

50 INSTAGRAM TEMPLATES

1. Belief-Shifting Templates

1. “Everyone says ___, but I’ve found ___.”

Reframe common advice in your field.

→ Example: Everyone says "start small," but I’ve found that starting bold builds faster momentum.

2. “The old way: ___. The new way: ___.”

Contrast traditional vs. evolved thinking.

→ Example: The old way: say yes to everything. The new way: protect your focus like your income depends on it.

3. “Here’s one belief I had to unlearn to grow:”

Share a belief you dropped and what replaced it.

→ Example: I used to believe success = constant output. I now believe it’s about leverage and clarity.

4. “You don’t need ___. You need ___.”

Challenge a perceived necessity.

→ Example: You don’t need more time. You need fewer distractions.

5. “Most people think ___. That thinking keeps them stuck.”

Expose faulty logic or assumptions.

→ Example: Most people think they need confidence before they start. That thinking keeps them stuck.

6. “What if ___ wasn’t the goal?”

Open with a question that shifts focus.

→ Example: What if growth wasn’t the goal? What if alignment was?

7. “You’ve been told ___. But the data/reality says ___.”

Use proof or experience to reframe a common belief.

→ Example: You’ve been told to niche down. But most success stories started by experimenting widely.

8. “Real talk: ___ isn’t a strategy.”

Call out vague advice or weak thinking.

→ Example: Real talk: “Work harder” isn’t a strategy. Systems are.

9. “Don’t confuse ___ with ___.”

Point out a misleading equivalence.

→ Example: Don’t confuse visibility with credibility.

10. “The belief that changed everything for me: ___.”

Let them borrow your thinking.

→ Example: The belief that changed everything for me: I can be successful without being loud.

2. Behind-The-Scenes / Relatable

11. “This week, I almost ____.”

Admit a near-miss moment that others might relate to.

→ Example: This week, I almost talked myself out of posting — again.

12. “What I thought would happen: _____. What actually happened: _____.”

Use contrast to show a learning moment or surprise.

→ Example: What I thought would happen: viral growth.

What actually happened: slow consistency and deep trust.

13. “Here’s what I’m figuring out (in real time): _____.”

Share the messy middle instead of a polished answer.

→ Example: Here’s what I’m figuring out in real time: how to stay visible without burning out.

14. “A decision I made this week: _____.”

Show that you’re actively choosing your path (and invite reflection).

→ Example: A decision I made this week: stop pretending I have to do it all alone.

15. “What I used to do: _____. What I do now: _____.”

Share a behind-the-scenes evolution of mindset or workflow.

→ Example: What I used to do: say yes to everything.

What I do now: say yes to things that move the needle.

16. “Not many people talk about this, but _____.”

Expose a truth others are afraid to say out loud.

→ Example: Not many people talk about this, but hitting goals can feel empty if they’re not *your* goals.

17. “This is what nobody saw:”

Lift the curtain on a quiet win, effort, or sacrifice.

→ Example: This is what nobody saw: me re-recording the same 3-minute video 14 times.

18. “I didn’t plan this, but ____.”

Show an unexpected turn that others can learn from.

→ Example: I didn’t plan this, but sharing the messy draft actually got the most engagement.

19. “Tiny win this week: ____.”

Celebrate small progress to humanize your journey.

→ Example: Tiny win this week: I scheduled next week’s content and didn’t hate it.

20. “Reminder to self: ____.”

Use a self-directed insight as a universal truth.

→ Example: Reminder to self: you’re allowed to go slower than others and still be on track.

3. How-To / Quick Tips

21. “If you’re struggling with ____, try this:”

Offer a direct, actionable tip for a common pain point.

→ Example: If you’re struggling with content ideas, try writing down what frustrated you this week — then post that.

22. “Here’s a simple trick I use to ____:”

Useful, non-obvious tip that shows how you work smarter.

→ Example: Here's a simple trick I use to avoid burnout: I plan my content on tired days and create it on focused days.

23. “Most people overlook this when they ____:”

Spotlight a blind spot that your audience will resonate with.

