POSTING WITHOUT THE SECOND JOB

Your two bonuses

set up once · then just talk

Both bonuses are already inside what you set up. There's nothing extra to download or install. This explains what each one does and when it shows up.

Bonus 1: Your Instagram bio

Your bio is the first thing people read when they find you. Most of us write it once, in a hurry, and never touch it again. This one comes from what you already told Claude about your work.

What you get. Three versions of your bio, each starting from something different: who you help, what you think that others don't, and the plain thing you do. Each one fits Instagram's limit, and Claude counts every character, so it always fits. You also get a name line, the bold line above your bio that Instagram search reads.

Pick one, mix two, or say what's wrong with all of them. Claude changes it until it sounds like you.

When it shows up. Once your 90-day plan is ready, Claude offers your bio once, before your first post. If you say later, just type **my bio** in your project whenever you want it.

Putting it on Instagram. On Instagram, go to your profile and tap **Edit profile**. Paste the bio into **Bio** and the name line into **Name**. Claude also saves your bio in your about-me file, so it's there next time.

Bonus 2: Your next 90 days

Your first plan covers 90 days. When it's coming to an end, you don't start over. A short interview looks back at the last 90 days with you, and your next plan is built from what actually happened.

A short look back. A few quick questions. Which posts were easiest to make. Whether any of them got something back, a comment, a message, someone mentioning it to you. What you'd like more of, and what you'd happily never post again. Whether anything has changed in your practice or your time. Short answers are fine, and nobody counts anything.

A new 90-day plan built from it. More of what came easily and what people responded to. The things you kept wanting to talk about. Every topic you didn't get to is carried over, so nothing is lost. Topics you already posted can come back as a new question, never the same one twice.

Your pillars, checked. Claude keeps them unless your answers point somewhere new, and then suggests one change at most. You decide.

When it shows up. On a posting day, when fewer than two weeks are left in your plan, Claude offers it once, after that day's post. If you'd like it sooner, type **next 90 days** in your project. I'll also send you an email when it's about time.

If you're using the backup

If you set things up with the backup instead of the skill file, both bonuses are already included. They work the same way.

Sinziana