

# Optimize Your Profile in 10 Minutes



Clear profile picture of yourself (smiling, approachable, high-quality)



Cover photo (can be lifestyle, motivational, or branded)



Bio: Short, curiosity-driven, value-focused



Link: LinkTree or an alternative to host your links



Highlights (Instagram): Label them clearly (Products, Team, Lifestyle, Wins)



# Bio Examples

Keep it short + curiosity-driven:

Helping everyday people create freedom + legacy 💎

Passive Income | Freedom seeker | Building my Diamond  
Legacy

Simple systems → Big results. Join the journey.

From burnout → to building wealth + wellness



# Content Pillars (Post Categories)

**Rotate between these 5 types of posts:**

Storytelling → Share why you joined, your “before/after” journey.

Product Love → Share how a product helps your lifestyle.

Lifestyle/Freedom → Show what you're building toward (family, time, travel).

Motivation/Personal Growth → Quotes, lessons, journaling insights.

Community/Team → Celebrate wins, share culture, highlight teammates



# Plug-and-Play Post Ideas

- “Before/after” post (what life was like before + what you’re creating now).
- Curiosity post: “Ever wondered if you could build income without selling?”
- Lifestyle pic: “This is what freedom looks like to me — time for \_\_\_.”
- Product highlight: “This simple switch made me feel \_\_\_.”
- Team culture: “Nothing like building a business with people who inspire you daily 💎.”



# Story Ideas (IG/FB)

- Behind-the-scenes (daily life, kids, work, product use).
- Quick tip or motivational quote with your face/voice.
- Polls: "Who else is ready for more freedom in 2026? 🧑🏻♀️  
Yes / Tell me more."
- Screenshots of small wins (rank-ups, product love, first commissions).
- Shoutouts for teammates.