LESSON Transcript

00:00:03

After mining the next very important way To grow your Platform is **CONSISTENCY AND FREQUENCY**.

00:00:14

Freaks me up completely because I do it to myself every time I get wrapped up in something like this, 'cause I get so focused on a training I don't post for. A week And boy, the next time I go to my Instagram profile. I've lost ten people.

00:00:35 **You have to be consistent.**

00:00:39
You really, really have to try and **be there every day** now. In the next lesson I'm going to show you how toSchedule posts

00:00:46 Take the time to try to schedule a week ahead. Put a post up there week ahead.

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In your space are not going to do that, then Try and make a mental note. I showed you how to cheque your insights when your audience is on the page. Most likely 6:00 PM ish at night. Go and create a post.

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Share a photo. Add something inspirational something from your day. So think taking a picture a day. If you are not gonna share your stuff and you're not physically creating content junior workspace. Take pictures bull that gallery on your phone and if you're not scheduling content.

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Make a mental note once a day to get on that phone, share something to Instagram.

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When you are starting out and you are trying to build your audience, you do not want to lose people.

I cannot reiterate enough how much consistency and frequency builds your audience.