



FREE DOWNLOAD · PREMIUM EDITION

# 30-Day Instagram Reels Script Pack

30 ready-to-record scripts. Just press record.

*For creators · Freelancers · Students building a personal brand*

**30**

SCRIPTS

**4**

CATEGORIES

**15s**

AVG LENGTH

**100**

100% FREE

**WHERE VISION BECOMES VALUE.**

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Owner: Prince Rajya · [contact.queenshq@gmail.com](mailto:contact.queenshq@gmail.com) · [queenshq.com](http://queenshq.com)

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# How to use this pack

Pick today's script. Read it once. Press record. Post before midnight.

**Why this works:** The hard part of Instagram isn't editing or posting — it's deciding what to say. These 30 scripts remove that decision. Each one is written, timed, and hashtagged for you.

**The format of every script:** Hook (first 3 sec) → Body (15 sec) → On-screen text → Caption → Hashtags. Film in vertical (9:16). Use any phone. Speak naturally — don't memorize word-for-word.

**The 4 categories are color-coded:** ■ Educational (teaches something) · ■ Behind-the-scenes (your real life) · ■ Storytime (a personal story) · ■ Tips/Hacks (quick value). Rotate through them — 1 of each per week.

**Best time to post in India:** 7–9 PM weekdays, 10 AM–12 PM weekends. Use Instagram Insights after 2 weeks to find YOUR audience's peak time.

**Best time to start:** today. Pick Day 1. Film it. Don't wait for the perfect version.



## EDUCATIONAL

## The 1 thing I wish I knew at 18

■ **HOOK (first 3 sec):** If you're 18, listen to this for 10 seconds.

■ **BODY (15 sec):** Nobody tells you this at school. Your degree matters less than what you build WITH the degree. Pick one skill — writing, design, code, video — and get average-fast at it. By graduation, you'll have something nobody else in your class has.

■ **ON-SCREEN TEXT:** TEXT: 'Nobody told me this at 18'

■ **CAPTION:** What's one thing you wish someone told you earlier? ■

#■ ■ **HASHTAGS:** #collegelife #18yearsold #students #careeradvice #reels

## EDUCATIONAL

## How to study 2x faster (the Feynman trick)

■ **HOOK (first 3 sec):** Stop rereading your notes.

■ **BODY (15 sec):** Open to a topic. Explain it out loud like you're teaching a 10-year-old. Where you get stuck — that's exactly where the exam will trip you. Spend 30 minutes on THAT, not the easy stuff. Works every time.

■ **ON-SCREEN TEXT:** TEXT: 'Why smart students fail exams'

■ **CAPTION:** Try this tonight. Comment 'Feynman' if it worked.

#■ ■ **HASHTAGS:** #studytips #examprep #feynman #students #studytok

## EDUCATIONAL

## Free tools that saved me ■50,000

■ **HOOK (first 3 sec):** You don't need to pay for these.

■ **BODY (15 sec):** 1. Canva — design (■500/mo alternative is ■4000/yr). 2. Notion — notes (■800/mo alt is free). 3. ChatGPT free tier — 90% of paid AI tools. 4. Google Scholar — research papers. 5. Z-library — textbooks. Total savings: ■50,000+/year.



■ **ON-SCREEN TEXT:** TEXT: 'Free tools you NEED'

■ **CAPTION:** Which one are you using already? Comment below.

■■■ **HASHTAGS:** #freetools #studentlife #collegetips #savemoney



## EDUCATIONAL

## The 30-second rule for cold emails

■ **HOOK (first 3 sec):** Recruiters spend 30 seconds on your email.

■ **BODY (15 sec):** First sentence: name the specific role. Second sentence: 1 proof you can do it. Third sentence: 1 question they can say yes to. That's it. If your email is longer than 100 words, you're losing replies.

■ **ON-SCREEN TEXT:** TEXT: '30 seconds is all you get'

■ **CAPTION:** Save this for your next application. ■

#■ ■ **HASHTAGS:** #coldemail #jobsearch #placement #freshers #career

## EDUCATIONAL

## Why most resumes get rejected in 6 seconds

■ **HOOK (first 3 sec):** Your resume has 6 seconds to live.

■ **BODY (15 sec):** 1. Photo on resume (international reject). 2. Two-column rainbow template (ATS software can't read it). 3. No metrics anywhere. 4. Spelling mistakes. 5. Generic objective statement. Fix these 5 and you're ahead of 9 out of 10 freshers.

■ **ON-SCREEN TEXT:** TEXT: '6 seconds. That's it.'

■ **CAPTION:** Want the full checklist? Comment 'KIT'.

#■ ■ **HASHTAGS:** #resume #freshers #jobsearch #placement #ats

## EDUCATIONAL

## How to start freelancing with ■0

■ **HOOK (first 3 sec):** You can start freelancing today.

