

150 INSTAGRAM REEL HOOKS:

1. Here's one tip to achieve _
2. Check out this sneak peek of _
3. 5 websites to do _
4. I can't believe I'm sharing this secret with you...
5. Am I the only one who _ ?
6. Stop believing _
7. How to do _ in 3 simple steps
8. My story part 1
9. A little reminder:
10. Photoshoot BTS
11. An experts guide to _
12. Today I realised _
13. Not to be dramatic but _
14. 3 things I learnt from doing _ wrong
15. 5 things to stop doing if you want _
16. After posting _ content I have learnt _
17. Come package _ with me
18. Unbox _ with me
19. Myth vs Fact
20. The reality of being a _
21. Discussing the importance of _
22. The harsh reality of what happens when you _
23. Bust a myth with me
24. 5 facts about _
25. Attention all _ : here's what you need to know/do _
26. If you struggle with _ do this _
27. Hear me out...
28. This or That: _ edition
29. Needing help with _ ?
30. Do you really have to do to achieve ...
Before you scroll _
32. Steal my strategy for _
33. You can't achieve _ if you're still doing _
34. A day in my life
35. Before vs. After
36. 3 apps for _
37. Does really last for (days/weeks/months)?
38. How to deal with _
39. Try this new _
40. When you go to do & _ happens

41. Three easy ways to do _
42. Reel vs. Reel-ality
43. Come behind the scenes doing _
44. Let me introduce myself...
45. Five easy ways to improve _
46. Did you hear?! _ is happening (or launching)
47. I bet you didn't know about _
48. Have you done _ recently?
49. Want to know one of the best ways to do _ ?
50. The ultimate guide to achieve _
51. A hack I couldn't live without _
52. Confessions of a _
53. Answering a my most asked question about _
54. Stop doing _ if you want to do _
55. Struggling with _? Here's a tip
56. _ isn't out to get you!
57. Wondering how to achieve _? Keep watching
58. When _ happens...
59. Rumour has it, _ is happening (or changing)
60. Do you really need more than 1 _ ?
61. Are you launching a _ collection?
62. Do you want to learn how to do?
63. Not achieving _ (insert a result)? Ask yourself this
1 question
64. What is the most important part of _ ?
65. How to make the most out of _
66. Unlock the secret to _ with this simple trick
67. The number one reason you're not _
68. You'll never guess what _
69. Tips for effective _
70. _, let's talk about it...
71. Top 5 (sites/creators) I use to do _
72. You need this free tool for (niche/task)
73. If you're _ (audience) then listen up
74. How I went from _ to _
75. My journey to _
76. Stop making excuses and start _
77. The best (technique/thing) I've ever done
78. Everything you knew about _ is wrong
79. The worst _ advice
80. Quick tips for _
81. Get ready with me for _
82. Why are you still doing _ ?
83. You need to stop _

84. Why should you do _ in your _ (routine)?
85. 1 thing you need to do in order to do _
86. How often do you need to do _ in order to achieve?
87. Did you really do _ ?
88. Put up a FAQ as your hook. Example: "Are your reel views lower than normal?"
89. Which is best? _ Or _?
90. This _ tip will blow your mind
91. 5 ideas for _
92. What life is like as a _
93. Trying out new _ for _
94. Inspiration for aspiring _
95. Tips for growing your _
96. My morning routine as a _
97. Most common misconception on _
98. I'm going to blow your mind in 10 seconds
99. The life hack you have been sleeping on
100. Are you guilty of making this mistake?
101. Your checklist for mastering _
102. I tried _ so you don't have to
103. My favourite _
104. Exposing the truths about _
105. Answering your juicy questions about _
106. Get more use out of _ this way
107. Save time with this tip _
108. Biggest mistakes you're making with _
109. This one simple mistake could be costing you _
110. You are doing this wrong _
111. Red flags to avoid _
112. 4 ways _ changed my life
113. You've been doing _ wrong your entire life
114. How I did _ in (hours, days, weeks)
115. The worst (offer, client, advice) I've ever had
116. What most people don't realise about _
117. I'm going to tell you exactly how I (insert impressive results) in under (time frame)
118. You wouldn't believe the (results) my client got
119. Nobody is talking about _
120. This is why your isn't working
- 150 CONTENT HOOKS...
121. Here are X tiny tips that can help you do _
122. How I got _ in 24 hours

- 123. Simple important tip
- 124. You won't believe this (insert crazy news)
- 125. 5 (insert tools tips) I wish I knew earlier
- 126. Top 5 favourite (insert tools in your niche) I use daily
- 127. X reasons why _
- 128. I did (insert experiment) and this is what I discovered
- 129. Calling all _ !
- 130. Can I share a secret with you?
- 131. You'll never believe what I'm about to confess.
- 132. True or false:
- 133. Okay, I can't believe I'm about to admit this:
- 134. Join this with me challenge
- 135. Have you seen the news?!
- 136. When you finally do _
- 137. Can I ask you a juicy question?
- 138. 3 things to consider for your next (insert tool, technique, strategy, event
- 139. Guess what I just _ ?
- 140. Is it just me or _ ?
- 141. Let me save you time sharing what I learned about
- 142. Look at this hack that I want to share with you _
- 143. Listen up! If you're a _ you need to hear this!
- 144. Want to know how to do _ ?
- 145. What are you waiting for? Do you need _
- 146. How to overcome _
- 147. Sharing my favourite _
- 148. If you want to increase __, do this _
- 149. Do you remember _ ?
- 150. Do _ if you want