

10 REELS IDEAS

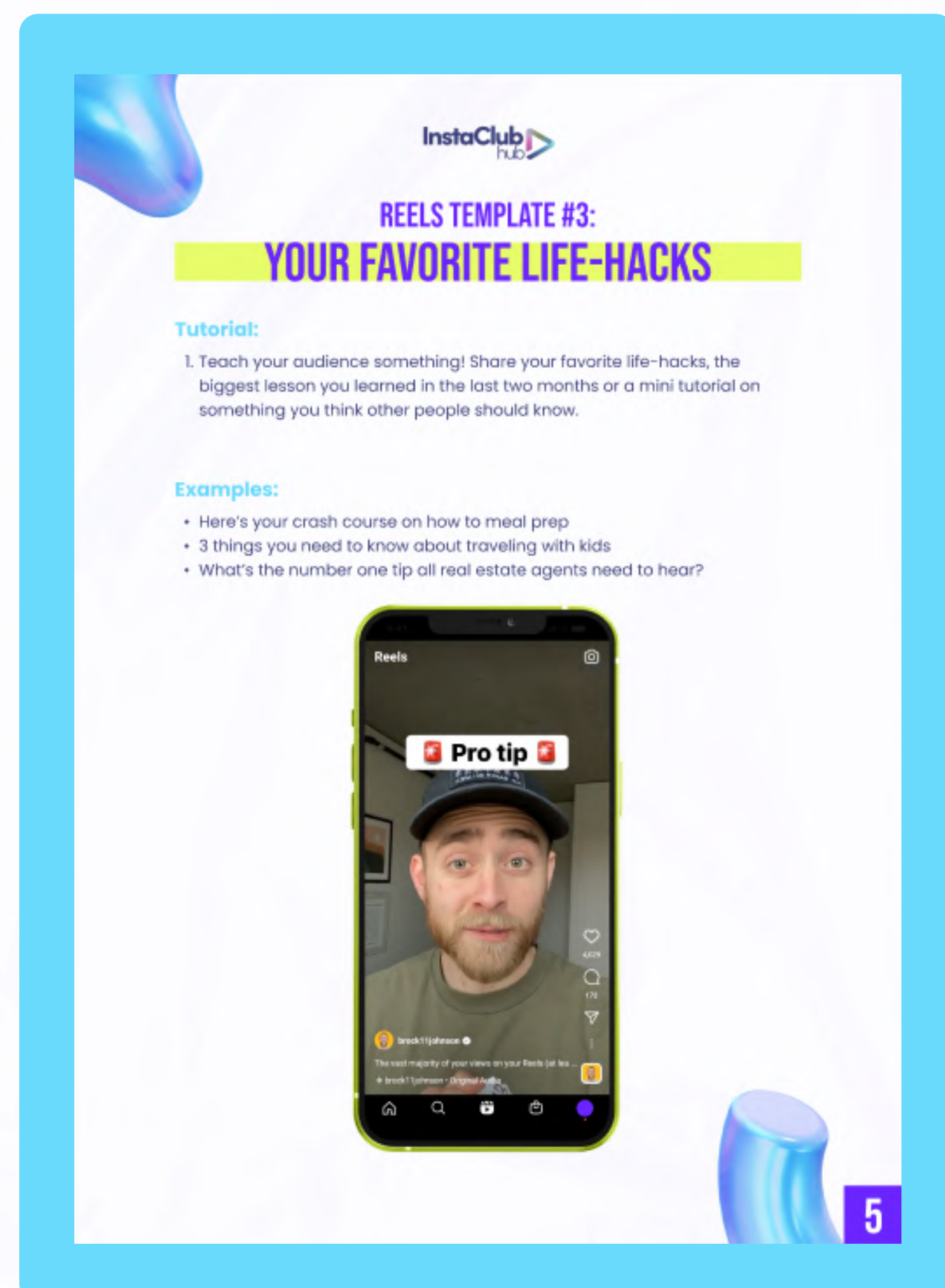
About this guide:

This guide is designed to give you **10 FANTASTIC Reels Ideas** that you can use to jump-start your creativity! All you have to do is follow the steps for each one and download the linked audio to create a perfectly-matched Reels template – almost effortlessly!

How to use this guide:

For each of the 10 ideas, you'll see the following on the pages below:

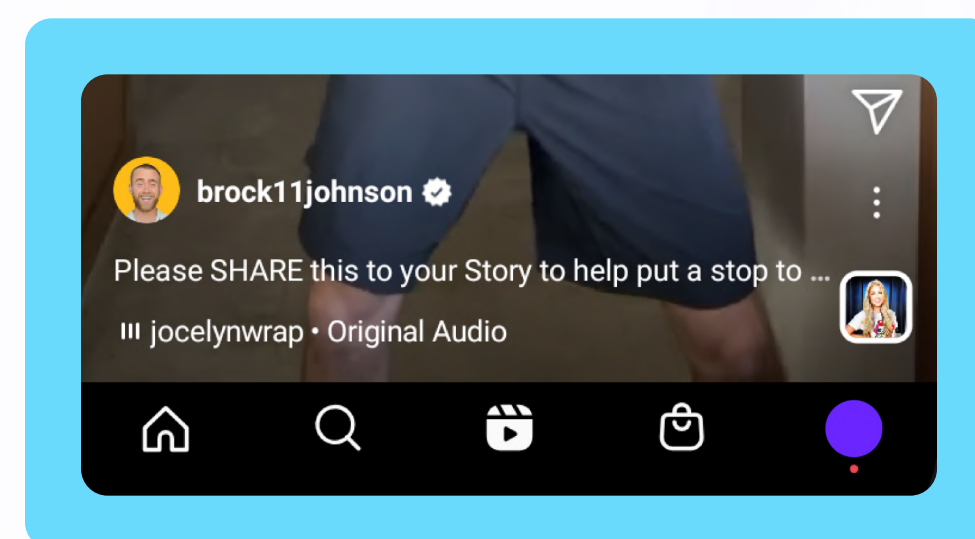
- 1 | The Reel idea/
template itself
- 2 | The tutorial on
how to create it
- 3 | Potential ideas on
how to use it
- 4 | An example Reel from
Brock demonstrating
what the final version
looks like



