



42 post ideas

Sharing The Isagenix Products and Opportunity



A CURATED LIST OF POST IDEAS
WITH ACTIONS & CAPTIONS



IN MY STORIES //

Check out some info about becoming an Associate today!




TRANSFORMATION

tuesday


SWIPE TO SEE //

vol. 1



DID YOU KNOW //

We Do More Than Just Healthy Living. We Also Have An Entire Beauty Line!




LET'S PLAY A GAME!


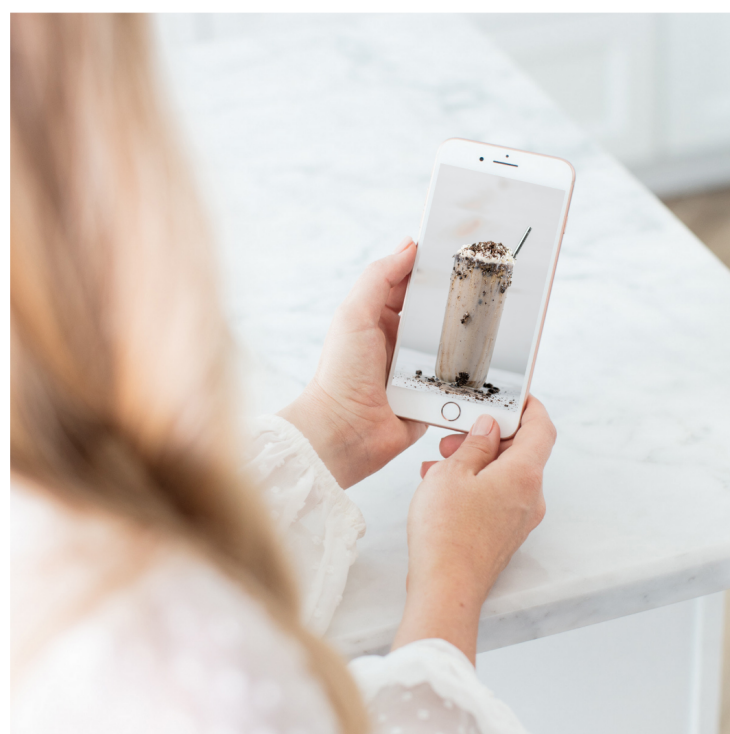
my day wouldn't be the same without

Fill in the Blank



IF YOU HAD TO CHOOSE //

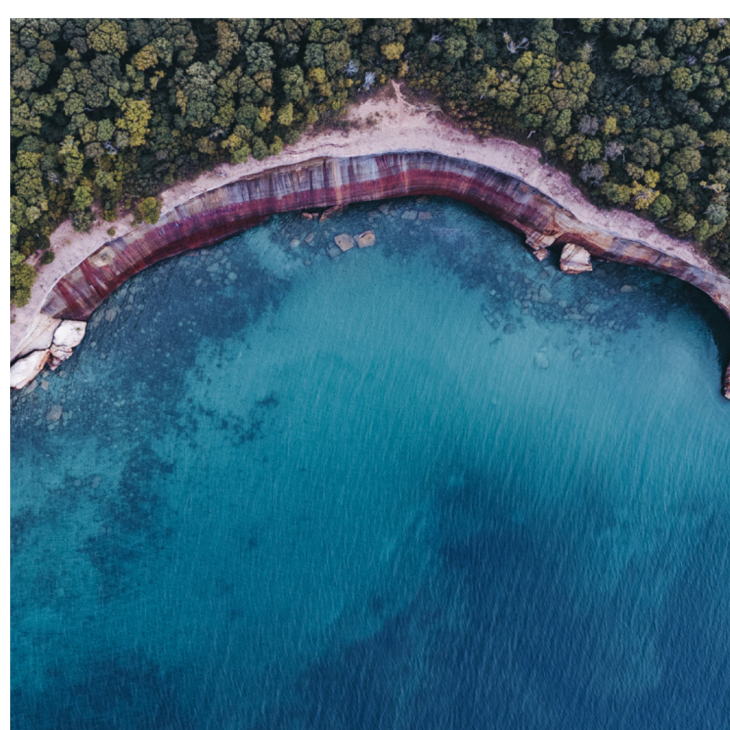
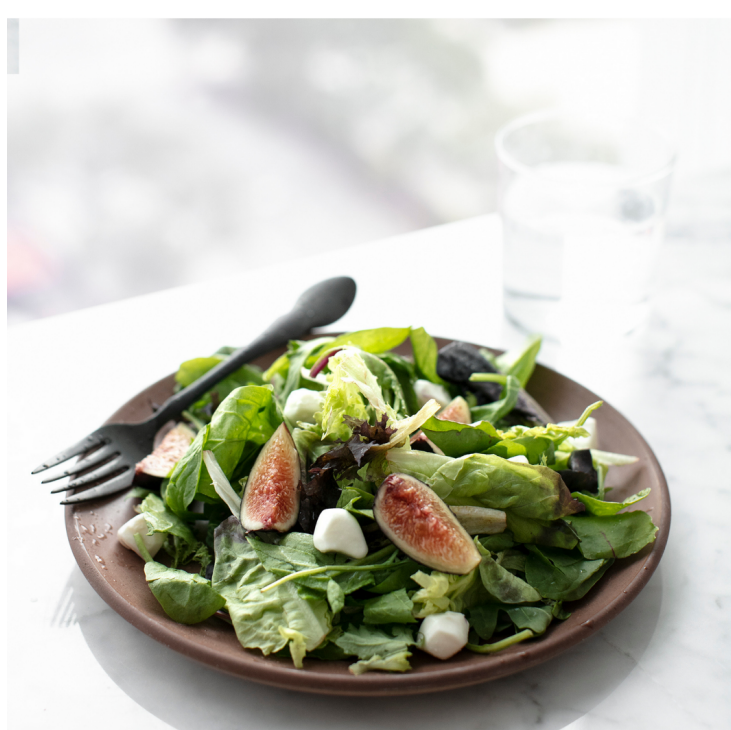
What's the ONE Product You Would Choose to Bring on a Deserted Island?

QUOTE OF THE WEEK //

decide that you care more about creating your *magic* and pushing it out into the world than you do about how it will be *received*.

RACHEL HOLLIS





1.

ACTION: Go make the sparkling Collagen Elixir™ recipe live on Instagram or Facebook!

CAPTION:

The beauty bevy featuring Collagen Elixir™!

Go check my stories for the recipe, and then message me so I can help get you the special ingredient to whip up your bubbly bevy when it arrives at your door!

Make sure to check out my “Collagen Highlight” to get more deets on this beautiful bottle AND MOSTY IMPORTANTLY- swipe to see what this product has already done to my skin so far!



2.

ACTION: Hop on stories, and talk to the camera about some personal goals you want to achieve with either the products or the opportunity! It's OK to be vulnerable and personal. More people will relate to you that way.

CAPTION:

