

FOR CREATORS · 7 CATEGORIES

1000+ viral hooks. One **system** for every post.

1000+ proven hook templates, each paired with the original video that made it work. Pick one, fill the blanks, post.

1000+**Hooks**

Ready to fill in

7**Categories**

From educational to storytelling

1000+**Inspo links**

One video behind every hook

INSIDE

What's inside

Seven categories, shuffled and ready. Tap any category to jump straight to it.

Educational	450+ hooks	p. 03
Teach something fast. Tips, steps and frameworks people save and share.		
Comparison	30+ hooks	p. 43
Put two things side by side and let the contrast do the work.		
Myth Busting	50+ hooks	p. 47
Challenge a belief your audience already holds, then show the better way.		
Storytelling	350+ hooks	p. 53
Open a loop with a personal moment they need to see through to the end.		
Random	10+ hooks	p. 84
Pattern interrupts and curveballs that refuse to fit in a box.		
Authority	40+ hooks	p. 86
Lead with proof. Results and transformations up front.		
Day in the Life	15+ hooks	p. 91
Invite them into your routine and let them root for you.		

HOW TO USE IT

**Pick a hook. Fill the blanks.
Study the inspo.**

Every [\(insert ...\)](#) is a blank for your niche, numbers or story. The blue link next to each hook opens the original video, so you can see how it was delivered.

CATEGORY 01

Educational

Teach something fast. Tips, steps and frameworks people save and share.

● 450+ hooks

NO.	HOOK	INSPO LINK
001	I have (insert noun) commercial (insert noun).	https://www.instagram.com/p/DH6Nb_7JpIT/
002	This is for the homies who promised (insert person/persons) and nice and fancy (insert noun).	https://www.instagram.com/p/DHZJfckxUnr/
003	Your favorite (insert noun) hacks from (insert year).	https://www.instagram.com/reel/DDprbmqSyib/?igsh=MWFxeTBvbDltN3EyNw==
004	If I told you, you would (insert result) form (insert action) you would probably believe me right? Well here's the thing...	https://www.instagram.com/p/DDfdDshTsXK/
005	I spent (insert \$) on new (insert noun) for my (insert noun).	https://www.instagram.com/p/DGN72MwpsAB/
006	Here are some space saving (insert noun) hacks that saved our small space.	https://www.instagram.com/reel/DHWAfqwv5Xf/?igsh=cm93YWlwemxvZDYy
007	Here are # of things you have been putting off around the house that you can get done in # minutes.	https://www.instagram.com/p/DEd9agVJsuO/
008	# things I'd do if I were to re-start (insert industry/niche/occupation/hobby).	https://www.instagram.com/reel/DGVJ3n3SGhc/?igsh=MXQwbWJwcGg2cjc1eA==
009	Welcome back to "I can't (insert dream result)" a series where I show you (insert routine/tutorial/steps to insert result) that take less than (insert time) to do/make.	https://www.instagram.com/reel/DGD3gXtJSNH/?igsh=MW5tajcycHI3OXY4MQ==
010	My friends and I turned this (insert adjective) (insert noun) into this (insert adjective) (insert noun) in just (insert time).	https://www.instagram.com/reel/DG8YeQTs9XW/?igsh=MmFvMDh6MHV1cG53
011	Give me 10 seconds and I will let you know if you have a (insert noun) or a (insert noun).	https://www.instagram.com/p/DH-d8R2xUkT/
012	Remember (insert method/strategy name) for you next (insert noun).	https://www.instagram.com/reel/C6a9V7vuein/?igsh=ZTNsd2QzZHBhbTJ2

NO.	HOOK	INSPO LINK
013	If I can't do it in one step, I am not doing it. This is the #1 most efficient way to (insert verb) (insert noun).	https://www.instagram.com/reel/DCK537Ry9-c/?igsh=MTZndGo0NzBhbDd5ZQ==
014	I make more money than doctors, engineers, and lawyers and no I didn't go to college for more than 6 years to get a degree.	https://www.instagram.com/p/DIW3NDOORg/
015	Here are # of ways to make (insert noun).	https://www.instagram.com/p/DGg2PpYpPsD/
016	Let's see how many (insert noun) we can get out of this.	https://www.instagram.com/p/DGZSeEvvepa/
017	If you have (insert pain point), (insert pain point), and (insert pain point) you might be (insert action) wrong.	https://www.instagram.com/p/DDCdiwNO6cO/
018	If you have when you see a girl and she just has (insert dream result).	https://www.instagram.com/p/DFNwwbpvxzi/
019	If you want to (insert dream result) a week for the next (insert weeks) without (insert pain point) then listen up.	https://www.instagram.com/reform.nutrition.training/reel/C6SEO0svXyy/
020	Today I am going to show you the # most common ways to order your (insert noun) at a (insert place/location).	https://www.instagram.com/p/DD9tTgdCq_N/
021	I spent (insert #) whole years with (insert condition) so you don't have too.	https://www.instagram.com/reel/C8fU6cyP3Hc/?igsh=MXF0aGVjNnZtMzJkaw==
022	If you're trying to (insert dream results) then here is the one (insert thing) you should do.	https://www.instagram.com/p/DFCyBHfNnIZ/
023	Why (insert action) like a normal person, when you can be a psycho instead.	https://www.instagram.com/p/DGRrGUKPoZb/
024	It's (insert noun) season, so let's make a (insert noun) for your (insert person).	https://www.instagram.com/reel/DISbkqXJ5SD/?igsh=NTRvbzNtYnNtNnN5

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025	If your a (insert target audience) who (insert pain point) and you want to (insert dream result) let's go over a very simple # step plan you can follow to quickly (insert dream result).	https://www.instagram.com/p/Cpf3cfujvTd/
026	Everyone tells you to do (insert action) but you think it's too late because you are (Insert age). I am a (insert occupation) and these are # of things you need to know in your (Insert age).	https://www.instagram.com/calltoleap/reel/C4wQD6DPqTe/
027	(insert noun), (insert noun), (insert noun), makes a (insert noun).	https://www.instagram.com/p/DGB30hXBY7K/
028	This book will teach you more about the (insert niche/industry/topic) than all of these books here.	https://www.instagram.com/reel/DE2qZvqoDAO/?igsh=MWUzanZ4ajNiemZxdA==
029	Stop (insert action) if you actually want to (insert dream result).	https://www.instagram.com/p/DGaYM9PIO9b/
030	We all have that one (insert label) in our life.	https://www.instagram.com/reel/DG_UiWgyUgO/?igsh=eTdqYm42czV1OGM0
031	I have a very long list of (insert noun) that I (insert action) that I gate keep from other people. But today I feel like giving back so I am going to tell you.	https://www.instagram.com/p/DCpBTqzpGdp/
032	Anyone even notice how some people look naturally (insert adjective) without doing anything crazy.	https://www.instagram.com/p/DDKn9iXPSOS/
033	We are going to text (insert noun), today on how (insert adjective) is it.	https://www.instagram.com/reel/DIRbQ9PvbTm/?igsh=MTB2ZWE5dzRtYjB2Mg==
034	Oh look I found (insert \$), that means I am going to (insert verb) I only need this.	https://www.instagram.com/p/DDD1Dk7OjTQ/
035	This is what (insert object/item) looks like when you are using/doing (insert product/service).	https://www.instagram.com/sethwickstrom_fitness/reel/DAtNQtAxUNQ/

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036	At age (insert age) the age that many (insert target audience) is when (insert pain point).	https://www.instagram.com/p/DGkzdT8Mc21/
037	Okay (insert pain point), how about we don't f up (insert current year)	https://www.instagram.com/p/DDiWd5eSIPC/
038	(insert noun) can be reversed so let's talk about # things you can do to improve your (insert noun).	https://www.instagram.com/p/DG9UDAUSHLs/
039	How many (insert nouns) can you make with only (insert \$).	https://www.instagram.com/p/DFbJ-1QPOc0/
040	Here's exactly how much (insert noun) you can make with under (insert dollar amount).	https://www.instagram.com/p/DG8MN0rAwP/
041	If your getting (insert adjective) or know someone (insert adjective) there are # of incredulity important things you need to make sure you can do physically in order to (dream result).	https://www.instagram.com/p/DEgJY7yOUYp/
042	If you told me # of years ago I'd be (insert dream result) I wouldn't have believed you.	https://www.instagram.com/p/DG6ZD6NMae/
043	This is every single (insert noun) in my collection.	https://www.instagram.com/reel/DEaUITYI47b/?igsh=MXhvcHVxZjZvZzd0bg==
044	It's okay f you mom didn't talk to you about	https://www.instagram.com/p/DCJwFyKvi03/
045	If I had to start over and (insert verb) my (insert noun) from scratch, these are the only (insert noun) I would do for someone that is new to (insert noun).	https://www.instagram.com/reel/DGR8OoSsssd/?igsh=MTBmOG9nbjhrZ24zcg==
046	Now how much does it really cost to (insert action).	https://www.instagram.com/p/DE75-Fhyg_T/
047	People always ask me (insert name) (insert fact) (insert question) well, let's find out.	https://www.instagram.com/reel/DDkR4liiv0sV/?igsh=MWNqZGcycDk4Z2c1Zw==

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048	If you're an (insert title) you should be able to do this, this, and this. If you can't I got you, just do this # step/routine/program to (insert dream result).	https://www.instagram.com/reel/DDo0rP9o4YI/
049	Listen if you're not forcing your (insert person/persons) to (insert action) in their (insert current state) don't expect them to be (insert trait) in their (insert after state).	https://www.instagram.com/p/DHQ-medJYC2/
050	Strange (insert noun) behaviors explained.	https://www.instagram.com/reel/DF3E-zSuGCe/?igsh=YWJdmVtOWt6YnVu
051	Let's find out what (insert noun) you are in # steps.	https://www.instagram.com/p/DHXLZyrSP0w/
052	If you (insert verb) and (insert action) and it doesn't (insert result) it's time to (insert action).	https://www.instagram.com/reel/DDxwEtsyLDo/?igsh=MTA0cTFrN3gzbHU0eQ==
053	(insert verb) is expensive. Here is how to (insert noun) for (insert time frame) for only (insert \$).	https://www.instagram.com/p/DGsWskqTaQj/
054	Want to be the first (insert dream result) in your family?	https://www.instagram.com/reel/DEVceefOF08/?igsh=MTxhZXZyMnFkZXNj
055	If your (insert noun) is (insert adjective) like this, you are likely (insert diagnosis).	https://www.instagram.com/p/DAbxF7ZSHq0/
056	The (insert noun) of a (insert noun) will tell you a lot about the (insert noun).	https://www.instagram.com/reel/DGT9NI2pbX5/?igsh=MWhnaDh3NTZhdHA1eg==
057	If you gave me (insert time frame) to get a job as a (insert title) this is what I would do.	https://www.instagram.com/p/DHAewSpJVWu/
058	Never (insert action) first and then (insert action).	https://www.instagram.com/p/DF58v36zILq/
059	What's the most overrated (insert noun)?	https://www.instagram.com/reel/DDPtPtwMZ9h/?igsh=ampodmR0ZHhvbGJr
060	Did you know you could take a (insert noun) like this, and quick (insert action).	https://www.instagram.com/reel/DHV1A68RI1/?igsh=aWI3bml2a2dnenF5

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061	After (insert time frame) of research here is why I choose (insert noun) and started (insert action).	https://www.instagram.com/reel/DDcNdiARaeE/?igsh=MWdtaTluNHhemxvbA==
062	(Insert noun) for dummies.	https://www.instagram.com/share/BA6XRL1fXU
063	Today we are going to play did you know (insert noun) edition.	https://www.instagram.com/p/DDsm8Cny941/
064	There are # things I like to do when I buy a new (insert noun).	https://www.instagram.com/p/DGMg-VPtL98/
065	I am sick of hearing this word (insert word).	https://www.instagram.com/reel/DGyTRjPs-tM/?igsh=MW02MDcwNXppdDJ6OQ==
066	How to start your (insert noun) from scratch.	https://www.instagram.com/reel/DG1VtMUSQ9h/?igsh=dzE3b3F1bXZjc3R6
067	It starts off like this...	https://www.instagram.com/reel/DC8xcCbJVSw/?igsh=MWxTYzNobWpud3Qydw==
068	If I (insert action) right now would you believe me if I told you (insert truth).	https://www.instagram.com/p/DCclsddvdu-/
069	How to take better (insert noun).	https://www.instagram.com/reel/DFLP70LKvi1/?igsh=cXo1MWhodnNrYzg=
070	Here's what to look for when buying (insert noun) in (insert location).	https://www.instagram.com/p/DGgSRpFuljD/
071	If giving yourself (insert result) causes (insert pain point), (insert pain point), and (insert pain point) here is how I cheat it.	https://www.instagram.com/p/DCh2GnEzezF/
072	(insert noun) is my second (insert noun) so here are # of (insert noun) that I used to do a lot and I recommend my students as well.	https://www.instagram.com/p/DFfx1XQTzfP/
073	Did you know you only need # of ingredients to make (insert noun).	https://www.instagram.com/reel/DEYRmDGRTaU/?igsh=dXc4ZnVjcm5pbWpn

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074	These are the 3 most common mistakes I see when people are making (insert noun).	https://www.instagram.com/p/DF9FMnIjPNJ/
075	As an (insert trait) responsible (insert age) year old with a goal to (insert goal) here are 3 things I will never regret doing.	https://www.instagram.com/reel/DBZT2Q5RJ2W/?igsh=MTBtc3gwNXVyM2ppdg%3D%3D
076	So most people don't know that on a (insert noun) there is one (insert noun) every (insert noun) owner always (insert action).	https://www.instagram.com/reel/DB7bgr7yH6v/?igsh=OGZwM2g0YjFzdjJ2
077	I present a challenge (insert noun) (insert noun).	https://www.instagram.com/p/DGoS2GHSMY1/
078	Stop wearing (insert noun), it really is just like wearing (insert analogy to represent damage).	https://www.instagram.com/reel/DGD75qfOv40/?igsh=MTBwcXdhdtExazBmaA==
079	We're going to see if it's true, that (insert noun) are so filled with toxins that they don't burn when you hit them with a blow torch.	https://www.instagram.com/reel/DEN8q3Av5Qw/?igsh=ZjhrcmlxMXhpcGJ0
080	Before you ever take you (insert living thing) on a (insert action) for the first time you need to watch this.	https://www.instagram.com/reel/DFq5P8VSzVD/?igsh=ZXFoN3VsOHV0dmRr
081	I have made a spreadsheet with over (insert large number) of (insert noun).	https://www.instagram.com/p/DIb7EjNxtK4/
082	That is crazy.	https://www.instagram.com/reel/DEluu94R-dc/?igsh=ZHF4MXBod2pnODMx
083	What if I told you to (insert verb) # (insert noun) everyday?	https://www.instagram.com/reel/DFKru9CSKpb/?utm_source=ig_web_copy_link
084	# things you should never put in the (insert noun).	https://www.instagram.com/reel/DDxoAs_TciE/?igsh=MWc4anZoZXI0ZTM3ZA==
085	30 seconds of (insert industry) advice I give my best friend if he/she were starting from scratch.	https://www.instagram.com/p/DDyGbH-xMoc/

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086	I'm going to tell you how to get (Insert result), (insert mind blowing method).	https://www.instagram.com/p/C7WV9_Ti5dT/
087	Here are 5 books to (insert dream result) better than 99% of other people.	https://www.instagram.com/p/DG3T4N9xdXD/
088	Putting you on brands you may have never heard of.	https://www.instagram.com/reel/DIOvPayMKgS/?igsh=bGlzMGJ2YXJkdG50
089	# minutes ago (insert pain point) and had (insert pain point) if you want to (insert dream result), here is how you do it under # minutes.	https://www.instagram.com/reel/DFp0aJjuEqW/?igsh=d2t5OTI0d2FsNGlx
090	3 levels of (insert noun).	https://www.instagram.com/p/DBt0hSaNxqH/
091	Use this, to pay for this.	https://www.instagram.com/p/ChGIhcPPogC/
092	How to dress like a (insert person).	https://www.instagram.com/reel/DCRJoGbo3oa/?igsh=d3Mzc3E4MWF2d3M=
093	It cost (insert \$) to build my own (insert noun), acting as my own general contractor. Here is the complete coast breakdown.	https://www.instagram.com/reel/C_oT5lbpvlf/?igsh=cjl2cjl2dzRidTQ0
094	Take your (insert noun) from this to this.	https://www.instagram.com/p/DHl84zXOnWK/
095	This is what (insert money amount) will get you in (insert location).	https://www.instagram.com/p/DHQ7CG0xxmr/
096	Money can buy you (insert item) but it can not buy you (insert result).	https://www.instagram.com/p/DBkvHncxD2t/
097	I teach (insert noun) to people like they are in kindergarten, and it's time for class.	https://www.instagram.com/p/C-k_-Yev6DU/
098	What would happen to you (insert noun) if you only (insert action) for an entire week.	https://www.instagram.com/reel/DFyxVP4xBm6/?igsh=MXdmM2xhdTBIMDRjNA==

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099	The easiest way to keep you (insert noun) (insert adjective) is to pretend...	https://www.instagram.com/p/DDP6BaYxh8v/
100	If you keep failing your (insert noun), just figure out where you're failing it.	https://www.instagram.com/reel/DCUAbdBB_k_/?igsh=MTh5bWNwcjMyaTkYeA==
101	Want to find out what's hiding inside one of these (insert noun) when they are not properly maintained?	https://www.instagram.com/reel/DD3L0x_yzh5/?igsh=MXV6bWI2bngyeGF5cw==
102	If you're trying to (insert dream result) and you haven't got a clue what to (insert action) on a daily basis I am going to show you an example.	https://www.instagram.com/p/C5yjeP-REZx/
103	The top # (insert noun) for (insert target audience).	https://www.instagram.com/reel/DGIwOhMRkyG/?igsh=a293bmEydGihNXFy
104	If you don't have (insert item/action), do (insert item/action).	https://www.instagram.com/p/C8rJipAy8I8/
105	If your (insert noun) look like this, and this pay attention.	https://www.instagram.com/p/DlaTxoIjvRL/
106	I see so many people using their (insert noun) just like this or maybe like this even when you (insert action). So let me show you the trick to perfectly (insert action).	https://www.instagram.com/p/DETUL1KR3U_/
107	If you are paying over (insert price amount) for a (insert noun), you might as well buy a (insert noun).	https://www.instagram.com/p/C55wTztrNF0/
108	One (insert noun), one (insert noun), and you have (insert time frame).	https://www.instagram.com/p/DIkf9ExCbNb/
109	This is everything I got for free on my (insert event).	https://www.instagram.com/p/DGTqgBAxh3d/
110	Stop buying your (insert noun) like this, and start buying them like this.	https://www.instagram.com/p/DE5ONXRxs3/

NO.	HOOK	INSPO LINK
111	Here's every (insert noun) that you actually need to know.	https://www.instagram.com/p/DBhdAc3RY-X/
112	# of ways to raise (insert adjective) children.	https://www.instagram.com/p/DDP0DJdvdAL/
113	I went to (insert school type) so you don't have to.	https://www.instagram.com/p/DCrxn_5RFDS/
114	If you're cooked for your (insert life event) but still can't find the motivation to do (insert action) you're gonna want to see this.	https://www.instagram.com/p/DC3Zn1Vx7O9/
115	This (insert noun) isn't bad for you. Yeah it has some (insert noun) but what does that even mean?	https://www.instagram.com/reel/DIShYdlpxE_/?igsh=MXBnNDE0bGhwZGNsdQ==
116	Here are some slightly unethical (insert industry/niche) hacks that you should know if you're (insert target audience).	https://www.instagram.com/reel/C-8RO71JxRv/?igsh=MTdrZzdrZWdndTdzcA==
117	If you can't do (insert action).	https://www.instagram.com/p/DC7SzdSNOX/
118	If your mom didn't teach you how to make (insert noun) growing up, don't worry i'm your mommy now.	https://www.instagram.com/p/DBEeZ2MvZ16/
119	This is the same exact (insert thing) but the first is/got (insert result and the second is/got X	https://www.instagram.com/p/DIBDSW9Maq7/
120	I got to (insert verb) for (insert noun) (insert time), but let me just (insert verb) for a bit.	https://www.instagram.com/p/DEgLL4XOMGi/
121	Alright you little DIY freaks here's how to build the sauciest (insert noun) of all time.	https://www.instagram.com/reel/DGCUWxRJ0A4/?igsh=MWo2MzNvejQ5ZW5hNQ==
122	You don't have (insert pain point), your not (insert adjective), your not (insert adjective) you just need to (insert solution) and I am going to tell you how to do it.	https://www.instagram.com/p/DHSIRSHJuWc/
123	Do you feel (insert pain point) by your (insert noun) consistent (insert pain point).	https://www.instagram.com/reel/DCXqEOfy7M/?igsh=MXRmZjR6M2VqbjdycA==

