



# WELCOME TO THE 7 DAYS CHALLENGE!



This 7-Day Challenge is a simple, actionable plan for service providers like you.

Let's get straight to the powerful, repeatable actions that will help you attract new clients on social media.

By the end of this challenge, you'll have developed a healthy routine and habits and know the tasks you need to build a profitable presence and a new mindset around using Instagram to grow your business.

LET'S DO THIS!

**LET ME HOLD YOU ACCOUNTABLE!**

**TAG ME @THRIVewithANGELAK IN A STORY AFTER EACH  
DAILY TASK AND I WILL CHEER YOU ON!  
LET'S GOOOOOO!**

# BEFORE THE CHALLENGE

Take a moment to reflect on your current Instagram strategy so you can see your progress by the end of the 7 days. Your answers here will help you see the tangible results of your hard work.

**QUESTION 1: HOW MANY DMS ARE YOU GETTING FROM POTENTIAL CLIENTS IN A TYPICAL WEEK?**

**QUESTION 2: WHAT IS YOUR BIGGEST FRUSTRATION WITH USING INSTAGRAM FOR YOUR BUSINESS RIGHT NOW?**

# ONE DAY, ONE TASK

Rewrite your bio to clearly state who you help and with what. Your task is to make it crystal clear what your service is and who it's for. Last line is a clear call to action

DAY 1

Create a carousel that outlines a specific problem your target client has and then provides a mini-solution, leading them to your services as the ultimate fix

DAY 2

In your Stories, use a Question Sticker or a Poll to ask about a specific problem your audience faces. This is how you'll find out what they truly need.

DAY 3

Don't look at the people you're talking to as numbers!

Care about them, ask questions about them

DM every single person who answers your Story poll or question. Start a genuine conversation. Listen and care. If suitable, pitch your offer

DAY 4

Want my advice?

Do another Poll on story today (Day 4) and make conversations! also, dm ppl who comment on your posts!

The more, the better

Share a short testimonial or case study from a past client in your Stories. Add to highlights! This is social proof that your services work and builds trust instantly.

DAY 5

Create a short video that shows what it's like to work with you. This could be a time-lapse of you working or a simple video sharing your process

DAY 6

Create a clear, simple post with a strong call-to-action to book a discovery call or send you a DM.

DAY 7

# CHECKLIST



Bio is fixed



Carousel is posted



Stories poll posted



Sent DMs to all voters



Social proof posted



Process video posted



Final post shared



I had 2 conversations



I invited 2 to a free call\offer



I decided to invite more ppl



I tagged Angela in a story

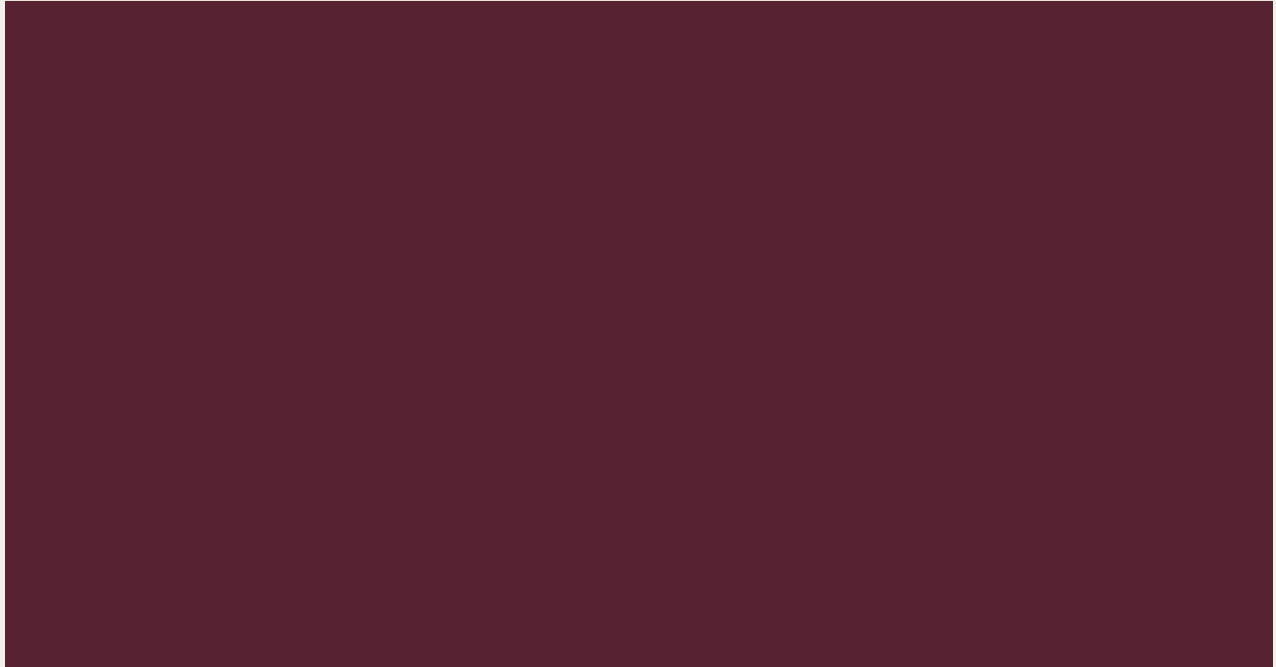


**I decided: I WILL SUCCEED!**

# AFTER THE CHALLENGE

Take a moment to celebrate your progress!  
Fill out the questions below to see how far you've come in just one week.

**HAVE YOU BOOKED A DISCOVERY CALL OR RECEIVED A DM FROM A POTENTIAL CLIENT DURING THE CHALLENGE?**



**WHAT WAS THE MOST IMPACTFUL OR SURPRISING THING YOU LEARNED FROM THESE 7 DAYS?**



# BE PROUD!

Congratulations on completing the 7-Day Challenge! You've taken powerful, actionable steps toward transforming your Instagram into a client-generating machine.

If you loved these quick wins and are ready to get the full blueprint behind these tactics, your next step is waiting.

I am preparing a new guide for you with actionable insights and proven strategies to attract your ideal clients and grow your brand with confidence using stories and reels!

Click the button below to get on the waitlist of my ebook

[“Instagram Content That Sells”](#)

[CLICK HERE](#)