



# Mind Body Education

## Holistic Success Hub - Resources

### Instagram Story Poll and Question Templates

*Interactive and Engagement Resource for Holistic Therapists – Build Trust, Spark Conversation, Attract Clients*

Instagram Stories are one of the most powerful tools for growing an authentic and engaged wellness community. By using polls and questions, you invite interaction, get to know your audience, and gently guide them toward your offerings — all while keeping your energy warm and aligned.

This pack gives you ready-to-use poll and question templates tailored for holistic therapists, coaches, healers, and wellness practitioners.

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#### Why Use Polls and Questions?

- Boost engagement and visibility
- Start meaningful conversations
- Get client feedback
- Understand what your audience needs
- Warm up your audience for future bookings

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#### Poll Templates

Use the built-in Instagram “Poll” sticker and adapt the options. You can also include follow-up question boxes for deeper interaction.

## Wellness Preferences

### **“What helps you feel calm?”**

- Meditation
- Movement
- Journaling
- Nature walks

### **“Which self-care ritual is calling you today?”**

- A warm bath
  - A mindful cup of tea
  - Saying no
  - Turning off your phone
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## Emotional Check-Ins

### **“How’s your energy today?”**

- Calm + steady
- A little frazzled
- Inspired
- I need grounding

### **“What do you need more of right now?”**

- Rest
  - Clarity
  - Support
  - Joy
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## Alignment with Services

### **“Would you be interested in...”**

- A mini healing session
- A group circle
- A creative workshop
- A 1:1 coaching package

### **“Are you looking for support with...”**

- Overwhelm
  - Purpose
  - Emotional healing
  - Burnout recovery
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## Question Box Templates

Use the “Question” sticker to invite open-ended responses. These are perfect for connecting personally with your audience and gaining insights.



### Personal Reflection

- What helps you reconnect with yourself when life feels busy?
- What’s one intention you’re setting this week?
- What’s one thing your body is asking for right now?

### Content Planning

- What topics would you love to learn more about?
- What’s one question you have about mindfulness/energy healing/self-care?
- What’s something you’ve been struggling with lately?

### Lead into Offers

- Would you like a free mini session to support you right now? DM me 
- Want a spot in my upcoming workshop? Let me know!
- Curious about working with me? Ask me anything below 

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## 31 Weekly Story Engagement Flow (Sample)

Day	Story Type	Template to Use
Monday	Emotional check-in	“How’s your energy today?” (Poll)
Tuesday	Wellness tip	“What helps you feel calm?” (Poll)
Wednesday	Personal insight	“What intention are you setting?” (Q box)
Friday	Soft promotion	“Would you be interested in...” (Poll)
Sunday	Client care	“What support do you need right now?” (Q box)

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## Tips for Maximum Impact

- Pair each story with a short, personal caption or video
  - Use consistent colours and fonts that match your brand
  - Follow up with DMs when someone engages – build connection!
  - Save the most engaging stories as highlights for new visitors
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