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124	Best ways to save money while (insert action).	https://www.instagram.com/p/DCKE_cUo3mq/
125	What (insert noun) and (insert noun) do I really need?	https://www.instagram.com/reel/DGoOJxMyffy/?igsh=OHF5NHJkbzB3dXow
126	I make (insert hourly rate) can I qualify/buy (insert loan/noun).	https://www.instagram.com/p/C8k9RkJtXv5/
127	How long can you skip (insert action) before losing (insert result).	https://www.instagram.com/sethwickstrom_fitness/reel/DB1WXxVx6B4/
128	What is this? This is your (insert description of visual) and this is this #1 reason that (insert noun) die.	https://www.instagram.com/p/DDm0s8rsNV0/
129	This is exactly how you and your friends are going to get (insert result) before this (insert time).	https://www.instagram.com/reel/DId6_M-AwGL/?igsh=bW8zc212eTR0Y3V5
130	This is kind of gross but I had to share.	https://www.instagram.com/reel/DG1IPtBS_Lh/?igsh=Z29oYzkzNXoyamMy
131	This is what (insert #) of (insert item) looks like.	https://www.instagram.com/alexgamblecoach/reel/C60q1FPPrLW/
132	Here's a quick what to (insert result) (insert metric) of you (insert noun) legally.	https://www.instagram.com/p/DDmhkgqO1FN/
133	If your (insert current state) then the easiest way to have (insert dream state) is to have (insert result).	https://www.instagram.com/reel/DGefW1ANb0D/?igsh=bXZreWliZ2thb2Vz
134	I grew about # (insert metric) in the past year at (insert age) by fixing my (insert condition) and (insert condition).	https://www.instagram.com/reel/DEjBuqtxzZU/?igsh=MWxreTlycmhydjZzcQ==
135	Here's how to develop a (insert skill) so strong that you physically can't stop (doing skill).	https://www.instagram.com/reel/C-CPzwMReyb/?igsh=MXBiYmdmc3dudm5vcg%3D%3D
136	Let's (insert verb) our (insert noun).	https://www.instagram.com/p/DHvgHMqRVWI/

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137	Man this, (insert noun) in (insert location) is trash. Maybe I should just get this cheap (insert noun). Yeah I wouldn't do that if I were you.	https://www.instagram.com/reel/DE0C6tWPrdA/?igsh=bHJ5ZGpoYTBkZ2hs
138	If I only had (insert time frame) in the (insert location/place) this is exactly what I would do to get (insert dream result).	https://www.instagram.com/p/C-9sIRRoYAA/
139	Invest in (insert adjective) (insert noun).	https://www.instagram.com/reel/DGIlDnGP4GS/?igsh=MXA2ZDE3NThvc2xjdg==
140	If you're wondering why when you (insert action) and don't (insert result). Then proceed to (insert action) and (insert result). It's because you are not doing this.	https://www.instagram.com/reel/DEbPFOAs0Jj/?igsh=ZXcwZGIzamxiY3J3
141	If you're in your (insert 20's, 30's, 40's, 50's, 60', etc) then these are the # of things you need to do to make sure you don't end up (insert pain point) by (insert age).	https://www.instagram.com/calltoleap/reel/C9atuV6s3JO/
142	You're damaging your (insert noun) if you (insert noun) looks like this or like this.	https://www.instagram.com/p/C-AwpFRxDcg/
143	This is the program/steps I would follow if I was trying to (insert dream result).	https://www.instagram.com/p/DB4om1CIUoZ/
144	3 (insert noun) we do not recommend for the first time (insert noun) owners/users.	https://www.instagram.com/reel/DB34v2osmcT/?igsh=MWdhOGJ6MzZ0aXVmcQ==
145	# things everyone needs to know how to fix in an (insert location).	https://www.instagram.com/p/DFbZEG2yJ1k/
146	The reason your (insert noun) sucks, is because you have no freaking (insert adjective).	https://www.instagram.com/p/DlwiSA7zyyd/
147	Not to flex, but I'm fretty f*cking good at (insert skill/niche).	https://www.instagram.com/p/C-SR22KOEDY/

NO.	HOOK	INSPO LINK
148	This is the amount of (insert noun) you would lose per day in a (insert state).	https://www.instagram.com/p/DGN4d45NAga/
149	They say you can't (insert result) with (insert noun) but they're wrong.	https://www.instagram.com/reel/C17LtU2Ltov/?igsh=bmkzMm1saG04cTdh
150	This is (insert large number) of (insert noun).	https://www.instagram.com/georgiaheins/reel/C9uzMCJMrEL/
151	I just made a website called (insert the longest but most relatable website name).	https://www.instagram.com/p/DIWeFGhRT9u/
152	How we saved (insert \$) on our (insert noun), and one thing we wish we did differently.	https://www.instagram.com/p/DD2B1rIRisK/
153	Don't hate me but I don't really mind (insert noun).	https://www.instagram.com/p/DFydpeiY6GJ/
154	Here's why I never use a (insert noun).	https://www.instagram.com/reel/DDK76uDzcV2/?igsh=aWV1cXd1NHp6c2U3
155	I think I just found the biggest (insert niche/industry) cheat code.	https://www.instagram.com/p/DB6kCMQR0oX/
156	(insert industry/niche) tips for if you're broke.	https://www.instagram.com/reel/DDkbXWpucvG/?igsh=dml2NmgezBjExZzh0
157	How to turn just one (insert noun) into a lifetime of free (insert noun).	https://www.instagram.com/p/DIEbK1dSZJ2/
158	Since (insert noun) from (insert place/location) are basically (insert fact), you might as well learn how to make them from home.	https://www.instagram.com/p/DFGc51Ly8v3/
159	Here's how to build a good (insert noun) rotation.	https://www.instagram.com/reel/DDkarlGP6Da/?igsh=MW1uNTdrZ2lpcmZ0Yg==
160	Does (insert noun) really kill (insert live thing).	https://www.instagram.com/reel/DCvxgmazwDW/?igsh=Y2pjMm1jeWI2MXZz

NO.	HOOK	INSPO LINK
161	If you're a (insert target audience) and you want (insert dream result) by (insert avenue) then listen to this video.	https://www.instagram.com/reel/DE9tW4dyxIJ/?igsh=MWwyeWRoYXlkeXd5cA%3D%3D
162	If you want to add (insert noun) to you (insert noun) in (insert year) and you don't know what (insert noun) to get I got you.	https://www.instagram.com/reel/DF82wujO17I/?igsh=MWd3ZGR4NWRtN3F2eg==
163	If I woke up (insert pain point) tomorrow, and wanted to (insert dream result) by (insert time) here's exactly what I would do.	https://www.instagram.com/p/DGOZZYhS1cj/
164	Here are # of pricing mistakes we made when starting our (insert business).	https://www.instagram.com/reel/DGmFoxiSikU/?igsh=ZTdzenl5aDdhbDVq
165	What if I told you this (insert item) could (insert result).	https://www.instagram.com/p/DChgwnJyE3b/
166	How long do you think you have to (insert action) to (insert result).	https://www.instagram.com/reel/C50_VCluWFe/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
167	Give me 10 seconds and I will let you know what one suits you best.	https://www.instagram.com/p/DGsHot9xC6R/
168	If you want to end up (insert pain point) then skip this video.	https://www.instagram.com/p/DDfZ4qZPTN8/
169	Lets see what \$1,800 a month gets you in (insert location).	https://www.instagram.com/p/DAUI55ypr-C/
170	This is what (insert noun) looks like. I am a pro (insert title) and this is the proper way to (insert action).	https://www.instagram.com/p/DEnW3Mmvsdc/
171	What's hommies, I am going to give you a cash course of what (insert noun) to ask for, based on what you want that (insert noun) to do for you.	https://www.instagram.com/reel/DFD3FqAvSh9/?igsh=MW11eGZhNmF5bDBuZQ==
172	I found out why (insert noun) wasn't (insert result). So I am going to tell you what you're doing wrong.	https://www.instagram.com/reel/DH_Y1jnsjde/?igsh=MnZhZDjQm3BtMDFI

NO.	HOOK	INSPO LINK
173	I see you doing nothing but (insert action) after (insert event) so follow this agenda to avoid that.	https://www.instagram.com/share/BADjOvZhzs
174	The reason I can (insert result) and be comfortable, not have any (insert pain point) is this right here.	https://www.instagram.com/reel/DF0vHL3Pahk/?igsh=MTg1OGRxOWN0dDJ2bA==
175	Here's the only way I will ever (insert action).	https://www.instagram.com/reel/DlrAzqmhy1k/?igsh=MWlxb2syY2N2Y2dobA==
176	In (insert year) the (insert company/person) introduced the (insert noun).	https://www.instagram.com/reel/DlqAW_ARP4Y/?igsh=cXNqaDM5Mjd1eTQw
177	This is a great trick.	https://www.instagram.com/reel/DJC1PslvU1Z/?igsh=a2QzbGZyMm92Y241
178	Every time you (insert action) your passing you (insert adjective) (insert noun) just because you don't know what they are.	https://www.instagram.com/reel/DEiHlooJM-L/?igsh=MWZ3dnl6anl3cTh4bA==
179	Did you know this tip, it's going to blow your mind.	https://www.instagram.com/p/DHRrPveSTcg/
180	Here are # (insert noun) that you should never (insert action).	https://www.instagram.com/reel/DG2_ufDxNQJ/?igsh=dHdyNHh6bDducTMw
181	We have never used (insert noun) in our home because we have found it to be generally (insert trait/traits).	https://www.instagram.com/p/DGF_p8lORgl/
182	Here is a tier list of the best (insert noun) sources based off of how good they are for you (insert noun).	https://www.instagram.com/reel/DCuVL0VPLjU/?igsh=MXgzZDd5NXNvaG02aA==
183	Worst thing you can do for your (insert thing) is to ignore your (insert noun) when (insert scenario).	https://www.instagram.com/p/DFGZHpOpv9E/
184	If you storing your (insert noun) in (insert noun) stop what you're doing and watch this video.	https://www.instagram.com/reel/DE0ZdAMpZpp/?igsh=MWlubWdoMTZidGxyZA==

NO.	HOOK	INSPO LINK
185	Everyone tells you to (insert action) but nobody actually tells you how to do it. Here is a # second step by step tutorial that you can save.	https://www.instagram.com/reel/DC2pqKUpy7C/?igsh=ZzBjeG93cDh6aWoy
186	Want a (insert person) who (insert dream result) every time, even when you don't (insert noun/action).	https://www.instagram.com/reel/DGhCeDQPmKV/?igsh=MWpxNHVIZHFkaXVobA==
187	I've (insert verb) over (insert #) of (insert noun) here are # things I would never do.	https://www.instagram.com/reel/DGgLtQEIgKH/?igsh=emgydmY5NzEyYnBv
188	If you have a (insert noun) and you see that the (insert noun) is (insert observation) that's a dead giveaway that they are (insert action).	https://www.instagram.com/reel/DBZtE6ERLOK/?igsh=MWQ4cG84NmE1YTZncw==
189	If you have a (insert noun) in your house and a (insert noun) I am going to show you guys the # of the best things we did to (insert dream outcome).	https://www.instagram.com/reel/DHe4tCOyyJP/?igsh=am9scXViZGtwcjBp
190	I don't know who needs to see this but if you have a (insert symptom) this is how I literally (insert dream result) every single time.	https://www.instagram.com/p/DFt1sldSaJU/
191	If I had 90 days to go from being (insert current state) to (insert dream result) here's exactly how I would do it!	https://www.instagram.com/reel/DE_2hH-M11D/?igsh=bGN4M2MzNjltGln
192	Whatever you do, do not let you (insert person) (insert action).	https://www.instagram.com/reel/DFvEpXyMsWi/?igsh=cjJtZ20zenNhdTh2
193	Did you know that this, this, and this target (insert dream result).	https://www.instagram.com/p/DFk6dhNykv/
194	It's also super hard to get (insert result) especially with the (insert condition).	https://www.instagram.com/reel/DENwo4Fvh6f/?igsh=dWVYMGZud3dteWs0
195	If you're somebody who (insert action) and your goal is to (insert dream result) and (insert dream result) at the same time. Then here are my # best tips.	https://www.instagram.com/p/DGn7kKyu_5G/

NO.	HOOK	INSPO LINK
196	Here are (insert #) of (insert noun) from (insert noun) that I am going to (insert verb) in (insert time frame).	https://www.instagram.com/p/DGwvVNDMQBA/
197	Here are # (insert noun) as a (insert title) I would never own.	https://www.instagram.com/reel/DGOAQp_xX5D/?igsh=dHM1a3NrYXIsMXM1
198	How to stop (insert verb).	https://www.instagram.com/reel/C15ByRUP1Rv/?igsh=ZTR6ejYwWY0YjUx
199	You want you (insert noun) to look like these? So did this guy.	https://www.instagram.com/reel/DIJkuM_OW8I/?igsh=dWJiYTUwNWc5dXlp
200	The lack of clinical studies on (insert noun) isn't because it doesn't work, it's because...	https://www.instagram.com/p/DHjYM2oukHZ/
201	How to budget with a (insert \$) salary using this special (insert name) technique.	https://www.instagram.com/p/DDU0jMMN-gr/
202	Every (insert noun) explained in one sentence.	https://www.instagram.com/reel/DD7Z0GWJrMB/?igsh=MXBINjF0YzF5c2tobg==
203	If you take (insert noun) it will (insert result).	https://www.instagram.com/p/DIMBIJ4MgHH/
204	Did you know that you could (insert verb) a year's worth of (insert noun) in (insert time frame).	https://www.instagram.com/p/DDQwKwgx4iX/
205	What happened to (insert adjective) (insert noun).	https://www.instagram.com/reel/DA_7YdHo3S2/?igsh=MWwzZWxuOTdrODU5eA==
206	(insert noun) how to (insert action) and still (insert dream result).	https://www.instagram.com/p/DlwSdSilr2d/
207	Let's see what your monthly payment would look like if you owned (insert noun).	https://www.instagram.com/p/C5w9HV9Axfe/
208	Believe it or not, this simple device can prevent (insert pain point), (insert pain point), and (insert pain point).	https://www.instagram.com/reel/C9QruINS4JX/?igsh=MXF2MWd2OWVnZXFqMw==

NO.	HOOK	INSPO LINK
209	If you just turned (insert age) and you don't want to (insert pain point) then you should do the following # things immediately.	https://www.instagram.com/share/BAKR4pqxIZ
210	I would do this before quitting your job.	https://www.instagram.com/p/C_D27RuxXHn/
211	This is (insert metric) the exact same amount of (insert noun) you build everyday. If you (insert action) hard (insert #) times per week.	https://www.instagram.com/reel/DCXFyoBobxU/?igsh=M3NtNzY2OHp2d3My
212	Guys this is so nerdy but it's the coolest thing I have ever done with my (insert noun).	https://www.instagram.com/p/DFpcFScJxjW/
213	(insert noun) is believed to be super bad for us. Causing (insert symptom), (insert symptom), (insert symptom), and even (insert symptom).	https://www.instagram.com/reel/DIMbDQhsNyG/?igsh=MTI5dmVrbmV1OWgzdg==
214	You'll never get (insert dream result) in your (insert age range) if you don't do these 3 things when you turn (insert age).	https://www.instagram.com/p/DHeJtx9IAFv/
215	(insert industry) tier list for (insert year).	https://www.instagram.com/p/DEirLE_s0QS/
216	If you're spending a lot of money on (insert noun) then you need to try this (insert recipe/method/strategy) because it's super easy and (insert dream outcome).	https://www.instagram.com/p/DGmf0uKMWyK/
217	0 calorie (insert noun) I am not joking these are literally 0 calories.	https://www.instagram.com/reel/DDvfNsIO9bO/?igsh=MW51anowazl1OTByaw==
218	If you're wanting to transfer your (insert noun) from this into (insert noun).	https://www.instagram.com/p/DEAzDZxS0EH/
219	Don't touch this.	https://www.instagram.com/p/DAMZdJhRaKj/
220	When making (insert noun) the (insert noun) is just as important as the (insert noun).	https://www.instagram.com/p/DDz9y_yyCkz/

NO.	HOOK	INSPO LINK
221	If you want to (insert verb) in an exceptional (insert noun) you have got to stop half-assing things.	https://www.instagram.com/reel/DDAJK6STXIR/?igsh=MWI4c2xpY3p1OXI1cw==
222	This one mistake can actually kill your (insert living thing).	https://www.instagram.com/reel/DGrhiv8zOQQ/?igsh=aTA5aWNpbGExb21n
223	Here are # of (insert noun) from across the world, let's break them down to their core components.	https://www.instagram.com/p/DG39EdnJxuK/
224	Here are the # (insert noun) that are the least likely to (insert result).	https://www.instagram.com/reel/C6Zculqy94L/?igsh=Mzkyb2RoMW9kcWg0
225	If you feel like your never (insert point) here is everything you need for a (insert dream result).	https://www.instagram.com/p/DCKDGtppM_u/
226	Your (insert noun) looks like this and you want them to look like this.	https://www.instagram.com/p/DD0PRBppkqQ/
227	You have (insert noun) tomorrow but you have no time to (insert action). Here's how you save your (insert noun).	https://www.instagram.com/ultimateivyleagueguide/reel/CoNHORnOLUt/
228	Today my kids (insert noun) is due. So let's (insert action).	https://www.instagram.com/p/DEEFWvqttJd/
229	Remember (insert #) (insert noun) combo for you next (insert noun).	https://www.instagram.com/reel/C3nW4P4L_xf/?igsh=cXF5eno1eHVzMWY0
230	(insert name), how do you (insert result)?	https://www.instagram.com/reel/DIZzqD9u-cJ/?igsh=NDF2aGfoemQyY2F3
231	You should be able to look at her/his (insert noun) and see if come up to her/his (insert noun) here.	https://www.instagram.com/reel/Dlj99kYuTk0/?igsh=dGpkamZyMmhvYnF1
232	To everyone just doing (insert #) (insert action). Stop that.	https://www.instagram.com/reel/DDSXasqCf_S/?igsh=MWtneXdyaHk4YnM0cg==

NO.	HOOK	INSPO LINK
233	If you have (insert pain point) but not much time to (insert action) and you want to (insert result) then save these (insert noun) and (insert noun) steps/routines/tips.	https://www.instagram.com/reel/DGbQ6H0t1Mv/?igsh=eW5yaWtyeTJzdZUx
234	If your between the heights (insert height) to (insert height).	https://www.instagram.com/reel/DEaf5GfpUy7/?igsh=MXNsaDjtnHInd21jMA==
235	If you (insert verb) this (insert noun) this is the amount of (insert noun) your body would (insert result).	https://www.instagram.com/p/DFGDnHYg6hf/
236	This is how many (insert item) you need to (insert result).	https://www.instagram.com/reel/C83vXP6NqXU/
237	Here is how I make (insert noun) that lasts up to (insert time frame) and only costs (insert \$).	https://www.instagram.com/p/DG_4uqYOrJ_/
238	If your (insert noun) looks anything like this, these are not (insert noun) these are (insert noun) and here is how you can get (insert dream result).	https://www.instagram.com/p/DDGYmIHxIhH/
239	This (insert noun) has something in it called (insert name). (insert verb) enough of these and they will kill you.	https://www.instagram.com/reel/DI6uLtcJhqi/?igsh=ZDkyZWtiemk4NGx6
240	You would need to (insert verb) (insert number) (insert noun) today to get the same (insert result) you grandparents obtained from just (insert verb) (insert number).	https://www.instagram.com/p/DC4dQVdPuUS/
241	Did you know that if you (insert action, (Insert action), (insert action), etc.	https://www.instagram.com/p/C-AIb5KsBwA/
242	I bought all the (insert noun) so you could find out which are the best in each category and which is not worth your money.	https://www.instagram.com/p/DFtu2nnyrTW/
243	I have no idea why I have no (insert adjective/noun).	https://www.instagram.com/p/DE7egL7M38Z/

