FREE · READDIGIT

10 Free ChatGPT Prompts for Social Media

Post ideas, a 30-day calendar, carousels, video scripts, hooks and captions. Copy, fill the [BRACKETS], paste.

Fill in the parts in [BLUE BRACKETS] with your real details. Keep it honest (no fake reviews or results), and never paste customer data into an AI chat.

01 Find my content pillars · Strategy & audience

> Based on my business [DESCRIBE BUSINESS] and audience [AUDIENCE], suggest 5 content pillars. For each, explain why it matters to my audience and give 5 post ideas.

02 30 days of post ideas · Content ideas & calendar

> Create a 30-day content calendar for [BUSINESS] on [PLATFORM]. Mix education, behind-the-scenes, stories, tips and soft promotion. Give a title, format (reel, carousel, photo, text) and one-line idea per day, in a table.

03 Turn one topic into 10 posts · Content ideas & calendar

> Take this topic: [TOPIC]. Turn it into 10 different posts: a tip, a myth, a mistake, a story, a checklist, a before/after, a question, a poll, a quote and a how-to.

04 Carousel outline · Instagram

> Write a 7-slide Instagram carousel about [TOPIC] for [AUDIENCE]. Slide 1 is a strong hook, slides 2-6 give one point each in under 20 words, slide 7 is a save-or-share call to action.

05 30-second script · TikTok & Reels scripts

> Write a 30-second video script about [TOPIC] for [AUDIENCE]. Include the hook (first 2 seconds), 3 quick points, on-screen text for each part and a call to action.

06 10 scroll-stopping hooks · TikTok & Reels scripts

> Write 10 hooks for a short video about [TOPIC]. Use different styles: question, surprising fact, mistake, 'stop doing', result, story and challenge. Keep each under 12 words.

07 Pin titles & descriptions · Pinterest

> Write 5 Pinterest pin titles (under 100 characters) and descriptions (under 450 characters) for [PRODUCT / BLOG POST] using keywords [KEYWORDS] naturally.

08 50 hooks for my niche · Captions, hooks & CTAs

> Write 50 opening lines for posts about [NICHE] for [AUDIENCE]. Mix curiosity, numbers, mistakes, results and relatable moments.

09 Rewrite my caption · Captions, hooks & CTAs

> Here is my caption: [PASTE CAPTION]. Make it more engaging: stronger first line, shorter sentences, clear call to action. Keep my voice.

10 One video, 6 posts · Repurpose & analytics

> Turn this video transcript into a carousel, a caption, a Pinterest pin, a LinkedIn post, a thread and an email: [PASTE TRANSCRIPT].

Want all 100 prompts?

The full **ChatGPT Social Media Prompt Pack** covers strategy and audience, content ideas, Instagram, TikTok and Reels scripts, Pinterest, Facebook groups, LinkedIn, X and Threads, captions and hooks, DMs and engagement, repurposing and analytics.

Plus a 30-day content plan and a printable content tracker.

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