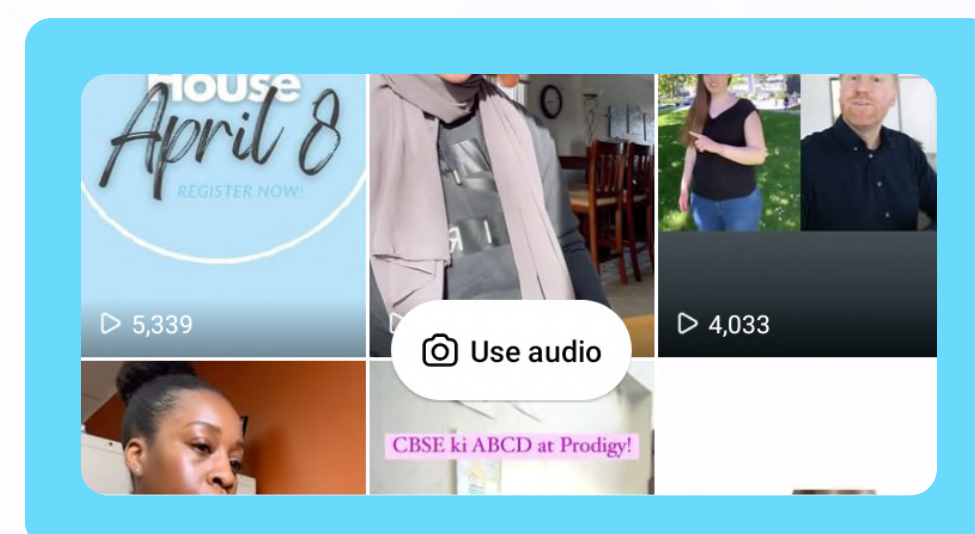
How to Get the Accompanying Audio

As you watch Brock's Reel, you simply tap on the "Audio" link, and then tap on "Use Audio". Then simply record and publish your own version!

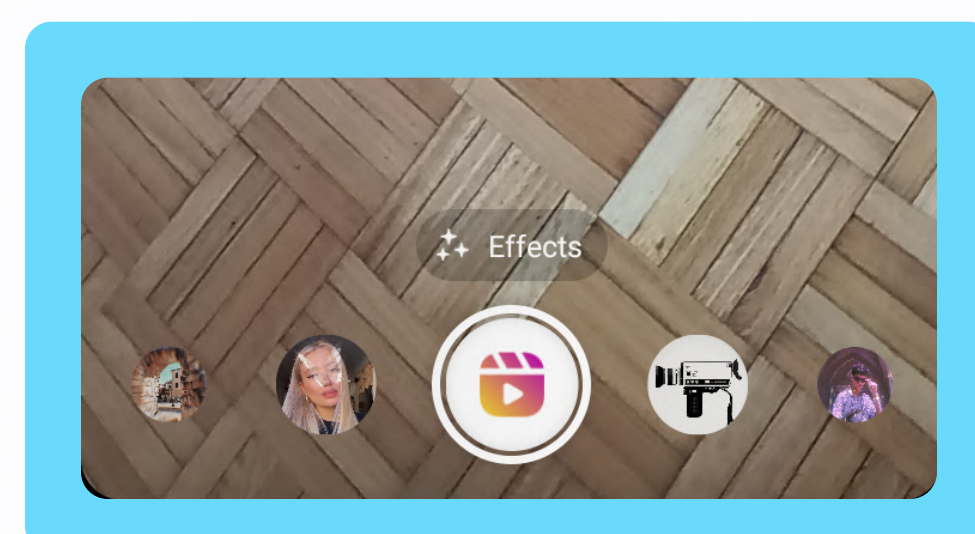
1 Tap on the "Audio" to get the audio he used.



2 Tap on "Use Audio"



3 Then record and post your own version.



4 Tag your finished product with #ReelGrowth.

Want even more great Reels ideas? Check out our [30 Day Reels Challenge](#) and get 30 more ideas like this, or join [InstaClubHub](#) to get even more, with unique trainings, templates, live events, Q & A with the experts and much more for less than \$1 a day!

REELS TEMPLATE #1:

THE REASONS WHY TEMPLATE

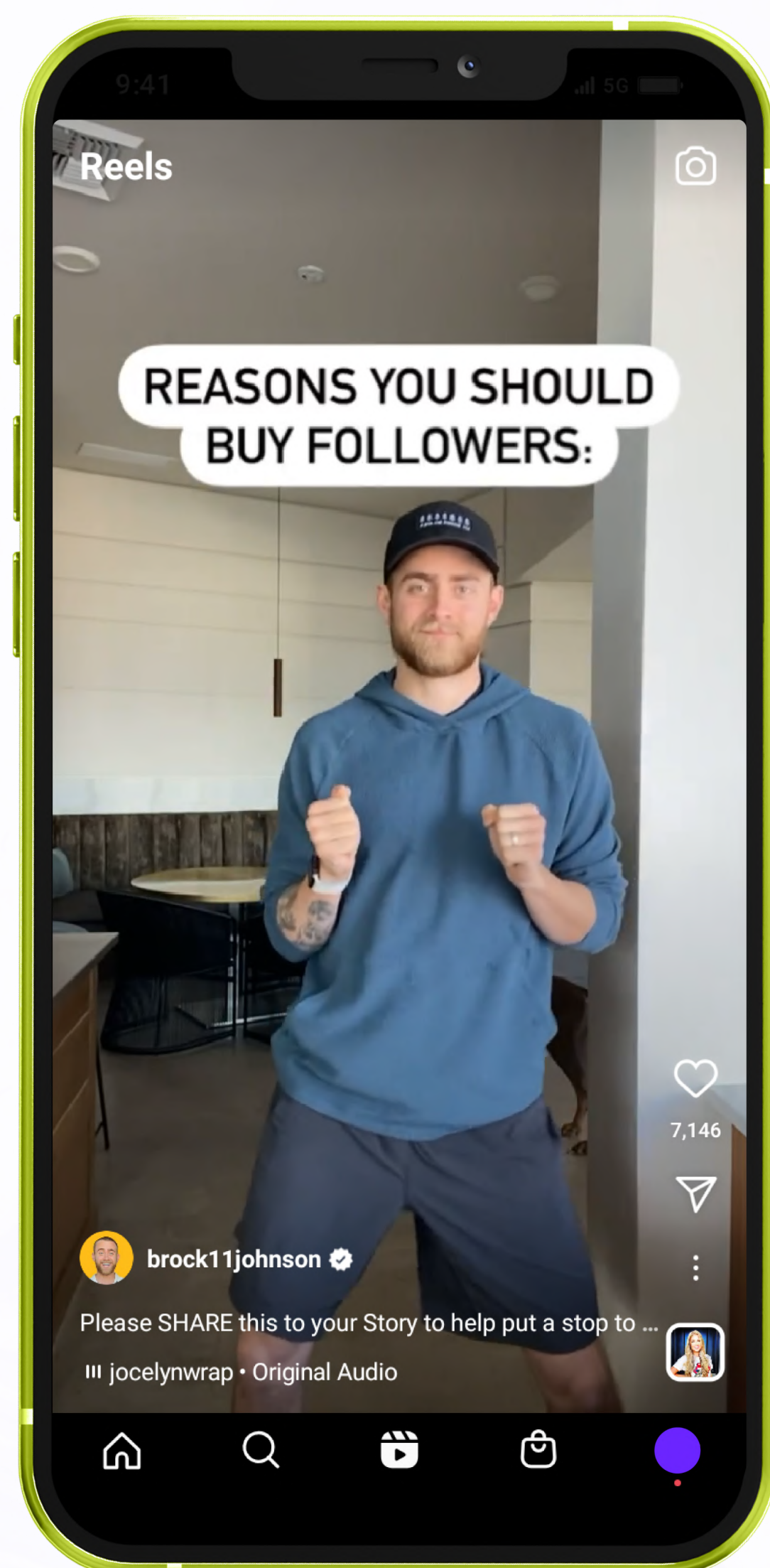
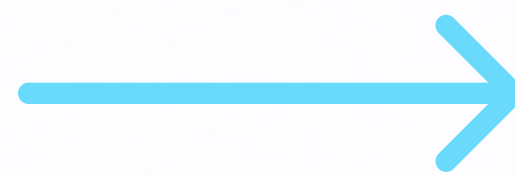
Tutorial:

1. Add text that says "Reasons you should _____" and fill in the blank with something you should NOT do.
2. Then point at 6 random areas, on the beat, but show no text at all in the areas where you point.
3. The joke is that there is NO REASON to do that thing! You can also add some text and the end clarifying that you should NOT do that thing.

Ideas:

- Reasons why you should judge other fitness coaches.
- Reasons why I'm a better mom than you.
- Reasons why you should work until 3am.

Tap on the image
to open the Reel



REELS TEMPLATE #2:

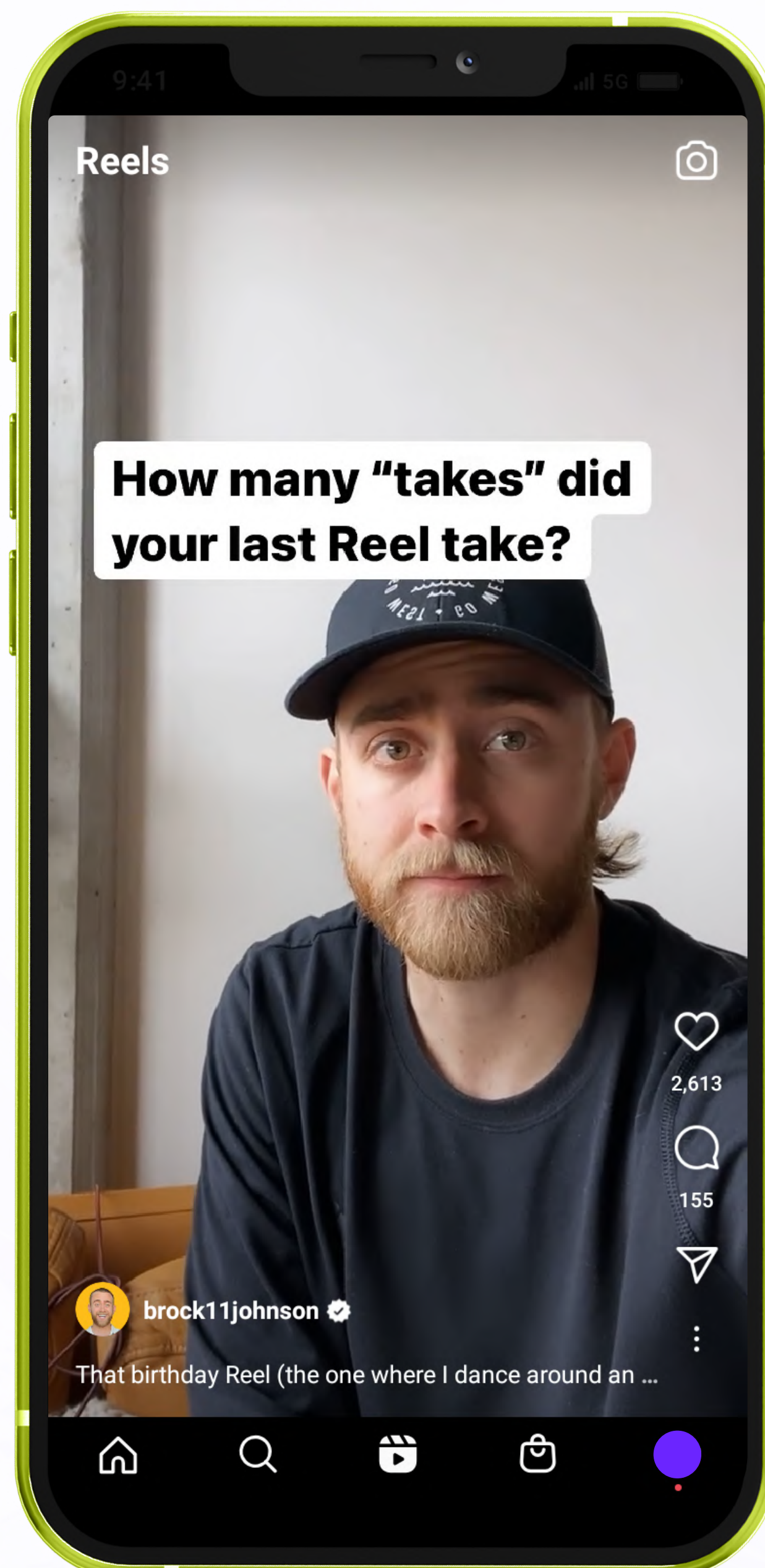
THE MORE MORE MORE REEL

Tutorial:

1. Add text about something you do all the time in your profession or life, and mouth the words "more..." "more..." "more..." "probably."

Ideas:

- When someone asks how many times I go to Disney in a year.
- When someone asks how many cups of coffee I need in a day.
- When someone asks how many times I've been rejected.



REELS TEMPLATE #3:

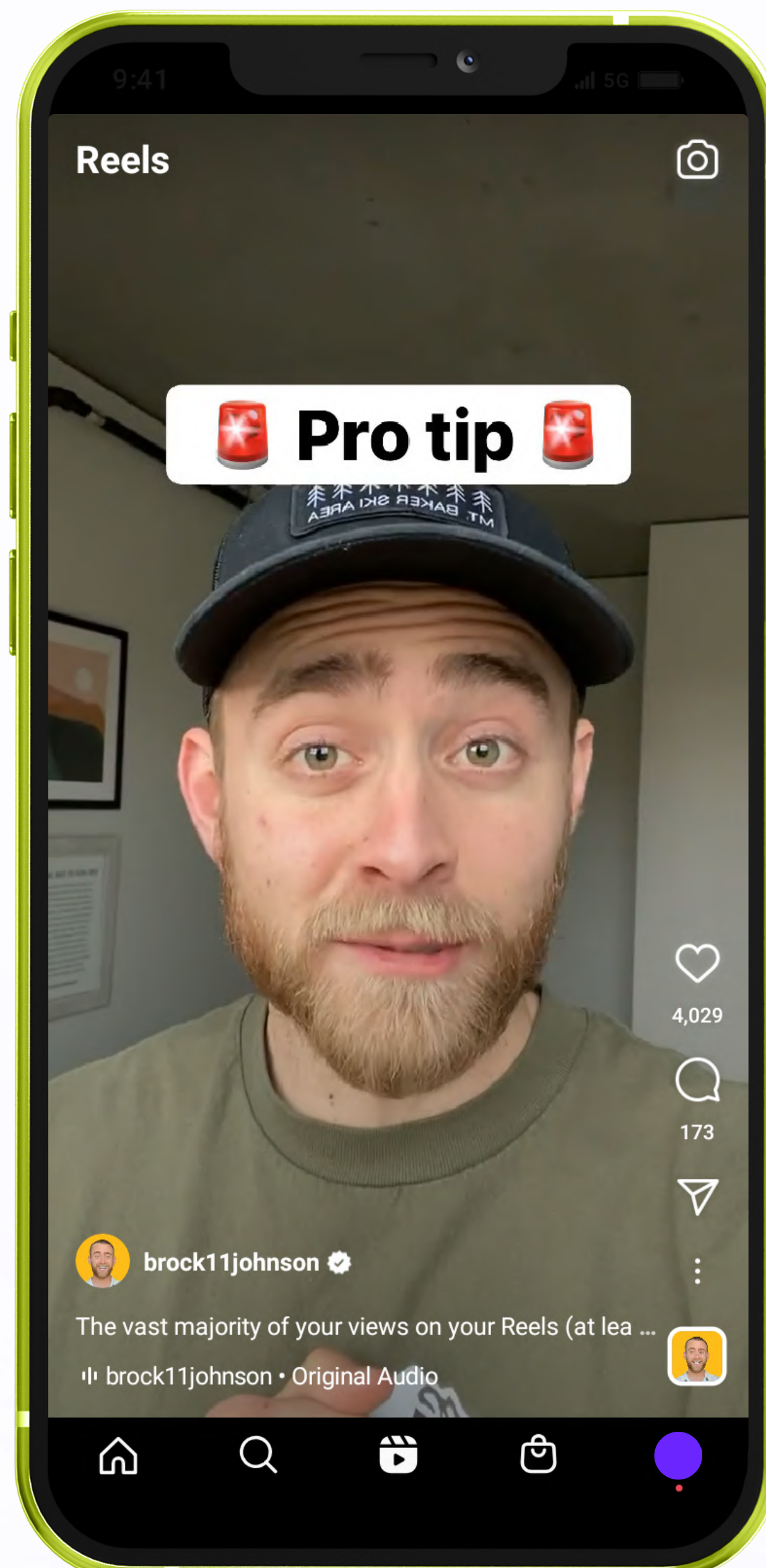
YOUR FAVORITE LIFE-HACKS

Tutorial:

1. Teach your audience something! Share your favorite life-hacks, the biggest lesson you learned in the last two months or a mini tutorial on something you think other people should know.