I wrote out my goals for this month and talked about them in my stories today. I want to look better, feel better, eat better, and move better this month, and my journey starts now. If you are looking for the same, I'll be your accountability buddy! It's always better with friends — let's do this!

3.

ACTION: Use this recognition post template in Canva to add in a photo of whomever you're recognizing. Change the name, rank title, tagline, etc.

CAPTION:

RANK ADVANCEMENT ALERT!

She/her/they did it, guys! I couldn't be any more excited to announce [name] as our newest [rank title]. There's nothing better than getting to work alongside other dream chasers and go-getters in this biz.

P.S. There's always room for you to join us!





4.

ACTION: Post in your stories about your favorite product, and tell your followers why you love it so much. What has it done for you? How has it helped you? Get **PERSONAL!**

CAPTION:

Shh — this kinda feels like picking a favorite child, but tell me the best thing you've ever received in your own little brown box of wellbeing.

I'll go first! My favorite would have to be [your fave], and I'm unboxing it and showing you all about it today in my stories, so head on over there to check it out.



5.

ACTION: Add an additional photo of you at your first event, your transformation with the products, you with your kids, you traveling, you in front of your new home — anything that showcases your "why"!

CAPTION:

[Share your why, tell your story, talk about what makes you want to keep doing the biz, explain who you want to help, etc.]



