

THE FIRST-HOUR CHECKLIST

What to do before and after you post, so it doesn't die quietly.

Print this or save it. Run it every time you post. It takes about an hour, and it's the part most people skip.

01 15 MINUTES BEFORE YOU POST

- ☐ Leave real comments on **5 accounts in your niche**: "[specific point] is so true. I'd add [your tip]."
- ☐ Check line one. Does it call out **who it's for** or lead with **the result**?
- ☐ Give the post one job: **attention, trust, or sale**.
- ☐ Add one action: "Comment [WORD] and I'll send you [free thing]."

02 THE FIRST 10 MINUTES

- ☐ Share it to your stories with a poll: "New post: [topic]. Do you agree?"
- ☐ Send it to **3 people** it would actually help: "Made this with you in mind."
- ☐ Pin a comment that adds one extra tip or asks a question.

03 MINUTES 10 TO 60

- ☐ Reply to **every comment**, and end each reply with a question.
- ☐ Answer keyword DMs within the hour. Use: "Hey [name]! Here's the [free thing]. What's your biggest struggle with [topic] right now?"
- ☐ Post a follow-up story with your poll results.

04 THE NEXT DAY

- ☐ Check **profile visits, link clicks and saves**, not just views.
- ☐ Write down what worked. Next week, remake the winner in a new format with a new hook.

LET AI BUILD YOUR POST PLAN

Paste this into Claude or ChatGPT right after you post. Fill in the brackets.

COPY THIS PROMPT

"Here's my post: [paste your post]. My audience is [who they are]. Write 5 comment replies that start real conversations, 3 story ideas to promote it over the next 2 days, and 1 way to remake it as a short reel. Keep it natural, no hype."

AND THE NEXT DAY

"Here are my last 10 posts with views, profile visits, link clicks and saves: [paste]. Tell me which posts drove action, what they have in common, and give me 3 new post ideas that repeat it."

REMEMBER

The algorithm isn't coming to save your post. You work it for one hour, then you let it go. Consistency beats one viral post every time.

YOU DID THE **FIRST STEP.**

You know how to work a post. Now make sure there's something to sell when people show up.

Two ways to keep going. Pick the one that fits where you are right now.

IF YOU WANT TO LAUNCH THIS WEEK

THE SILENT INCOME VAULT

Everything's already built. You brand it and launch it.

- 30,000+ faceless reels, ready to post
- 13 guides and courses with resell rights to rebrand and sell as your own
- Hooks, captions, story sequences and email sequences already written
- Canva templates, 120 product mockups and ebook cover templates

GET THE VAULT - \$27

IF YOU WANT TO BUILD YOUR OWN PRODUCT

BUILD WITH CLAUDIA

From "I don't know what to sell" to a finished, listed product in 7 days.

- 24 short lessons, taught by Claudia, an AI teacher
- 67 copy-paste prompts plus worksheets that build your Product Blueprint
- Your sales page, emails and first 14 days of content, built in

START BUILD WITH CLAUDIA - \$37

Uses Claude by Anthropic. Not an Anthropic product.

Results aren't guaranteed. What matters is consistency, effort, and dedication. Questions? DM me on Instagram @buildwith.justin.