NO.	HOOK	INSPO LINK
244	# lessons, # of (insert person/persons), in # of days/weeks/months.	https://www.instagram.com/p/DH64SMas1b1/
245	People keep asking me what to do with (insert noun).	https://www.instagram.com/reel/DHTamvwsQu8/?igsh=MXd6OXU5NDJ4enJxZg==
246	You've heard of the viral (insert method/strategy/noun name) right? Well I invested that!	https://www.instagram.com/p/DI9QVVaRbur/
247	Why is it we are all so stressed about (insert noun) but we also all have a (insert noun) in (insert location).	https://www.instagram.com/p/DFtSk25uUH/
248	Does your (insert person) (insert action) like this?	https://www.instagram.com/reel/DEKcWm2lpy-/?igsh=Ym5hcno0NXM2Ymwz
249	If you want to do this, first do this.	https://www.instagram.com/p/C5AmorRpUqF/
250	I avoid all toxic (insert noun), here is how to clean up your (insert noun).	https://www.instagram.com/p/C-AvGm9M0UA/
251	The worst (insert noun) that you will regret buying for your (insert noun) is right here.	https://www.instagram.com/p/DGPLBgRtX_g/
252	Let's see what's inside (insert noun).	https://www.instagram.com/reel/C9z8e7aO6Z4/?igsh=MXdrZmdjaTZ3ZHl5cA==
253	If you want to do this, first do this.	https://www.instagram.com/p/C5nXYgsy6RR/ https://www.instagram.com/alexandramilne_/reel/C5SsF5lyPLL/
254	It looks like you haven't done (insert noun) since (insert time frame).	https://www.instagram.com/p/DETjcTPN0Zh/
255	If you do this you'll (insert result).	https://www.instagram.com/p/DEP_swuolhm/
256	A # calorie deficit per day, for a month should be around (insert pounds/kilos) of weight loss.	https://www.instagram.com/reel/DIjYAm5lQ_R/?igsh=MXNrOTA4NDJzNjFiYQ==

NO.	HOOK	INSPO LINK
257	If you want to do this in (insert year). If you want (insert dream result) you have 3 main options to make it happen. I am going to go over them right now.	https://www.instagram.com/reel/DEX6xCiPlqQ/?igsh=ZnR4cXQyeXdzeTI5
258	If you want to be the (insert adjective) person in the room, it all starts when you (insert action).	https://www.instagram.com/reel/DDXd-jpwnNz/?igsh=b3I4ODBzdG5tMGIw
259	(insert company/individual) if I (insert verb) (insert noun) for you this is what I would do.	https://www.instagram.com/p/DIfQ_5cvLv-/
260	This is why no one remembers you.	https://www.instagram.com/p/DFaQuJYueF1/
261	Today I am going to show you have to make the perfect (insert noun) because I went to (insert school) so you don't have to.	https://www.instagram.com/p/DFMzB5sO4TF/
262	Here's a little (insert noun) 101 for you.	https://www.instagram.com/p/DIlloBsPuj-B/
263	My most complemented (insert noun) of (insert year).	https://www.instagram.com/p/DDhpuYgRmps/
264	If this is your first time being (insert adjective) I am (insert name) and I am trying to make it (insert adjective) to (insert verb) by using (insert noun).	https://www.instagram.com/p/DIFlyqrHSG/
265	You can put on/take off (insert metric) on your (insert mile/exercise/vertical/etc) in one workout with these simple tips.	https://www.instagram.com/reel/DDxVEiCRIG8/?igsh=MW1zemVyMWWhOMWZ4dQ==
266	If you're the person who told me this I could kiss you right now because it literally saved my life.	https://www.instagram.com/p/DIhOAUAPRMO/
267	I've had a (insert dream result) since I was (insert age).	https://www.instagram.com/reel/DHmabeBSFJT/?igsh=ZWUxbWJkNjBhaGV2
268	If you're (insert age range) these are the # things you need to do so you don't end up (insert pain point) by (insert age).	https://www.instagram.com/reel/C9atuV6s3J0/?igsh=aDhtdm5wNXNzOTk5

NO.	HOOK	INSPO LINK
269	Let's get this brand new (insert noun) (insert action) so we can put it to good use.	https://www.instagram.com/reel/DH3cSc0Rs3X/?igsh=MW4xdnJrNTFoZHh5ZWw==
270	This (insert adjective) (insert noun) gets (insert verb) by this (insert adjective) (insert noun).	https://www.instagram.com/p/DH XK02AS5gs/
271	It took me # full hours to (insert verb) this (insert noun) and I originally allotted myself # minutes.	https://www.instagram.com/p/C_s9bBHxACz/
272	The most important things I will teach my kids as a (insert job title).	https://www.instagram.com/p/DDce9wDuc8j/
273	When you get (insert item/result) here are the # things you got to do right away.	https://www.instagram.com/p/C9bUq2CtvUv/
274	If you want to (insert dream result), (insert action) is the worst thing you can do.	https://www.instagram.com/reel/DFGOcEtIjFv/?igsh=cGRsbjI6NzkwdA==
275	You only have to be dialed in on # of things to be an elite (insert title).	https://www.instagram.com/kelseypoulter/reel/DAK0EOTRweE/
276	Did you know that if you (insert action), (insert action), (insert action), etc.	https://www.instagram.com/p/DFvcBZRp0kh/
277	Your (insert noun) is to (insert adjective) and (insert adjective). Here are # of (insert noun) to (insert result).	https://www.instagram.com/reel/DEKxvNauJNa/?igsh=dGQzaW41MGVva3p5
278	You guys know this look, when someone perfectly (insert action) and (insert action) I am obsessed with this (insert noun).	https://www.instagram.com/p/DDpulHmx30Z/
279	If you can do # of (insert action), than you can do # of (insert action).	https://www.instagram.com/p/DDKZbeoo1gF/
280	This guy bought a failing (insert type) company for (insert noun). Now it's worth over (insert \$).	https://www.instagram.com/reel/DEz3aett57y/?igsh=cjl1ZTZkaGxuanNh

NO.	HOOK	INSPO LINK
281	Throw out you (insert noun).	https://www.instagram.com/reel/DCVGFh9yqMK/?igsh=MXIzM3dmMGp6bXk0Ng==
282	I am not a DIY guy/girl but I am going to show you how I spent (insert \$) to transform my (insert noun).	https://www.instagram.com/reel/DG8vTC4pie4/?igsh=cDI2aWtlc3ljMHZr
283	Every wonder how the same (insert noun) can result in drastically different (insert noun).	https://www.instagram.com/p/DDXkZs6vFMb/
284	Every (insert store type) has a million (insert noun) with different (insert noun). But some of them are more special than others.	https://www.instagram.com/reel/DEabsX3pRsJ/?igsh=ZmlkZ3draG16OXJq
285	You are (insert adjective) than you think.	https://www.instagram.com/reel/DCmTJe5NpZ5/?igsh=c3poZmcydZ4dWZn
286	Here is a complete cost breakdown to build my (insert sqft) home.	https://www.instagram.com/reel/DFBxNBuuKZw/?igsh=MTRoZHZhcDF6cG1k
287	I have a (insert metric) (insert noun) because this is one of my workouts/routines/steps/tips/strategies/methods.	https://www.instagram.com/reel/DAB359mSW5F/?igsh=MTlleXp4Yms4Mm80Mw==
288	Here are 3 people who will make you a better (insert title).	https://www.instagram.com/p/C9uwXS_uJJ6/
289	It has taken me # years if (insert occupation/skill/hobby) to realize I have been (insert action) wrong this entire time.	https://www.instagram.com/reel/DFBJYnGyr_a/?igsh=b2NrM2o5MGw4OHhl
290	If you have a (insert dream result) keep scrolling. Today we are going to talk about a (insert routine, method strategy) to (insert dream result)	https://www.instagram.com/p/DDmm7ygvVp/
291	Things that are damaging your (insert noun) without you even realizing it.	https://www.instagram.com/p/DDxIde3vWO7/
292	After over a decade of (insert action) here is what I wish someone would have told me from the start.	https://www.instagram.com/reel/DImQ3laRb30/?igsh=MW9idTU1aWI2dTN4aw==

NO.	HOOK	INSPO LINK
293	(Insert target audience) if you're serious about playing at the next level.	https://www.instagram.com/kelseypoulter/reel/DDpruSIJm9i/
294	If you've ever secretly (insert action) and hope no one noticed this is for you.	https://www.instagram.com/p/DIUehBYOica/
295	I am going to show you how to (insert verb) your (insert noun) so they don't (insert pain point).	https://www.instagram.com/reel/DGWHu_rSbku/?igsh=MWxoMjl1azExZ29qZQ==
296	This is you (insert noun) when you (insert action), and this is your (insert noun) when you (insert action).	https://www.instagram.com/p/DHI7KYmOgHL/
297	If you have a (insert noun) you have probably experienced this.	https://www.instagram.com/p/DlpVvJUSKam/
298	Everyone tells you to (insert action) but no one actually shows you how to do it. Here is a # second step by step tutorial that you can save for later.	https://www.instagram.com/calltoleap/reel/C2tER1GvhOc/
299	My money rules as a (insert description) working towards financial independence.	https://www.instagram.com/p/C_-u411xe4m/
300	Show me the method of the best way to (insert result).	https://www.instagram.com/p/DHxc_kEuDBo/
301	When I say I (insert action) everyday and I don't (insert action) everyday people always ask me...	https://www.instagram.com/p/DGDy2KMJfQH/
302	This is the exact order in which you should be (insert verb) for all of your (insert noun).	https://www.instagram.com/p/DB4IAAPPbYZ/
303	When (insert occurrence) you will probably need a better (insert noun) than this.	https://www.instagram.com/reel/DHHzcH2t5Rh/?igsh=NTRjNmo5NGFvczJ6
304	This is your (insert noun) on a regular day, this is you (insert noun) on (insert scenario).	https://www.instagram.com/p/DFGFur-uB7M/
305	I paid (insert \$) to build this (insert noun) from scratch).	https://www.instagram.com/p/DFqGUjORxG4/

NO.	HOOK	INSPO LINK
306	This is harder than getting into Harvard.	https://www.instagram.com/p/DFNdSUruSOQ/
307	Here's exactly how you're gonna lock in if you want to (insert dream result) .	https://www.instagram.com/reel/DC5P-_EMzFm/?igsh=MTZyajlweWk5ZGI1cQ==
308	(Insert noun) loses (Insert noun) on this, so they can make (insert noun) on this.	https://www.instagram.com/marktilbury/reel/DEkDrvSojnz/
309	If you (insert action) for (insert timeframe) what would happen?	https://www.instagram.com/reel/DF-vR6fJuoY/?igsh=aHY0d3IyaTBiaTNy
310	Top # deadliest (insert noun) that can kill (insert living thing) in one (insert verb) .	https://www.instagram.com/reel/CyB9bKLOoyp/?igsh=YWJ2cm11ZnI4cGZs
311	I am a # generation (insert title) and I hope this shows you why you should (insert action) when (insert task) .	https://www.instagram.com/reel/DFOOvvoxndnT/?igsh=MTM5Z3JyMmU1MWJkcA==
312	All you need is a (insert amount) of (insert noun) and you can turn (insert amount) of (insert noun) into (insert result) .	https://www.instagram.com/reel/DH3Kn86stml/?igsh=Mjn5MWZwb3B1dGc3
313	If you have a (insert person) at home, then (insert action) will dramatically change their (insert noun) .	https://www.instagram.com/reel/DGqD6D4hoJq/?igsh=MXJkbG92Mjl1andzbg==
314	Taking a (insert noun) can increase your (insert result) but only with one strategy.	https://www.instagram.com/reel/C_z-Hy2S4j7/?igsh=d3diN3lldGZ6cWZz
315	There is no doubt in my mind that (insert action) are the best (insert noun) for your (insert noun) .	https://www.instagram.com/p/DFnjpQ1x5mZ/
316	Are you still (insert action) ? I've got (insert result) in (insert time frame) and I have never (insert action) .	https://www.instagram.com/reel/C4YY12SxuRo/
317	I crammed the hardest (insert noun) and (insert dream result) .	https://www.instagram.com/p/CzjQfxOLpKO/
318	Ranking all the most popular (insert noun) , so I can rank them from worst to best.	https://www.instagram.com/p/DIPGBRQR0Sb/

NO.	HOOK	INSPO LINK
319	Did you know your (insert noun) are programmed to make your (insert result).	https://www.instagram.com/p/DGcvCDdvEZ2/
320	Exposing the only (insert noun) you will ever need.	https://www.instagram.com/reel/DBXc7jiofht/?igsh=MTIzMGllaHVhcW5xNg==
321	If you wear a (insert noun) or (insert noun) with (insert noun) and a different (insert trait) (insert noun) then you have (insert result).	https://www.instagram.com/reel/DG1XhISy7_f/?igsh=MXR4ODF2c2k2aGJlbQ==
322	If you're afraid to (insert action), then (insert action).	https://www.instagram.com/reel/DHEL0_cRwNA/?igsh=MTRsY2phZ3d0MzFmag==
323	Does it actually matter what type of (insert noun) you use.	https://www.instagram.com/p/DHMTL1GSsy-/
324	So this is (insert weight) of (insert noun) if I (insert verb) that to a (insert noun) what is that equivalent to for humans.	https://www.instagram.com/reel/DFhtYRTynQA/?igsh=dHlkZ29zdXNmODM1
325	(insert noun) can make you go bald!	https://www.instagram.com/reel/DFnnhxyvDzC/?igsh=YXUxOGhoazRnc28w
326	I don't really show the (insert noun) a lot of love because I don't like (insert action) but today I am going to show you (insert action).	https://www.instagram.com/reel/DExHLTotGlt/?igsh=MTRxN3c4bm13MzF4Mw==
327	My (insert noun) never (insert pain point) no matter what I do.	https://www.instagram.com/p/DBeJWwWotMw/
328	To (insert verb) the (insert metric) in this (insert noun) the average would have to (insert action) for (insert time frame).	https://www.instagram.com/p/DFTappzSSBa/
329	(insert before state) to (insert after state) in # simple steps in under # of seconds.	https://www.instagram.com/p/DHD4frVya7Z/
330	If you (insert action) but don't when to (insert action). You could be losing up to (insert metric) of you (insert dream result) without even realizing it.	https://www.instagram.com/reel/DGLVKBUR6W0/?igsh=dm9tdTd6cGt4bDZj

NO.	HOOK	INSPO LINK
331	Did you know that if you... (Insert action), (insert action), (insert action), etc	https://www.instagram.com/p/DIGJHsKPfj2/
332	Here's exactly how much (insert action/item) you need to (insert result)	https://www.instagram.com/reel/C9vqgHxuz1E/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==
333	Give me 60 seconds to show you how to (insert action) for the first time after (insert life event).	https://www.instagram.com/reel/DC8EmdBpQWT/?igsh=MTAyNTFobmFzenYleg==
334	I am a professional (insert industry) hacker, and here's every hack at (insert store/location/event/etc).	https://www.instagram.com/p/DG3-nRhyvRq/
335	I worked at (insert company) for X months/years and now I am exposing everything they keep from customers.	https://www.instagram.com/p/DINXKt8pBaq/
336	Here are # of questions I ask before (insert verb).	https://www.instagram.com/p/DFnkbJcPxqc/
337	What I am (insert verb) on my (insert goal) journey, (insert result) last month.	https://www.instagram.com/reel/DEikNFLuFP2/?igsh=MXJrNH05NTqNjZ4Mg==
338	Did you know that there are # types of (insert noun).	https://www.instagram.com/p/DIANQRkyYLB/
339	(insert noun) used to have (insert trait), now they don't.	https://www.instagram.com/reel/C5rJryFoZZH/?igsh=MWFwcW94aDVzcTNkMg==
340	This is what it would (insert adjective) like if (insert number) of (insert noun) were in one (insert noun).	https://www.instagram.com/p/DICZf5jBuNh/
341	Want a (insert noun) that (insert dream result) even when you (insert action).	https://www.instagram.com/reel/DGMiUGoPLmU/?igsh=ZDR4czk2ZzNnMHYy
342	This is the ultimate master trick to (insert result) in just # minutes.	https://www.instagram.com/reel/DHB1amjNDLk/?igsh=NWkxemthMXo5MWU1
343	We spent \$ of (insert noun) for our family of #, and this will last us (insert time frame).	https://www.instagram.com/reel/DGPAOVtgP2p/?igsh=cW1sYXI2ajh3b24=

NO.	HOOK	INSPO LINK
344	(insert action) for (insert period of time) and you will get (insert dream result).	https://www.instagram.com/georgiaheins/reel/C8Z9DfdMgZ_/
345	The viral (insert noun) hack that landed me in (insert news/magazine outlet).	https://www.instagram.com/reel/CzohD-xx_17/?igsh=MTJocjImaW5vcWEzZg==
346	What if I told you, you could (insert action) for only (insert low cost).	https://www.instagram.com/p/DGjhMiPO7bd/
347	(insert industry) tier list for 2025.	https://www.instagram.com/reel/DG1WCj0PIML/?igsh=MWlwZzcYdTdpc2V2aQ==
348	(Insert noun) (insert noun) (insert noun) where the 3 themes for this (insert noun). And you guys I delivered.	https://www.instagram.com/p/DFQmtK9x_w_/
349	But it's just an (insert noun) and it's (insert positive) how bad could it be? Well this (insert noun) has the same amount of (insert metric) as # (insert noun).	https://www.instagram.com/reel/DD1SdWGv8WW/?igsh=cG4wcXBwNjR4Mzk=
350	You want to know why it takes (insert noun) to get (insert result) again.	https://www.instagram.com/p/DHLps0HiJ2L/
351	This is what a full (insert time) (insert action) looks like at top # (insert school) in (insert location).	https://www.instagram.com/reel/DFbEwDjTJh-/?igsh=anFpdWfKtM2ExajZo
352	If you can't solve this (insert problem) in under 5 seconds go back to (insert pre-qualifying stage).	https://www.instagram.com/p/C0g-j3EJuM6/
353	If you see (insert symptom), (insert symptom) especially on a (insert type of noun) you better worry about what's called (insert name).	https://www.instagram.com/reel/DCKmbAcx2zN/?igsh=MTZkcmlYMHV4bDR4cQ==
354	I paid (insert \$) to build my own dream home and pool as an (insert title). Here is the complete cost breakdown.	https://www.instagram.com/reel/C_J2pr9uWut/?igsh=MW8zaHN4bHB00TFxdQ==
355	Top # ways not to (insert action) to the (insert person) you (insert noun).	https://www.instagram.com/p/DDqCq5hpH56/

NO.	HOOK	INSPO LINK
356	Would you rather watch your (insert person/persons) (insert pain point) or join them in their (insert niche) journey to save their lives?	https://www.instagram.com/p/DGDkKWdPN7W/
357	Do you have a (insert pain point) don't waste your money trying to (insert solution) it's just going to come back.	https://www.instagram.com/p/DEu0CsYu3Qa/
358	If you can't (insert skill), then follow this one minute routine/progressional/tutorial and you will have (insert skill) by the end of this video.	https://www.instagram.com/reel/DEd6_6yJOi3/?igsh=MXN0bW9lb3QwcHVuaQ==
359	Mom/Dad of # of kids, here is how I treat being a mom/dad as a job.	https://www.instagram.com/reel/Cx568_TA6DP/?igsh=aXhrb3phdmV6bDk3
360	Normally I would never say this but please stop (insert action) until you're ready to (insert action).	https://www.instagram.com/reel/DFVrVTFx1Cu/?igsh=cm56Zm11andjc2sx
361	The worst possible thing that can happen to a man/woman is developing (insert result).	https://www.instagram.com/reel/DDfxpOkAk5a/?igsh=MTZkMDNjMWpuOGF1cg==
362	I just made over # of (insert noun) in under (insert time) and I will show you how I did it.	https://www.instagram.com/reel/DFhLiCCRCxz/?igsh=emhjdHVhdHFwM3lo
363	These are # of (insert noun) I would not own as a (insert title).	https://www.instagram.com/reel/DFf6w_INWWc/?igsh=ZXJ3OHp4c3VsbGVy
364	If your (insert current state) you can't just (insert result) like everyone else.	https://www.instagram.com/reel/C5B64cPIrhi/?igsh=MXZpYmlzc3RpNWfobA==
365	Here are # human foods that can kill your (insert living thing).	https://www.instagram.com/reel/DDZ30LXs9oL/?igsh=MXg3Y3N1dDZzZW5lMg==
366	I am willing to bet, this (insert noun) is older than you.	https://www.instagram.com/reel/DEkn1RAxZur/?igsh=YXhvc3lfaGxiYmlw
367	Here's how the form of (insert noun) you add into (insert noun) affects them.	https://www.instagram.com/p/DD-sH_PPLJ4/

