

# Ready-to-post packs

50 ready-to-post packs in the zip that comes with this guide: one topic each, an Instagram caption, a TikTok caption and an X post, plus a matching branded image in square and vertical. And in this PDF: three two-week video packs for the three kinds of partner, with the script, caption, channel post and story for every day.

A pack is fourteen days of finished posts. Not ideas, the actual words. Each day has a 30 second video script (first line in bold, film it as it is), a caption with hashtags, a Telegram post with the message CTA, and a story. Pick the pack that matches who you are, change the details to your own, and you have two weeks of posting without a blank page.

Three packs, one for each way partners describe themselves:

| Pack                                   | For                                                                              | Tone                                  |
|----------------------------------------|----------------------------------------------------------------------------------|---------------------------------------|
| <b>Pack A: Learning in public</b>      | Complete beginners, or anyone under a year in                                    | Honest, day by day, mistakes included |
| <b>Pack B: Helping beginners start</b> | Partners who know the basics and enjoy explaining                                | Simple lessons, one per day           |
| <b>Pack C: The trader who helps</b>    | Partners who trade daily, with real results, talking to people who already trade | Setups, routine, relatable            |

Rules for all three: your face in the video, captions on, no money words, the risk line where a result is shown, "link in bio" at the end. Never post a result that is not yours.

## What you will learn

- The 50 image packs in the zip: topics, what is in each folder, how to post one
- How to use a video pack in ten minutes a day
- Pack A: Learning in public, 14 days
- Pack B: Helping beginners start, 14 days
- Pack C: The trader who helps, 14 days
- How to make your own pack for month two

## The 50 image packs (in the zip)

Fifty folders, one topic each: 3 trading mistakes, what is leverage, how to read a candle, choosing a platform, myths debunked, stop loss, position size, demo first, the one page plan, doing nothing, the journal, spreads, the first 30 minutes, the trend, revenge trading, risk per trade, clean chart, news days, demo vs real, crypto vs forex, how much to start, trading is high risk, the weekly review, fewer trades, why no signals, overtrading, red candles, patience, losses, six losses, the morning routine, day 1, day 30, two weeks in, a green week, the second trade, before going live, "guaranteed", what is a pip, long and short, slippage, is trading gambling, rate decisions, the weekend rule, four questions, consistency, copying trades, only wins, money you need, where I trade.

Each folder has post-copy.txt (Instagram caption with hashtags, TikTok caption, X post) and two PNGs: square-1080x1080 for a feed post or X, vertical-1080x1920 for a story or Reel cover. Pick a topic, post the image with the caption for that platform, replace @yourname on the image with your handle (a text box in Canva, or crop), keep the risk line.

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## How to use a video pack

1. Read the 14 days once. Replace anything that is not true for you.
2. Film all 14 videos in one session on day 0. One take each. Save as drafts.
3. Each day: post the video with the caption, post the channel post, put up the story. Ten minutes.
4. Reply to every comment and message. The best question becomes a video in the next pack.

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## Pack A: Learning in public

**Day 1 Video: Day 1 of posting what I learn about trading.** "I opened a small account last month. I have read more than I have traded. I am not an expert, I am going to post one thing I learn every day, the losses too. If you are starting from zero, watch this with me. Everything I use is in the link in my bio." Caption: Day 1. Starting from zero, posting every day. What was your day one like? Beginner checklist in the link in my bio. #trading #tradingforbeginners #learningtotrade #forex #day1 Channel: Pin "how to get started". Then: "Day 1. This channel is my trading journey, posted every day: what I learn, what I get wrong, real results when I have them. If you are starting too, message me START and I will send you where I began." Story: Your desk. Poll: "Have you ever tried trading?"

**Day 2 Video: Your risk is not the money you put in.** "Most beginners look at their deposit and think, that is what I can lose. Your risk is the gap between where you enter and where your stop is. Decide the most you are happy to lose first, put the stop where the idea is wrong, and let those two things set the size. More beginner tips in the link in my bio." Caption: The first thing that actually made sense to me. Did anyone explain this to you? Free beginner tips in the link in my bio. #trading #stoploss #riskmanagement #tradingforbeginners Channel: "Today I learned: risk is not the deposit, it is the distance to the stop. Sounds obvious. It was not, to me. Message me START if you want the beginner course I am using." Story: Coffee. "New tip today, link in bio."

