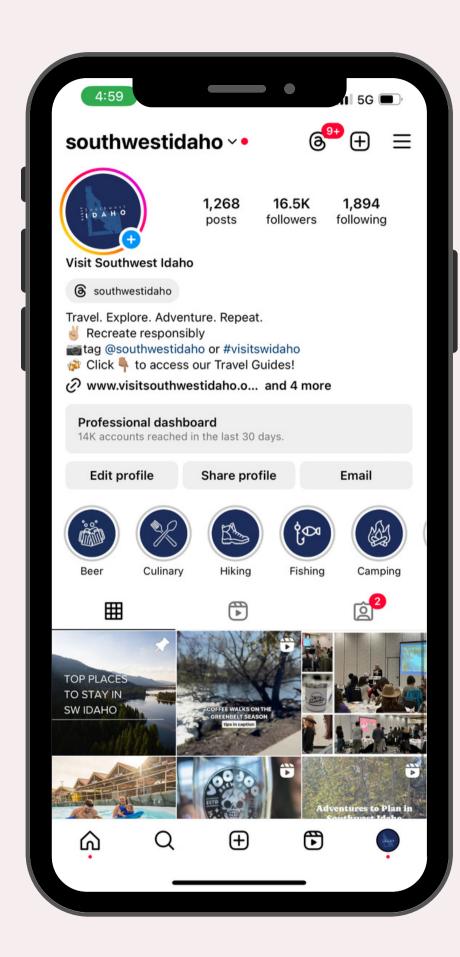


INSTAGRAM DO'S & DON'TS

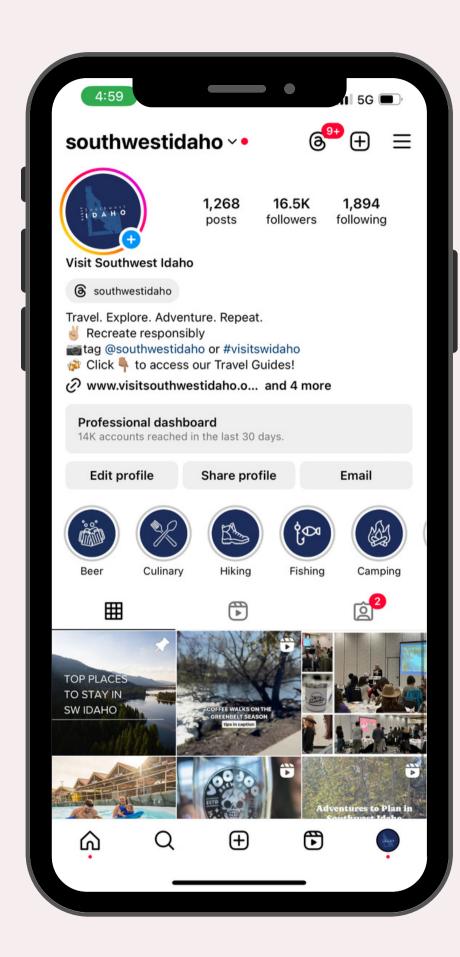
(Qsheissocial

hello@sheissocial.co www.sheissocial.co



INSTAGRAM DO'S

- -Create a content strategy
- -Plan and schedule your content
- -Create high quality content
- -Create video content
- -Create stories
- -Spend time engaging with other profiles and followers
- -Wipe off your camera
- -Use keywords
- -Create content for your ideal client
- -Write a bio that attracts your ideal client
- -Use the correct hashtags



INSTAGRAM DON'TS

- -Create blurry content
- -Post random content
- -Have no strategy
- -Buy followers
- -Post content with watermarks from third party apps
- -Mass tag other accounts
- -Copy content
- -Focus on growing your following
- -Create content just for you
- -Spend no time engaging
- -Not plan or schedule your content
- -Only follow trends/only focus on going viral