

soul to soul

business & marketing
for therapists, coaches & healers

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Here And Now Worksheet

Let's record exactly where you are now, so that you can look back and celebrate just how far you have come by the time we have finished.

| | |
|--|-------------------------------|
| 1. Today's Date | |
| 2. Screen shot your account so that you can look back and marvel at your progress later. Take about 4 or 5 screenshots and make sure you keep them somewhere safe. | <input type="checkbox"/> Done |
| 3. How many followers do you have currently? | |
| 4. What date did you begin on Instagram? | |
| 5. Have a look at the last 10 or so posts on Instagram if you have them. What were your most successful posts? Make a note here. | |
| 6. What is your main goal for Instagram? What do you want to achieve? | |

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