6.

ACTION: Tease in your stories that you asked a question in your feed and would love to know what people's answers are.

CAPTION:

OK, serious question ...(Yes, I'm like, making my serious face and everything.)

Mind giving me a hand? I want to know what your **BIGGEST** struggle is when it comes to your health. Do you need help with energy? Are you all aboard the "snacks all day" or the "skip breakfast for coffee" train? Do you have trouble with sleep, getting in your greens, losing stubborn fat, building lean muscle, or something completely different?

Let me know so I can do my best to help you!

*it's good to fail.
now get back up, brush off
those shoulders, and put a
little pep back in your step.*

7.
ACTION: N/A

CAPTION:
Who else struggles with failure? Raise your hand!

It's not easy, but the only way to get from point A to point B as an entrepreneur is with a large dose of failing in tandem with a whole lot of dusting yourself off and trying again.

The key is to stay optimistic, find the benefit in everything, change your response to failure by accepting responsibility, say goodbye to yesterday to keep on trucking forward, and take the initiative by facing those fears.

You've got this. WE'VE got this!

8.
ACTION: Hop on stories and mention the fact that you answered your top three most asked questions about your nutrition in your stories.

CAPTION:
Tap tap Is this thing on?

You've asked, I'm answering: Here are the TOP 3 questions I get about my nutrition program:

[Answer 3 FAQ you get all the time. Have an opinion and be bold in what you think. You're an expert at what you do]

OK — what questions of yours did I leave out? Let me know below!



9.
ACTION: Post stories about Sleep Support & Renewal™ spray — what it is, it's ingredients, why you love it, etc. You're going to be directing your followers to your stories to see what your "sleep secret weapon" is from this feed post!

CAPTION:
Be honest! How many hours of sleep do you get in a night?

I'm usually in the 7-to-8-hour range, and I swear it makes all the difference in the world. I know you know how important it is to get your beauty sleep, so I won't even go into all that jazz, BUT I bet you didn't know that I have a secret weapon that helps me out every night.

Head to my stories now to see what it is!





10.
ACTION: N/A

CAPTION:
I have to admit that it feels pretty darn good to be surrounded by such an incredible community like the one I found with my team here at Isagenix, though. There's just something different about running with the hustlers and dreaming with the go-getters.

[Tag your mentors, teammates, sponsor, and leaders here in some shoutouts.]

DID YOU KNOW //

**We Do More Than
Just Healthy Living,
We Also Have An
Entire Beauty Line!**



11.
ACTION: Make sure your "Products" highlight is ready to go before posting this because you'll be directing people to it with this post.

CAPTION:
Did you know this? It's true and it's AMAZING! Go run over to my "Products" highlight so you can peep some more deets on our skincare line and Collagen Elixir!



12.
ACTION: N/A

CAPTION:
See that arsenal of goodness? That's one of my favorite ways to show myself some love. It feels good to know I just filled my body up with all the veggies and nourishment possible, let me tell you. The best part about it is that my taste buds have absolutely no idea because it tastes like a freaking milkshake!

What's one way you show yourself some love in the wellbeing department?

LET'S PLAY A GAME!

my day wouldn't be
the same without

Fill in the Blank

13.

ACTION: Post in your stories about how you're playing a fun little game in your Instagram feed today, and direct people to fill in the blank by commenting on your post. You could even do a little giveaway for one random commenter!

CAPTION:

Let's play a game!

What's the 1 product you could not go a day without? It doesn't have to be from Isagenix, but bonus points if it is (*wink wink*).

I'll go first! There's not a chance in heck I could ever survive this life without my [your product].

Now it's your turn! What would you choose?

14.

ACTION: Take a selfie! Share your post in your stories with a little tagline written somewhere saying, "I got a little real today in my feed. Can anyone else relate to this?"

CAPTION:

Can I be real with you for a second?

Sometimes I feel so overwhelmed by what to do and what not to do in this space that I feel paralyzed and just end up not posting at all. But that's not fun at all because life just keeps on ticking by regardless.

So let's make a pact to just show up whenever we want, as messy as we want, and as real as we want, OK? I'll share happy, fun stuff like [something good that's happened to you] and I'll also share the not so great [something embarrassing, raw, emotional].