NO.	HOOK	INSPO LINK
368	This is what (insert thing) looks like when you're (insert action). And this is what they look like when you're not (insert action).	https://www.instagram.com/reel/C4tAzeYL8yA/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
369	How long does it take to complete the impossible mile.	https://www.instagram.com/reel/DEtSZ28PQi1/?igsh=MWxvcmN6cHI0bWpoMg==
370	Here is how I (insert action) as a (insert label) (insert age).	https://www.instagram.com/p/C6Hkr_QRQ60/
371	(insert trait) Guy vs (insert trait) Guy.	https://www.instagram.com/share/_9R_a4MER
372	What happens when you go X hours/days/weeks/years without (insert noun).	https://www.instagram.com/p/DHQcFEpuMHI/
373	This is how many (insert item) you need to (insert result).	https://www.instagram.com/p/C-M1nkcNPAV/
374	If your (insert verb) (insert noun) and then (insert noun) and then (insert noun) that is literally the worst thing you could be doing.	https://www.instagram.com/reel/DCCjwkbC7Oi/?igsh=MXNpZGJvdGRmdjU0aA==
375	Almost everyone thinks they know how to (insert action).	https://www.instagram.com/reel/DA9e_qHyahV/?igsh=MW05NGd1bHJ0YnBycw==
376	Ladies, you can do all the (insert action) but that's not going to do sh*t for your (insert noun).	https://www.instagram.com/p/DFLUAphSOE0/
377	I bought this (insert noun) for (insert \$) and let me show you what I did next.	https://www.instagram.com/reel/DIABtwhxH-X/?igsh=MXBjOWx1N2VjbDAzaQ==
378	If you're between the ages of (insert age) to (insert age) and you feel like (insert pain point).	https://www.instagram.com/p/DH2KovNtk8I/
379	I turned one (insert noun) into # different (insert noun).	https://www.instagram.com/reel/DFD6TSypE2P/?igsh=NXJ1am00cG94ZnE1

NO.	HOOK	INSPO LINK
380	If your (insert noun) goes (insert result) when you (insert verb) while (insert noun) and (insert adjective) really (insert result) by now you know you have (insert noun) so why aren't you doing a (insert noun) routine.	https://www.instagram.com/p/DHGazL2uwW0/
381	F*ck it, I am going to role # of (insert noun) in 60 seconds.	https://www.instagram.com/reel/DEnKwgGji9p/?igsh=MWV0eTU3YjhuYndsbaA==
382	If you have (insert symptom) you probably have (insert condition).	https://www.instagram.com/reel/C8ht9iwpUk6/?igsh=dzVwbWRsaHdYmp4
383	Can you tell us how to (insert result) in 60 seconds?	https://www.instagram.com/p/C8dJXv1PjzF/
384	If you are (insert age group or range) do not do (insert action).	https://www.instagram.com/reel/DEsW49SM6z3/?igsh=MXc4eXFleDU0cDB4OA==
385	I've (insert dream result) despite having (insert pain point) and this is the routine that did it.	https://www.instagram.com/p/DHbXdlkloZh/
386	Here's the difference between (insert title), (insert title) , and (insert title).	https://www.instagram.com/p/DFKZBcFRisK/
387	Don't hate me but I don't really mind (insert basic niche thing) but don;t worry I am going to show you how to make it way better.	https://www.instagram.com/p/DIKPqy-TeZ9/ https://www.instagram.com/p/DFydpeiY6GJ/
388	This is how much (insert noun) you would lose at the end of the day with a (insert metric) (insert noun).	https://www.instagram.com/p/DFFuLlcK9j4/
389	This was the most popular (insert noun) in all of (insert year).	https://www.instagram.com/p/DFT4wGoPISG/
390	You can have a perfect (insert dream result) by simply dumbing it down.	https://www.instagram.com/share/BAOoa4qroW
391	How much do I need to make or buy a (insert price) (insert noun).	https://www.instagram.com/p/DCQFABDNVWG/

NO.	HOOK	INSPO LINK
392	This guy has made (insert \$) profit in one day using the technique he is about to use.	https://www.instagram.com/reel/DFgTirDB5xe/?igsh=OG5pa2lnNTYwYzhw
393	Those little (insert nouns) are called (insert name) I am a (insert title) and I am going to show you how (insert result).	https://www.instagram.com/p/DGrS_7YRUo7/
394	I built this (insert noun) for (insert \$).	https://www.instagram.com/reel/DDANx1BxN_O/?igsh=ZzdwODhsdHV4Ymp2
395	(Insert last year) (insert noun), (insert current year) (insert noun).	https://www.instagram.com/p/DEDdSAESaFJ/
396	(insert noun) I would make for you based on your favorite (insert noun).	https://www.instagram.com/p/DF-hWdEu9Pr/
397	This is the reason (insert noun) is the size they are.	https://www.instagram.com/reel/DFUrWD3P_uA/?igsh=Yzl4NmZveTc3ZDQy
398	(insert adjective) won't get this but hopefully you will.	https://www.instagram.com/p/DGOENqwSVC6/
399	(insert dream result) and (insert dream result) with these # of tips. For reference I have (insert personal result).	https://www.instagram.com/p/DA35oVOpAAe/
400	This is how I would (insert action) if I were starting from scratch).	https://www.instagram.com/share/BBMxvJRjNv
401	If you want to start a (insert noun) in (insert year) here are some things you are going to need.	https://www.instagram.com/reel/DEdSzXhzTEH/?igsh=cXI2MDcyd2ZobHVy
402	If you're serious about getting (insert result) then this is the only video you will ever need so save it for later and watch till the end.	https://www.instagram.com/reel/CsVU4YTUqIg/?igsh=MWE3a2R0NWxqNXJrdQ==
403	Here are the # (insert noun) items you need to throw in the garbage right now.	https://www.instagram.com/reel/DDgfQ8CqiQA/?igsh=cGw3YXVrYXFhbXpx

NO.	HOOK	INSPO LINK
404	(insert noun), (insert noun), (insert noun), are the basic components of a (insert noun).	https://www.instagram.com/p/DFJYINvlzSa/
405	(insert noun) level 1.	https://www.instagram.com/p/DFvT9fMloE6/
406	What if I told you that you could eat this entire jar of (insert noun) for less calories than 2 servings of their (insert noun).	https://www.instagram.com/reel/DG4GxNOuDk2/?igsh=Yzl3ODhlaTRkbTk0
407	If you don't want to fail (insert life event).	https://www.instagram.com/p/C-TyArttuFT/
408	(insert company) did not sponsor me this year, so here is how to make their (insert noun) at home.	https://www.instagram.com/reel/DCkHvJ1z-al/?igsh=MWs4MHBvdHdvMnFpeA==
409	The reason you can't (insert dream result) to get that (insert dream result) you keep talking about is because...	https://www.instagram.com/p/DDKbMBDPz-R/
410	It took me 10 years to learn this but I'll teach it to you in less than 1 minute.	https://www.instagram.com/p/C-sSyDpoyMX/
411	Why does nobody talk about the cost of (insert action).	https://www.instagram.com/p/DlbM_TgS5se/
412	What would happen if you (insert dangerous action).	https://www.instagram.com/reel/DHGPCAXJMT8/?igsh=cmVoZ3VvOGM0bDJJo
413	How to (insert verb) you (insert noun) from a (insert title).	https://www.instagram.com/p/C2zqnBULDa1/
414	If you're a (target audience) and you want to become (insert dream result) by (insert action) then listen to this video because you have such a big advantage and I will tell you how to conquer it.	https://www.instagram.com/p/DE9tW4dyxIJ/
415	A quick guide to (insert verb) (insert noun) some basic and some unusual.	https://www.instagram.com/p/DCPkRMtdQd/

NO.	HOOK	INSPO LINK
416	You wouldn't get (insert bad result) when you (insert action) if you (insert action).	https://www.instagram.com/p/DHINHsfuHoh/
417	This represents your X before, during, and after X	https://www.instagram.com/p/C-ta_pvhfvK/
418	What I eat in a day on the (insert noun) diet.	https://www.instagram.com/reel/DELePTnSGAD/?igsh=MWVwaHR5dmwwdG9qOQ==
419	This is what you would (insert verb) for (insert person) if you weren't terrified to talk to them.	https://www.instagram.com/p/C8FTNDKualt/
420	I'm 20 which means my teenage years are officially over, so here;s everything I learned from the 7 most weirdest years of my life.	https://www.instagram.com/p/Cuq324pliKY/
421	Did you know our chicken is dunked in chlorine?	https://www.instagram.com/reel/DGGSGPGOKMa/?igsh=cXFta2FoOGRkMDRz
422	3 Youtube channels that will teach you more than any (insert industry/niche) degree.	https://www.instagram.com/p/DBfqo-0zxTb/
423	In 60 seconds i'm going to teach you more about (insert thing) than you have ever learned in your entire life.	https://www.instagram.com/p/DEqFNhryVXt/
424	So you want to impress you (insert person) when you (insert action) this (insert upcoming time).	https://www.instagram.com/reel/DI2FmNmK-AN/?igsh=M284Y3o5ZXIxamg1
425	(insert name) what is your (insert title) trigger?	https://www.instagram.com/reel/DHyUjujMh6O/?igsh=MWtjNWVvYzmF0NGRsaA==
426	This might be the ultimate (insert person) hack.	https://www.instagram.com/p/DGYjc0dxhU-/
427	If you want to (insert # of dream result) per week this is how you are going to do it.	https://www.instagram.com/p/DBumWY_tbj-/
428	If I were in my (insert age range) here is exactly how I would avoid (insert bad result).	https://www.instagram.com/p/DElCudmOqeQ/

NO.	HOOK	INSPO LINK
429	As an (insert title) you should be able to do this, if you can't (insert diagnosis).	https://www.instagram.com/reel/DF_Cn86o0Ki/
430	(Insert scenario) and (Insert dream result), here are the # of steps to get (insert dream result).	https://www.instagram.com/ultimateivyleagueguide/reel/Co5Kp8QLhRZ/
431	Why did it take me over # years to realize you can make (insert result) in # minutes.	https://www.instagram.com/p/DHGjH0Gloy2/
432	(insert noun) (insert trait) (insert similar noun) (insert trait).	https://www.instagram.com/p/DE_9DHKoM-8/
433	This is everything I bought at (insert store) today to stay (insert adjective) at (insert age).	https://www.instagram.com/p/DDaqJN4P--I/
434	For people who (insert action) and are also into (insert noun) what the hell are we doing.	https://www.instagram.com/reel/DAGWXZ5OnJ_/?igsh=a2NjMTRrMjl0dzk4
435	The (insert thing) you have now in you (insert age group) is so (insert noun).	https://www.instagram.com/p/DBHzSeJ_L6/
436	If I were starting over in my (insert age range) with no (insert item) here are the top # things I would do to (insert dream result).	https://www.tiktok.com/t/ZT2MLqDUQ/
437	There are way too many (insert noun) in the world that sort of all look that same, but are they?	https://www.instagram.com/p/DGQjr4HBH4d/
438	I'm gonna save you # of minutes off your next workout with # of simple tips.	https://www.instagram.com/jeffnippard/reel/C9zuGtYJ8ck/
439	If I could suggest any tip to any (insert person) out these it would be this.	https://www.instagram.com/reel/DFBFcSLsGHL/?igsh=OXY0b2d2YjRlaTJt
440	This is every way to make (insert noun).	https://www.instagram.com/p/DlxgLtupDzP/
441	(insert name), overused (insert noun)?	https://www.instagram.com/reel/DDw2899RsgM/?igsh=a3VqZ3pyaDRkN3E5

NO.	HOOK	INSPO LINK
442	You crave (insert noun) on your (insert scenario) here's why.	https://www.instagram.com/p/DFYO1KMxUoy/
443	Did you know if you have a (insert noun), (insert noun), (insert noun), (insert noun), (insert noun) then you can (insert dream result).	https://www.instagram.com/p/DGiv5Q0M1-Q/
444	Apparently if you...	https://www.instagram.com/reel/DFViUxyuruw/?igsh=MXhldXVhOWk2YmozZw==
445	Let's start by mixing (insert noun) and (insert noun) and I am going to give it a good shake. What happens?	https://www.instagram.com/reel/DBU47L9SRQ4/?igsh=MTNyMjBuNDVzc3Z2dA==
446	(insert \$) in (insert time) and people still think you need a 9-5.	https://www.instagram.com/reel/DIXVEpRSrDR/?igsh=MXA3a3FodmNwenNI
447	Person #1: (insert large number) Person #2: What are you doing? Person #1: (insert action) I want to get a (insert dream result) before (insert time).	https://www.instagram.com/reel/DI1viVSN5N9/?igsh=bDd2eG9iczRwZ3I1
448	What I wish I knew at (insert age) instead of (insert age).	https://www.instagram.com/p/C3-e4acrDdB/
449	Most people can only do (insert action) when trying to (insert action) but as an (insert title) you should be able to (insert action).	https://www.instagram.com/p/C_3kQAKluKn/
450	In this video see if you can tell what's real and what's (inset noun).	https://www.instagram.com/p/D1elvlfJVq1/
451	Here are some (insert action) you can do without (insert noun).	https://www.instagram.com/p/DB-HjvtP1A9/
452	I'll tell you a story, We have # (insert noun) that were invented to solve 3 different problems.	https://www.instagram.com/reel/DF9D6aCT4R2/?igsh=NnVucjM3OWhkNnFj
453	This is how much (insert dream result) you achieve if you (insert action), and this is how much (insert dream result) if you (insert action) and these # of hacks.	https://www.instagram.com/p/DE8IzdOOLDa/

NO.	HOOK	INSPO LINK
454	I am going to teach you how to identify a good (insert noun) to a bad (insert noun).	https://www.instagram.com/p/DHWUyptyp9B/
455	If I have to learn (insert noun) again here's 5 tips of everything I would do in # seconds.	https://www.instagram.com/p/DEGMBBoo_XH/
456	Swap these (insert noun) for better (insert result).	https://www.instagram.com/p/DE5r6TspMQA/
457	This is every way to (insert action).	https://www.instagram.com/p/DHtIJGYN5wB/
458	So I spent (insert \$) at (insert store) on my last trip.	https://www.instagram.com/reel/DEINzz_u22g/?igsh=MTFhNXAYNmJucGJq
459	It's wild to think (insert type of stores) still sell (insert noun) for (insert result). But not everyone knows they actually (insert result).	https://www.instagram.com/reel/DFV58iERvGm/?igsh=bmw0eXNhamZzZm54
460	Here's how you can guess an almost perfect number every single time.	https://www.instagram.com/p/DEdbAV7tpX5/
461	I have been dating my girlfriend/boyfriend for # years here are # basics I learned that every guy/girl should do for a partner in (insert scenario).	https://www.instagram.com/p/DEbs2tsxl8/
462	# years as a (insert occupation) you guys still don't believe me when I say these things.	https://www.instagram.com/reel/DIAPFYIsfuX/?igsh=MWd4d3ZpaWpodXRpbQ==
463	Here are # of things, every (insert person) should keep in their (insert noun).	https://www.instagram.com/reel/DIKsKR_PkNr/?igsh=MTJ1MjZyeXk1MmFreQ==
464	Person #1: What aren't my (insert noun) (insert adjective)? Person #2: It's because your (insert common mistake)	https://www.instagram.com/reel/DCUaqmTzGkG/?igsh=MWlna2gyeXhvYmdrdA==
465	If your in a (insert dream result) journey, this is exactly what you need to do to (insert dream goal) in # simple steps.	https://www.instagram.com/p/DFGXCYdPPOM/

NO.	HOOK	INSPO LINK
466	Never lose a game of (insert game) for the rest of your life.	https://www.instagram.com/p/DCoC6YHJ_k1/
467	Here's how I get people the best (insert noun) on (insert noun).	https://www.instagram.com/p/Dlhq7P8PguS/
468	Did you know that this, this, this, and this get (insert dream result).	https://www.instagram.com/share/BAExbVPhak
469	I have to ask, girl, how do you (insert adjective) so good?	https://www.instagram.com/p/DEnNQCEv0S6/
470	(insert noun) for all the (insert condition) guys/girls out there.	https://www.instagram.com/reel/Dlj9O4Az5GC/?igsh=MWRpeGRrcGphb3o1eQ==
471	Don't start doing (insert action) until you learn how to do this.	https://www.instagram.com/share/BA7hlj8Es8
472	There is one thing above all that sets the top (insert title) apart from the rest.	https://www.instagram.com/p/DGESNTBT_3p/

CATEGORY 02

Comparison

Put two things side by side and let the contrast do the work.

● 30+ hooks

NO.	HOOK	INSPO LINK
001	This is (insert noun) before you (insert action), this is (insert noun) after you (insert action).	https://www.instagram.com/p/DDfEclyTncw/
002	This is a (insert noun), this is also a (insert noun).	https://www.instagram.com/p/DIYZKjtxK7Z/
003	One (insert noun), and # of my (insert noun) have the same (insert metric).	https://www.instagram.com/p/DHCafPPxo3w/
004	Cheap vs. Expensive (insert noun).	https://www.instagram.com/reel/DFXKXBaPyn0/?igsh=NDVuNG90bHNhOXY=
005	You will (insert result) a week if you (insert action) on a (insert journey). But you will only (insert result) this much a week if you (insert action) on a (insert journey).	https://www.instagram.com/reel/DG0qjQ7S-GD/?igsh=cndidHU3NXZwd282
006	This is an (insert noun), and this is an (insert noun).	https://www.instagram.com/p/DHiMzqvR_MQ/
007	For this (insert noun), you could have this whole (insert noun).	https://www.instagram.com/noahperlofit/reel/C3dwIEGxeB0/
008	This (insert noun) and this (insert noun) have the same amount of (insert noun).	https://www.instagram.com/fitfoodieliving/reel/DBHpSdgRdvh/
009	This (insert noun) has (insert metric) and will get you (insert dream result), and this (insert noun) has (insert metric) and will get you (insert dream result).	https://www.instagram.com/p/DC2OpMNJMG2/
010	(insert result) (insert noun) vs. (insert result) (insert noun).	https://www.instagram.com/p/DFOBiz0ptWc/
011	(insert metric) and (insert metric) both sides are (insert adjective) and look the same. Let's see why.	https://www.instagram.com/p/DIO0xJypZvT/
012	This is a (insert noun) from (insert restaurant/store/place) for (insert metric), and this is the same (insert noun) from (insert restaurant/store/place) for (insert metric).	https://www.instagram.com/p/DDP3euvJPC4/

NO.	HOOK	INSPO LINK
013	Both groups gained the same amount of (insert noun). Expect this grouped (insert action) # days a week, and this group (insert action) #.	https://www.instagram.com/reel/DCRDDUuC1YL/?igsh=eTA3eTV6OGt3dG5x
014	If you're between the ages # - # and you want to become (insert dream result) and I mean really (insert dream result). Then you have to do these # things.	https://www.instagram.com/share/_o1hsHAQW
015	(insert #) (insert noun) I would have this one if I was (insert verb), and I would have this one if I was (insert verb).	https://www.instagram.com/p/DEyUjelyn-w/
016	This is what your (insert noun) looks like when you don't take (insert noun). And this is what your (insert noun) looks like when you take (insert noun).	https://www.instagram.com/reel/Dln291GI4Fa/?igsh=b294b3ZyMmx5bDJk
017	For this (insert item) you could have all of these (insert item).	https://www.instagram.com/reel/C27sCLlxGlu/
018	This (option #1) has (insert noun) in it, and (option #2) has (insert noun) in it.	https://www.instagram.com/reel/DBTo-UctI9R/
019	This group didn't (insert action) and this group did.	https://www.instagram.com/reel/C9wOlGsjZG1/?utm_source=ig_web_copy_link
020	How long would it take you to go from (insert before state) like this (with pain point) to (insert dream result) with (insert desire).	https://www.instagram.com/share/BAFmRk0wS1
021	Both these (insert noun) are exactly the same. I have not changed a single (insert noun). But this one is (insert metric) and this one is (insert metric).	https://www.instagram.com/p/DB67qDlih-2/
022	This is (insert metric) of (insert noun) for (insert price), and this is also (insert metric) of (insert noun) for (insert price).	https://www.instagram.com/p/DCj8U4WJPmj/
023	He/she always (insert action), and he/she does (insert action).	https://www.instagram.com/reel/C9FQ-W10Jtc/

NO.	HOOK	INSPO LINK
024	This is (insert noun) at (insert metric), and it's perfect for (insert verb). This is (insert noun) at (insert metric).	https://www.instagram.com/p/DFckqW0T8cM/
025	A lot of people ask me what's better (insert option #1) or (insert option #2) for (insert dream result) I achieved (insert dream result) doing one of these and it's not even close.	https://www.instagram.com/p/DHGn-H-xNeV/
026	This is (insert metric) of (insert noun), this is also (insert metric).	https://www.instagram.com/p/DHGEISpPqeu/
027	For this (insert noun), you could have all of (insert noun).	https://www.instagram.com/alexgamblecoach/reel/C3r2FM5vhAH/
028	These two groups (insert similar result) but this group (insert result).	https://www.instagram.com/tombaileypt/reel/C9bg-usp89W/
029	The (insert noun) offers you a (option #1) and a (option #2) what do you choose?	https://www.instagram.com/share/_-96Kqts3
030	This is me after (insert action) in the (insert location) with (insert condition). And this is me just (insert action) in the middle of (insert location).	https://www.instagram.com/reel/DDNgWJliAUR/?igsh=MW03ZndyNW04bXlodA==
031	Would you feel more (insert trait) in this (insert noun) or this one?	https://www.instagram.com/p/DGYr4vMKo3T/

CATEGORY 03

Myth Busting

Challenge a belief your audience already holds, then show the better way.