**Day 3 Video: This is everything I use. A phone and a notebook.** "People think you need three screens. I have a phone, a notebook where I write one line before every trade, and a small account. That is it. The notebook matters more than the screens. Link in bio for what I write in it." Caption: A phone and a notebook. What do you use? Starting from zero: link in bio. #trading #tradingsetup #minimal #learningtotrade Channel: Photo of your desk. "Chilled one today. Charts closed at 11. Ready for the madness this week. Message me GO if you want to start." Story: A trade you looked at. "Did not take it. The plan said wait."

**Day 4 Video: I lost money on this trade. Here is why.** "I saw the price going up, got excited, bought at the top. No plan, no stop, just fear of missing out. It turned and I sat there hoping. Hoping is not a strategy. Now I write down where I am wrong before I enter. Small loss, next trade. I post every trade, win or lose. Link in bio." Caption: Lost on this one. Bought the top, no stop. Lesson learned, posted so you do not have to. Trading is high risk. Every trade I take is in the link in my bio. #trading #tradingmistakes #stoploss #forex Channel: Screenshot of the loss. "Lost this one. Bought at the top with no stop. One trade, not every trade, and I am posting it so you see the real version. Trading is high risk. Message me START if you want to learn this the honest way." Story: Question box: "What stops you from starting?"

**Day 5 Video: The one setting every beginner leaves on.** "Default leverage. The app gives you the maximum and the maximum is for people who know what they are doing. Day one, turn it down. A small position means a small mistake stays small, and you stay in the game long enough to learn. Beginner

checklist in the link in my bio." Caption: Ten seconds in settings, and it saved my account. Did you turn yours down? #trading #leverage #tradingforbeginners #forex Channel: Voice message, 45 seconds: the leverage setting, in your words. Text under it: "First thing I show anyone who starts. Message me START." Story: Reply to a comment on camera.

**Day 6 Video: No trades today. The plan said wait.** Walking somewhere. "Nothing today. No setup, so no trade. Three months ago I would have taken something out of boredom. Doing nothing is the hardest skill and I am practising it. Link in bio if you want to start." Caption: Doing nothing is a skill. Who else struggles with it? #trading #patience #tradingpsychology Channel: Weekend photo. "No trades, went for a walk. Message me IN if you are watching and not started." Story: Weekend.

**Day 7 Video: Week one. Here is what I got wrong and what I am changing.** "I checked the chart forty times a day and traded because I was bored. I risked too much on the one trade I was sure about, and I was wrong. And I wrote nothing down. This week: two set times, one percent risk, a journal. Boring is the goal. Follow along, link in bio." Caption: Week one done. Three mistakes, three fixes. What would you add? #trading #weekone #learningtotrade #forex Channel: "Week one recap. What happened: two trades, one loss, one small win. What I learned: I trade when I am bored. What is next: two set times and a journal. Message me START if you want to start week one with me." Story: Recap of the week.

**Day 8 Video: Nobody explains this to beginners.** "A stop loss is not where you lose. It is where you agreed, in advance, that you were wrong. Set it where the trade idea stops making sense, not by how much you are willing to lose, and let the size follow. Stop first, size second. The free way to learn this is in the link in my bio." Caption: Stop first, size second. The order matters. #trading #stoploss #riskmanagement #tradingforbeginners Channel: "Trap of the day: setting the stop by how much you want to lose. The stop goes where the idea is wrong. Message me GO if you want to see how I plan mine." Story: Desk.

**Day 9 Video: Same routine every day. Check the plan, then the chart.** Morning coffee, phone showing the chart. "Plan first. If I open the chart first, the chart decides for me. Boring routine, and it is the whole secret. Link in bio." Caption: Plan, then chart. Never the other way. What is your routine? #trading #routine #tradingpsychology Channel: Tip: the one number you check before a trade. Three lines. "Message me READY and I will show you how I set this up." Story: Poll: "Chart first or news first?"

**Day 10 Video: If your chart looks like this, stop.** "Seven indicators, three colours, cannot see the price. I did this for two months. Take everything off. Price, one moving average, the levels where it turned before. Clean chart, clear head. My exact setup is in the link in my bio." Caption: Less on the chart, more in your head. How many indicators do you run? #trading #charts #tradingsetup Channel: Result or learning. "Small win today. Screenshot below. Two losses last week, so no victory lap. Trading is high risk. Message me START." Story: Screenshot of the clean chart.