P.S. Do you ever feel the same way, or is it just me?

15.

ACTION: Make sure your "Opportunity" highlight is ready to go before posting this because you'll be directing people to it with this post.

CAPTION:

Who's ready to stop dreaming and start doing?!

For years, I dreamed of creating my very own business utilizing various passions of mine. Well, it's finally happening, and the best part is that I get to do it from my phone anywhere and whenever I want! Let me show you how simple it really is in my "Opportunity" highlight today.

Hop on over there, and take a quick peek around. I won't tell anyone, promise.

IN MY STORIES //

Check out some
info about becoming
an Associate today!





16.

ACTION: Add on another photo of CBD Peppermint Oil Blend info.

CAPTION:

My house is finally quiet. I just poured myself a glass of [yummy beverage of choice (hint, hint: BĒA™ Sparkling Energy Drink)] , and then I ran to the bathroom to grab my CBD Peppermint Oil Blend. This product is my favorite to rub on sore spots after a hard workout. My body has never felt better post-workout, and I'm telling you, you NEED this. That's all, friends.



17.

ACTION: Keep it short and simple today! Use this photo, or add one of something that brings you joy.

CAPTION:

Sippin' on a BĒA, enjoying 70-degree beach days with my family, and hustling to earn an all-expenses-paid trip with Isagenix [change these to whatever three things you want]. Those are 3 things that bring me joy.

What about you? What's 1 thing that brings you joy?

18.

ACTION: Add a little teaser in your stories about how you're serving up some cold hard truth on your feed.

CAPTION:

Serving up some cold hard truth today.

Not everyone is going to like what you do, understand what you do, be on board with what you do, or join what you do. Trust me, I know that firsthand.

But what I CAN tell you is that you don't lose real opportunities or real relationships when you start standing up for yourself and setting clear intentions about the positive direction you're headed. It's just a simple fact. When you ooze excitement about what you do and show real conviction about your dreams and goals, it's easy to support you.

So stand up, straighten your crown, and SHINE, friends!

know your worth
then add tax.



19.

ACTION: Short and sweet product showcase today!

CAPTION:

Do you believe in miracles? Because I do thanks to this magic elixir. Hydrate your skin, and smooth out those wrinkles, ladies. Grab your beauty in a bottle stat because the hype is SO real around here. Check out my "Collagen" highlight for more info!



20.

ACTION: Post in your stories about how you're playing a fun little game in your Instagram feed today, and direct people to fill in the blank by commenting on your post. You could even do a little giveaway for one random commenter!

CAPTION:

Let's play a game!

What's the 1 product your skin couldn't live without? It doesn't have to be from Isagenix but bonus points if it is (*wink wink*).

I'll go first! There's not a chance in heck I could ever survive this life without my [your favorite product].

Now it's your turn! What would you choose?



21.

ACTION: Make sure your "Wellbeing" highlight is set to go before posting this because you'll be directing your followers to it.

CAPTION:

Be honest!

How many of you survive on 1 too many cups of coffee and random snacks from the pantry yet wish there was a simpler way to do better for your body? That used to be me all day every day. I KNEW that I should focus more on eating better, sleeping more, exercising, and adding in key supplements to my diet, but it just all seemed so overwhelming.

But now it doesn't have to be thanks to the Art of Wellbeing!

A big ol' THANK YOU goes out to this amazing company for covering all my bases. I look better, feel better, eat better, move better, and live better! If you want to check it all out in a little more depth, head over to my "Wellbeing" highlight!

having the *Courage*
to change your
circumstances ... is the
first step to creating a
new life for *yourself*.

KATHY COOVER

22.
ACTION: N/A

CAPTION:
This, this, this!

It is SO dang true. If you keep holding on to the fear of what others will think, you'll end up doing nothing at all. The world needs you and your shine, so go share it!

23.
ACTION: N/A

CAPTION:
Who wants a free sample of my favorite shake flavors?! Comment an emoji below, and I'll message you with some details on how you can try out my go-to superfood smoothies.



