

TRANSFORMATION (Before & After / Results)

1. "Give me 10 powerful transformation story ideas that show progress beyond weight loss—like energy, confidence, skin, or sleep improvements."
2. "Write a short personal reflection post that compares 'Day One Me' to 'Current Me' with a focus on mindset and lifestyle changes."
3. "Create a weekly roundup post format that showcases 3 transformation testimonials in under 150 words total."
4. "Help me write a story-based caption around the theme: 'What I thought I'd lose vs. what I actually gained.'"
5. "Give me ideas for visual content or reels that demonstrate how small daily choices lead to big transformations over time."
6. "Write a post that reframes transformation without a visible result—focus on a mental or emotional shift someone might overlook."
7. "Generate 5 headline hooks for a carousel post showing before-and-after journeys using Isagenix products or routines."

PERSPECTIVE (AUTHORITY) — 'Why I / How I'

1. "Write a storytelling-style post explaining why I joined this business, using an emotional hook and strong call-to-action."
2. "Give me 5 caption ideas that share my personal system for staying consistent with wellness habits or product usage."
3. "Generate 10 'Why I / How I' post ideas that position me as a relatable authority figure in the health and network marketing space."
4. "Write a post based on this idea: 'A message I got this week that reminded me why I do this.' Keep it heartfelt and under 200 words."
5. "Create a mini-script for a time-lapse reel showing my morning wellness routine, with overlay text and voiceover suggestions."
6. "Write a post explaining why I don't chase sales—and what I focus on instead, to attract aligned customers."
7. "Give me 5 Instagram carousel ideas that break down personal insights from my early days in the business."

 **TRENDS / EXPERTISE (Stats, Insights, Myth Busting)**

1. "List 10 recent wellness or nutrition trends I can create educational content about, tailored for a health-conscious audience."
2. "Write an Instagram caption that busts a common nutrition myth (e.g. 'meal replacements don't work') with a scientific stat."
3. "Give me a post that explains why gut health is trending, and how our products support it in simple terms."
4. "What are 5 surprising health stats I can turn into Instagram reels or carousels?"
5. "Write a carousel post script called: 'Why most diets fail by day 12 (and what to do instead).'"
6. "Generate 3 wellness myth-busting posts that balance education with humour or sass."
7. "Give me a short-form script that explains the top 3 benefits of collagen and how to include it daily."

 **PRODUCT (Launches, Features, Benefits)**

1. "Write a fun, engaging unboxing caption for a new Isagenix product—include curiosity hooks and a CTA to try it."
2. "Create a weekly product spotlight template I can reuse, with benefits, usage tips, and a personal story."
3. "Generate 10 Instagram caption ideas for showcasing my three favourite daily-use Isagenix products."
4. "Write a 3-part reel script that shows a product combo, how I use it, and what result it delivers."
5. "Give me a flash sale post format that builds urgency and highlights the unique benefits of the product."
6. "Create a 'How to Use This Product Like a Pro' carousel outline for one Isagenix product."
7. "Write a short and punchy story caption that builds hype for a limited-edition product drop."