→ Example: Most people overlook this when they launch: momentum matters more than the perfect funnel.

24. “Want better ____? Start by ____.”

Short and punchy cause-effect framework.

→ Example: Want better clients? Start by posting like the person they'd want to hire.

25. “Here's what I'd do if I had to ____ today from scratch:”

Offer a simple roadmap your audience can follow.

→ Example: Here's what I'd do if I had to build an audience today from scratch: 1) Pick one platform, 2) Post 3x/week, 3) Engage daily.

26. “3 things I wish I knew earlier about ____:”

Turn hindsight into value for others.

→ Example: 3 things I wish I knew earlier about online business: 1) Simplicity scales, 2) Launches aren't everything, 3) Email > social.

27. “Here's how I approach ____ (in 3 steps):”

Share a bite-sized framework.

→ Example: Here's how I approach content batching (in 3 steps): 1) Brainstorm with coffee, 2) Write in sprints, 3) Edit while walking.

28. “Here's how I stopped ____ and started ____:”

Position a shift as a tactical win.

→ Example: Here's how I stopped overplanning and started actually posting: I gave myself permission to be imperfect.

29. “If I only had 10 minutes a day for ___, I’d do this:”

Share your essentials-only strategy.

→ Example: If I only had 10 minutes a day for content, I’d do this: comment on 3 posts, write 1 insight, and schedule 1 tip post.

30. “This 1 habit changed everything for me:”

Highlight a repeatable action, not just a mindset.

→ Example: This 1 habit changed everything for me: writing down tomorrow’s top 3 tasks before I log off.

4. Relatable Rants / Truth Bombs

31. “Unpopular opinion: ___. ”

Drop a truth most people won’t say out loud.

→ Example: Unpopular opinion: You don’t need another course — you need to implement what you already know.

32. “You don’t need ___. You need ___. ”

Reframe what’s actually required for success.

→ Example: You don’t need more followers. You need clearer offers.

33. “Nobody talks about how hard it is to ___. ”

Expose an overlooked challenge your audience faces.

→ Example: Nobody talks about how hard it is to promote your work without feeling cringey.

34. “Honestly, I’m tired of ____.”

Show some edge or real frustration.

→ Example: Honestly, I’m tired of people pretending 6-figure launches are effortless.

35. “Can we stop pretending ____?”

Call out a common myth or behavior.

→ Example: Can we stop pretending you have to niche perfectly before you start?

36. “If you’ve been thinking ____, here’s the truth:”

Gently challenge a common internal belief.

→ Example: If you’ve been thinking “I’m behind,” here’s the truth: everyone’s winging it more than you think.

37. “You don’t need to hear this, but I’m saying it anyway: ____.”

Take a stand on something that matters to your audience.

→ Example: You don’t need to hear this, but I’m saying it anyway: your voice is already enough. Speak up.

38. “Hot take: ____.”

Keep it bold, snappy, and specific.

→ Example: Hot take: Planning content for 3 months is usually a waste of time. Plan for 3 days instead.

39. “Here’s what they don’t tell you about ____:”

Lift the curtain on a misunderstood process or result.

→ Example: Here’s what they don’t tell you about going viral: it doesn’t always lead to sales.

40. “This might lose me followers, but ____.”

Use this sparingly for powerful personal truths.

→ Example: This might lose me followers, but I’m not here to teach hacks. I’m here to help you build something real.

5. Quick Wins & Tactical Tips

41. “Try this one small shift:”

Offer a micro-adjustment with big upside.

→ Example: Try this one small shift: write your post *before* checking your feed. Clarity goes up. Pressure goes down.

42. “Here’s a tip I wish I started using sooner:”

Tip with a hindsight angle — adds weight.

→ Example: Here’s a tip I wish I started using sooner: reuse your most engaged post every 60 days. No one remembers — except the algorithm.

43. “Here’s how I saved ____ hours this week:”

Timesaving tip = instant attention.

→ Example: Here’s how I saved 5 hours this week: batched content ideas in one sitting with zero editing.