■ **BODY (15 sec):** Step 1: Pick one skill (writing, design, video, code). Step 2: Do 3 sample projects for free in 1 week. Step 3: Post them on LinkedIn + Twitter + Instagram. Step 4: DM 10 people offering your service at ■500. Step 5: Get your first client. The whole thing takes 14 days.



■ **ON-SCREEN TEXT:** TEXT: '■0 to first client in 14 days'

■ **CAPTION:** Comment 'PLAN' for the day-by-day.

#■■ **HASHTAGS:** #freelancing #startupindia #studentfreelancer #earnonline



## EDUCATIONAL

### 3 ChatGPT prompts every student should save

■ **HOOK (first 3 sec):** These 3 prompts saved my GPA.

■ **BODY (15 sec):** Prompt 1: 'Explain [topic] like I'm 16, give 1 analogy, 3 keywords, 2 self-check questions.' Prompt 2: 'Convert these notes into 20 flashcards: [paste notes].' Prompt 3: 'Quiz me on [subject]. Wait for my answer, then score me 0-10.'

■ **ON-SCREEN TEXT:** TEXT: '3 prompts. Save this.'

■ **CAPTION:** Want 50 more? Link in bio. Free.

#■ ■ **HASHTAGS:** #chatgpt #aiprompts #studytips #studenthacks

## EDUCATIONAL

### The '5-minute start' trick for procrastination

■ **HOOK (first 3 sec):** If you can't start, do this.

■ **BODY (15 sec):** Tell yourself: I'll work on this for 5 minutes. Just 5. Set a timer. When it rings, you can stop guilt-free. What happens: 80% of the time, you'll keep going. The hard part is starting, not finishing. Use this on assignments, gym, even studying.

■ **ON-SCREEN TEXT:** TEXT: 'The 5-minute start trick'

■ **CAPTION:** What's one thing you've been putting off?

#■ ■ **HASHTAGS:** #procrastination #studytips #motivation #productivity

## BTS

### What my desk looks like at 2am during finals

■ **HOOK (first 3 sec):** It's 2am. Final tomorrow.

■ **BODY (15 sec):** Quick shot of your actual study setup. Show the mess. Show the coffee. Show the open book. Show your face for 2 seconds — no speech, just vibes. End card: 'Send help. ■'

■ **ON-SCREEN TEXT:** TEXT: 'Finals week, day 4'



■ **CAPTION:** Tag a friend who's in the same boat. ■

#■■ **HASHTAGS:** #finalsweek #studylife #collegelife #examseason



## BTS

## How I make a digital product in 1 day

■ **HOOK (first 3 sec):** From idea to live product in 1 day.

■ **BODY (15 sec):** Quick cuts of: blank doc → writing → designing → uploading to Odoo → publishing. Show timestamps speeding up. End with the live product on your phone screen. Real, raw, satisfying.

■ **ON-SCREEN TEXT:** TEXT: 'Day in the life: digital product'

■ **CAPTION:** Comment 'HOW' for the workflow.

#■ ■ **HASHTAGS:** #entrepreneur #digitalproducts #building #queenshq

## BTS

## POV: You started a business at 20

■ **HOOK (first 3 sec):** POV: You're 20 and you run a business.

■ **BODY (15 sec):** Quick montage: laptop open, coffee, you explaining your product on camera (5 sec), screenshot of sales (real or aspirational), end with you looking at camera: 'Worth it.'

■ **ON-SCREEN TEXT:** TEXT: 'Started at 20. Worth it.'

■ **CAPTION:** Comment your age + your side project.

#■ ■ **HASHTAGS:** #pov #entrepreneurlife #20yearsold #buildingabrand

## BTS

## Things in my bag as a college founder

■ **HOOK (first 3 sec):** What's in my founder bag.

■ **BODY (15 sec):** Show each item one at a time. Laptop, notebook, water bottle, snacks, phone charger, 1 weird thing (e.g. a stress ball or a book you actually read). End with your most-used item.

■ **ON-SCREEN TEXT:** TEXT: 'Founder bag edition'

■ **CAPTION:** What's in YOUR bag?



#■ HASHTAGS: #whatsonmybag #collegelife #studentfounder #everydaycarry



## BTS

## My ■0 marketing strategy for QueensHQ

■ **HOOK (first 3 sec):** I run a business with ■0 marketing budget.

■ **BODY (15 sec):** 1. SEO (write 3 blog posts a week). 2. Instagram Reels (1/day). 3. LinkedIn posts (3/week). 4. Twitter threads (2/week). 5. Free products that go viral. That's the entire marketing plan. No ads.

■ **ON-SCREEN TEXT:** TEXT: '■0 marketing. 100% organic.'

■ **CAPTION:** Save this for your business.

