INFLUENCERS POSTING GUIDE - GRAPHIC POSTS AND CAROUSELS

SECTION 1 - THE OFFER

What We're Sharing

Three free books, plus one invitation through one link.

1. She Was Once You - A Mother's Guide to Healing herself while raising her Daughter (free)
For the woman who wants to guide her daughter but hasn't yet healed her own wounds. The bridge between the mother and the girl.

2. Don't Rush, Girl - The 10 Demandments of Time on a Young Woman (free)
For every girl aged 14–16 who is already feeling behind. A prevention manual for time anxiety. Ten rooms. Ten lies. One quiet rebellion.

3. The Slow Rebellion - 40 Things To Do Instead of Rushing (free & Will be sent soon)
The companion activity book to Don't Rush, Girl. Forty small, safe, sometimes slightly ridiculous acts of quiet rebellion. Four per Room. One for each week of a month.

4. TIKTOK: The 10 Demandments of Time on a Woman - Chapter 1(free preview)
The invitation. The first chapter of the full adult book - for the woman who is ready to go deeper. Offered gently, at the end of the other three books, with no pressure to continue.

Why these Books are Free:

They are not free because they aren't valuable. They are free because they are too valuable to be kept from her.

The three books and the chapter are gifts - given to be passed on.

What makes them Different:

The Book - Don't Rush Girl define Each Demandment made on a woman - as a room - and each room has its own voice.
One room is a fairy tale. Another is a diary entry. Another is a letter from a friend. Another is a receipt. Another is a countdown. Another is a to-do list. Another is a mirror. Another is a text message thread. Another is a scrolling feed. Another is an hourglass.
The girl doesn't just read the book. She enters it. She meets herself in every room.

The companion activity book "The Slow Rebellion". Forty small, safe, sometimes slightly ridiculous acts of quiet rebellion as a practical way of allowing her to experiment in overcoming the Demandments placed on her on a daily basis.

The Mother's book "She was once you" - is a for the woman who wants to guide her daughter but hasn't yet healed her own wounds. The bridge between the mother and the girl to create awareness, but also caution of what her daughter is being demanded to do and be.

SECTION 2 - THE INFLUENCER CONTENT SEQUENCE

A Complete Posting Campaign

For each influencer who says yes, we provide ready-made posts - three image posts, three carousels, plus 20 Quote Cards. You can post them all at once, or over a two-week window (or the cards over 20 days), or however suits their audience.

The sequence is designed to be posted in order. Each piece builds on the last.

PART A - THE IMAGE POSTS (3)

Single-image posts. Bold, emotional, immediate.

IMAGE POST 1 - THE HOOK

Slide / Text:

"Two free books.
One for her healing.
One for her daughter's.
And a third one for the girl who wants to do something about it.
All free. Forever."

Caption (for the influencer):

For the woman still rushing. For the girl learning not to. For both of them, at the same time.
Three free books and one invitation.
Link: https://www.10demandments.net/dontrushgirl/

#DontRushGirl #SheWasOnceYou #The10Demandments #FreeBooks #NoHurtOnlyHealing

IMAGE POST 2 - THE QUOTE

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

Caption:

The heart of She Was Once You - a free guide for mothers.
And the reason we made the girl's books free too. Because a mother who is healing can give her daughter everything.
Both free.

Three free books and one invitation.
Link: https://www.10demandments.net/dontrushgirl/

#DontRushGirl #SheWasOnceYou #The10Demandments #ForTheMothers #FreeBook #NoHurtOnlyHealing

IMAGE POST 3 - THE PROMISE

Slide / Text:
"You are not behind.
You are becoming.
And becoming takes as long as it takes."

Caption:

The words every girl needs to hear before she's told otherwise.
Don't Rush, Girl is free. She Was Once You is free. The Slow Rebellion is free. Chapter 1 of the deeper book is free too.

All four free.

Three free books and one invitation.
Link: https://www.10demandments.net/dontrushgirl/

#DontRushGirl #SheWasOnceYou #TheSlowRebellion #The10Demandments #FreeBooks #YouAreBecoming

PART B - THE CAROUSELS (3)

Swipeable, teaching posts. Each one takes the reader on a small journey.

CAROUSEL 1 - "THE THREE BOOKS, ONE JOURNEY"

Format: 7 slides
Palette: Soft Cream / Soft Cream

Slide 1 - The Hook
"Three books.
One for you.
One for her.
One for the doing.
All free."