44. “Most underrated tool I use:”

Great for affiliate links, shoutouts, or showing your workflow.

→ Example: Most underrated tool I use: voice-to-text notes for content ideas during walks.

45. “If I had to 10x results with zero budget, I’d ____.”

Put pressure on your advice to sharpen its value.

→ Example: If I had to 10x results with zero budget, I'd comment on 20 dream client posts every day.

46. “3 things that helped me get unstuck:”

A quick list to help someone shift gears.

→ Example: 3 things that helped me get unstuck: shorter goals, daily wins, and 24-hour test posts.

47. “A fast way to improve your ____ today:”

Results-driven, action-first.

→ Example: A fast way to improve your writing today: cut your intro in half. Start with the punchline.

48. “Try this the next time you feel ____:”

Address emotional blocks with a tactical move.

→ Example: Try this the next time you feel overwhelmed: turn off notifications, set a 15-minute timer, and write anything unfiltered.

49. “Steal this simple ____ framework:”

Offer a repeatable structure or process.

→ Example: Steal this simple 3-part story framework: problem → turning point → shift.

50. “This always works (even when nothing else does):”

A go-to move you stand by.

→ Example: This always works (even when nothing else does): answer one question your audience is too shy to ask.

50 LINKEDIN TEMPLATES

1. Mistakes & Lessons

1.1 Career Mistakes Framework

A few {Time} ago, I asked {X} {Niche} leaders one simple question:
“What early career mistake will you never make again?”

What I ended up walking away with was a messy notepad full of notes, a completely new way of seeing the world, and {X} profound mistakes everyone (from intern to executive) should avoid in their career.

Let’s dive in:

Mistake #1: {Mistake1}

Too often, {Role} choose to {WrongDecision}.
They {WhyDecision}. They think {Logic}. Only to end up {BadOutcome}.

Instead, {Role} should be focused on {RightDecision}.
This is what ends up leading to {PositiveOutcome}, {PositiveOutcome}, and {PositiveOutcome}.

Mistake #2: {Mistake2}

A good {Role} can {GoodOutcome}.
A bad {Role} can {BadOutcome}.
But a legendary {Role} can {GiantOutcome}.

Don’t get it confused: a {GoodOutcome} is good, but it’s far from what makes the most difference.

Mistake #3: {Mistake3}

Until you’ve {Milestone}, don’t take your eye off the ball.
{RelevantQuote}
To this day, I hang this quote up on my wall because it reminds me {Takeaway}.

Mistake #4: {Mistake4}

Traditional wisdom says {TraditionalWisdom}.
But that’s only true if you don’t do two things correctly:

- {RightDecision1}
- {RightDecision2}

Then, {TraditionalWisdom} works great.

Mistake #5: {Mistake5}

We all think we can {Decision}.

We all think we have unlimited {Resource}.

We all think we are immune to {Disaster}.

But the truth is, we're not.

Which is why it's much better to operate from first principles, and {RightDecision} from the very beginning.

1.2 Common Missteps and Fixes

The Problem: Many {Professionals} tend to {Mistake} when trying to {Goal}. They believe that {Assumption} will work, but it often leads to {Outcome}.

Why It Happens:

1. {Reason1}
2. {Reason2}

The Fix:

Instead of {Mistake}, try {Solution1}.

Focus on {Solution2}, which helps {Benefit}.

Remember: {Takeaway}.

1.3 Lessons from the Hard Way

Here are {X} things I learned the hard way about {Topic}:

Lesson 1: {LessonSummary}

Why it matters: {Explanation}.

Lesson 2: {LessonSummary}

Why it matters: {Explanation}.

Lesson 3: {LessonSummary}

Why it matters: {Explanation}.

1.4 Procrastination & Fear Traps

We all procrastinate, but why? Fear is usually the underlying cause.
Here's how to identify and overcome it:

The Procrastination Trap:

2. {Trigger or Symptom}
3. {Trigger or Symptom}

Why It Happens:

3. {Reason1}
4. {Reason2}

How to Escape the Trap:

4. Acknowledge {Fear or Root Cause}.
5. Break {Task} into smaller, manageable steps.
6. Use {Tool or Strategy} to stay accountable.