■ **HASHTAGS:** #marketing #founderlife #businesstips #zerobudget

## BTS

## What I do in the first hour of my day

■ **HOOK (first 3 sec):** My 6am routine as a college student.

■ **BODY (15 sec):** Walk through your actual morning: wake up, water, 10-min movement, breakfast, top-3 priorities written down, first 90 min on hardest task before phone. Real, not aspirational.

■ **ON-SCREEN TEXT:** TEXT: '6am. No phone. Just work.'

■ **CAPTION:** What's YOUR morning routine?

■ **HASHTAGS:** #morningroutine #productivity #studentlife #6am

## BTS

## The honest truth about running a business while studying

■ **HOOK (first 3 sec):** Nobody tells you this part.

■ **BODY (15 sec):** Speak directly to camera. 'Running a business while in college is HARD. Some weeks you skip classes. You miss friends. You say no a lot. But building something that's yours is worth it. Here's the honest truth about...' [your real story]

■ **ON-SCREEN TEXT:** TEXT: 'The part nobody talks about'



■ **CAPTION:** Comment if you've felt this.

#■■■ **HASHTAGS:** #honest #founderstory #collegelife #entrepreneurlife



## BTS

## How I built a brand with no design skills

■ **HOOK (first 3 sec):** I'm not a designer. Here's my brand.

■ **BODY (15 sec):** Show your brand mark (the QueensHQ crown logo if you want), then walk through Canva, your brand colors (gold + black), and how you pick fonts. End with the QueensHQ Instagram feed.

■ **ON-SCREEN TEXT:** TEXT: 'Brand on a budget'

■ **CAPTION:** Comment 'BRAND' for the full guide.

■ **HASHTAGS:** #branding #canvatips #designtips #founderlife

## STORYTIME

## The client who paid me ■500 for a 2-hour job

■ **HOOK (first 3 sec):** Worst client story.

■ **BODY (15 sec):** Tell a real story of a client who gave you a huge task and paid peanuts. The twist: how you handled it (politely, like a pro) and what you learned about pricing. End with: 'Know your worth.'

■ **ON-SCREEN TEXT:** TEXT: 'Know your worth.'

■ **CAPTION:** Worst client story? ■

■ **HASHTAGS:** #freelancing #clientstory #freelancerlife #knowyourworth

## STORYTIME

## I got rejected from 27 jobs in a row

■ **HOOK (first 3 sec):** 27 rejections in 60 days.

■ **BODY (15 sec):** Tell the story. Be specific. The applications, the interviews, the close calls. End with: 28th one said yes. The lesson: every 'no' is data. You're not behind, you're filtering.

■ **ON-SCREEN TEXT:** TEXT: '27 no's. Then yes.'



■ **CAPTION:** Tag someone who needs to hear this.

#■■ **HASHTAGS:** #rejectionstory #jobsearch #freshers #keepgoing



## STORYTIME

## The day my product went viral

■ **HOOK (first 3 sec):** This happened last week.

■ **BODY (15 sec):** Tell the story: posted a reel, woke up to DMs, traffic spike, downloads. Show screenshots (real or anonymized). End with what you learned: 'Build in public. It works.'

■ **ON-SCREEN TEXT:** TEXT: 'Woke up to 1,000 downloads.'

■ **CAPTION:** Comment 'VIRAL' for the breakdown.

#■ ■ **HASHTAGS:** #viraltiktok #smallbusiness #digitalproducts #queenshq

## STORYTIME

## The teacher who changed how I think

■ **HOOK (first 3 sec):** One teacher changed everything.

■ **BODY (15 sec):** Tell a specific story about a teacher (or mentor) who said one thing that stuck. The setting, the exact words, what you did with it. Real names or 'Mr. X'. End with: 'Who was your Mr. X?'

■ **ON-SCREEN TEXT:** TEXT: 'One teacher. One line. Life changed.'

■ **CAPTION:** Comment their name.

#■ ■ **HASHTAGS:** #teachers #storytime #schoollife #thankyou

## STORYTIME

## How I went from 0 to 100 followers in a week

■ **HOOK (first 3 sec):** I hit 100 followers in 7 days.

■ **BODY (15 sec):** Tell the strategy: posted 1 reel/day at 7pm, used 5 trending audios, replied to every comment, followed 10 people in your niche daily. Show the Instagram insights screenshot.

■ **ON-SCREEN TEXT:** TEXT: '0 → 100 in 7 days.'

■ **CAPTION:** Save this if you're starting at 0.



#■■■ HASHTAGS: #instagramgrowth #followers #smallaccount #reelstips



## STORYTIME

**My most embarrassing college moment**

■ **HOOK (first 3 sec):** I'm still not over this.

■ **BODY (15 sec):** Tell a real embarrassing moment (e.g., slept through an exam, called professor 'dad', wore shirt inside out all day). Funny + self-deprecating. End with: 'Good times.'

