

7-Day Social Media Growth Plan

Day 1: Optimize Your Profile (Foundation Day)

Your goal: Make people instantly understand who you help, what you do, and why they should follow you.

- Use a clear profile photo (your face, good lighting)
- Write a simple bio: who you help + result + call to action
- Add a call to action like 'DM me START' or a link

Day 2: Content That Attracts (Hook + Value)

Your goal: Get attention and stop the scroll.

- Post 1: Problem-based hook (example: 'If you're posting every day and not growing, here's why')
- Give 2–3 quick tips
- End with a call to action
- Post 2: Personal story (struggle → turning point → lesson)

Day 3: Start Conversations

Your goal: Build relationships, not just views.

- Message 10–20 new people
- Reply to every comment
- Engage with others' posts thoughtfully

Day 4: Authority Content

Your goal: Show you know your stuff.

- Post about common mistakes beginners make
- Share simple strategies people can apply immediately
- Encourage saves and shares

Day 5: Lead Generation

Your goal: Turn attention into leads.

- Offer a free resource like this 7-day plan
- Explain what they will learn
- Use a clear call to action (comment or DM keyword)

Day 6: Social Proof + Engagement

Your goal: Build trust.

- Share results or wins (even small ones)
- Post testimonials or feedback
- Follow up with people who engaged earlier

Day 7: Soft Pitch

Your goal: Introduce your offer naturally.

- Share what you would do if starting over
- Explain your system or process
- Invite people to message you if interested

Daily Non-Negotiables

- Post 1–2 times per day
- Start 10–20 conversations
- Reply to all comments
- Engage 15–30 minutes on social platforms

Final Note

Consistency beats everything. Follow this plan daily, focus on real conversations, and you will build momentum and generate leads.