**Day 11 Video: Stopped out. Correct decision, wrong outcome.** "The trade made sense, the stop was in the right place, and it hit. That happens. The mistake would have been moving it. I did not. Small loss, plan intact. I post every one of these. Link in bio." Caption: Right decision, wrong outcome. They are not the same thing. Trading is high risk. #trading #stoploss #tradingmindset Channel: Voice message: the most asked question this week, answered. "Message me START." Story: Question box.

**Day 12 Video: What a candle is actually telling you.** "The body is where it opened and closed. The wick is how far it went before it came back. Long wick on top, buyers got pushed back. Long wick below, sellers failed. Ask on every candle: who won, and by how much? A week of that and charts make sense. Link in bio." Caption: One question per candle: who won? Try it for a week. #trading #candlesticks #tradingforbeginners #charts Channel: Real life. Photo. "Up early, coffee, London open. Message me IN." Story: Reply on camera.

**Day 13** Video: Real life, where you are. **Trading from a coffee shop today.** "Two years ago I was in an office. Not rich, not done, just somewhere else. One idea a day, link in bio." Caption: Different desk, same plan. Where are you posting from? #trading #lifestyle #learningtotrade Channel: Weekend photo. "Message me GO if you want to start." Story: Weekend.

**Day 14** Video: **Two weeks in. Not profitable yet. Still here.** "Four trades, two losses, two small wins, and a journal with fourteen entries. That is the honest version. Next two weeks: same routine, fewer trades. If you want to start from zero, link in bio." Caption: Two weeks. Honest numbers. Still here. #trading #twoweeks #learningtotrade #forex Channel: "Two week recap. Honest numbers below. What I am keeping: the journal. What I am changing: fewer trades. Message me START if you want to start the next two weeks with me." Story: Recap. Film the next 14 videos tonight.

## Pack B: Helping beginners start

Same rhythm, different voice: you know the basics and you explain one thing a day. Replace the "learning" framing with "here is how it works."

| Day | Video (first line, then the one thing)                                                                                                                   | Caption CTA                          | Channel post                                                                                           |
|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------------------------------------------------------|
| 1   | <b>If you have never traded, start here.</b> What trading is in three sentences, what you need (a phone, a small account, a plan), what you do not need. | "Start from zero: link in bio."      | Pin "how to get started". "I help people who have never traded take the first step. Message me START." |
| 2   | <b>What a pip is, in 15 seconds.</b>                                                                                                                     | "More beginner basics: link in bio." | Tip: the same, in three lines. CTA.                                                                    |
| 3   | <b>Demo or real money first?</b> Two weeks demo for the buttons, then small real.                                                                        | "Free beginner course: link in bio." | Real life photo. CTA.                                                                                  |
| 4   | <b>What a stop loss is and where it goes.</b> Where the idea is wrong, not how much you want to lose.                                                    | "Beginner checklist: link in bio."   | Result or learning, with the risk line. CTA.                                                           |
| 5   | <b>The only two numbers you need before a trade.</b> Where you are wrong, and how much that costs.                                                       | "Link in bio."                       | Voice message: those two numbers. CTA.                                                                 |
| 6   | <b>What leverage means in one sentence.</b> And why to turn it down on day one.                                                                          | "Start here: link in bio."           | Weekend photo. CTA.                                                                                    |
| 7   | <b>Five things every beginner gets wrong in week one.</b> Fast, one line each.                                                                           | "Full list: link in bio."            | Weekly recap. CTA.                                                                                     |
| 8   | <b>How to read a chart in 20 seconds.</b> Price, one average, the levels.                                                                                | "Link in bio."                       | Real life. CTA.                                                                                        |
| 9   | <b>Why I never trade the first 30 minutes.</b>                                                                                                           | "Link in bio."                       | Tip. CTA.                                                                                              |
| 10  | <b>What "the trend" actually means.</b> Higher highs, higher lows, that is all.                                                                          | "Link in bio."                       | Result or learning. CTA.                                                                               |
| 11  | <b>How much money do you need to start?</b> Less than you think, and why small is right. No numbers promised.                                            | "Free course: link in bio."          | Voice message: answer the week's top question. CTA.                                                    |
| 12  | <b>The one page trading plan.</b> What, when, how much, where you stop.                                                                                  | "Template in the link in my bio."    | Real life. CTA.                                                                                        |
| 13  | <b>What a trading journal is, and why it beats any indicator.</b>                                                                                        | "Link in bio."                       | Weekend photo. CTA.                                                                                    |

| Day | Video (first line, then the one thing)                          | Caption CTA                     | Channel post                        |
|-----|-----------------------------------------------------------------|---------------------------------|-------------------------------------|
| 14  | <b>Two weeks of basics. Here is the order to learn them in.</b> | "Start from zero: link in bio." | Two week recap. "Message me START." |

Stories for Pack B: same as Pack A, with the poll on day 1 ("Have you ever tried trading?") and a question box every Thursday ("What is confusing you?").

