceover script, and its own link sticker. Recreate them in your own style if you like. Skip any that don't feel like you. The only thing to keep is the link - it's how your audience gets the books.

Thank you for sharing this."

You are changing a girl's world.