● 50+ hooks

NO.	HOOK	INSPO LINK
001	(Insert noun) is actually a really good (Insert noun) for (insert result).	https://www.instagram.com/reel/C5yQUs6LQMM/?utm_source=ig_web_copy_link
002	If you look in the mirror and notice (insert observation) here's what you do to (insert dream result).	https://www.instagram.com/share/BAP0eL5mmh
003	Don't make the mistake of (insert action), (insert action), (insert action).	https://www.instagram.com/p/DIFEWODyeM0/
004	(insert well known person or brand) is trying to get this video removed from the internet because he/she exposes their product for being (insert negative result). Watch this now before it's gone.	https://www.instagram.com/p/DB7OnuqSYBr/
005	(insert noun) is better for (insert result) than (insert noun). And yes I am going to back up my claim with studies.	https://www.instagram.com/reel/DFYHUihofaFK/?igsh=MXF3ZDZ2dmRwZmZpeA==
006	You are (insert action) too many (insert noun) that you didn't know.	https://www.instagram.com/p/DHxzZ28x4KX/
007	This is how we think we (insert pain point), but you would have to (insert action) on top of (insert action) # of times for that to happen.	https://www.instagram.com/alexgamblecoach/reel/C9Zb1ZOP-TI/
008	I said it before and I am going to say it again (insert mind blowing fact).	https://www.instagram.com/p/DDFJKmqozH6/
009	This is (insert large number) worth of (insert noun).	https://www.instagram.com/georgiaheins/reel/C-QSr3qS4Cb/
010	This is me when I (insert action) (insert frequency), and this is me still (insert action) (insert frequency).	https://www.instagram.com/p/DAmA1Wnqh4X/
011	If you're really a (insert dream result), why aren't you doing (insert common belief)?	https://www.instagram.com/reel/DEPpiQkobO7/

NO.	HOOK	INSPO LINK
012	There is absolutely no reason for you to be (insert pain point) every single day just because you are trying to (insert dream result).	https://www.instagram.com/p/DHaw56FzsOe/
013	You are not (insert bad label), you are not (insert bad label), you just can't (insert adjective) .	https://www.instagram.com/p/DBWFRQqO3Nt/
014	This is what (insert number) of (insert item) looks like.	https://www.instagram.com/p/C60q1FPPrLW/
015	For the price of this many (insert noun) at the (insert place/store/restaurant) you could make this many at home.	https://www.instagram.com/p/DCKUo2tSsBe/
016	I haven't done (insert common action) in over # years, and it's healed (insert noun).	https://www.instagram.com/p/DGTIPPMygzM/
017	Stop using (insert item) for (insert result).	https://www.instagram.com/p/DBe3QaNyQEi/
018	(insert dream outcome) that don't taste/look like pure bootyhole.	https://www.instagram.com/p/DG8IDUFooUT/
019	I stopped acting like the (insert person/title) in my life and you shouldn't be the (insert person/title) either.	https://www.instagram.com/p/C-3m2q5pkLq/ https://www.instagram.com/p/C9pwV7rPMVo/
020	If you (insert action) this (insert noun) then yes i'm judging you.	https://www.instagram.com/p/DIKYWrVpgp4/
021	I will let you in on a secret (insert verb) is the easiest thing in the world.	https://www.instagram.com/p/DDHW7loz2jm/
022	You cannot be (insert dream result) before you enter (insert age group).	https://www.instagram.com/p/DBROBQTK9De/
023	This is why you should always (insert verb) your (insert noun) before (insert verb).	https://www.instagram.com/p/DHU2-6vxXxm/

NO.	HOOK	INSPO LINK
024	Being (insert result) is not just based on (insert noun). You may not believe this but I could have been (insert adjective) then this guy/girl if I had just changed a few things.	https://www.instagram.com/reel/DH2VMvQNFXc/?igsh=MTNrejltDnZ3YW94eg%3D%3D
025	I have never met a single person that (insert action), (insert action), (insert action), (insert action), and still has time to (insert dream result).	https://www.instagram.com/p/C84rOEixNKS/
026	(insert verb) does not mean your (insert adjective), it means your just (insert adjective).	https://www.instagram.com/p/DAw01riSVei/
027	You're using your (insert noun) wrong and I am going to show you how to use it the right way.	https://www.instagram.com/p/DIOwnaJJ976/
028	No your (insert noun) is not cause (insert result).	https://www.instagram.com/p/DCeVnXro9Xd/
029	Everyone on the internet is going to tell you making (insert noun) is impossible. But I am going to show you how to make them from home.	https://www.instagram.com/p/DF6K0b0Rt9b/
030	# things I would never (insert action) in my (insert age range) if I wanted to (insert dream result) by (insert age range).	https://www.instagram.com/share/BAGNNxOLAP
031	Just because you do (insert action) doesn't make you a good (insert label).	https://www.instagram.com/reel/DHrRQ2uv22F/
032	Just because you have never (insert action) before, doesn't make you a (insert label) person.	https://www.instagram.com/p/DGb8XGgtwN5/
033	I am going to hold you hand while I tell you this. If you only have # of (insert noun) you are not doing it the right way.	https://www.instagram.com/p/DCZ9dK9Jjlw/
034	It's time to throw away your (insert item), you don't need it anymore.	https://www.instagram.com/reel/C6qt2B4NKA1/

NO.	HOOK	INSPO LINK
035	I can't (insert verb) (insert noun) anymore.	https://www.instagram.com/p/Dlyeda6xw9w/
036	This is why doing (insert action) makes you (insert pain point).	https://www.instagram.com/p/C8BpxhQNKcj/
037	Your life is boring because you don't (insert action).	https://www.instagram.com/reel/DFAr9dPA4F4/?igsh=eWVxamg2eDF2cTBt
038	If you (insert action) like this, then you're doing it wrong.	https://www.instagram.com/p/DHcv_7uBv1p/
039	If you are (insert action) just once per (month/day/year) than you are f*ucked.	https://www.instagram.com/reel/DAvjgruooP3/?igsh=cXcwcNAYMmo1ZTFv
040	What if I told you making your own (insert noun) is actually super easy and only costs (insert price).	https://www.instagram.com/p/DH1SDq_qBny/
041	Don't (insert action) until you've done this one thing.	https://www.instagram.com/p/DA0kc0DCM0h/
042	Are you still (insert verb) (insert noun) like this? While I worked at (insert noun) and let me show you how to do it like a pro.	https://www.instagram.com/p/DGdz4nPSXvz/
043	(insert item) (insert fact), (insert item) (insert similar fact), (insert complete opposite item) (insert similar fact).	https://www.instagram.com/p/DDmz346s6x2/
044	They said, "(insert famous cliché or quote)" That's a lie.	https://www.instagram.com/reel/DDmm7AXxKLa/
045	Instead of (insert verb) (insert noun) like this, try this method instead.	https://www.instagram.com/p/DH9gry2heFS/
046	This is how you (insert dream result) while (insert guilty pleasure).	https://www.instagram.com/p/C3spnM9IOKG/
047	# things you should never put in your (insert noun).	https://www.instagram.com/p/DDxoAs_TciE/

NO.	HOOK	INSPO LINK
048	More (insert target audience) need to hear this, (insert common belief) will not (insert result).	https://www.instagram.com/reel/C_oaRbkuJaG/
049	(insert noun) are not as disgusting as you think.	https://www.instagram.com/reel/DHBslKRvZ7_/?igsh=MW83azY5b2s2YTEzag==
050	My biggest regret in (insert life event) was (insert accomplishment).	https://www.instagram.com/p/C22y9caxGf6/
051	If you're a young (insert person) and you are a (insert result) (insert title), let me tell you something you got a bright future buddy.	https://www.instagram.com/p/DIfDhHqTikW/
052	If your (insert noun) are not lasting you at least (insert time frame) you are probably doing them wrong.	https://www.instagram.com/p/DETLyaexWaQ/
053	Believe it or not this (insert noun) was not (insert verb) with a (insert noun).	https://www.instagram.com/p/C2SNZy0gL-x/
054	Let me de-influence you from (insert action).	https://www.instagram.com/reel/DEXaRPkOSjV/?igsh=MXYxZm05YzRzdXVyMg%3D%3D
055	(insert action) I have never (insert action) before, to prove (insert action) is easy.	https://www.instagram.com/p/DDh_Y0PzPi9/
056	(insert item) (insert fact), (insert complete opposite item) (insert similar fact).	https://www.instagram.com/reel/C_bBILMsNzh/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
057	(insert noun) are not (insert adjective) and they are not a cop-out. I think they can actually be made into something really really (insert adjective).	https://www.instagram.com/p/DHRsoELBphP/
058	You are not bad at (insert action), you probably were just never taught how to (insert action).	https://www.instagram.com/p/DHYuMQYp0Kv/

CATEGORY 04

Storytelling

Open a loop with a personal moment they need to see through to the end.

● 350+ hooks

NO.	HOOK	INSPO LINK
001	Hi i'm (insert name) and I am a (insert title), this is my (insert person) and he/she loves (insert noun).	https://www.instagram.com/reel/DGO2HGtOu-C/?igsh=MXAyZ2tzBWJyMW12Mw==
002	I (insert action) almost everyday for a week and here is what happened.	https://www.instagram.com/p/DCAJiSMPryj/
003	Day # of trying to (insert action) all year.	https://www.instagram.com/p/DEOoZX_xFLz/
004	X years ago I decided to (insert decision).	https://www.instagram.com/p/C-IOTqUtbth/
005	Let me show yall how to make (insert \$) per day, but installing a simple (insert noun).	https://www.instagram.com/reel/DCZnnxFx-IX/?igsh=MWdxdl5MXQxb3FzYw==
006	Fourtnely my (insert person) and I have a tendency to be a little bit impulsive.	https://www.instagram.com/reel/DGNL0Buyid_/?igsh=ZGI5YmZ4bTJjdXNy
007	I can't stand this (insert noun), let's transform it.	https://www.instagram.com/reel/DEDx84Zy4Fi/?igsh=cHdmNnFxbnNvd2xk
008	I f*cked up. I bought literally a (insert metric) of (insert noun). And for the last (insert time) I have been turning them into (insert results).	https://www.instagram.com/reel/DlhivhvtN3q/?igsh=ZmRuOGthenpjN2I=
009	So I bought this (insert noun) last week and quickly realized I have no idea how to (insert action).	https://www.instagram.com/share/BAE6C2ZZ78
010	I'm (insert action) in (insert time) and I just (insert action).	https://www.instagram.com/p/DFf7WpdREbp/
011	(insert year) - I think I am going to (insert goal).	https://www.instagram.com/p/DDP5UpoR9SI/
012	In (insert time), I went from (insert before state) to (insert after state).	https://www.instagram.com/reel/DFfnKFWusVf/?igsh=MXE1d3ZybnJ6eXlwZg==
013	I don't have a backup plan so this kind of needs to work.	https://www.instagram.com/p/C7XpT7tPwCP/
014	Why am I (insert action) at # months pregnant?	https://www.instagram.com/reel/DCU89MNO9z/?igsh=MThnZ2dhdTnpYXBmcw==

NO.	HOOK	INSPO LINK
015	I think of my (insert noun) as my own personal (insert noun).	https://www.instagram.com/reel/DHWAUjrROF4/?igsh=MWthZzBuMnVsZ3FzbA==
016	I am an X year old (insert occupation) from (insert location) and I just (insert action)	https://www.instagram.com/reel/DDWIHZESamL/
017	X days/months/years I started (insert action) again after being stuck at (insert pain point)	https://www.instagram.com/reel/DEUEvFzYL_o/
018	As you may know I have been (insert action) to (insert dream result).	https://www.instagram.com/p/DF-_e2MNx8u/
019	X Months/Years ago I (insert action) to (insert action)	https://www.instagram.com/reel/DFJCpPYTtxw/?igsh=M2oxZjVINHp6MjQ%3D
020	I always wondered what it was like to (insert action).	https://www.instagram.com/p/DI1FPNwOoAk/
021	I was shocked when I found out (insert fact)	https://www.instagram.com/reel/DCz5caZymCk/?igsh=MXVzeGkxc2U1YWl2dQ%3D%3D
022	With the (insert life event) coming, it's time to (insert action).	https://www.instagram.com/reel/DC2fx6XOD5c/?igsh=MXVyY2lsajhqcdJyYw==
023	How I married my middle school/highschool/college girlfriend/boyfriend.	https://www.instagram.com/p/DCcFOykRggl/
024	I finally built it. For the last # years I've been turning (insert noun) into (insert noun).	https://www.instagram.com/reel/DlxSSv5KcRv/?igsh=MXRxYTRrc240Mm1wbA==
025	I am (insert name) (insert age) you might know me from my (insert accomplishment), (insert accomplishment), or (insert accomplishment).	https://www.instagram.com/p/DCN08rLTux3/
026	What if I told you that (insert dream result) without (insert pain point)	https://www.instagram.com/reel/DDpTqOovShl/?igsh=MjlXanprY2Z1NWsw
027	I think (insert belief/opinion) so I have been taking matters into my own hands	https://www.instagram.com/reel/DFq4B3uSYSh/?igsh=ejd2bXM1bTFpZ2ll

NO.	HOOK	INSPO LINK
028	I worked (insert hours) in just (insert days) making all of this (insert noun) for my (insert noun).	https://www.instagram.com/p/DGMTIk2s5Bq/
029	It's been (insert time) since I bought my dream (insert noun), and I want to take you through what the last (insert time) has been like.	https://www.instagram.com/reel/DFID6AYyyHm/?igsh=em1hbXI2enF1MTBm
030	I (insert action)	https://www.instagram.com/reel/DEVd9n0SEgK/?igsh=MWgwMmYyZXppMnE2Ng==
031	Hi I am (insert name) and I have been secretly (insert action) for # years.	https://www.instagram.com/p/DIz_U_1NY5J/
032	I opened up a (insert business/store) in the middle of (insert location) and I can't believe how much money I made.	https://www.instagram.com/reel/DDr63MGOLsK/?igsh=MTZxanR2MjdobzJvNw==
033	So I recently started feeling (insert feeling) everyone talks about	https://www.instagram.com/reel/C9KNzOkIk6m/?igsh=MTAzOGQ1Zm53OXNjaw%3D%3D
034	I only have (insert time) to finish over (insert number) of (insert noun) orders, including (insert number) of (insert noun), (insert number) of (insert noun), (insert number) of (insert noun), and (insert noun).	https://www.instagram.com/p/C7CMet3rNJG/
035	My house has this weird (insert trait) and it's haunted me ever since I first toured.	https://www.instagram.com/p/DI38P5ANoa1/
036	Welcome back to my (insert noun) series where I will be teaching you everything I know, no gatekeeping here.	https://www.instagram.com/p/DGTx0R1zU1v/
037	I used to be in a super toxic relationship back in (insert time frame) so let me tell you about it.	https://www.instagram.com/p/DDsiifAu14W/
038	You know the feminine urge to open (insert business)	https://www.instagram.com/p/DChR0akynLv/
039	It's been (insert time) since we (insert experience)	https://www.instagram.com/reel/DFbFikLNj5c/?igsh=MTBjbnRla2Fsc25zcQ%3D%3D

NO.	HOOK	INSPO LINK
040	About a (insert time) ago I got in trouble for having too many (insert nouns).	https://www.instagram.com/reel/DB9kycqyic8/?igsh=b3EyYWY3bHFnenp2
041	(# days/months/years) ago I quit (insert thing).	https://www.instagram.com/reel/C-5yJQmoPsM/?igsh=ejRheHR1ODg4NW83
042	I did (insert action) everyday for one year, and here's what's different.	https://www.instagram.com/reel/DAMm_LMsAxL/?igsh=MTgyZWpwNG05ZHV1dA==
043	X days/weeks/months ago my (insert person) and I (insert action), (insert action), and (insert action) this is how it's going.	https://www.instagram.com/p/C_50kObxUwc/
044	This video got # of views, with a lot of (insert adjective) feedback. Let's try it out and see if it makes a difference to my (insert noun).	https://www.instagram.com/p/DFDQ99NuWNF/
045	# days ago I quit (insert noun) as a (insert age) (insert title), and started (insert noun) for literally one reason.	https://www.instagram.com/reel/DIfR8HKN1S-/?igsh=MXpnd2llaDN3aGE2
046	Selling (insert noun) at (insert location) has made me more money than my (insert person/title) and today I am going to be investing that money into (insert noun).	https://www.instagram.com/p/DINf-krxetg/
047	This is what my morning looks like while (insert situation).	https://www.instagram.com/reel/DExrL91JUcS/?igsh=MWN6anA2dnhhamoyZg==
048	The ultimate assembly video of my (insert huge metric) (insert noun).	https://www.instagram.com/reel/DG6zBv9xjKN/?igsh=MWJ3YW04aG5idDc3NQ==
049	X days/weeks/months/years ago I purchased (insert price) (insert noun) as a (insert label) with only a (insert price) deposit.	https://www.instagram.com/p/DHatudoNK8S/
050	I made (insert \$) doing (insert side hustle) as a side hustle.	https://www.instagram.com/reel/DI1s4r7pwHv/?igsh=MXN6dGU0aTRnNTZt

