

20 INSTAGRAM POLL SAMPLES

Polls are perfect to start communicating with your audience and potential ideal clients and conduct simple market research.

HERE ARE 2 TIPS FOR INCREASING YOUR ENGAGEMENT ON YOUR POLLS:

USE 2 "YES" ANSWERS

Instead of asking a yes/no type question, use two “yes” type responses, of course, when it works. For example, if you ask: “Do you struggle with PMS?” the answers could be Every month & occasionally.

This gives more people the opportunity to answer, because “occasionally” is less of a commitment. If your ideal client is someone who struggles with PMS, seeing who answers “no” isn’t helpful for you, but someone who says “occasionally” can be a lead.

PROVIDE CONTEXT BEFORE MAKING A QUESTION

Before making a poll question, please, give some context about the question to your audience. With a context, people are a lot more inclined to answer.

You can say: Hi, I’ve been thinking a lot about... or I've been seeing this quite often among my patients..., or a trend I've noticed, something I've been struggling with is...

POLL SAMPLES

Which one do you prefer?

- IUD or Pill?
- Beets or carrots?
- Taking supplements or eating well?
- Meditating or journaling?

Which of these is a bigger challenge for you?

- Add the challenges your patients face when dealing with their condition.
- For example, going gluten free or not eating eggs.
OR having migraines or dealing with PMS.

Something you’re experiencing or have experienced

- Share something you are currently experiencing or have experienced in the past.
- Then ask, Have you ever experienced this too?

Share a personal (or one of your patients) struggles – regarding health or anything really.

Then, ask: Have you ever struggled with this?

Then share how you overcame (or helped your patient overcome) the struggle.

- Some ideas
- Staying “on track” around family
 - Creating a new habit
 - Making time for yourself
 - Eating out with food sensitivities

Who else is sick and tired of _____ ?

- Insert the common symptoms your patients experience.
- And one simple tip to avoid/reduce the symptom.

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Describe your ideal patient.

What are they dealing with/how they want to feel?

Then ask, Does this sound like you?

Share a secret

Ask your audience if they want to know your secret about something. Ask, wanna know my secret to _____ ?

Say that if the "yes" wins tomorrow you will share the secret.

What do they need more in their lives

Ask: Which of these do you need more of in your life?

Give options related to solving their symptoms.

Share your freebie

Talk about what they will learn on your freebie.

Then ask: Have you grabbed "freebie name" yet?

Share a powerful quote

Share a powerful quote, statement, or post, and ask your audience:

Who resonates with this?

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