Ideas:

- Here's your crash course on how to meal prep
- 3 things you need to know about traveling with kids
- What's the number one tip all real estate agents need to hear?



REELS TEMPLATE #4:

DON'T.

Tutorial:

1. Mouth the word "don't" and then add some text about something you recommend that people NOT do:

Ideas:

- How to ask photographers if they'll work for free.
- How to starve yourself to lose weight.
- How to base your self-worth off your productivity.



REELS TEMPLATE #5:

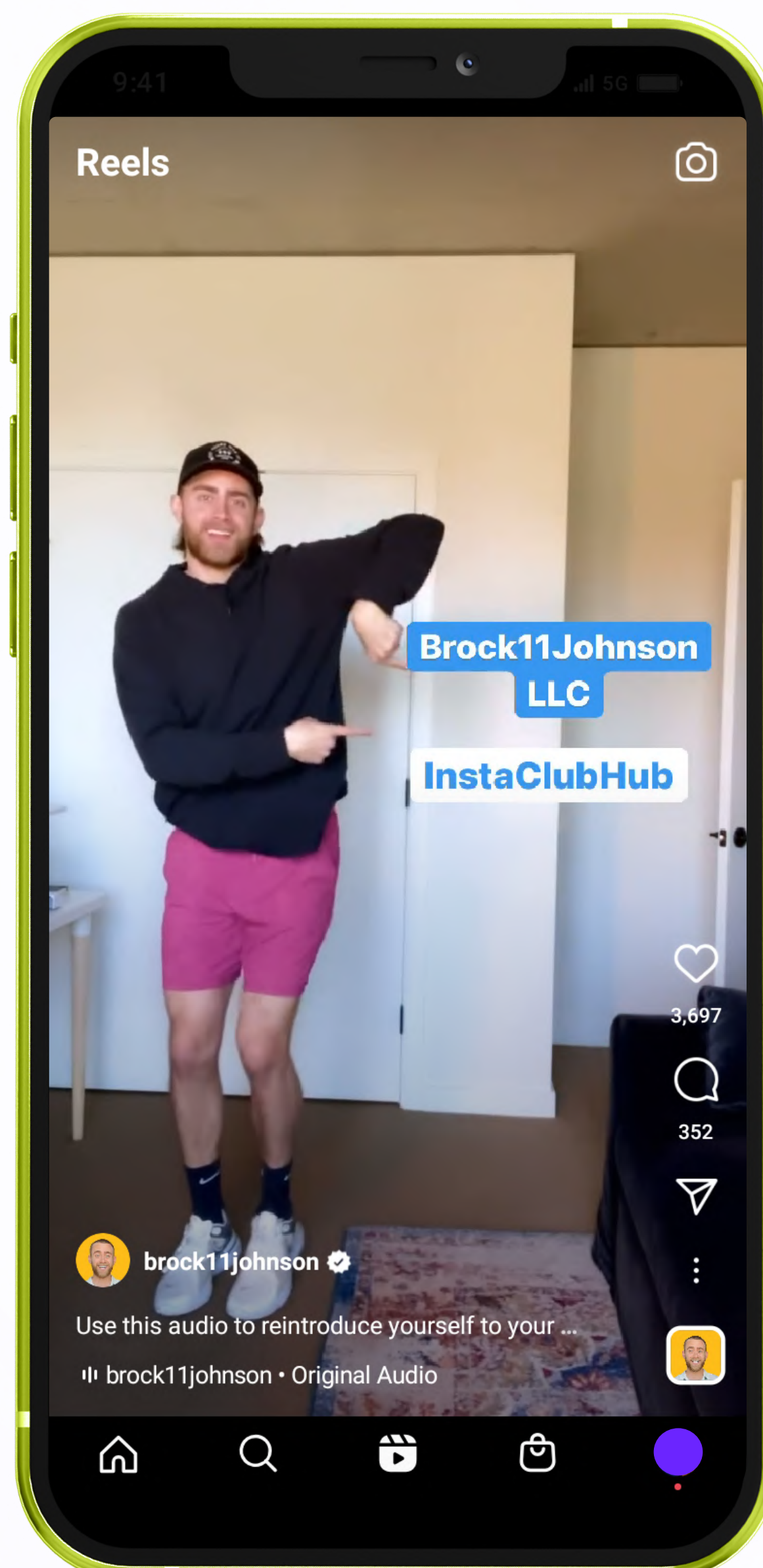
INTRODUCE YOURSELF

Tutorial:

1. Point at different areas, add text corresponding to the questions (it will make sense when you listen to the audio) and encourage your followers to introduce themselves as well!

Ideas:

- Have fun with it and be creative!



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REELS TEMPLATE #6:

I'M JUST GONNA BE JUST FINE

Tutorial:

"I'm gonna be just fine."