■ **ON-SCREEN TEXT:** TEXT: 'Help. I'm cringing.'

■ **CAPTION:** Worst college moment?

■ **HASHTAGS:** #collegelife #embarrassing #storytime #relatable

## STORYTIME

**The freelancing mistake that cost me ■10,000**

■ **HOOK (first 3 sec):** I lost ■10,000 to a client.

■ **BODY (15 sec):** Tell the story: didn't sign a contract, did the work, client disappeared. Lesson: ALWAYS take 50% upfront. End with: 'Contract or no work.'

■ **ON-SCREEN TEXT:** TEXT: 'Lesson: contract first.'

■ **CAPTION:** Save this before your next client.

■ **HASHTAGS:** #freelancingmistakes #clientwork #contract #learnfromme

## TIPS

**5 iPhone hacks you didn't know**

■ **HOOK (first 3 sec):** Your iPhone has hidden features.

■ **BODY (15 sec):** 1. Triple-click side button = accessibility shortcut. 2. Back tap = open apps. 3. Hold space while typing = trackpad for cursor. 4. Swipe down with 1 finger = reach top. 5. Press side+volume = silent mode toggle. Show each in real time.

■ **ON-SCREEN TEXT:** TEXT: 'iPhone hacks most people miss'



■ **CAPTION:** Save for later.

#■■ **HASHTAGS:** #iphone #iphonetips #ios #techtips



## TIPS

## The 2-2-2 rule for productivity

■ **HOOK (first 3 sec):** One rule changed my life.

■ **BODY (15 sec):** Every week: 2 hours of deep work on your biggest goal. 2 workouts (no skipping). 2 hours of pure rest (no phone). Repeat. It's boring. It works.

■ **ON-SCREEN TEXT:** TEXT: '2-2-2 rule. Save this.'

■ **CAPTION:** Try it for 1 week.

■ **HASHTAGS:** #productivity #ruleof222 #deepwork #businesstips

## TIPS

## How to look expensive on a budget

■ **HOOK (first 3 sec):** You don't need money to look premium.

■ **BODY (15 sec):** Quick tips: 1. Match metals (don't mix gold + silver). 2. Stick to 3 colors max per outfit. 3. Tailor your clothes (■200 makes ■500 shirt look ■2000). 4. Groom your eyebrows. 5. White sneakers + jeans = always works.

■ **ON-SCREEN TEXT:** TEXT: 'Look expensive. Spend less.'

■ **CAPTION:** Save for outfit inspo.

■ **HASHTAGS:** #style #fashion #lookexpensive #budgetstyle

## TIPS

## 5 free websites every student needs

■ **HOOK (first 3 sec):** Bookmark these now.

■ **BODY (15 sec):** 1. Z-library — textbooks. 2. Khan Academy — full courses. 3. Notion.so — notes. 4. Canva.com — designs. 5. Openstax.org — free textbooks. End: 'Stop paying for what should be free.'

■ **ON-SCREEN TEXT:** TEXT: 'Bookmark these. 5 free tools.'



■ **CAPTION:** Save + share with a friend.

#■ **HASHTAGS:** #freetools #studentlife #study #collegetips



## TIPS

## The '2-list' weekly planning method

- **HOOK (first 3 sec):** How I plan my week in 5 minutes.
- **BODY (15 sec):** Every Sunday: write 2 lists. List 1: 3 MUST-do tasks this week. List 2: 1 thing I'll say NO to. Tape to laptop. If something isn't on list 1, it doesn't get done.
- **ON-SCREEN TEXT:** TEXT: 'Plan in 5 min. Sunday routine.'
- **CAPTION:** Try this Sunday.
- **HASHTAGS:** #planning #weeklyplan #productivity #sunday

## TIPS

## Notion hack: build this in 30 seconds

- **HOOK (first 3 sec):** One Notion template everyone needs.
- **BODY (15 sec):** Show building a 'Quick Capture' page — toggle list with date, 1 line per idea, archived weekly. End with a screenshot of your finished capture page.
- **ON-SCREEN TEXT:** TEXT: 'Notion in 30 seconds'
- **CAPTION:** Save this.
- **HASHTAGS:** #notion #notiontips #productivity #studytips

## TIPS

## How to take notes that you'll actually revise

- **HOOK (first 3 sec):** Most students' notes are useless.
- **BODY (15 sec):** Show your real notes from a recent class. The trick: don't write paragraphs. Use the Cornell method (cue column + notes column + summary at bottom). After class, write a 3-line summary. That's what you revise.
- **ON-SCREEN TEXT:** TEXT: 'Cornell notes. Game-changer.'



■ **CAPTION:** Save + try tonight.

#■■ **HASHTAGS:** #studytips #notetaking #cornell #examprep





## ONE LAST THING

# Stop scrolling. Start recording.

Pick today's script. Film it in 15 min. Post before midnight.

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