## Pack C: The trader who helps

For a partner who trades daily and talks to people who already trade. Relatable, setups, routine. Results are screenshots with the risk line, never claims. Where you send people can be the platform page: "the platform I use and why is in the link in my bio."

| Day | Video (first line)                                                                                                | Caption CTA                                | Channel post                                                                                                         |
|-----|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 1   | <b>POV: it is 8am and London opens in five minutes.</b> Your routine, 20 seconds.                                 | "My daily routine: link in bio."           | Pin "how to get started" with the platform line. "Every setup I take, posted before I take it. Message me START."    |
| 2   | <b>The one thing I check before every trade.</b>                                                                  | "Link in bio."                             | Setup of the day, screenshot, one line. CTA.                                                                         |
| 3   | <b>When you move your stop loss and it hits anyway.</b> Relatable, 15 seconds.                                    | "Who else?"                                | Real life. CTA.                                                                                                      |
| 4   | <b>Gold short from this morning, closed at target. Here is why I took it.</b> Risk line.                          | "Every trade, win or lose: link in bio."   | Result screenshot, "one trade, not every trade, lost two last week." Risk line. CTA.                                 |
| 5   | <b>Can you survive six losses in a row without changing your system?</b>                                          | "Link in bio."                             | Voice message on drawdowns. CTA.                                                                                     |
| 6   | <b>Closing the app so you stop looking at the trade.</b>                                                          | "Who else?"                                | Weekend photo. CTA.                                                                                                  |
| 7   | <b>This week: four trades, two wins, two losses, plan intact.</b> Screenshot, risk line.                          | "Weekly recap: link in bio."               | Weekly recap. CTA.                                                                                                   |
| 8   | <b>Me telling myself I will not revenge trade today.</b>                                                          | "Link in bio."                             | Setup of the day. CTA.                                                                                               |
| 9   | <b>Why I moved to a platform with these conditions.</b> Spreads, execution, what you trade. Your own screenshots. | "The platform I use and why: link in bio." | "Here is how I have my account set up and why. My link is in the pinned message. I partner with the platform I use." |
| 10  | <b>A stop loss is not surrender. It is an agreement to trade tomorrow.</b>                                        | "Link in bio."                             | Result or learning. CTA.                                                                                             |
| 11  | <b>The setup I take every week and the one I never take.</b>                                                      | "Link in bio."                             | Voice message. CTA.                                                                                                  |
| 12  | <b>When the setup is perfect and you are on the train.</b>                                                        | "Who else?"                                | Real life. CTA.                                                                                                      |
| 13  | <b>My trading journal, out loud. Tuesday.</b> One page, read.                                                     | "Link in bio."                             | Weekend photo. CTA.                                                                                                  |
| 14  | <b>Two weeks of setups, every one posted before I took it. Here is the scorecard.</b> Risk line.                  | "Follow along: link in bio."               | Two week recap with the honest numbers. "Message me START, or my setup and link are pinned."                         |

Stories for Pack C: a screenshot of a trade daily, a poll on Tuesday ("Long or short here?"), a question box on Thursday ("What is your worst habit?").

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## How to make your own pack for month two

1. List the ten videos from this month with the most watch time.
2. For each, write three new first lines from the hook library. Same topic, new angle.
3. Put them in the calendar rhythm: two real life, two results, three tips a week.
4. Write the caption and the channel post for each in one sitting, using the CTA library.
5. Film on day 0 and day 14. Post one a day.

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## Key takeaways

- A pack is fourteen days of finished posts: script, caption, channel post, story. Ten minutes a day.
- Three packs for three kinds of partner: learning in public, helping beginners, the trader who helps.
- Film all fourteen in one session, save as drafts, post one a day.
- Your face, captions on, the risk line on results, "link in bio" at the end, no money words.
- Month two is month one's best ten videos, three new angles each.

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### Partners Academy

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