AI SOCIAL MEDIA CONTENT KIT

30 Days of Content Ideas, Captions & AI Prompts

FREE DEMO

Create smarter. Post consistently. Grow your audience.

A preview of the full kit designed to help creators, freelancers and small businesses plan engaging social media content with AI.

Inside the full kit

- 30-day content calendar
- Copy-and-customize AI prompts
- Engaging hooks and caption starters
- Call-to-action ideas
- Platform-specific ideas for Instagram, TikTok and Facebook
- Practical consistency tips

Sample: 7-Day Content Plan

Day	Content idea	Format
1	Share a useful tool or resource	Short video
2	Give one practical tip for your niche	Carousel
3	Answer a common audience question	Story / Q&A
4	Show a behind-the-scenes moment	Photo
5	Share a quick how-to	Reel / TikTok
6	Tell a lesson learned or mini-story	Text post
7	Invite followers to share their opinion	Poll

Example AI prompt

“Create 5 social media post ideas for a small business in [your niche]. Each idea should be helpful, engaging and easy to create. Suggest a format and a short caption for each.”

Caption hooks & calls to action

Try these opening hooks:

• 3 things I wish I knew before…

• Stop doing this if you want to…

• Here’s a simple way to…

• Are you making this common mistake?

• Save this tip for later!

Simple CTA ideas:

• Save this post for later.

• Comment with your biggest question.

• Share this with someone who needs it.

• Follow for more practical tips.

• Which idea would you try first?

This is a sample preview. The full product includes more ideas, prompts and templates for 30 days of content planning.