Graphical user interface, text

Description automatically generated

Stand Up Sit Down

Fake Highlight Reel vs Behind the Scenes Posting

* your new dirt bike/skate board or something else you might have received
* surfing on vacation (or other vacation activities
* picture of meal you’re about to eat
* doing chores
* outdoor activity
* post of boyfriend/girlfriend
* filtered selfie picture
* meme/post of struggles that might have occurred
* family gathering at Christmas, birthday or any other type of occasion
* cute picture of pet
* picture of self on bad hairday
* post of montage of scoring a goal, completing a successful “jump” (bike, ski, skateboard, etc), filtered selfies with hair and makeup perfect
* post of highlight of event (dance, sporting, birthday, vacation, etc)
* post of spending some quality time with friends or family