Slide 2 - The First Book
She Was Once You
A Mother's Guide to Healing Herself While Raising Her Daughter.
For the woman who wants to guide her daughter but hasn't yet healed her own wounds.

Slide 3 - The Second Book
Don't Rush, Girl
The 10 Demandments of Time on a Young Woman.
For every girl aged 14–16 who is already feeling behind. A prevention manual for time anxiety.

Slide 4 - The Third Book
The Slow Rebellion
40 Things To Do Instead of Rushing.

The companion activity book. Forty small, safe, sometimes slightly ridiculous acts of quiet rebellion.

Slide 5 - The Invitation
And for the woman who is ready to go deeper - Chapter 1 of TIKTOK: The 10 Demandments of Time on a Woman.

Free.

Slide 6 - Why Free
Because they are not valuable less - because they are too valuable to be kept from her.

Free, forever.

Slide 7 - The Gift & CTA
Three books. One chapter. One download.

Caption:
Three free books. One invitation. One journey. For you. For her. For both of you, together.

She Was Once You, Don't Rush, Girl, The Slow Rebellion (Coming soon), and Chapter 1 of TIKTOK: The 10 Demandments of Time on a Woman - Free, forever.

Three free books and one invitation.
Link: https://www.10demandments.net/dontrushgirl/.

#DontRushGirl #SheWasOnceYou #TheSlowRebellion #The10Demandments #FreeBooks #NoHurtOnlyHealing

CAROUSEL 2 - "THE STORYTELLING SECRET"

Format: 7 slides
Palette: Soft Cream / Black

Slide 1 - The Hook
"Why this book will make her cry.
Why she'll read it three times.
Why she'll tell her friends."

Slide 2 - The Secret
Because it isn't a book. It's ten rooms.

And each room has its own voice.

Slide 3 - The Fairy Tale
Room One is a fairy tale. Told to her - warm, inviting, slightly distant - so she can see herself safely.

Slide 4 - The Diary
Room Two is a diary entry. Secret, dated, 2am thoughts she recognises as her own.

Slide 5 - The Receipt
Room Four is a receipt. A mirror held up - stark, honest - the invisible made visible.

Slide 6 - The Scroll
Room Nine is a scrolling feed. Everyone else's highlight reel - until she puts the phone down and looks at her own life.

Slide 7 - The Landing
Ten rooms. Ten voices. One girl who finally meets herself.

Don't Rush, Girl. Free.

Caption:

Here's what makes Don't Rush, Girl different from anything else out there: each Demandment is a room. And each room has its own voice.

A fairy tale. A diary. A letter. A receipt. A countdown. A to-do list. A mirror. A text thread. A scrolling feed. An hourglass.

The girl doesn't just read the book. She enters it. She meets herself in every room.

Free.

Three free books and one invitation.
Link: https://www.10demandments.net/dontrushgirl/.

#DontRushGirl #The10Demandments #FreeBook #ForTheGirls #StorytellingMode #EachDemandmentIsARoom #NoHurtOnlyHealing

CAROUSEL 3 - "FOR THE WOMEN RAISING HER"

Format: 7 slides
Palette: Soft Cream / Soft Cream

Slide 1 - The Hook
"For the women raising her."

Slide 2 - The Naming
She's already hearing the lie. She's already rushing. Already comparing. Already feeling behind.

Slide 3 - The Recognition
You know because you were her.

Slide 4 - The Truth
And you don't always have the words. Because sometimes the words get stuck.

Slide 5 - The Gift
So we made you three books. One for you. One for her. One for the doing.

And a fourth - the first chapter of a deeper book - for when you're ready.

Slide 6 - The Promise
Heal yourself first.

Then give her the truth before the wound.

Slide 7 - The CTA
Three free books. One chapter. One download.

Caption:

For the women raising her.

You were once her. You were told to hurry. To grow up. To be everything to everyone. And you may have passed it on - not because you wanted to. Because you didn't know any other way.

So we made you three free books and one invitation. She Was Once You for your healing. Don't Rush, Girl for hers. The Slow Rebellion for doing. And Chapter 1 of the deeper book for when you're ready.

All free.

Three free books and one invitation.
Link: https://www.10demandments.net/dontrushgirl/.

#DontRushGirl #SheWasOnceYou #TheSlowRebellion #The10Demandments #ForTheMothers #FreeBooks #NoHurtOnlyHealing