

FREE PDF PLAYBOOK

Growth Guide

Organic posting system - PDF included.

Go from sporadic posts to a repeatable publishing system across Instagram, TikTok, YouTube Shorts, LinkedIn, X, Facebook, Threads, Bluesky, and Pinterest.

\$0 (free)

No email gate. Use it today.

30-day rhythm

A posting cadence you can reuse instead of guessing every morning.

Warmup checklist

Ramp new or inactive accounts without spammy behavior.

CTA notes

Move from views to customers without sounding desperate.

Small-team scale

One idea, adapted captions, many platforms, less tab overload.

Use this PDF as a working checklist.

Read it once, then run the 30-day plan. Every week, keep what earns saves, shares, replies, profile visits, or signups. Cut what produces no useful signal.

1. 30-day posting rhythm you can reuse

The goal is not to post forever. The goal is to build a repeatable system that creates signal every week.

Week 1 - Setup and signal

Clean your bio, avatar, pinned posts, links, and content pillars. Publish one useful post per day. Measure saves, shares, replies, profile visits, and follows.

Week 2 - Format testing

Turn the same core idea into a Reel, carousel, short text post, story prompt, and LinkedIn/X version. Keep the format that earns the strongest signal.

Week 3 - Repeat winners

Take your best post and create three variations: beginner version, mistake version, and checklist version. Change the hook and examples, not just the wording.

Week 4 - Batch and scale

Plan the next two weeks. Schedule posts, adapt captions by platform, and review the month before adding more volume.

Weekly minimum

If daily posting is too much, use a lighter cadence: three strong posts per week, one story or reply session, and one weekly review. Do not disappear for weeks at a time.

2. Warmup + format-finding checklist

- Profile explains who you help and what you post.
- Avatar and handle are recognizable across platforms.
- No bought followers, engagement pods, or mass automation.
- Captions are adapted per platform instead of duplicated everywhere.
- Posting volume ramps gradually for new or inactive accounts.
- Every post has one job: reach, save, reply, trust, or conversion.

Winning formats

Instagram

Reels for discovery, carousels for saves, stories for trust, profile cleanup for conversion.

TikTok / Shorts

Fast hooks, one clear payoff, native edits, and ideas that can be understood quickly.

LinkedIn / X

Useful frameworks, concise opinions, founder lessons, and comments that invite discussion.

Format loop

Post, measure, keep the hooks and structures that earn saves, shares, follows, replies, or clicks. Repeat the structure, not the exact same content.

3. CTA and scaling notes for small teams

Views matter only when they move people toward trust, conversation, or action.
Match the CTA to the intent of the post.

Soft CTAs

Save this checklist. Follow for the series. Comment if you want the template. Send this to a teammate. These fit educational posts.

Conversion CTAs

Try the tool. Read the guide. Join the waitlist. Book a call. Use these after the post has earned trust.

One idea, many platforms

Idea

Hook

Caption variants

Calendar

Batching starts with one strong idea. Turn it into an Instagram post, TikTok/Shorts version, LinkedIn post, X post, and story prompt. Fuxux helps keep the calendar visible and the captions platform-ready.

Final weekly review

Every week, write down: best hook, best format, best topic, strongest CTA, highest save rate, highest share rate, and one post that underperformed. Keep what worked. Rewrite what almost worked. Cut what produced no useful signal.

Plan. Schedule. Grow. All in Fuxux.