24.
ACTION: Ask this same question in your stories, and add the question box to let people put their answers in.

CAPTION:
You just got stranded on a deserted island. What are you bringing?
(Besides your phone, Chick-fil-a, and wine, of course.)

IF YOU HAD TO CHOOSE //

What's the ONE
Product You Would
Choose to Bring on a
Deserted Island?





25.
ACTION: N/A

CAPTION:
Before I found these products and this opportunity I was dreaming of: [a couple of personal dreams and goals]. The problem was that I never had a real way of actively working toward them.

But now I have an entire team of other goal-getters and dream chasers who I get to wake up every day excited to work with. I don't talk about the income being an Isagenix Independent Associate provides, but without it, I wouldn't have been able to [a couple of things the opportunity has done for you].



26.
ACTION: Add a photo of Organic Greens info after this one.

CAPTION:
How many of you get the recommended serving of veggies in a day? Brb while I bow my head in shame. Not this girl. And that's why I just add our Organic Greens to my morning smoothie instead. Convenience for the win, am I right?



27.
ACTION: Get the link to your wellbeing quiz ready in your Insta bio. You'll be directing your followers to it!

CAPTION:
QUIZ TIME!

Did you know I have a quiz that asks you a whole bunch of questions about your health goals and then directs you to a personalized set of products to help your specific problems? Well, now you do! The quiz grabs all your answers and then customizes a perfect package for you.

It's magical and I want to know your results, so click the link in my bio to take it now. Then come back here, and let me know what it says!



28.

ACTION: post a selfie of you and your shake!

CAPTION:

Having this shake twice every day will never get old, and neither will getting paid for sharing this gift of nutrition to change hundreds (soon to be thousands) of lives! I absolutely love what I do and am so grateful to continue to share a program that ACTUALLY works and has changed my life physically, mentally, and financially.



29.

ACTION: Share the "Welcome Template" in your feed, and ask people to go comment!

CAPTION:

Super stoked for my friend, [friend's name], to hop on board this health journey with me! Her system is all ordered and her products are on their way. Comment below to help me cheer her on for committing to a healthier her!



30.

ACTION: N/A

CAPTION:

To the world, all we do is sling bags of shakes. But to me, it's so much more. It's about dreaming big and inspiring others to dream big. It's about believing in myself and those who have trusted me to lead them in this biz. It's about working hard to hit goals and helping my team hit their own. It's about empowering yourself by empowering others.

TRANSFORMATION

tuesday

SWIPE TO SEE //

vol 1

I had to make you
uncomfortable,
otherwise you never
would have moved.

love, the universe

31.

ACTION: Add a transformation of your own in here!

CAPTION:

Let me tell you a little story.

Once upon a time there was a girl who hated her body. It was so [insert the way it used to be] and I used to have to [insert what you used to do to manage it]. It drove my nuts.

But now [insert the way it is now] and all it took was ditching my old products in exchange for this simplistic line of wellbeing.

If you're not obsessed with how you look and feel, you need a fix, and I can help you!

32.

ACTION: N/A

CAPTION:

Are you someone who lets life happen TO you, or are you someone who goes out and makes life happen FOR you?

I'm definitely the latter in that I'm sick and tired of settling and waiting on the world to change. Staying comfortable can be fun and cozy sometimes, but what's even MORE exciting is living the life of your dreams. So move, y'all. Get out there and make some waves today, and do something that sets your soul on fire.

33.

ACTION: Post in your stories that you're sharing 10 facts about yourself in your feed today. Take a bright shiny selfie, or post a photo of yourself.

CAPTION:

10 FAST FACTS ABOUT ME!

[List 10 things about you to help your followers get to know you better.]

Now it's your turn. What's 1 fun fact about you?!





34.

ACTION: Post a reel of you grabbing your Collagen Elixir™ from the fridge or drinking it!

CAPTION:

Collagen is KING! This is the key to beauty inside and out. Everybody's doing it for a reason, my friends. Jump on board the train.



35.

ACTION: Mention something about how you're "getting really real" in your feed today, and send them over to your post.

CAPTION:

So you don't want to be "that girl" when it comes to network marketing, right? Yeah, I feel you. I felt the same exact way. So much so that I questioned long and hard about whether or not I wanted to share any of this with you.