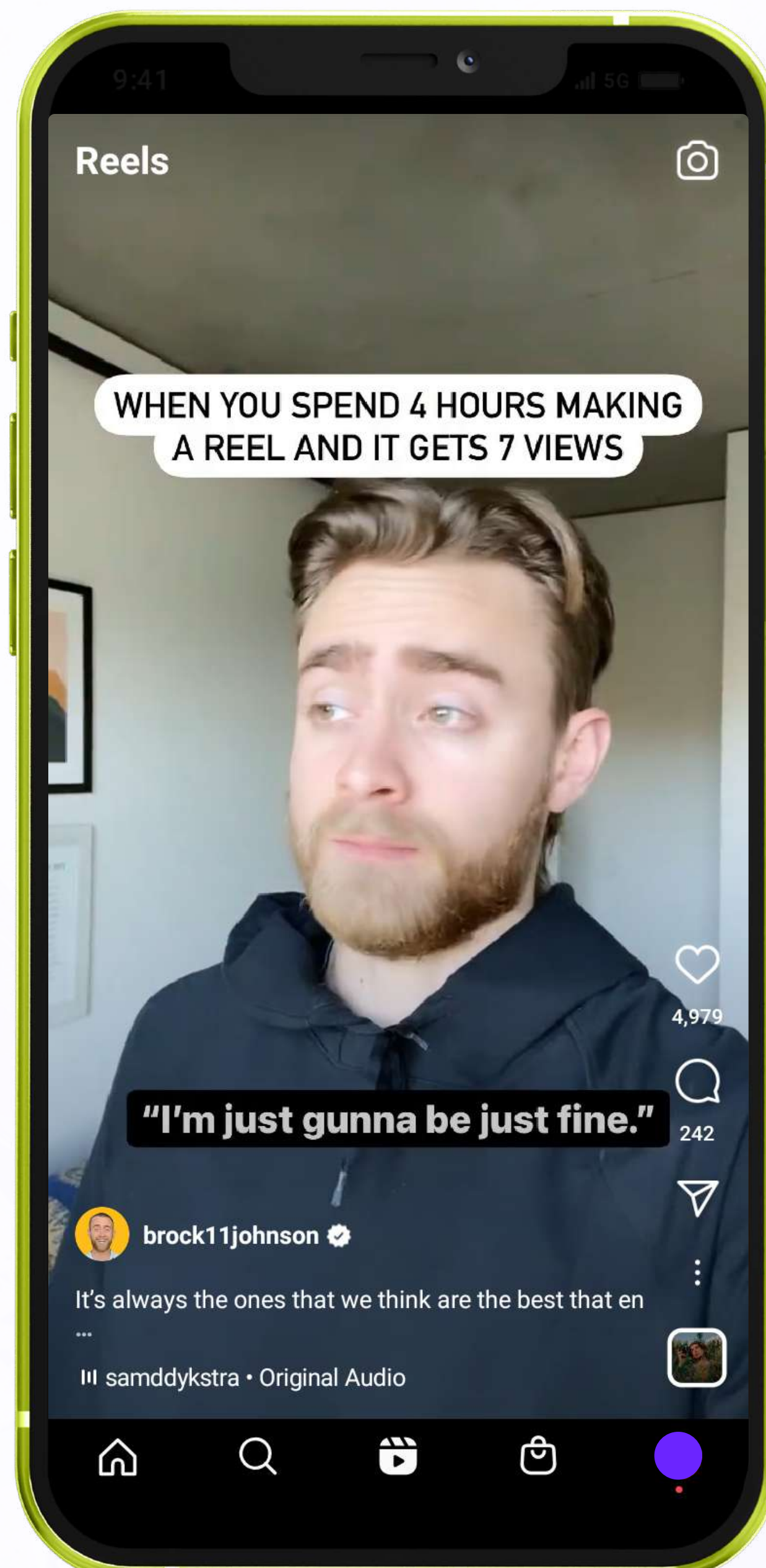
"I'm just gonna be just fine."

"AHHHHH!"

1. Add some text about something frustrating about what you do.

Ideas:

- When you post a Reel and it had a typo.
- When you spend hours making dinner but your kids only want chicken nuggets.
- When you accidentally delete the Reel you were working on.



REELS TEMPLATE #7:

HELP IS ON THE WAY!

Tutorial:

1. Run in place or run through your home or office with a caption or text about who you're on the way to help!

"Help is on the way, dear! Help is on the way!"

Ideas:

- On my way to help all those guys stuck in their corporate jobs.
- Me, running to help stay-at-home moms who want to lose weight.
- Running to save all the solopreneurs who are overworking themselves.



REELS TEMPLATE #8:

UH OH... PEOPLE!