NO.	HOOK	INSPO LINK
051	For those of you who don't know I have been bootstrapping a (insert business type) to see how big I can scale it.	https://www.instagram.com/p/C40yJ7BpdJD/
052	We are now at day #, since starting my (insert project).	https://www.instagram.com/reel/DCpBtQ8uz1R/?igsh=NXBqM3gwams3dWQw
053	So when I was (insert age) I started taking (insert noun) and at (insert age) I had to (insert action).	https://www.instagram.com/reel/DC2Mg4ON1m0/?igsh=N2R6aW10MHo5NTA4
054	I (insert verb) (insert number) (insert noun) and I had to throw (insert number) of them away.	https://www.instagram.com/p/DGGicrYRhyi/
055	Someone just (insert negative result) my business.	https://www.instagram.com/p/DG3EbrsReCj/
056	This is day # of making fake (insert noun) for our dream clients until one of them starts working with us.	https://www.instagram.com/p/DB587F_NYOD/
057	I started (insert business) at (age/life event) and I had no idea I would (insert result/outcome)	https://www.instagram.com/reel/C_oKE1BJZnw/?igsh=MTk4ZWJ0dnVycmNrbw%3D%3D
058	I went on # of (insert noun) this year, and here is the one trait I learned that you need to have to (insert dream result).	https://www.instagram.com/p/DG7b8SAMjNJ/
059	(insert verb) (insert noun), (insert action), and don't (insert result). Welcome to (insert event).	https://www.instagram.com/reel/DGOH0THOBSI/?igsh=MXZweHoyNGU0Z201cg==
060	I had this weird idea that if I added some (insert action), (insert action), (insert action), etc...	https://www.instagram.com/p/C-lMnQ4pCIs/
061	So I was just (insert action) to do my (insert action) of the day when I saw that...	https://www.instagram.com/p/DIbTyiMyVek/
062	This is how much (insert adjective) (insert noun) cost me in (insert location) and a (insert age) (insert occupation).	https://www.instagram.com/reel/DHYDpXxzF1U/?igsh=MTVkmMTdiNDA4ZTZ5ZA==

NO.	HOOK	INSPO LINK
063	Is it possible to stop (insert pain point) and (insert dream result) in (insert time frame) even if you're in (insert noun) and all of your (insert person) think getting (insert verb) is (insert trait).	https://www.instagram.com/p/DIH7JltEK0/
064	I think I got (insert verb).	https://www.instagram.com/p/DGN51kGIU51/
065	A competitor showed up at my job trying to get me fired.	https://www.instagram.com/reel/DCAp43wtlxP/?igsh=MWZpYzJiaGxnNTFodw==
066	Put a finger down if you told the entire internet you were going to create a (insert noun) without having any idea how to (insert action) or any idea how to start?	https://www.instagram.com/p/DGixMnEJ5I3/
067	I started my (insert business) when I was (insert age) with (insert \$)	https://www.instagram.com/p/C9GHw6MO48j/
068	Every year we make the questionable decision of (insert decision).	https://www.instagram.com/reel/DD1w5dTqaWa/?igsh=MWMyc3huc21kaHR3bg==
069	It was until I build # of (insert noun) and completed over # of (insert noun) that I realized (insert action) is not really that complicated.	https://www.instagram.com/p/DEd-dLWvcem/
070	I just left my (insert salary) a year new grad job, and now I am just a disappointment.	https://www.instagram.com/p/DIWt7j-O40r/
071	This is how I got to (insert cool opportunity) in my X week/month/year of doing/starting (insert business or job)	https://www.instagram.com/reel/DD36juzzvIO/?igsh=MWt0a2FsdWdlbTNwcA%3D%3D
072	Here's how I made a wireless (insert noun) that is valued at (insert price).	https://www.instagram.com/p/DHgzKnCq0U/
073	I've (insert verb) this almost every single day of my entire life.	https://www.instagram.com/p/DGygqjJSIXS/

NO.	HOOK	INSPO LINK
074	Yesterday I (insert action) in (insert hours) and (insert minutes).	https://www.instagram.com/p/DJAIPU1N7b0/
075	We (insert action) over # of the most (insert adjective) (insert profession) and # responded.	https://www.instagram.com/reel/DEOUKcLPUZe/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFiZA==
076	I am going to do it, i'm going to flip this... house.	https://www.instagram.com/reel/DGidAKiuEpN/?igsh=dWVkeDZkZmJ6dGEz
077	It all started when this boy/girl, (insert action).	https://www.instagram.com/p/DC5ioSRMrnS/
078	I'm (insert age) and I'm not ashamed to admit that >>	https://www.instagram.com/reel/DFOqo61NrJu/?igsh=MnlyNnFrczB0aDBx
079	This (insert noun) single handedly changed my career.	https://www.instagram.com/p/DC9zT1dx5yT/
080	I took a (insert hour) and (insert minute) (insert noun) to (insert location) and here's how it went.	https://www.instagram.com/reel/DCke9dGx-7G/?igsh=MXZqMmZkMTJ4dG1ydQ==
081	(insert year) (insert occurrence).	https://www.instagram.com/ultimateivyleagueguide/reel/DBv1NuKOF7u/
082	The worst part about being a (insert title) is I literally do not...	https://www.instagram.com/p/DDV2GYxpnmu/
083	X days/months/years ago I stopped (insert action/or habit) and started (insert action/or habit)	https://www.instagram.com/reel/DDvdqxIJcbe/?igsh=MWZxZDI1Z25vcnlibw%3D%3D
084	Did you know you can start your own (insert business) from home without (insert pain point), (insert pain point), and (insert pain point).	https://www.instagram.com/reel/DGv9SwVysky/?igsh=emp3bnJ6c3c2aWQx
085	A fun fact about my (insert person) (insert name) is.	https://www.instagram.com/p/DIXsITXRPIz/
086	Would you buy a house with no (insert noun), well my (insert person) did!	https://www.instagram.com/p/DDxL49LJwSV/
087	It's been (insert time) since I have seen myself with (insert feature) and that's all about to change.	https://www.instagram.com/reel/C48sQQpI5aS/?igsh=MTIzNGduZmEzYzRudA==

NO.	HOOK	INSPO LINK
088	(Insert person), (Insert person), or that one (Insert person) we just don't have (insert title) like we did back then.	https://www.instagram.com/p/DG24V2LOxBj/
089	I feel really bad for saying this but sometimes you just need to (insert harsh truth).	https://www.instagram.com/p/DE-3lwtPE1v/
090	I would like to welcome you to my (insert location).	https://www.instagram.com/reel/DDqPDWny-9a/?igsh=aDczYzE0M200NGRx
091	(insert time) I started accepting the choice to (insert drastic change).	https://www.instagram.com/reel/DHrVRsRyA1t/?igsh=MXU0MTF6dXRpNdsbA==
092	So I messed up	https://www.instagram.com/reel/DD9yJvGRdoO/
093	It all started when (insert person) (insert action)	https://www.instagram.com/p/DC5ioSRMrnS/
094	Have you ever noticed that some (insert noun) feel (insert description) while others feel (insert description).	https://www.instagram.com/p/DIOy5C2A8sb/
095	Day # of trying a new hobby to recover from burnout.	https://www.instagram.com/p/DJDLxltzPJV/
096	# months/years ago my friends and I started a (insert business). And it turned out to be the biggest (insert result).	https://www.instagram.com/p/DHGB_GOy09_/
097	X days/months/years ago my (insert label) (insert name) and I (insert action) to (insert result).	https://www.instagram.com/p/DBkmeBPvd7b/
098	I am a (insert title) by day and a (insert title) by night	https://www.instagram.com/reel/DDxIpp3yLup/?igsh=MXZzNThxN2F2ZTUzcQ==
099	Me and my (insert person) are supposed to be (insert action), but instead we (insert action).	https://www.instagram.com/p/DHjhY8Vx2bw/
100	I bought this (insert noun) for (insert \$). And today my (insert person) and I will find out if it (insert result).	https://www.instagram.com/reel/DGgxdZ4SRgm/?igsh=cDRtaW03bDNwNGhy

NO.	HOOK	INSPO LINK
101	When I (insert action), people said (insert feedback).	https://www.instagram.com/reel/DEj-ntbyxb_/?igsh=MW8xdjFpYWRtc2hmdQ==
102	So I am (insert age) and I work nights at (insert store) that's the dream life right?	https://www.instagram.com/reel/DIW6N1gto6i/?igsh=Z244Y3Q0NTVvM2l
103	X days/months/years ago I decided to (insert decision)	https://www.instagram.com/p/C-IOTqUtbth/
104	I have been a (insert title) for # years of my life I started when I was # years old working at (insert location/place) in (insert location).	https://www.instagram.com/p/Dlo_nLOz7p1/
105	Come with me to make (insert object)	https://www.instagram.com/p/DA8icSZuuX7/
106	Did you know that if you combined (insert noun), (insert noun), (insert noun), etc...	https://www.instagram.com/p/C_tMbf_p4-Q/
107	Is it possible to (insert action) while (insert action) in X days.	https://www.instagram.com/reel/DEgmpM_yqsZ/
108	Is it possible to (insert dream result) while (insert action) in X days	https://www.instagram.com/reel/DEgmpM_yqsZ/
109	I baited this (insert google rating) (insert title) with this (insert noun) in excellent condition to see if they would rip me off.	https://www.instagram.com/reel/DDLA77-SKTM/?igsh=NGg4aGJmZmU5ODJ2
110	Let's make (insert #) (insert noun).	https://www.instagram.com/p/DFRdOhxMQ9H/
111	I lied to the (insert person) who (insert action).	https://www.instagram.com/p/DExR-xeiVfp/
112	I already know I am going to get a bunch of hate for this but the (insert noun) is getting taken out today.	https://www.instagram.com/reel/DGErAIDujW_/?igsh=eJkNzY3Z3hxaTl4
113	I am (insert age) having an identity crisis.	https://www.instagram.com/reel/DDJM-ivP9-v/?igsh=ZDh0bG51azdpMDc0
114	This is life as a (insert noun) addict part (insert #).	https://www.instagram.com/reel/DCno0FUObFN/?igsh=Mm1seHZxMWpnMm50

NO.	HOOK	INSPO LINK
115	I (insert traumatic event) at (insert age) but it's what happened after that, that actually changed my life.	https://www.instagram.com/reel/DFGfX6NP6Pn/?igsh=bGlrYTZmNXhqenAy
116	My (insert person) and I tried a whole (insert time frame) without (insert action).	https://www.instagram.com/p/DBwOrvcoKvI/
117	This is a picture of my (insert what picture is).	https://www.instagram.com/reel/C_njKwBOuLi/
118	I was today years old when I found out that if you have (insert trait), (insert noun) will look really (insert adjective) on you.	https://www.instagram.com/p/DDu_J9ZytmA/
119	Alright today we are building this (insert \$) (insert adjective) (insert noun).	https://www.instagram.com/reel/DEsqSd9SFfS/?igsh=ZXhlcDVnemUwcm9m
120	What happens when you (insert action), (insert action), (insert action), etc.	https://www.instagram.com/p/DCo8e3Xi-di/
121	Some say the strongest bond is between (insert person) and his/her (insert person).	https://www.instagram.com/reel/DF9uy9DzyJW/?igsh=MTMwc2EzeWk2YmdudQ==
122	In # days I am selling my (insert noun) and moving out of the country.	https://www.instagram.com/reel/DCimp5XxA7o/?igsh=MW9qc2hjZHRnMmZyZQ==
123	I am revmong all my (insert noun) friendly upgrades before we (insert action). Today we are removing (insert noun).	https://www.instagram.com/reel/DAXBKELOkLP/?igsh=MmloOHc1bXM5cHhh
124	Can you (insert dream result) after (insert shortcut)	https://www.instagram.com/reel/C6uGU4xxKV_/
125	Here is how I lost a (insert time frame) of my life.	https://www.instagram.com/p/DAQog1uPOrX/
126	My (insert person) hasn't (insert action) in over # years.	https://www.instagram.com/reel/DltP_YikupRg/?igsh=b2tnenZid2pnN21j
127	My one goal this year was to showcase just how interesting (insert noun) is.	https://www.instagram.com/reel/DEDVhdrSfbP/?igsh=NDVha25oZ2V2M2c2

NO.	HOOK	INSPO LINK
128	I am (insert age) and I have an identity crisis.	https://www.instagram.com/p/DBtZYwby3Nx/
129	This is the ultimate assembly video of my (insert noun).	https://www.instagram.com/p/DG6zBv9xjKN/
130	Hi i'm (insert name) a (insert #) generation (insert title) who shares tips about (insert niche) and (insert result).	https://www.instagram.com/reel/DFdu6ZHxg5i/?igsh=MWU2dmJ2OWw1MHppNw==
131	I think (insert noun) should be better than this, so i've been taking matters into my own hands.	https://www.instagram.com/reel/DFq4B3uSYSh/
132	I have (insert time) to get my sh*t together.	https://www.instagram.com/reel/C79z4euRhIV/
133	I have no intention of...	https://www.instagram.com/reel/DImh0cbigzk/?igsh=Z2Niam5yOWJ2cmcw
134	In (insert time frame), I went from (insert before) to (insert dream result)	https://www.instagram.com/reel/DFfnKFWusVf/?igsh=MXE1d3ZybnJ6eXlwZg==
135	You know those days where it feels like (insert scenario) well today was that day for me.	https://www.instagram.com/p/DHgZAKCRzQ7/
136	Here is how we transformed my (insert persons) (insert location) from this to this using (insert noun).	https://www.instagram.com/reel/DCufP51puBN/?igsh=cjdreHNxeTlwbXE2
137	1 Year Ago today, I ____.	https://www.instagram.com/reel/DDvdqxIJcbe/?igsh=MWZxZDI1Z25vcnlibw%3D%3D
138	When we first moved to the (insert location), my (insert person) bought a (insert noun) in (insert location).	https://www.instagram.com/reel/DINcg69x3zC/?igsh=NzdpZzIOeW02YTnq
139	This is how I ended up taking the biggest risk of my life.	https://www.instagram.com/reel/DHdesfVCuKx/?igsh=MTVqZ2ZubWQyZmdkMA==
140	When is it time to do (insert action).	https://www.instagram.com/reel/DDrwI5ix3a0/?igsh=MW14dGUybG5rYnhxdQ==

NO.	HOOK	INSPO LINK
141	I am (insert age) having an identity crisis	https://www.instagram.com/reel/DDJM-ivP9-v/?igsh=ZDh0bG51azdpMDc0
142	Customer called me up because they had (insert situation) and wanted it (insert result) immediately.	https://www.instagram.com/reel/DEOTavZx5TX/?igsh=MTRkN3AyaDNlaTB0eg==
143	So I did (insert action) last week.	https://www.instagram.com/share/BAlu4m7QIH
144	A customer (insert result) and tried to avoid paying.	https://www.instagram.com/reel/DHorGhly3x/?igsh=MXRjbnhxODgxcMF6aw==
145	X days/months/years I (insert life event) and decided to quit (insert bad habit)	https://www.instagram.com/reel/DEd9AFGydqg/
146	Yesterday I was at (insert location) when I noticed something (insert adjective)	https://www.instagram.com/reel/DFLw3SmSnti/
147	X days/months/years ago me and my (insert person) bought (insert noun) for (insert price).	https://www.instagram.com/p/DICw6TgsuSk/
148	One day you're gonna get dumped. Not by your girlfriend, not by your boyfriend, not by your fiancé, not by your spouse. But by your (insert noun).	https://www.instagram.com/p/DD3BkA3vaI9/
149	Over the last (insert time) I have been finding a lot of cool things over (insert location). And today I am finally finishing my (insert project).	https://www.instagram.com/reel/DDc9OJlvOMI/?igsh=cZyZ2picXR6eWlw
150	If I want my (insert person) to be (insert dream result one day) that means I got to (insert action) now.	https://www.instagram.com/p/DIW2ZlcvlaG/
151	You know when I started making (insert noun) I should have known this day would come.	https://www.instagram.com/reel/DJANvPCTbH_/?igsh=MTJrYnFsZWVvY2w4eg==
152	I have been (insert title) for (insert time) now, and I have gained (insert #) of followers just by sharing (insert content type).	https://www.instagram.com/reel/DESIFyRSaeC/?igsh=MWxyNHowa2R2OTY0Mg==

NO.	HOOK	INSPO LINK
153	I got (insert result) at (insert age) and (insert result) by (insert age) if you are scared about (insert result) this is for you.	https://www.instagram.com/p/DF9aqV_JPIA/
154	Is it possible to get (insert dream result) without your daddy being the CEO of apple.	https://www.instagram.com/share/_58N3IM2x
155	Welcome back to another episode of (insert series name) where I (insert action).	https://www.instagram.com/p/DHrfrLyveys/
156	X days/months/years ago I was (insert action), every waking hour because I was (insert trait) and I wanted (insert result).	https://www.instagram.com/reel/DFUgKb4RGII/
157	I am leaving my (insert salary) dream job at (insert company) to (insert action).	https://www.instagram.com/p/DH542doMca8/
158	I got (insert dream result) without (pain point/points) here's how	https://www.instagram.com/p/C6G56RQrf9N/
159	I am about to go on the biggest bender of my entire life!	https://www.instagram.com/p/DI4JR8TOMdS/
160	I am a retired (insert title) who now owns a (insert business). So come with me to collect the quarters.	https://www.instagram.com/reel/DEz4JQYvuSr/?igsh=M2Z1c3Jpd3lrMjJz
161	I am (insert life event) in (insert time frame) and I just wrote a letter that I wish my (insert age) self would have read.	https://www.instagram.com/p/DFf7WpdREbp/
162	Yesterday I was at (insert location) when I noticed something (insert adjective).	https://www.instagram.com/reel/DFLw3SmSNti/
163	This week in fatherhood/motherhood I am please to report that I (insert result).	https://www.instagram.com/reel/DF3nqffSL7r/?igsh=MXdzMTk3bnQxOWwyeA==

NO.	HOOK	INSPO LINK
164	Remember that time you were (insert adjective) so you (insert action) but the moment (insert person) (insert verb) you (insert action).	https://www.instagram.com/p/DImOQx6TGCo/
165	(Insert noun) is cringe right now but let me tell you what a game changer it was for me.	https://www.instagram.com/p/DCmBEffyaPC/
166	Over # of you saw this video.	https://www.instagram.com/p/DF8rBLCP4SG/
167	Do you ever (insert situation), yeah well that's my job.	https://www.instagram.com/reel/DDVHvRjsz9k/?igsh=cThzb3VrNHp3ZWWh3
168	I have (insert action) over (insert #) in my life	https://www.instagram.com/p/C9GM_SJpJ3k/
169	Living in a (insert adjective) household has led me to literally having (insert bad result).	https://www.instagram.com/p/DFqJbilqCCH/
170	We pretty much (insert action) our entire (insert noun) into (insert noun).	https://www.instagram.com/p/DC-CO9QTF3R/
171	Come with me to (insert action) the (insert title) didn't (insert action).	https://www.instagram.com/reel/DEydm_GP0B8/?igsh=MWY1OTBpMmd0MXk2dg==
172	Hi my name is (insert name) and this is my home.	https://www.instagram.com/reel/DDDvhNoOKLU/?igsh=OHVvMjFxeXM0eTQy
173	X days/months/years ago I was (insert life event), because I was (insert action) instead of (insert action).	https://www.instagram.com/reel/DFuMWtZSSEx/
174	When I told my (insert person) I was going to start doing this he/she thought it was the worst idea ever.	https://www.instagram.com/p/DGhD18oBVds/
175	(insert year) I met my (insert person) when working at (insert job).	https://www.instagram.com/p/DHrK16iM1-B/
176	I have (insert event) in (insert time) and I have not started (insert action). And if I don't do well I have to (insert consequence).	https://www.instagram.com/reel/DDubxvxpHc1/?igsh=OWc0cXpuZmx6NG1h

NO.	HOOK	INSPO LINK
177	You think you're a (insert label)? Well let me introduce you to my life.	https://www.instagram.com/p/DHoAC5HtwCn/
178	I am attempting to be the first person to (insert goal), day #.	https://www.instagram.com/reel/DB0ogikvRjL/?igsh=MW16d2lyOWd6OXNjeg==
179	I spent an entire (insert time) (insert verb) but was it a waste of time?	https://www.instagram.com/p/DExfsiBu1ml/
180	After many years of total neglect my basement is finally getting much needed TLC.	https://www.instagram.com/reel/DFTWF7opT4B/?igsh=MTc1eG54cHkzdzhINw==
181	I just left my 9-5 corporate job to start my (insert business).	https://www.instagram.com/p/DFVkgfAPimi/
182	Welcome to day # of starting my life over at (insert age).	https://www.instagram.com/reel/DHOxttONE6o/?igsh=MWxjMXJpZW8wazl5dA==
183	Buying (insert noun) that need a lot of work, can work out in your favor.	https://www.instagram.com/reel/DCtwyViukxT/?igsh=emQxcTF1NGx5b2Zi
184	My parents had # sons/daughters/kids thiers me, my (insert person), and (insert person).	https://www.instagram.com/reel/DHlm7I7TAOU/?igsh=cnZlaGtKZWl3MXRk
185	Build a (insert noun) with me while I (insert action).	https://www.instagram.com/p/DFESQ5bMLUy/
186	Today I woke up and realized (insert realization).	https://www.instagram.com/p/DH-K4dER2wd/
187	I have had 0 (insert noun) in (insert time frame).	https://www.instagram.com/p/DBuQULzybXD/
188	Alright this is officially day #1, trying to make (insert \$) a month with (insert business).	https://www.instagram.com/reel/DGYg6fDxohE/?igsh=ajlyZzE1ZnBmZWJn
189	(insert time) I bought a (insert adjective) (insert noun) because it's cheaper than a (insert adjective) (insert noun).	https://www.instagram.com/reel/DFA-_6rSp7Q/?igsh=OTFmZWR0N3pxeW8w

