



**DONE FOR YOU**  
**instagram**  
**captions**

to defeat the  
blinking cursor

**@NADINEDAFF**

# caption writing premise

## the IRL approach

We all know the horror story of that damn blinking cursor.

The reason your brain is snapping like a stale breadstick is cause you're more concerned about how you'll be perceived rather than what you actually want to say.

The way to avoid that from happening? Adopt the "IRL approach" - **IN REAL LIFE.**

So when you meet someone new, how do you get to know them?

- **C**rack a fun fact or joke
- **A**sk questions
- **R**eflect on personal stories
- **E**mpathize

So the bottom line, it's by showing that you **CARE.**

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**copy-paste**  
these templates...

**to increase your instagram  
engagement & get inspirations to  
create your own captions.**



STOP YOUR SCROLL FOR JUST A SECOND!

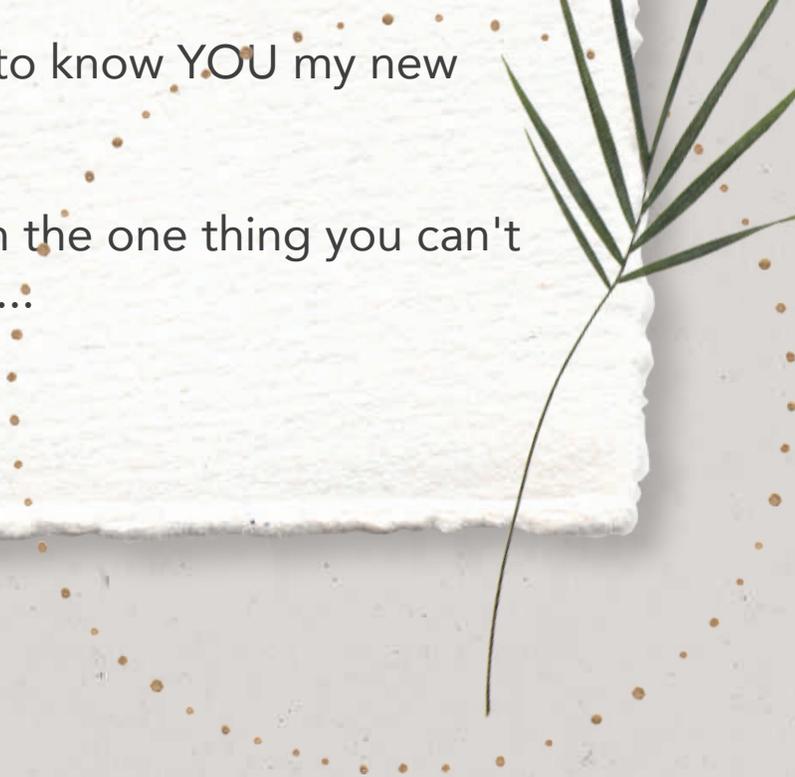
I wanted to take a moment to let you know who's behind the scenes of **[insert your brand name]**.