1.5 A Simple Life-Changing Realization

It sounds too simple to be true, but this realization changed everything for me:

“{Insert simple belief or shift}.”

That one idea completely shifted how I:

5. {Action 1}
6. {Action 2}
7. {Action 3}

Here's what I mean:

Before:

I believed {OldBelief}.

Which led to {NegativeOutcome}.

After:

I began to {NewAction or Perspective}.

Which led to {PositiveOutcome}.

And that's what changed the game.

1.6 The Transformation

Sometimes the biggest changes happen in small, invisible steps.

Here's how I transformed from {BeforeState} to {AfterState}:

The Starting Point:

I was {Emotion or Struggle}, stuck in {Situation}.

Every day felt like {Description}.

The Turning Point:

It didn't happen overnight.

It was a slow realization that {Insight}.

And the decision to {Action} — even when I didn't feel ready.

The Shift:

I started doing {NewHabits or Mindset}.

And stopped {OldHabits or Mindset}.

Little by little, I began to feel {Outcome}.

The Result:

Now, I {CurrentState or Achievement}.

And I've learned that real transformation doesn't look like a highlight reel — it looks like persistence.

1.7 Start at Zero

At {Age/Stage}, I started with no {Asset or Advantage} — just {Trait}, {Effort}, and {Belief}.

I didn't have:

6. {MissingResource1}
7. {MissingResource2}
8. {MissingResource3}

But I had:

7. {Intangible1}
8. {Intangible2}
9. {Intangible3}

Here's how I began:

Step 1: {StartingAction}

Step 2: {NextAction}

Step 3: {MomentumBuilder}

It wasn't glamorous. It wasn't instant. But it was real.

And if you're starting from zero today — that's more than enough.

1.8 Reflection Questions & Answers

Question 1: What would I do differently if I had to start again?

Answer: {Answer}

Question 2: What mindset kept me stuck the longest?

Answer: {Answer}

Question 3: What did I believe that turned out to be completely wrong?

Answer: {Answer}

Question 4: What do I wish I'd said 'yes' to sooner?

Answer: {Answer}

Question 5: What part of the journey was necessary, even if it hurt?

Answer: {Answer}

1.9 Simple Wisdom for Success

Sometimes the most powerful advice is the simplest.

Here are {X} lines of wisdom that have stuck with me over the years:

8. **{Wisdom1}** — I learned this after {Lesson}.
9. **{Wisdom2}** — It shifted how I think about {Topic}.
10. **{Wisdom3}** — I return to this every time I feel {Emotion}.
11. **{Wisdom4}** — This one still surprises me.
12. **{Wisdom5}** — Simple. True. Always relevant.

Which one speaks to you right now?

1.10 Procrastination & Fear

Here's something I didn't understand for a long time:

Procrastination isn't laziness — it's fear in disguise.

Every time I put off {Action}, it wasn't because I didn't want it.
It was because I was afraid of:

9. {Fear1}
10. {Fear2}
11. {Fear3}

I used to tell myself I needed more time, more prep, more confidence.

But what I really needed was a small win — something that proved the fear wrong.

So if you're stuck, don't wait for motivation.

Take one imperfect step.

2. Step-by-Step Guidance

2.1 How-To Framework

The Problem: Most people struggle with {Challenge} because they don't know how to {SpecificSkill}.

The Fix: Here's a simple step-by-step guide:

Step 1: {Explanation}

Step 2: {Explanation}

Step 3: {Explanation}

Step 4: {Explanation}

Pro Tip: {ExtraAdvice}

2.2 Process Breakdown Framework

Ever wondered how to {Goal}? Here's the exact process broken down step by step:

Start with {Action or Preparation}

Why it matters: {Reason}

Focus on {Core Action}

Tips: {Tips}

Review and Adjust

How to evaluate: {Criteria}

Key Takeaway: {Encouragement or Reflection}

2.3 "Do This, Not That" Advice

Struggling to {AchieveGoal}? Here's what to do—and what to avoid:

Don't Do This:

10. {CommonMistake1}
11. {CommonMistake2}

Do This Instead:

1. {Solution1}, which helps {Benefit}
2. {Solution2}, which ensures {Outcome}

Quick Tip: {HelpfulHint}

2.4 {X} Steps to Achieve [Outcome]

Want to {Outcome}? Follow these {X} steps:

{Step1}

Why it matters: {Reason}

{Step2}

How to do it: {Tips}

{Step3}

Avoid this: {CommonMistake}

Final Step: {Encouragement}

2.5 My Go-To Workflow for [Task]

People often ask how I {Task or Result}, and here's exactly how I do it:

1. {Step1}
2. {Step2}
3. {Step3}
4. {OptionalStep4}

It's not the only way — but it's worked consistently for me.

Bonus Tip: {ProShortcut or Warning}

2.6 Before → After Transformation Map

Want to go from {StartingPoint} to {EndResult}?
Here's what the transformation usually looks like:

Before:

1. {Struggle1}
2. {Belief1}
3. {Behavior1}

During:

1. {MindsetShift}
2. {Skill}
3. {SupportSystem}

After:

1. {NewOutcome1}
2. {Confidence or Clarity}
3. {BiggerResult}

Reflection: Where are you on this path?

2.7 What I'd Do If I Had to Start Over

If I had to start from scratch today with {NoFollowers/NoClients/NoProduct}, here's exactly what I'd do:

Step 1: {InitialMove}

Step 2: {GrowthStep}

Step 3: {MomentumAction}

I'd ignore:

1. {Distraction1}
2. {Distraction2}

And I'd focus on:

1. {CoreAction}
2. {VisibilityStrategy}

Because simple + consistent > complicated + inconsistent.

2.8 What To Do When You're Stuck

Feeling stuck? Here's the 5-minute reset I use:

1. Write down what you're avoiding.
2. Ask: What am I afraid will happen?
3. Break the task into 3 micro-steps.
4. Block out 15 minutes.
5. Start with zero pressure to finish.

It works because action rewires belief — not the other way around.

2.9 The Shortest Path to [Outcome]

Most people overcomplicate {Outcome}.
Here's the shortest path I've found:

1. Focus on {HighLeverageAction}
2. Let go of {CommonDistraction}
3. Repeat {SimpleSystem}
4. Track {KeyMetric}
5. Adjust weekly, not daily.

It's not magic. It's math + momentum.

2.10 The Mindset + Method Combo That Works

Here's a mindset-method combo that's changed the game for me:

Mindset:

"{Belief or Mental Reframe}"

Method:

1. {ActionStep1}
2. {ActionStep2}
3. {AccountabilityPractice}

When these work together, everything accelerates

3. Lists & Collections

3.1 My Top 3 Things Template

If you asked me what's made the biggest difference in my {Business/Career/Content/Health}, it would be these three things:

1. {Tip or Habit #1}
Why it matters: {Explanation}
2. {Tip or Habit #2}
Why it matters: {Explanation}
3. {Tip or Habit #3}
Why it matters: {Explanation}

Not flashy. But incredibly effective.

3.2 The Anti-Advice List

Everyone says you should:

1. {Popular Advice}
2. {Common Tip}
3. {Viral Shortcut}

But here's what actually worked for me:

1. {Personal Practice #1}
2. {Underrated Habit #2}
3. {Mindset or Skill #3}

What works for you doesn't always go viral.
And what goes viral doesn't always work for you.

3.3 The Rules I Actually Follow

There's a lot of advice out there. But these are the rules I actually use:

1. {Rule or Principle #1}
2. {Rule or Principle #2}
3. {Rule or Principle #3}

Simple. Repeatable. Sustainable.

What are yours?

3.4 Non-Obvious Wins

Here are 3 things I thought were small at the time — but made a huge difference later:

1. {Tiny Move #1} — led to {Surprising Result}
2. {Small Decision #2} — unlocked {Unexpected Benefit}
3. {Minor Shift #3} — helped me finally {Achieve Result}

Don't underestimate small moves with long tails.

