

87 THINGS TO POST ABOUT ON INSTAGRAM



- 1. Informative/educational**
- 2. Personal quote from you**
- 3. Story from your day**
- 4. A flat lay image of items you use daily**
- 5. Sunrise or sunset**
- 6. A great looking wall**
- 7. Actor on-the-go (what you have with you, where you're headed, what you're doing today)**
- 8. Your self-taping set up**
- 9. Cover of the latest script you're reading**
- 10. Story from your life**
- 11. Anecdote related to image**
- 12. Anecdote related to the feeling your image conveys**
- 13. Instructional/tutorial video**
- 14. Cross promote other social network**
- 15. Teach something you do really well**
- 16. A holiday experience**
- 17. Road trip post**

- 18. Weather-related**
- 19. Your morning routine**
- 20. Your workstation (where you rehearse, where you self-tape, where you create, your side-hustle, etc.).**
- 21. What you're wearing**
- 22. Your new obsession (new piece of camera equipment, new home decor purchase, new water bottle)**
- 23. Check in at a local business or industry hotspot**
- 24. What you're eating with check-in**
- 25. Industry events and award show-related content**
- 26. Flowers**
- 27. A new app you love**
- 28. A person that inspires you**
- 29. An actor that inspires you**
- 30. A performance that inspires you**
- 31. A bag-spill (work bag, script bag, gym bag, handbag, shopping bag)**

- 32. Behind the scenes (acting career)**
- 33. Behind the scenes (acting class)**
- 34. Behind the scenes (self-taping)**
- 35. Behind the scenes (shooting)**
- 36. Behind the scenes (you name it!)**
- 37. A flatlay image of items you are using for a specific project, or have in your possession right now**
- 38. Sunrise or sunset**
- 39. A great looking wall**
- 40. Something you learned recently**
- 41. A book you'd recommend**
- 42. Your go-to coffee (or tea or any beverage)**
- 43. Tips on how you manage your time**
- 44. Photos of you, of course**
- 45. Collage of images**
- 46. Something outdoorsy**
- 47. The interesting story behind a boring image**

- 48. A unique angle of something ordinary**
- 49. A positive or inspirational message**
- 50. This date in history**
- 51. Teaser for upcoming release**
- 52. Video or image series around one theme**
- 53. A series of images centered around a particular hashtag**
- 54. Currently reading/watching/listening to**
- 55. Something that motivates you**
- 56. A selfie. Yup.**
- 57. Something that didn't work**
- 58. A favorite resource**
- 59. Your why**
- 60. Something that matches your brand color**
- 61. Your goal for the day/week/month**
- 62. Ask your followers their opinion on something**

- 63. Timely news**
- 64. A history lesson (aka a TBT or FB with history)**
- 65. Cross promote your other social networks**
- 66. A quote (either on the image or an image without text that inspires a quote in the caption)**
- 67. Friends & family (who are you hangin' out with?)**
- 68. Timely news**
- 69. Monthly national days**
- 70. Make 'em laugh**
- 71. Landscapes**
- 72. Your food**
- 73. Puppies, kittens & babies, oh my!**
- 74. Cool signs**
- 75. Photo within photo**
- 76. Mosaic or big grid (instagrid)**
- 77. Your bookshelf**

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- 78. What you're planning**
- 79. Your short and/or long-term goals**
- 80. Hyperlapse video of something you're doing or somewhere you're going**
- 81. A sneak peek into a project you're working on**
- 82. A quirky question**
- 83. Tag a friend who...**
- 84. Ask for like (double tap if...)**
- 85. Sarcastic images**
- 86. Stickers on a selfie**
- 87. Repost (with permission and/or attribution)**