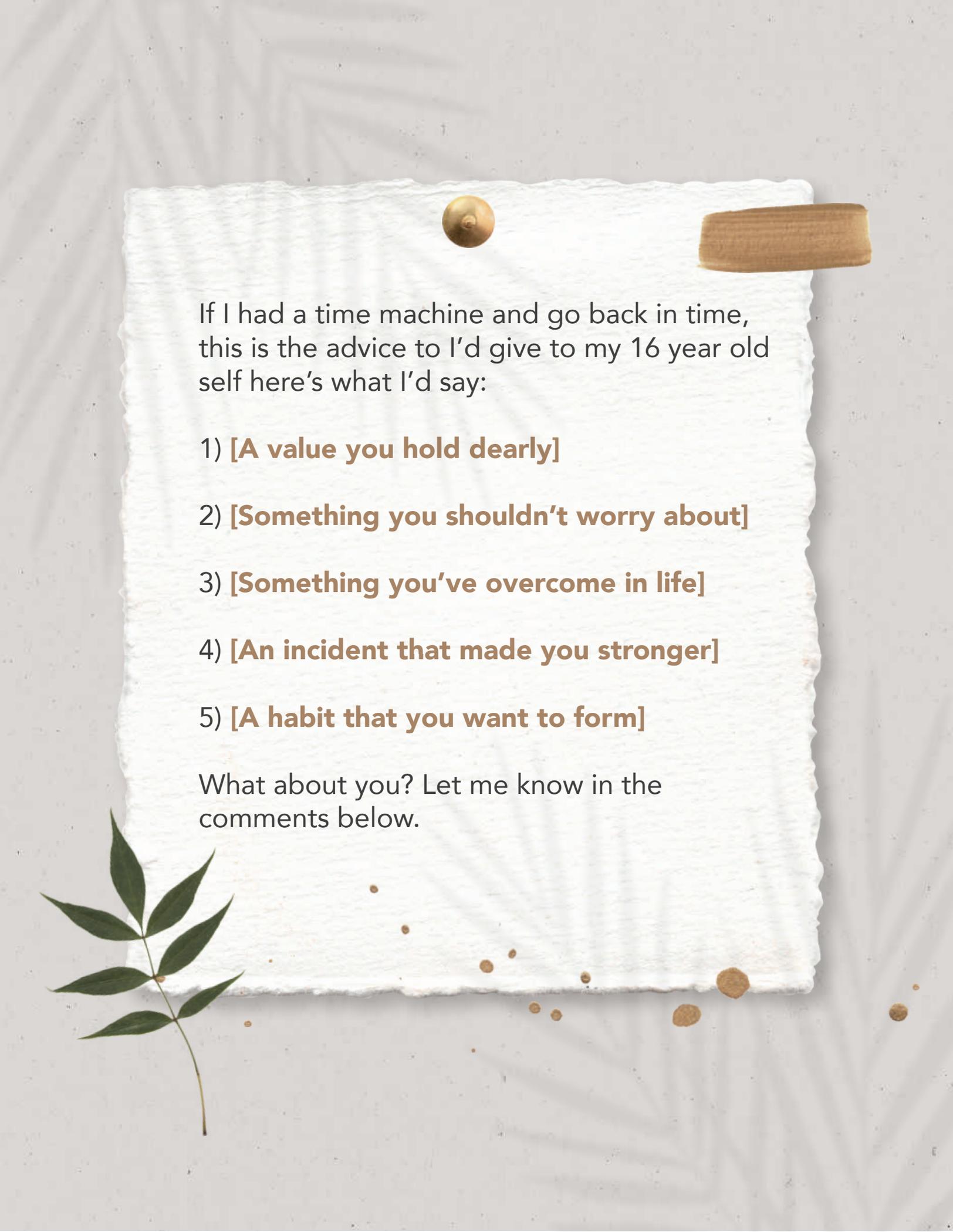
My name is **[insert your name]** and the 3 things I can't live without are: **[item 1]**, **[item 2]**, **[item 3]**

When I'm not doing **[state your craft]**, you'll find me **[insert hobby, i.e. baking with my heart on a sleeve or dancing to the sounds of the Beatles]**.

Now it's time to get to know YOU my new friend!

Comment below with the one thing you can't seriously live without...





If I had a time machine and go back in time, this is the advice to I'd give to my 16 year old self here's what I'd say:

- 1) **[A value you hold dearly]**
- 2) **[Something you shouldn't worry about]**
- 3) **[Something you've overcome in life]**
- 4) **[An incident that made you stronger]**
- 5) **[A habit that you want to form]**

What about you? Let me know in the comments below.

Tag a person who inspires you the most in life.  
It could be a friend, a mentor, a role model!

Do you know what inspires me the most?

It's the little things in life.

Things like **[blank]**, **[blank]** and **[blank]**.

I also make it a point to take the time and  
**[blank]** to help me with my creative process.

It makes me grateful every single day.





Let's play a little game shall we?

I'll write 3 fun facts about me and you have to guess which one's a lie..