NO.	HOOK	INSPO LINK
190	So (insert time frame) ago me and my (insert person) had a little too much fun.	https://www.instagram.com/p/DGg5Lz2SN0T/
191	Okay real talk, I wasn't always this (insert adjective).	https://www.instagram.com/p/DlgzMCWuK1I/
192	X days/weeks/months/years into my (insert action), my worst nightmare became my reality.	https://www.instagram.com/p/DETO9Z0u5cN/
193	This might be the coolest DIY I have ever made.	https://www.instagram.com/reel/DGJDrxePydv/?igsh=Mml6dXljeWF5dGZp
194	I (insert action) to every (insert person) in the world. Here is how many people responded.	https://www.instagram.com/p/DCC-6Y7CZVm/
195	I had just (insert time) to (insert verb) (insert #) of (insert noun) for a (insert person). And you have until the end of the video to guess who they are for.	https://www.instagram.com/p/C6O91GDLbUc/
196	X days/months/years ago I went extremely viral for (insert action).	https://www.instagram.com/p/DDYV5gNJ9iq/
197	Does this stuff actually work?	https://www.instagram.com/reel/DHrP6lqyOPT/?igsh=MW5iMWQ1NWRjN3lvaA==
198	I woke up this morning thinking about (insert thought)	https://www.instagram.com/reel/DEtoEgJSVhy/
199	(insert quote) the first time I heard this I was (insert action), and my (insert person) just dropped that line out of nowhere.	https://www.instagram.com/p/DDAcNRXy2KD/
200	I am on a journey to find the best (insert noun) for (insert person) and today we (insert action).	https://www.instagram.com/p/DF0gUSRPywO/
201	Growing up my parents used to get upset when I (insert action), (insert action), or (insert action) they would get frustrated.	https://www.instagram.com/reel/DD25g3ayYbg/?igsh=MWV1NTZ5YnpIZDRtcw==

NO.	HOOK	INSPO LINK
202	Nearly # years/months ago today I packed my bags and left for (insert location), thinking I would only be gone for (insert time).	https://www.instagram.com/reel/DEadcfuR/?igsh=NmxmNGdteWZ1M3Fz
203	(insert action) everyday has literally changed my life. In particular helping me (insert dream result).	https://www.instagram.com/p/DBuHW1lo1H2/
204	Hi I am (insert name) and I am a (insert negative label).	https://www.instagram.com/p/DGCMTldpcvQ/
205	Come with me to break up with (insert object/company/etc)	https://www.instagram.com/reel/DGDIMQMvsIT/?igsh=MXc0aTdxMXc2bjVmaA==
206	If you are anything like me, you take your (insert event/item) very seriously.	https://www.instagram.com/p/DBnbVTMSaJb/
207	This was the (insert noun) that changed my life forever.	https://www.instagram.com/p/DHm-oK2sa90/
208	I (insert action) but I don't have (insert noun).	https://www.instagram.com/p/DG3qeUpv--T/
209	I can confidently say the only reason I can (insert verb) (insert metric) is simply because of the way I choose to (insert verb).	https://www.instagram.com/reel/C_rB-Ntuhe8/?igsh=MWhsazBneHVldG1hcA==
210	When I was (insert description) I was always (insert bad habit).	https://www.instagram.com/p/CzevtHvyxxX/
211	I bought this (insert noun) for (insert \$), and I am going to make it worth over (insert \$) without changing the product in any way.	https://www.instagram.com/reel/DHtn8PPo5_r/?igsh=MTZtNGc0aXFaG9mMA==
212	# years ago my (insert person) and I started (insert action).	https://www.instagram.com/reel/DI5lkjpPfMn/?igsh=eXNzaWZmb3VjcGFw
213	I got a (insert noun) and it did not turn out to be what I expected.	https://www.instagram.com/reel/DHCVNTcy1NM/?igsh=ajFvdjNodHhwNDZ5

NO.	HOOK	INSPO LINK
214	I am letting (insert business type) companies, control my (insert noun).	https://www.instagram.com/reel/DBUGNe5Pn5g/?igsh=aWNqYnEzYnpHcHBx
215	For our entire # year relationship my (insert person) has been hiding something pretty important from me.	https://www.instagram.com/p/DHsfGj6TGeA/
216	My (insert person) told me he/she wanted a (insert noun) and instead of waiting around I decided to build it right now.	https://www.instagram.com/reel/DD5GjKvx7d_/?igsh=dHh2bjJiczJ5b3pp
217	(insert time ago) my (insert person) (insert action) when my (insert person) passed away.	https://www.instagram.com/reel/DEpFrpHRKBN/?igsh=eDhxa2hibWIIMGE4
218	Can you (insert dream result) after (insert shortcut).	https://www.instagram.com/reel/C6uGU4xxKV_/
219	It all started when (insert person) (insert action).	https://www.instagram.com/p/DC5ioSRMrnS/
220	My (insert person) and I moved in together and ended up losing (insert \$).	https://www.instagram.com/reel/DG-uLBeuoQR/?igsh=MWwzNjBxbjJyNmthbg==
221	X days/months/years ago (insert people) (insert action)	https://www.instagram.com/p/C_50kObxUwc/
222	I have a confession. I have no problem (insert verb) for my (insert noun) but it's the process of actually (insert noun) that feels so (insert adjective).	https://www.instagram.com/p/DBrEouTxIUk/
223	Can you name something more terrifying than a (insert person) with a (insert noun).	https://www.instagram.com/p/DH8UvF7NWHN/
224	This is what I (insert action) in a day as someone who is trying to (insert action) less and (insert action) more.	https://www.instagram.com/reel/DEqcQsap3cm/?igsh=OXRkcHN3Y3p5dGVx
225	A little over (insert time) ago I posted a video about the benefits of (insert action).	https://www.instagram.com/reel/DG8iDwOuA6R/?igsh=MXhiM3IyYXRycHZyYw==
226	I am (insert verb) a (insert noun), on my (insert noun).	https://www.instagram.com/p/DIz0whmxWk5/

NO.	HOOK	INSPO LINK
227	X days/months/years ago I quit (insert habit)	https://www.instagram.com/reel/C-5yJQmoPsM/?igsh=eJRheHR1ODg4NW83
228	Have you ever tried to (insert action) something that was supposed to look like this but ended up looking like this.	https://www.instagram.com/p/DHo4Lj7sXlc/
229	This was me when I was (insert pain point), (insert pain point), and (insert pain point).	https://www.instagram.com/reel/C5TmBcrrTxF/?igsh=MTIveW5uOWU5aW9wbG==
230	I have (insert action) over (insert #) in my life.	https://www.instagram.com/p/C9GM_SJpJ3k/
231	Have you ever wondered why (insert noun) (insert adjective) is much better than (insert noun).	https://www.instagram.com/p/DH2JoeSRvJq/
232	Some people call it a problem but I call it (insert noun) genius.	https://www.instagram.com/reel/DGQvN_dJ5cK/?igsh=MThiN2V2eGRqenJ4cA==
233	I started my (insert business) when I was (insert age) with (insert \$).	https://www.instagram.com/p/C9GHw6MO48j/
234	If you've ever come across one of my reels and thought (insert adjective) that woman/man has (insert adjective) (insert noun). But here's a little secret: my (insert noun) was not always like this.	https://www.instagram.com/p/DFYqX_gz5iD/
235	Can you please pack my (insert price) (insert noun) with me? Of course!	https://www.instagram.com/p/DFM4apJSCnJ/
236	I took my (insert person) to (insert location) to try this (insert noun) and it actually caught something.	https://www.instagram.com/reel/DFG8vSONo9f/?igsh=MWUxdWx5eXJpeThmbA==
237	Is it possible to go from (insert before state) to (insert after state) just by (insert action).	https://www.instagram.com/reel/DIoMlenNube/?igsh=MWZ0NG90Z2hubTJ5dw==
238	While my kids were taking a nap I went to (insert action) when I realized (insert realization).	https://www.instagram.com/reel/DE3A6-up1Nd/?igsh=cHRuZW54eW9qbWw0

NO.	HOOK	INSPO LINK
239	Starting a (insert business) at (insert age).	https://www.instagram.com/reel/DEBDyQLTOyO/?igsh=Mmd3NG1wbHVneDdz
240	When I (insert action), people said (insert feedback)	https://www.instagram.com/reel/DEj-ntbyxb_/?igsh=MW8xdjFpYWRtc2hmdQ==
241	I tried a # hour (insert noun) routine, which is much harder than you think.	https://www.instagram.com/p/DH8wOG0Ke0a/
242	X years ago I was (insert action) because I (insert pain point).	https://www.instagram.com/reel/DEq8rUQyR92/
243	I used to always be the guy that had a (insert condition), (insert condition), and always struggled with (insert condition).	https://www.instagram.com/reel/DHtlcfIN9uQ/?igsh=MXRweTBia2tnZG1vMg==
244	I did everything right.	https://www.instagram.com/p/DDohj4MI-7U/
245	I always had the biggest dream of (insert dream).	https://www.instagram.com/kelseypoulter/reel/DHoe6OgRf6-/
246	X days/months/years ago I was (insert action) because I (insert pain point)	https://www.instagram.com/reel/DEq8rUQyR92/
247	Let's try to unclog a (insert noun).	https://www.instagram.com/reel/DGUOKrcRFKT/?igsh=MXBjZWFrZGs3Mzl6dA==
248	Day # of my (insert persons) room makeover. Which I kind of took to the extreme but let's start from the beginning.	https://www.instagram.com/reel/DCuMERYPVD4/?igsh=Ynk1NndwZXA4aDdy
249	These are dumb things I have done in (insert stage) of (insert action) for my (insert noun).	https://www.instagram.com/p/DGwUdlEy0u_/
250	This week I tried to see if I could (insert result) for all of my (insert noun) just by (insert action) the night before.	https://www.instagram.com/reel/DEIFRU_vg3e/?igsh=MXh6amc4enR3NGY3MA==
251	We spent all day (insert action), burning through (insert metric) of (insert noun), and now I am having a fully blown (insert noun) choice crisis.	https://www.instagram.com/reel/DIN67zVzrrX/?igsh=MWpzYnluMmNranJhMQ==

NO.	HOOK	INSPO LINK
252	This is probably the scariest thing I have ever done.	https://www.instagram.com/reel/DAYtnokvm-J/?igsh=dmN0ZTNudGtodGpr
253	I am starting/started a (insert business) from scratch	https://www.instagram.com/reel/DDEBm2jOYMG/?igsh=cXl6cjNwc3pnajF4
254	I was harassed by (insert noun) so I had to do this.	https://www.instagram.com/reel/DHZvMput7H8/?igsh=OXixMmZmcmZzZnc3
255	Something I never thought I would have on my bingo card as a (insert title) was...	https://www.instagram.com/p/DlaBg2ySrJP/
256	X days/months/years ago my (insert person) told me (insert statement)	https://www.instagram.com/p/C84meBcM9NB/
257	This is the story of how I managed to do (insert achievement)	https://www.instagram.com/reel/DCg1_Wsy7F/?igsh=ZGhrM3B5eTVrZzht
258	So I just turned (insert age)	https://www.instagram.com/reel/DAfc0ZsRA_f/?igsh=MWFuZDRremIxN2VnOA==
259	If you told (insert age) me that I wouldn't be a (insert title) I would probably tell you to go screw yourself.	https://www.instagram.com/p/DGPLfdUv5Zd/
260	(insert \$) home (insert bad result) in just # time/months.	https://www.instagram.com/reel/DGKGa0607a_/?igsh=bHdsa2lobXNxMmth
261	X years ago (insert people) (insert action).	https://www.instagram.com/p/C_50kObxUwc/
262	When is it time to do (insert action)	https://www.instagram.com/reel/DDrwl5ix3a0/?igsh=MW14dGUybG5rYnhxdQ==
263	Welcome back to the journey of how I got (insert result).	https://www.instagram.com/reel/DFvWgldxb80/?igsh=enZpOWhjaWpicjRm
264	Dude, it's day #. And I almost went (insert result).	https://www.instagram.com/reel/DDfST-vi3Vj/?igsh=N2V1ZmdpeDVpZ3FI
265	Today I am eating like (insert person) for the full day and I am going to see how much weight I gain by the end of the day.	https://www.instagram.com/reel/DloHxabuCQd/?igsh=MTIsNWwhcjhrZzI4cg==

NO.	HOOK	INSPO LINK
266	Nothing could have prepared me for how it feels being in your (insert age group) and (insert situation).	https://www.instagram.com/p/DCPdQiGoOoz/
267	My (insert person) wanted a (insert noun) for (insert event) so I said thanks for the suggestion but that's not my vibe and made them (insert noun) instead.	https://www.instagram.com/p/DCmRfypJw93/
268	Is it possible for (insert description) to make (insert \$) a month?	https://www.instagram.com/reel/DFkNykWxPoe/?igsh=OXQOODJkcmIpeml0
269	I developed an X addiction so strong I physically can not stop (insert action)	https://www.instagram.com/reel/C-CPzwMReyb/?igsh=MXBiYmdmc3dudm5vcg%3D%3D
270	Hi my name is (insert name) and this was me (insert time frame) ago a (insert label) in (insert noun).	https://www.instagram.com/p/DIO1bNruotJ/
271	This is the story of how I managed to do (insert achievement).	https://www.instagram.com/reel/DCg1_Wsy7F/?igsh=ZGhrM3B5eTVrZzht
272	We are not even (insert time frame) into (insert year) and have gone from being a (insert before state) to (insert after state).	https://www.instagram.com/p/DFzAPKqsRip/
273	Hey everyone I am (insert name) I am (insert age) and I am starting a (insert business) from scratch.	https://www.instagram.com/p/DDEBm2jOYMG/
274	Last year I (insert verb) (insert noun) for (insert \$).	https://www.instagram.com/p/DICMQXWOize/
275	Is it possible to (insert action) successful (insert noun) for (insert noun) in just 1 hour?	https://www.instagram.com/p/C9ARkyWMR8C/
276	This girl/boy was in her/his flop era	https://www.instagram.com/reel/DAOowDot7OB/?igsh=MW9ibGhiNHhsZjRweg%3D%3D
277	Have you ever thought about starting your own (insert business)?	https://www.instagram.com/reel/DG4fj2xxD5n/?igsh=OGR0ajlhNnBhbnF6
278	This is how my (insert event/item/result) changed my life.	https://www.instagram.com/p/C9t1s7myhl7/

NO.	HOOK	INSPO LINK
279	So apparently your frontal lobe does not develop fully until your age 25, so here are some things I have realized since it came in.	https://www.instagram.com/p/DGIUMjiMY3/
280	In 1 year I (insert verb) over (insert pounds) of (insert noun) in my extremely small (insert location).	https://www.instagram.com/reel/DFX2ud_OwT4/?igsh=MW1ldmtqMmh6Yjd2cA==
281	If you are anything like me, you take your (insert action) very seriously	https://www.instagram.com/p/DBnbVTMSaJb/
282	X years ago we (insert action) to (insert result).	https://www.instagram.com/p/C_ZVKRfSMm_/
283	2 years, no (insert noun), and today's the first time I get to use (insert noun).	https://www.instagram.com/reel/DHlvQJEpYK1/?igsh=MTgxcXRpNWlrc2Qzcg==
284	I spent (insert price) on a (insert noun) here's all the (insert noun) I got.	https://www.instagram.com/p/DHHHIXnpG-a/
285	X years ago my (insert person) told me (insert quote).	https://www.instagram.com/p/C84meBcM9NB/
286	X days/months/years, I ____	https://www.instagram.com/reel/DDvdqxIJcbe/?igsh=MWZxZDI1Z25vcnlibw%3D%3D
287	Hi I am (insert first name) and I am starting (insert business) from scratch.	https://www.instagram.com/reel/DDEBm2jOYMG/?igsh=cXI6cjNwc3pnajF4
288	My (insert noun) made me (insert \$) last month, and what's crazy about this is I used no money to start this business.	https://www.instagram.com/reel/DlotrpKRU6x/?igsh=MTJxaHp1c3lzcjEzMA==
289	I didn't realize how bad I lost myself.	https://www.instagram.com/p/DIU81u_pdBM/
290	Welcome back to me (insert verb) my (insert person) (insert noun).	https://www.instagram.com/p/DlwpRgJJQPs/
291	This is a picture of my (insert what picture is of)	https://www.instagram.com/reel/C_njKwBOuLi/

NO.	HOOK	INSPO LINK
292	My (insert person) takes me to the doctor, because I am (insert age) and already (insert action).	https://www.instagram.com/reel/DF-i8pixfba/?igsh=MWtpcTh4eXBwc2Z1Nw==
293	X days/months/years I (insert big risk)	https://www.instagram.com/p/C_ZVKRfSMm_/
294	I'm (insert age) and I'm not ashamed to admit that	https://www.instagram.com/reel/DFOqo61NrJu/?igsh=MnlyNnFrczB0aDBx
295	People know me for nearly losing (insert noun) and dying in (insert location).	https://www.instagram.com/reel/DCvyp8lqoSU/?igsh=a3psNnJvcWtrcnly
296	When you're sad but then you remember you have (insert noun).	https://www.instagram.com/p/DA1P8ANJxjv/
297	I am on a journey to find the best (insert noun) for (insert target audience) and today we went to (insert location).	https://www.instagram.com/reel/DF0gUSRPYwO/?igsh=dzYxc2l0amw2OHhr
298	Ever since I was (insert adjective) my (insert person) made it very clear to me that he/she was (insert adjective) about certain aspects of (insert noun).	https://www.instagram.com/p/CRZU6CDBcuY/
299	Is it possible for (insert avatar) to (insert dream result)?	https://www.instagram.com/reel/DFkNykWxPoe/?igsh=OXQ0ODJkcmlpeml0
300	You are not (insert label) is something I wish I could have told my younger self.	https://www.instagram.com/p/DGQrQ7LvWIV/
301	(insert question) I hate this question.	https://www.instagram.com/p/Dlwy5TCT0SN/
302	This is (insert person) we have known each other from X years, X days, X hours, X minutes.	https://www.instagram.com/p/DHyp6wPiRgc/
303	Day # of (insert action) until I (insert dream result).	https://www.instagram.com/p/DG3uAhCPeDB/
304	I damaged a customer's property and here's how I handled it.	https://www.instagram.com/reel/Dl8xeTdOCGp/?igsh=d3NoMjRtcmxndmh2

NO.	HOOK	INSPO LINK
305	X years ago we decided we wanted to know exactly where our (insert noun) was coming from.	https://www.instagram.com/reel/DGIy7tKRY0I/?igsh=MXF0NWp1Y3Rhbnk3NQ==
306	Is it possible to get (insert dream result) with only (insert action) for only 1 day.	https://www.instagram.com/p/DDTjr8rxAjO/
307	This is how my X changed my life	https://www.instagram.com/p/C9t1s7myhl7/
308	I (insert action) all of the (insert noun) you want with all the (insert adjective) that you need.	https://www.instagram.com/p/DGd_iXpxGxe/
309	Once upon a time we bought a (insert noun) on (insert noun)	https://www.instagram.com/p/DIgrzegxxsB/
310	I think I am getting (insert verb) today.	https://www.instagram.com/p/Dlly31ilLqd/
311	(insert person) always expects you to have (insert result) but the problem is....	https://www.instagram.com/p/C_0whsRP2Op/
312	People are shocked to hear that these are my natural (insert noun).	https://www.instagram.com/p/DEvMF5Kzqz7/
313	So I (insert shocking action) for over (insert time frame)	https://www.instagram.com/reel/C94_dh1JEeE/
314	There is nothing more embarrassing than X	https://www.instagram.com/reel/C_s9nCBvHTE/?igsh=eWtjdjZsenoxZjVo
315	Welcome back to day #, where I (insert verb) a (insert noun) everyday until I am (insert adjective)	https://www.instagram.com/p/DFGbEQTZiGB/
316	Buying things I don't need because I have adult money.	https://www.instagram.com/p/DFJZaQsS7f6/
317	My entire life I grew up (insert adjective) and (insert adjective) it was just my (insert person) raising the # of us.	https://www.instagram.com/p/DI68Z2axGjl/