But "that girl" is someone who helps people.

That girl levels up.

That girl chooses when, how, where, and why she works.

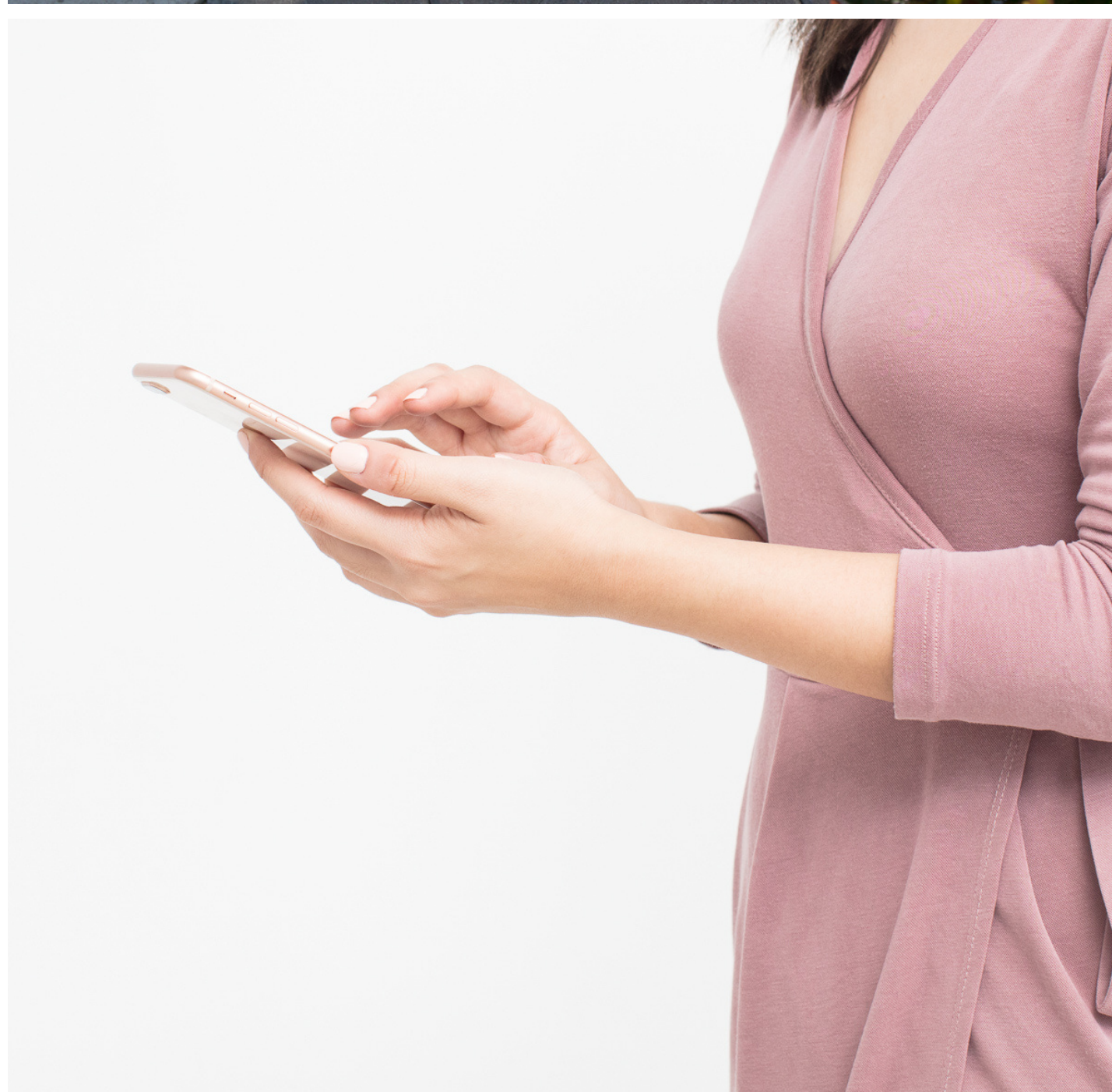
That girl can change someone's life.

