



The Lazy Girl Builds Viral Content Kit

WELCOME

50 prompts designed to help you create viral content faster — even when you're tired, overwhelmed, or procrastinating like a queen.

Copy → paste → customise → post → scroll → profit.

(Preferably while drinking iced coffee and ignoring responsibilities.)



✓ 50 Viral ChatGPT Prompts



Give me 10 scroll-stopping hook ideas for a post about [topic].
Write 5 hooks that start with "Most people get this wrong about [topic]..."
Create 7 surprising hooks with a fact about [topic].
Give me 5 question-based hooks for [topic].
Write 5 FOMO hooks for [topic].
Short relatable story that ends with a hopeful twist about [pain point].
Funny embarrassing personal story about [topic].
"I was today years old when I learned..." story for [topic].
Fail story that ends with a lesson about [topic].
10 Before vs After transformation about [problem].



- 1 5 mild hot takes about [industry].
- 1 Unpopular opinion starting with “Honestly, I think...”
 - 1 3 strong opinion posts about [topic].
- 1 Rant about why people are doing [thing] wrong.
- 1 Contrarian post challenging popular belief in [industry].
 - 1 7 surprising stats about [topic].
 - 1 5 “Did you know...” posts with twist.
 - 1 One shocking fact about [topic].
- 1 5 “Most people don’t realize...” statements.
- 2 Comparison post with money/time numbers.



- 2 3 meme-style captions about [topic].
- 2 Fun exaggeration of a common mistake.
- 2 Sarcastic one-liner joke about [topic].
- 2 Starter-pack concept for someone struggling with [pain point].
 - 2 You vs the competition joke for [topic].
- 2 Caption ending with engagement-boosting question.
 - 2 5 poll ideas for stories about [topic].
 - 2 This or That style engagement post.
 - 2 Fill-in-the-blank to trigger responses.
 - 3 Drop-an-emoji if... prompt for [topic].

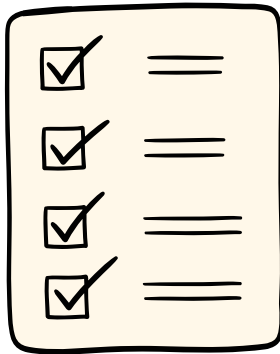


- 3 7 quick tips with fun twist about [topic].
- 3 5 mistakes to avoid when doing [thing].
- 3 Carousel outline with steps to do [thing].
 - 3 Do’s and Don’ts list about [topic].
 - 3 Checklist for achieving [goal].
- 3 Old vs New way comparison for [topic].
- 3 Stop doing this / Start doing this post.
 - 3 Then vs Now shift in [topic].
- 3 Traditional advice vs What works.
- 4 What you think you need vs What you actually need for [goal].



- 4 5 content ideas mixing [topic] with pop culture trends.
- 4 Compare [topic] to a Netflix show in playful way.
 - 4 Trending meme format to explain [topic].
- 4 Use celebrity news to teach a lesson about [topic].
- 4 3 TikTok concepts using viral sounds for your business.
 - 4 Caption ending with “DM me the word ____”
 - 4 Save-this-for-later value post.
 - 4 Story using a reply keyword CTA.
 - 4 Tag-a-friend encouragement caption.
- 4 Soft-sell curiosity post — tease a solution.

✓ Lazy Girl Viral Content Checklist



- ✓ Strong hook in first 2 seconds
- ✓ One clear message per post
- ✓ Make people FEEL something
- ✓ CTA: like, comment, save, share or DM
- ✓ DONE > perfect — post and walk away 😊

✓ Monthly Content Planner

Jot 20 ideas fast — future you will thank you

- Idea 1: _____
- Idea 2: _____
- Idea 3: _____
- Idea 4: _____
- Idea 5: _____
- Idea 6: _____
- Idea 7: _____
- Idea 8: _____
- Idea 9: _____
- Idea 10: _____
- Idea 11: _____
- Idea 12: _____
- Idea 13: _____
- Idea 14: _____

- Idea 15: _____
- Idea 16: _____
- Idea 17: _____
- Idea 18: _____
- Idea 19: _____
- Idea 20: _____