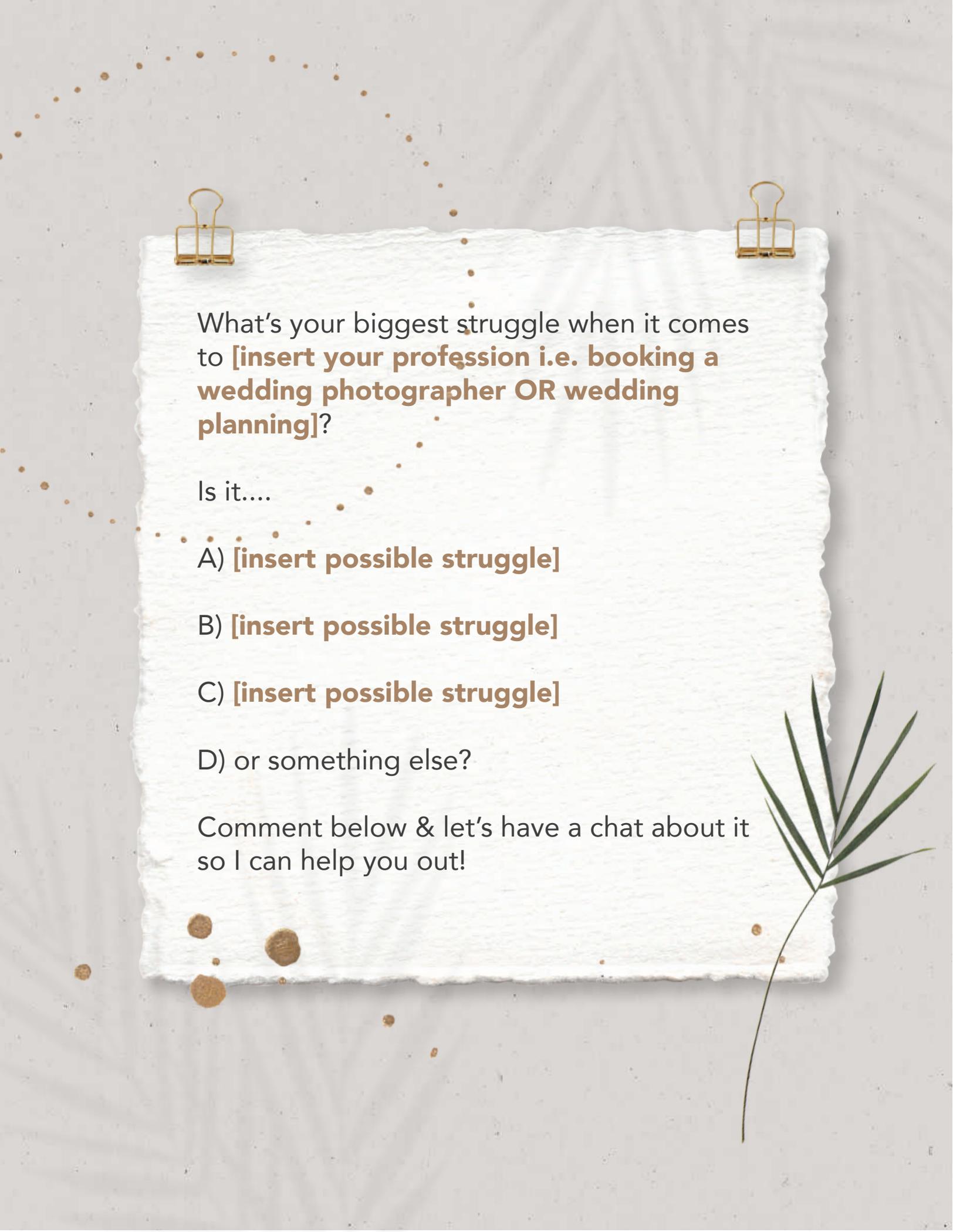
1) **[True fact about you]**

2) **[True fact about you]**

3) **[The lie]**

What's your guess? Share it in the comments below!

I'll share the answer tomorrow. Happy guessing my friend.



What's your biggest struggle when it comes to **[insert your profession i.e. booking a wedding photographer OR wedding planning]**?

Is it....

A) **[insert possible struggle]**

B) **[insert possible struggle]**

C) **[insert possible struggle]**

D) or something else?

Comment below & let's have a chat about it so I can help you out!

# hey.. i'm nadine

Former **henna artist** turned into **business coach for creatives** (like you).

I've gone from struggling to navigate an overly saturated market to:

- Consistently landing henna clients
- Growing a following of over 10,800 followers
- Gotten published in an array of magazines
- Interviewed on live radio & television

And I've managed to achieve that through the power of storytelling & caption writing.

Want help achieving the same?

**DM ME "TEACH ME STORYTELLING" & I'LL SHARE SOMETHING JUICY TO GET YOU STARTED.**