That girl can build a legacy for her family.

That girl has more time to do what she loves.

That girl is building her empire while you're too busy talking smack in the corner. Now tell me, which girl would you rather be?

The ability to earn income under the Isagenix Compensation Plan depends on many factors, including an individual Associate's business, social, and sales skills; personal ambition and activity; availability of time and financial resources; and access to a large network of family, friends, and business contacts. Isagenix cannot and does not guarantee any particular level of earnings. Even Associates who dedicate a significant amount of time, effort, and personal funds may not achieve a meaningful level of success. For average earnings, refer to IsagenixEarnings.com.



36.

ACTION: N/A

CAPTION:

Long gone are the days where network marketing is frowned upon or looked at as a joke. People are not only taking a look at what this business model has to offer but also jumping in with both feet and understanding the true power of leveraging the time spent on our phones. What a world we live in where it's possible to build your own business straight from the little device in your pocket. In your time, on your terms.

37.

ACTION: Keep it short and simple today!

CAPTION:

But seriously. Just stop. You can do this, and I believe in you!

*Stop doubting
yourself.*

38.

ACTION: Hop on stories, show your face today and reintroduce yourself using your words and saying most of the things you write in the blanks below. Post a photo of yourself working, doing something you love, spending time with your kids, etc.

CAPTION:

Oh, hello there! I figured now was as good a time as ever to reintroduce myself.

My name is [name], and I'm a big lover of [insert three things].

[Talk about what you do for work full time.]

[Talk about being a mom if you are one.]

[Talk about how you were introduced to Isagenix.]

[Talk about where you live.]

My friends would all say that I'm [character traits].



39.

ACTION: Hop on stories, and walk people through your workout routine. Share what products you take and when and what you love about them!

CAPTION:

Let's get physical! Head over to my Instagram stories to check out my entire lineup of products I use pre- and post-workout.





40.
ACTION: N/A

CAPTION:
SWIPE FOR EPICNESS

Would you believe me if I told you that the only thing different I did with my skincare routine was add this pretty glass bottle to the mix?

It's true!

Did I just get botox and filler? No
Did I change my skincare products? No
Did I use a filter or Photoshop? Heck no

Did I add this Collagen Elixir to my diet? SURE DID!



41.
ACTION: Share on stories how much "real food" you eat while following this system. Tell the world you still eat your chips and queso, donuts, etc., and that this isn't some sort of deprivation diet.

CAPTION:
But do you just drink shakes all day? Hah!

This is my favorite question ever because, no silly, I certainly do not. Loving food is part of the reason WHY I choose this lifestyle. I don't have to give up my [fave foods] because this program is all about finding balance. It's about filling you up, quality nutrition and vitamins from whole organic foods instead of depleting. All the protein, healthy fats, fiber, nutrients, and vitamins from fruits and veggies blended up into the best sip of your life without all the work grocery shopping, washing, chopping, and preparing. How's that for convenience?



42.
ACTION: Post a picture of your kids, and show people the blessing this opportunity can bring to them, too!

CAPTION:
Flexibility to me is never having to miss a meal, milestone, or memorable moments with my babies.

I'm beyond grateful for my paychecks from Isagenix for helping me make my dreams come true!

I believe every mama deserves the choice to be home with their babies while making a substantial income for their family, which is one of the reasons I've become so passionate about this business. I can show other mamas how to achieve exactly that, so if you're ready, let's chat. I'd love to help you!

Earning levels or income statements (including claims such as the ability to quit a job or stay at home or portrayals of luxury lifestyles) for the Isagenix Independent Associates discussed here exceed the average results achieved by all Associates during the same time period, are not necessarily representative of the success or compensation that any particular Associate will receive, and should not be construed as typical or average. The ability to earn income under the Isagenix Compensation Plan depends on many factors, including an individual Associate's business, social, and sales skills; personal ambition and activity; availability of time and financial resources; and access to a large network of family, friends, and business contacts. Isagenix cannot and does not guarantee any particular level of earnings. Even Associates who dedicate a significant amount of time, effort, and personal funds may not achieve a meaningful level of success. For average earnings, refer to IsagenixEarnings.com.