NO.	HOOK	INSPO LINK
318	After (insert time period) of having (insert bad result) come get my (insert noun) done with me.	https://www.instagram.com/p/DDf3qgvP54t/
319	This girl/boy was in her/his flop era.	https://www.instagram.com/reel/DAOowDot7OB/?igsh=MW9ibGhiNHhsZjRweg%3D%3D
320	I have something to address, over the last week I have gained (insert #) of followers.	https://www.instagram.com/reel/DEz23JVpGgE/?igsh=MXdtdzVwa216cTZicA==
321	After X years of (insert action/or habit) I stopped/started (insert action/or habit)	https://www.instagram.com/reel/DEJiasASTVx/
322	It has come to my attention that some of you guys think I am actually (insert result) when I do (insert content type).	https://www.instagram.com/reel/DGrDjgDuxt0/?igsh=Yzkxb3U5ODBjaWM3
323	What is this massive stack of (insert noun) that I am holding in my hand, well it is the (insert noun) for the (insert number) of (insert noun) I have done this year.	https://www.instagram.com/reel/DDiXCKmurWf/?igsh=MTJiN2N1MGtvdnd0NQ==
324	Last night at around (insert time) (insert person) began textbook stage one (insert scenario).	https://www.instagram.com/reel/DGludzMRqVt/?igsh=MWRpMmNqY21xYmtpOA==
325	So I recently started feeling "the pressure" everyone talks about.	https://www.instagram.com/reel/C9KNzOkIk6m/?igsh=MTAzOGQ1Zm53OXNjaw%3D%3D
326	I don't have a backup plan so this kind of needs to work...	https://www.instagram.com/p/C7XpT7tPwCP/
327	So (insert time) ago my (insert person) and I bought a (insert noun).	https://www.instagram.com/reel/DImqKRqy4xr/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==
328	I have a problem. Which is that my (insert noun) it (insert pain point) and (insert pain point). So i'm going to build my own (insert noun) that has (insert benefit).	https://www.instagram.com/reel/DI6qlyqJ9WP/?igsh=N2szbnhja2o0ZWtu
329	I did everything right/wrong	https://www.instagram.com/p/DDohj4MI-7U/

NO.	HOOK	INSPO LINK
330	Come take a (insert noun) with me that I did not (insert action) for at all.	https://www.instagram.com/reel/DEArdkWRoI3/?igsh=MTThiaXZ2dnBhdJR0cQ==
331	So it's been a week and I am already on (insert number) of followers.	https://www.instagram.com/reel/DI6pGLUN66W/?igsh=eWJmMTU4eW9jZ21j
332	This is probably the scariest thing I have ever done	https://www.instagram.com/reel/DAYtnokvm-J/?igsh=dmNOZTNudGtodGpr
333	When I was (insert description) I was always (insert bad habit)	https://www.instagram.com/p/CzevtHvyxxX/
334	Have you ever seen (insert #) (insert noun) in one place?	https://www.instagram.com/p/DH2RXm7RTGT/
335	My (insert person) lives (insert exact number of miles) away from my house.	https://www.instagram.com/reel/DJAO6ULRkvZ/?igsh=MTN6eW1naTRyOGppbQ==
336	This is me (insert life state), yes my (insert observation) all my (insert persons) were (insert action) but I couldn't because I had to (insert scenario)	https://www.instagram.com/p/DAjyzk5uqk3/
337	After X years of I (insert action) because I realized one thing: (insert statement).	https://www.instagram.com/reel/DEJiasASTVx/
338	When I was growing up one (insert noun) I always (insert verb) with my (insert person) was (insert noun).	https://www.instagram.com/p/Dlv7DnJRg42/
339	I just (insert action) to make (insert noun).	https://www.instagram.com/p/DHrtql8y1Mv/
340	I don't usually cry, but yesterday I did. And it wasn't because of (insert reason).	https://www.instagram.com/reel/DBWgXXAvUh3/?igsh=MXdpcHgxdGlodXVrZW==
341	Did you know that if you wake up at (insert time), and (insert action)...	https://www.instagram.com/reel/DHCAe7ITiGn/?igsh=c2Z0ZXJxN2w0emFt
342	Proof that a (insert noun) can totally transform a space.	https://www.instagram.com/reel/DIRVPZNpr9M/?igsh=MWtmaXh6eWk5cHNnaw==

NO.	HOOK	INSPO LINK
343	I was walking past this (insert store) when I say they had (insert noun).	https://www.instagram.com/reel/DGwAia_yWQT/?igsh=MWZjaXcxcXFlczZ3aA==
344	I gained (insert pounds/kilos) during (insert life event).	https://www.instagram.com/reel/DG1ZicxMEJo/?igsh=aHZpN2kzamxibXI1
345	So about a month ago my (insert person) and I did (insert action).	https://www.instagram.com/p/DImqKRqy4xr/
346	I hate to say this but my wake up call wasn't as (insert scenario) no my first wake up call was (insert scenario).	https://www.instagram.com/share/BAJjwss1-k
347	The secret is out I am (insert action)	https://www.instagram.com/p/C97orJ_J8vW/
348	I have (inset amount of thing), (insert amount of time), and a pipe dream to get ready for (insert event).	https://www.instagram.com/p/DGLxdjvR3Se/
349	From being (insert state), to (insert state), back to (insert state), to (insert state), to now being (insert current state) in (insert time) I have built tons of knowledge when it comes to (insert result).	https://www.instagram.com/reel/C8Zs6wqx2bi/?igsh=ZzU5MHI2NGFzeGxj
350	Over the past # days I (insert action) on # of (insert nouns). In doing that I have gained over (insert #) of followers. So here's the thing.	https://www.instagram.com/reel/DH64Ql0uzgl/?igsh=MTNzamdyMHY1bzhqMw==
351	How (insert action) ended with a (insert person) at my house telling me how lucky we are that (insert accident) didn't happen.	https://www.instagram.com/reel/DG6_U-JxKtt/?igsh=am9wbnJ4b2JlMjcX
352	X days/months/years ago I bought a (insert noun) as a (insert age) with a full-time (insert job).	https://www.instagram.com/share/_tH1dbAEq
353	In (insert year) I started (insert action) and I gave my life to (insert person).	https://www.instagram.com/reel/DEgeFb_Oj9J/?igsh=bjRnZWxjcTVzcm84
354	My (insert label) (insert name) and I, started (insert business) in (insert year).	https://www.instagram.com/p/DFtpOPRuwor/

NO.	HOOK	INSPO LINK
355	We got an insane deal on our (insert noun) a year ago because it needed to be (insert action).	https://www.instagram.com/reel/DH00BEavlkr/?igsh=MWRhem4yYzA1Y2ExNw==
356	Last year for (insert holiday) we (insert action).	https://www.instagram.com/reel/DDN6gx5NDIH/?igsh=MXJ1b2ZmMzhnd3R0aw==
357	What happens when you (insert action) then you end up (insert result) but you (insert challenge)	https://www.instagram.com/reel/DElty1ju6EF/?igsh=MWdqemN4bHFxeXFzcg%3D%3D
358	X days/months/years I started (insert action) thinking it would magically solve (insert pain point) but here is what ended up happening	https://www.instagram.com/reel/DDY83YuSJ-9/
359	I have no idea what I am doing at (insert place).	https://www.instagram.com/p/DF-ubrxfnVV/
360	Make (insert noun) and (insert noun) with me from my online (insert business) and a (insert label).	https://www.instagram.com/reel/DGW779fM0nD/?igsh=OTJxZnA0dXBobW4=
361	X years it took me from (insert bad situation/result) to (insert good situation/result)	https://www.instagram.com/p/C8Cpii4PB1u/
362	I had to spend (insert &) on this free (insert noun) before it even started.	https://www.instagram.com/p/DI_btRGiv_A/
363	How long does it take to catch (insert high number) of (insert noun)?	https://www.instagram.com/p/DIIU8EuRq_H/
364	If you're new to this channel let me catch you up.	https://www.instagram.com/p/DFsxrUWI7EY/
365	There is a man/woman that comments on every single video I upload.	https://www.instagram.com/reel/DGc_8U7i-yF/?igsh=eDhpcG9rbGtrbzg4
366	There;s probably a reason why most people don't (insert action).	https://www.instagram.com/reel/DHbjAxavLKw/?igsh=MWoyb3kzd2UwN2JpYw==
367	So I did (insert action) last week	https://www.instagram.com/share/BAlu4m7QIH

NO.	HOOK	INSPO LINK
368	I feel like # years ago I had my life together as a (insert title) but just slowly over time things have shifted.	https://www.instagram.com/p/DF8XdbERfjy/

CATEGORY 05

Random

Pattern interrupts and curveballs that refuse to fit in a box.

● 10+ hooks

NO.	HOOK	INSPO LINK
001	What (insert title) says vs what they mean.	https://www.instagram.com/p/C9pwV7rPMVo/
002	I do not believe in (insert common belief), I believe in (insert your belief).	https://www.instagram.com/reel/DFAu11XxvX-/
003	If you like these (insert job title), you'll probably like my (insert work).	https://www.instagram.com/p/C-S-AL0tloy/
004	(insert big brand) didn't want to sponsor this video, let me show you what they're missing out on.	https://www.instagram.com/p/DAl0fevvKBf/
005	If I get this in, then I have to (insert verb).	https://www.instagram.com/p/DIIB3xdThFN/
006	This is my (insert item) and this is (insert random action) if I were (insert random action).	https://www.instagram.com/p/DCswF7jx5e8/
007	This is (insert large number) of (insert item).	https://www.instagram.com/p/C84vUYRMEtm/
008	You're losing your boyfriend/girlfriend this week to (insert event/hobby).	https://www.instagram.com/p/C_d78KaSI4e/
009	My (insert person) has never been in the (insert place) before let's see if she can tell who is (insert adjective) or not.	https://www.instagram.com/p/DHwLlKmuE9a/
010	I am trying a different (insert noun) for each letter of the alphabet.	https://www.instagram.com/p/DFdgmSDx5h7/
011	(insert trend) is the most disgusting trend on social media.	https://www.instagram.com/p/DAdgNiLSGrC/

CATEGORY 06

Authority

Lead with proof. Results and transformations up front.

● 40+ hooks

NO.	HOOK	INSPO LINK
001	I jumped my (insert noun) from (insert before state) to (insert dream result).	https://www.instagram.com/p/DFsVpDVOAGf/
002	How to turn this into this in X simple steps.	https://www.instagram.com/p/DDDbVpExIO7/
003	(insert big result) from (insert item/thing). Here's how you can do it in X steps.	https://www.instagram.com/p/DBZtLTpv91b/
004	I have never ended (insert noun) with a (insert result) or below.	https://www.instagram.com/reel/DFfNiKHozpr/
005	% of the time when I am in (insert situation) I get (insert result), and today I will be showing you my (insert noun) routine so I can help you achieve (insert dream result).	https://www.instagram.com/p/DGgOdN5vAX1/
006	I became a (insert achievement) at (insert age) and if I could give you X pieces of advice it would be...	https://www.tiktok.com/t/ZT2MLXA1Y/
007	In (insert year) my business made (insert dollar amount).	https://www.instagram.com/p/DEhk6r4ydum/
008	He/she (insert action) for one day and got (insert dream result).	https://www.instagram.com/p/DFp2byfojFu/
009	I went from this to this.	https://www.instagram.com/p/DFIU9b7OS2h/
010	When I was (insert before state) I was constantly (insert pain point).	https://www.instagram.com/p/CzevtHvyxxX/
011	Here's how my student/client/customer went from (insert before result) to (insert after result) and (insert symptom due to result).	https://www.instagram.com/p/DGA-YAxJXIs/
012	These are the products I use to keep (insert noun) (insert noun) and (insert adjective) as a (insert title).	https://www.instagram.com/p/DFZHR-Tvumy/

NO.	HOOK	INSPO LINK
013	Everyone is complimenting on my (insert noun) because of one (insert noun) routine that I do.	https://www.instagram.com/p/C-NrgKvR4KS/
014	How I took this (insert title) from 0 to (insert #) of (insert noun) in 1 week.	https://www.instagram.com/p/DIMxxBuP23X/
015	Nobody believes me if I say I went from this to this.	https://www.instagram.com/p/DIL_hAYIF-z/
016	Just # (insert item/action) took my client from (insert before) to (insert after).	https://www.instagram.com/p/C9XVmDQS2z-/
017	I (insert verb) for (insert time frame) and I got a (insert dream result).	https://www.instagram.com/p/DFEFOITRacT/
018	After (insert dream result) here is one thing I learned the hard way so you don't have to.	https://www.instagram.com/p/DFdP6ttxN-a/
019	(insert noun) is my second (insert noun) and here are the # (insert noun) I did over, and over, and over again to improve my (insert noun).	https://www.instagram.com/p/DFSbi04zM8c/
020	As a (insert title) for several years whose (insert action) I often get asked (insert name) (insert question).	https://www.instagram.com/reel/DGRSq17OLPV/
021	The (insert noun) I (insert action) everyday that took me from this, to this.	https://www.instagram.com/p/DGxOv7Rp2UE/
022	I lost over (insert metric) in (insert time frame) and here are the # of things I would do if I was to start all over.	https://www.instagram.com/p/DGgs20kvL2r/
023	I literally used to have a (insert before state).	https://www.instagram.com/share/_grFmUWDX
024	How I got my (insert item/thing) from this to this.	https://www.instagram.com/p/C89iASFu7GA/
025	I am only (insert metric) but I have become one of the best (insert title) in the world.	https://www.instagram.com/reel/DGd3qJxS7eI/?igsh=MXRuOHlydjVtOTUwZQ==

NO.	HOOK	INSPO LINK
026	Same recipe but different (insert noun). For this (insert noun) I used my # tips to make (insert dream result) at home and you can really tell it makes a big difference.	https://www.instagram.com/p/DHdWHu2sHJi/
027	I have been able to go from this, to this.	https://www.instagram.com/p/DGekQ-6NXjQ/
028	10 YEARS it took me from (insert before state) to (insert after state).	https://www.instagram.com/p/C8Cpii4PB1u/
029	I got (insert dream result) on all of my (insert noun) with minimal (insert action) and here's how.	https://www.instagram.com/p/C6G56RQrf9N/
030	Okay bish you don't need to (insert action) to (insert dream result) coming from someone who (insert dream result).	https://www.instagram.com/p/C6uiWv3p4FC/
031	Over the past (insert time) I've grown my (insert thing) from (insert before) to (insert after).	https://www.instagram.com/p/DCopsVERQ_N/
032	(insert well known brand) commented that I am their new favorite (insert title).	https://www.instagram.com/reel/DH4GEtKBzbo/
033	I am in a (insert noun) and these # habits dramatically transformed my (insert noun).	https://www.instagram.com/reel/C79a1LjPGYa/
034	I (insert dream result) in the past (insert time frame), here's proof.	https://www.instagram.com/p/DHtmwvQRSUX/
035	If I were to create a collab campaign for (insert big brands) here's how I would do it.	https://www.instagram.com/reel/DDWwZtZi4Jt/
036	If I were to create a (insert noun) today this is how I would do it.	https://www.instagram.com/p/DCephvLiQuW/
037	My (insert noun) went from this to this in the last (insert time frame) and this is what I done.	https://www.instagram.com/share/BANskzjs_f

NO.	HOOK	INSPO LINK
038	My customer/client got (insert dream result) with out (insert pain point) and here's how.	https://www.instagram.com/reel/C4VceenL2Wq/
039	This used to be my (insert noun) this is my (insert noun) now.	https://www.instagram.com/p/DDV4VwitJPo/
040	My customer/client got (insert dream result) without (insert pain point).	https://www.instagram.com/reel/C4VceenL2Wq/
041	If I ever made it to the news I thought it would at least be for something illegal, turns out it's for (insert dream result).	https://www.instagram.com/p/DF2GJJ3vAQq/
042	Things I wish I knew before my (insert noun) that took me from this to this.	https://www.instagram.com/p/DGsXCTeS69Z/
043	No because my transformation from (insert age) to (insert age) ought to be studied.	https://www.instagram.com/p/DEOVBs8ygXs/
044	This is how I got my (insert noun) from this to this completely natural.	https://www.instagram.com/p/DFJJImVx2VW/
045	I have been pretty much doing the same (insert noun) for the past (insert time frame) and they have legit (insert dream result).	https://www.instagram.com/share/BAdlQWMjhm
046	What I (insert action) in a day as someone who has achieved (insert dream result).	https://www.instagram.com/p/C66_WyUvgha/
047	My (insert before state) used to look like this and now they look like this.	https://www.instagram.com/reel/DE7cjKBncY4/?igsh=MTNyY2I3bzM5b2Q3

CATEGORY 07

Day in the Life

Invite them into your routine and let them root for you.

● 15+ hooks

NO.	HOOK	INSPO LINK
001	Day in the life of a future millionaire.	https://www.instagram.com/reel/DF1Kq5CuULS/?igsh=YnBrcnpqbTVwcmsx
002	This is what an average day of a (insert title) looks like a week out from (insert event).	https://www.instagram.com/reel/DFdienFJMGK/?igsh=amZrMWdiZGxhd2g0
003	Day # of turning from (insert before state) to (insert after state) and suddenly I don't want to be (insert after state) anymore.	https://www.instagram.com/p/DIfVFI6P_3Z/
004	Welcome back to the day in the life of two (insert label) trying to build the next (insert business).	https://www.instagram.com/p/DEnSkHQJwlx/
005	(insert noun) day # (insert event about that day).	https://www.instagram.com/reel/DICaRJ6BF2C/?igsh=eTZxamxwMTIsbjdx
006	Day # trying to make (insert \$) by the end of the year, by (insert method).	https://www.instagram.com/reel/DHSNzUypHda/?igsh=MXZ6aTA1a283bHp0dw==
007	Come to work with me as a (insert title).	https://www.instagram.com/p/DEtaTDvsV6J/
008	(insert school) day #, my last (insert noun).	https://www.instagram.com/p/DICaRJ6BF2C/
009	Day 1 of starting over my whole entire life.	https://www.instagram.com/reel/DEc3jW6p1Ws/?igsh=M3draTd2OW11Ym80
010	I am a # year old (insert title), and I am heading to (insert event/location).	https://www.instagram.com/p/DHmdSxESXUy/
011	Come with me to earn \$ per day, with (insert avenue).	https://www.instagram.com/reel/DHXVJGsRka1/?igsh=MXd2Y2MyN2cybW1pcg==
012	This is a day in the life of a (insert title) (insert noun) edition.	https://www.instagram.com/p/DFn2OKuzc7i/
013	We all have the same 24 hours in a day so here I am putting my 24 hours to work.	https://www.instagram.com/reel/DAq-UDclTU5/?igsh=cnNkdHV0Ym1zY3Ju
014	Day in the life as a (insert title) (insert noun) edition.	https://www.instagram.com/reel/DGV-cE4v6Jy/?igsh=YWU2Zjk3MXpweGkw

NO.	HOOK	INSPO LINK
015	Day in the life of a (insert adjective) person.	https://www.instagram.com/reel/DEilMQxx8q3/?igsh=MXJwMW05cW5qYTVsbA==
016	So okay being an (insert target audience), my days vary quite a lot from one another.	https://www.instagram.com/reel/DBiVM_Xxpwf/?igsh=MWc3ZTI1aGR1d250aQ%3D%3D

YOU HAVE THE HOOKS. NOW WHAT?

Hooks get the click. A **system** keeps them watching.

If you are posting consistently and still stuck, the hook is rarely the real problem. On a free 30-minute call you describe the plateau, and I tell you what I think is causing it, right there on the call. If I am not the right fit, I say so and point you to who is.

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