3.5 The Post-It Strategy

If I had to write my best advice on 3 post-it notes, it would be:

-  {Advice #1}
-  {Advice #2}
-  {Advice #3}

Stick these somewhere visible. They've saved me more times than I can count.

3.6 The "What I Wish I Knew" List

Here's what I wish someone told me when I first started:

1. {Insight #1}
2. {Mistake #2 to avoid}
3. {Mindset #3 to adopt}

You don't have to earn these lessons the hard way like I did.

3.7 The 3-Part Content Rule

Every post I write aims to do 3 things:

1. {Make you think / reframe something}
2. {Make you feel seen / build trust}

3. {Make you act / apply it}

If your content does all three, you don't need to post more — you just need to post better.

3.8 Daily Habits Worth Keeping

I've tried a lot of routines. These 3 habits are the ones I always come back to:

1. {Habit #1}
2. {Habit #2}
3. {Habit #3}

Because consistency isn't about having a perfect system.
It's about building small habits you can return to — even on the messy days.

3.9 The “Default Settings” Post

These are the defaults I return to when I start overthinking:

- Default belief: {Core Belief}
- Default focus: {Core Goal}
- Default action: {Key Task}

When in doubt, return to your defaults.

3.10 The "I Still Need This Reminder" List

Even now, I need to remind myself:

1. {Reminder #1}
2. {Reminder #2}
3. {Reminder #3}

Because growth doesn't mean you stop struggling — it means you return faster to what works.

4. Personal Stories & Turning Points

4.1 A Moment That Changed Me

There was a moment I nearly {GaveUp/Quit/ChangedDirection}.

I remember exactly where I was: {Setting or Vivid Detail}

What I was thinking: {Raw Thought}

And the one thing that made me keep going: {Trigger or Support}

That moment changed everything — not because I got it right, but because I kept going.

4.2 The Unexpected Path

I never planned to {Current Role or Industry}.

In fact, I started in {Old Role or Field}.

Back then, I thought success looked like {Traditional Path or Outcome}.

But then {Event or Realization} changed how I saw everything.

One small decision turned into {Opportunity}.

One small win led to {Momentum}.

And now I'm here — still learning, still adapting, still building.

4.3 A Story I Don't Usually Share

I don't share this story often, but it shaped everything:

{Personal Turning Point}

At the time, I felt {Emotion}.

I questioned {Belief or Identity}.

But slowly, I started to {Action or Shift}.

That experience taught me {Lesson}.

And it's why I now believe {New Principle}.

4.4 What I Was Doing One Year Ago

One year ago today, I was:

1. {Struggling with X}
2. {Trying to figure out Y}
3. {Worried about Z}

Today, I'm in a completely different place.
Not because of one big leap — but because of small, boring consistency.

Growth sneaks up on you like that.

4.5 What They Didn't See

Here's what people saw:

1. {Achievement or Highlight}
2. {Confident Moment}
3. {Milestone or Public Win}

Here's what they didn't see:

1. {Late nights / Private struggle}
2. {Self-doubt or failure}
3. {Quiet comeback}

There's always more behind the moment.
Don't compare your behind-the-scenes to someone else's highlight.

4.6 The Quiet Win

This won't go viral.
It won't impress anyone at dinner.
And it won't look great in a metrics report.

But today, I {Small Win or Meaningful Action}.
And honestly, that matters more than {Superficial Metric or Vanity Win}.

4.7 How I Got Here

If you told me {X Years Ago} that I'd be doing {Current Role}, I wouldn't have believed you.

Back then, I was {Old Situation or Belief}.
And even when I started, I thought I had to {Misconception}.

But slowly I figured out:

1. {Clarity #1}
2. {Shift #2}
3. {Support or Tool #3}

Now, I build from a completely different foundation.

4.8 The Breakdown Before the Breakthrough

What I thought was a breakdown...

Turned out to be the beginning of a breakthrough.

I had no {Direction/Momentum/Support}.

I was burned out on {Old Strategy}.