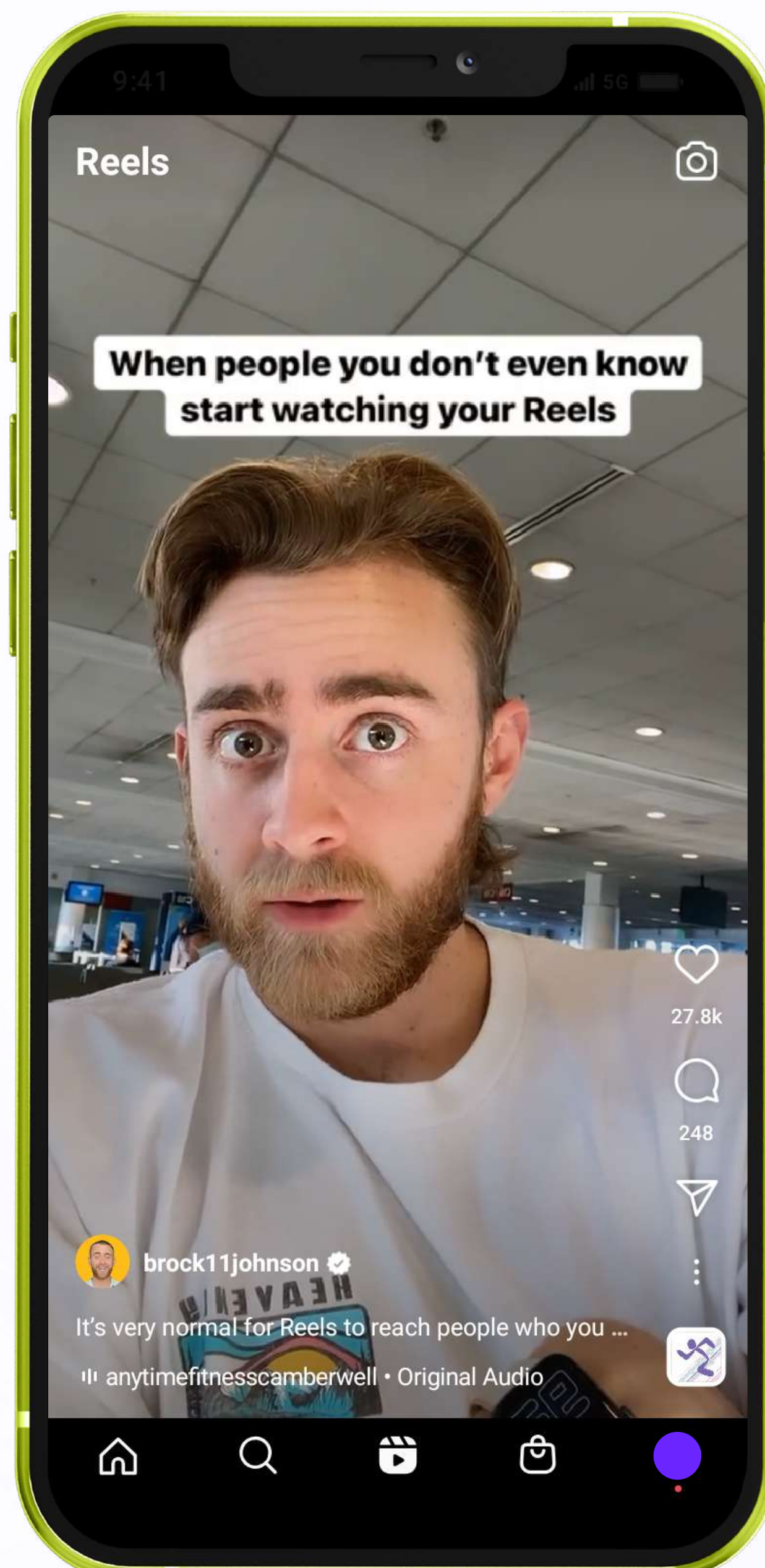
Tutorial:

“Uh oh...People”

1. Add text about what makes you fearful of people.

Ideas:

- When there's too many people at the gym.
- When you're forced to network with other business owners at a conference.
- When you have to attend that business lunch with the client that gets on your nerves.



REELS TEMPLATE #9:

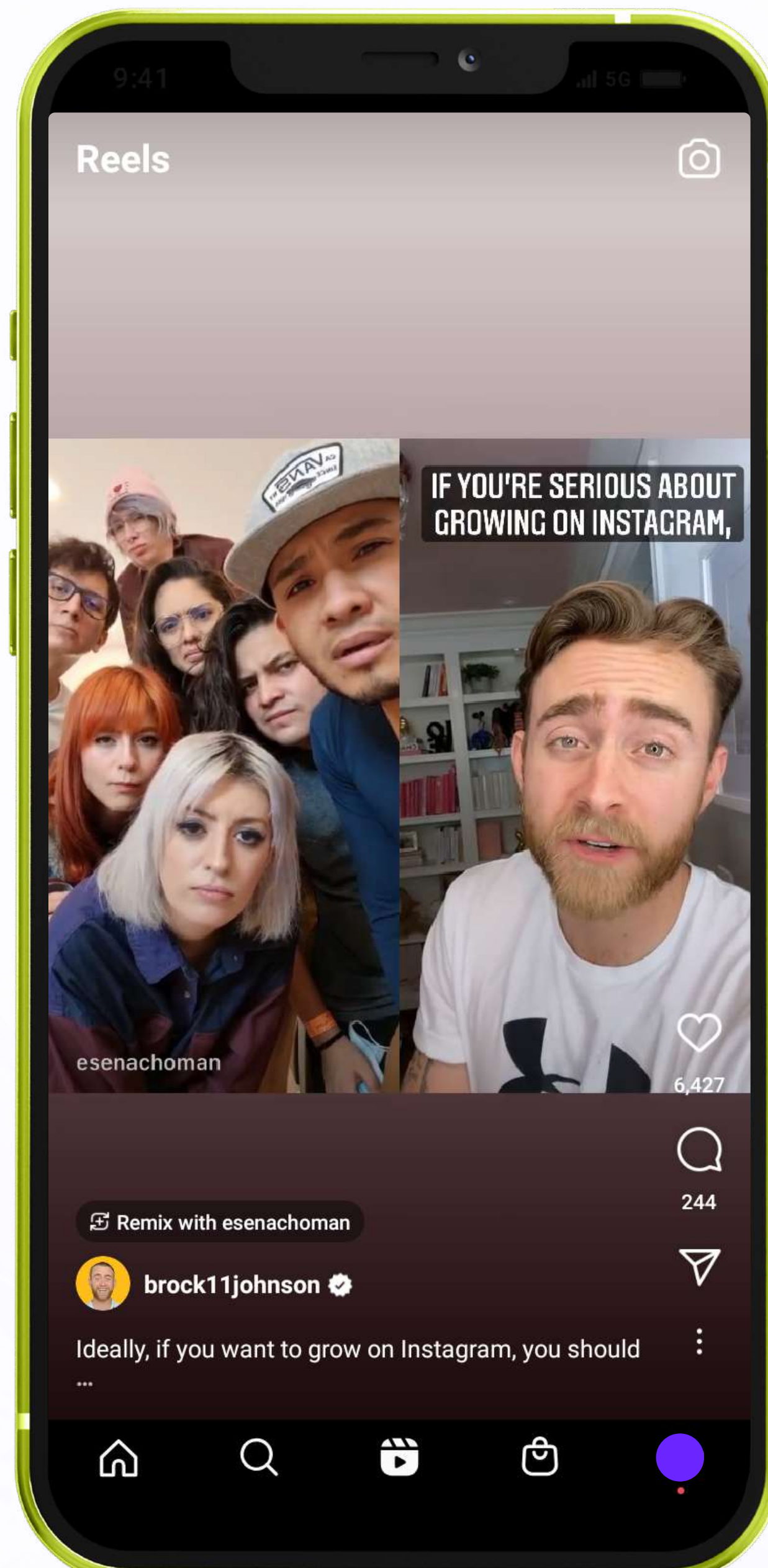
EYEROLL [REMIX EDITION]

