## **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 \_?
- 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