I questioned {Everything}.

But hitting the wall forced me to ask better questions.

It made me focus on {Essentials}.

And it reminded me what matters most: {Principle}.

4.9 Something I've Never Said Out Loud

I'm going to say something I've never posted publicly:

{Unfiltered Truth}

Here's why I'm saying it now:

Because someone out there needs to know they're not the only one feeling this way.

And because honesty is contagious — and we need more of it.

4.10 A Day That Changed Everything

I didn't realize it at the time, but {Date/Event} changed everything.

What felt like {Minor Moment or Challenge} ended up sparking:

1. {New Direction}
2. {Clarity or Belief}
3. {Momentum or Relationship}

It's wild how the smallest things end up being the turning points.

5. Contrarian & Perspective Shifts

5.1 The Opposite Is Often True

Everyone says {Common Belief or Advice}.

But in my experience, the opposite is often true: {Contrarian Insight}

Here's why:

1. {Explanation or Story}
2. {What happened when you tried it}
3. {The lesson or reframe that followed}

Sometimes what sounds wrong at first... is exactly what works.

5.2 The Myth That Holds People Back

There's a popular myth that keeps a lot of smart people stuck:

"{Insert Common Myth}"

It sounds true because {Assumption or Conventional Wisdom}.

But here's what actually happens: {Reality or Consequence}.

If you want {Outcome}, it's time to replace this myth with something more helpful:

"{Insert New Belief or Practice}"

5.3 Unlearning vs. Learning

The biggest breakthroughs in my work didn't come from learning something new. They came from **unlearning** things that were never true in the first place.

Like:

1. {Old Belief → What replaced it}
2. {Bad Habit → Healthier Practice}
3. {Outdated Metric → Better Indicator}

You can't grow if you're dragging old logic with you.

5.4 The Advice That Didn't Work For Me

Everyone kept saying:
“{Generic Advice}”

So I tried it.
And here's what happened: {Outcome}
Then I tried something different: {Contrary Strategy}
And that's what worked.

Sometimes it's not about ignoring advice.
It's about finding what fits your context — not someone else's.

5.5 The “Everyone Is Doing It” Trap

Just because it's popular doesn't mean it's right.
I've learned that firsthand by chasing:

1. {Trend or Strategy #1}
2. {Popular Tactic #2}
3. {Best Practice #3}

Here's what I've found instead:
Simple > flashy.
Consistent > complex.
Clarity > cleverness.

You don't need to do what everyone else is doing.
You need to do what actually works for you.

5.6 Break the Pattern

Most people follow the same cycle:
Try something new → Hit resistance → Quit → Start over

But what if you didn't start over this time?
What if you stayed with it long enough to figure it out?

Progress often looks like boredom.
Mastery looks like repetition.
Break the quitting pattern — and everything changes.

5.7 The Belief That Got in My Way

For too long, I believed:

“{Limiting Belief}”

It made me:

1. {Hesitate or Avoid Something}
2. {Question My Own Value}
3. {Hold Back from Taking Action}

Then something shifted:

I realized {New Belief or Reframe}

And that changed how I {Act, Show Up, or Serve}

5.8 The Real Problem Isn't What You Think

When I struggled with {Surface-Level Challenge}, I thought the problem was:

1. {Tactic}
2. {Timing}
3. {Tools}

But it turned out the real issue was: {Deeper Challenge or Misbelief}

When I fixed that — everything else started working.

Sometimes it's not about strategy. It's about seeing clearly.

5.9 I Don't Agree With Most People On This

Most people in my field believe:

“{Widely Accepted Statement}”

But I've never fully agreed.

Here's what I believe instead:

“{Contrarian Reframe}”

Why? Because when I applied that new lens, I stopped {Unhelpful Pattern} and started {Helpful Shift}

5.10 Try the Opposite

If {Your Current Approach} isn't working — try the opposite.

If you've been:

1. Posting more, try posting better
2. Adding offers, try simplifying
3. Selling hard, try teaching instead

Sometimes the opposite of what you're doing is exactly what you need.