Tutorial:

1. Remix the Reel™ on the left by viewing the original Reel™, tapping the ... in the upper right corner, and then pressing “remix”.
2. Add your own video about something that people in your industry roll their eyes.

Ideas:

- When someone says “No offense, but...”
- When they start loading up on corporate buzzwords like synergy and pivot.
- I’ve done some research on (your niche) and I think you’re wrong because...



REELS TEMPLATE #10:

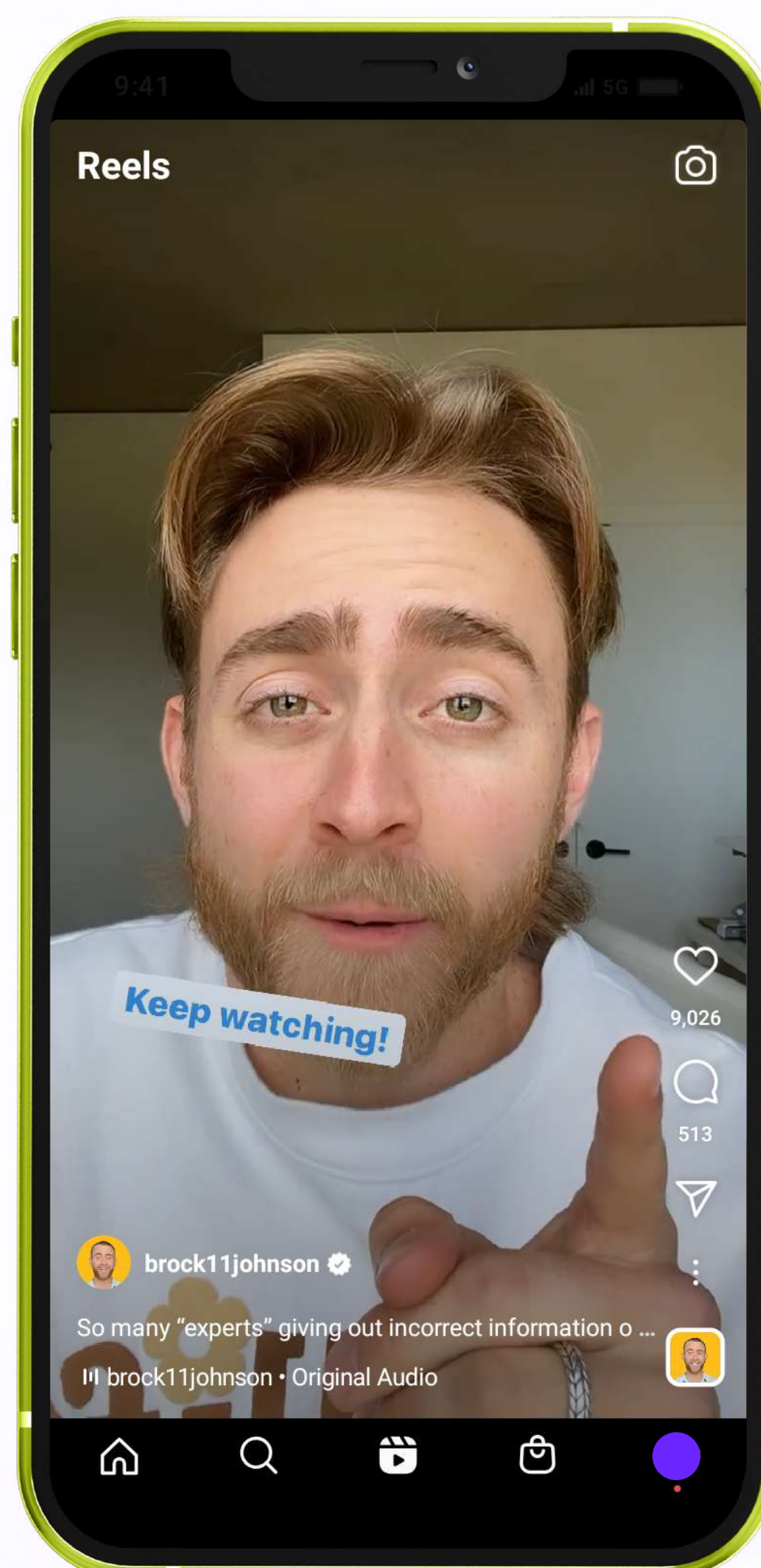
MYTHS VS. FACTS

Tutorial:

1. Share 1-3 myths from your industry that (just won't die!) and follow them up with facts.

Ideas:

- Myths vs. Facts about entrepreneurship
- Myths vs. Facts about being a network marketer
- Muths vs. Facts about being a stay-at-home dad



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