



WELCOME

Template Guide

BY THE TEMPLATE TOPIA



Health & Wellness Coach

70 template 3 sizes
18 Highlight
15 Carousel

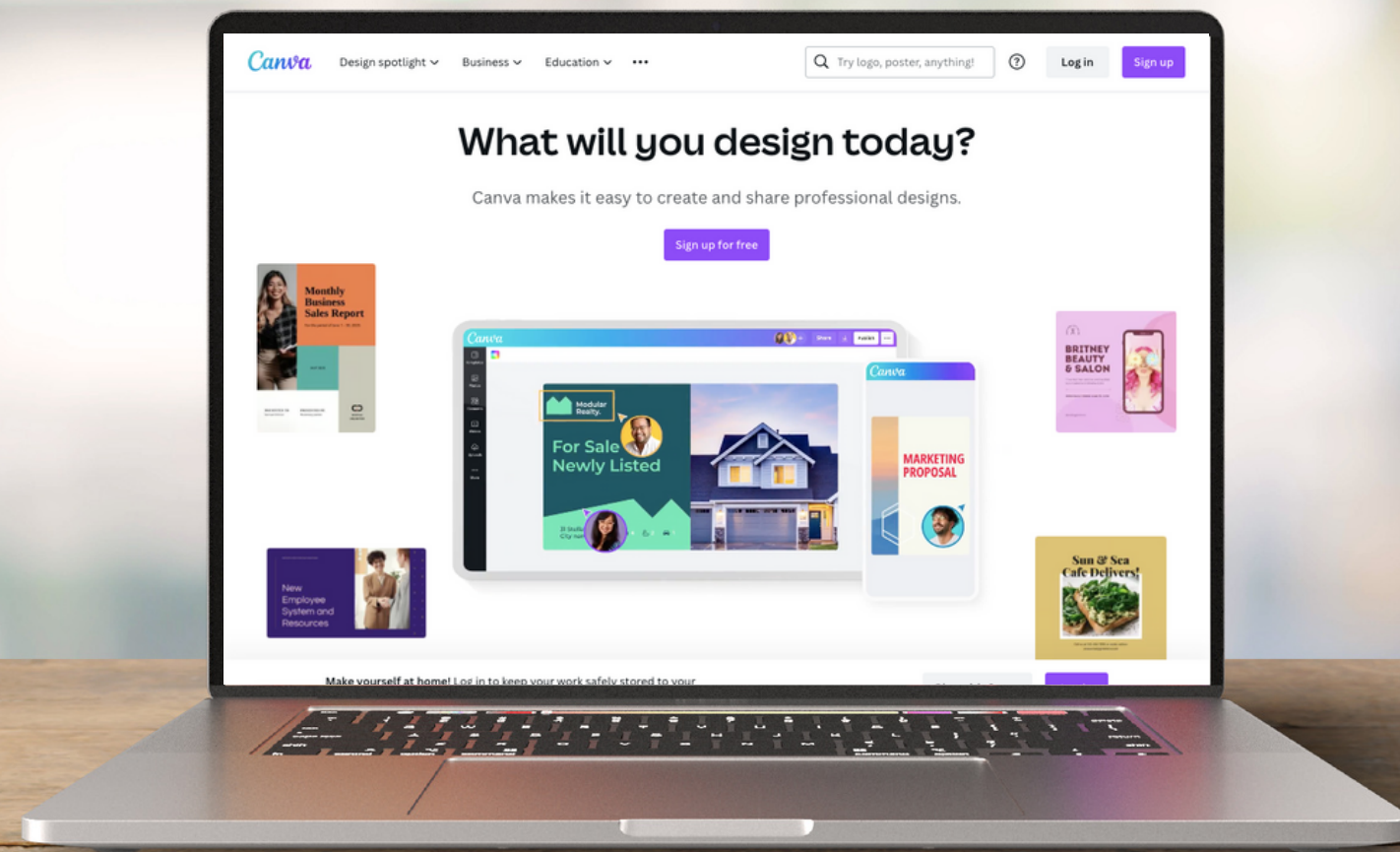
THANK YOU

You can contact me via Creative Market message for all your problems and questions.
I will try to answer you as quickly as possible.
I hope these templates will help you grow your instagram account fast.



I would be very happy if you share your comments about the product on Creative Market reviews.





CANVA ACCOUNT

- All templates are editable with a free Canva account.
- So before going further, signup for a free account on Canva.
- Go to Canva Website and click on signup.




USE TEMPLATE

- Click on the Access Template link provided on the next pages.
- The link will redirect you to Canva.
- Click on the use template option.
- Now you can edit the text and images as you want.
- This will create a copy of the canva templates and will be saved on your Canva account homepage.

EDIT ON CANVA


You can make many changes in the font, colors, images, locations of the elements and shapes of the templates you download.

3 Types of *Wellness Goals*




Physical

overall physical health, fitness, nutrition, daily functionality.



Mental

emotional and psychological well-being, coping with stress, healthy relationships, and resilience.



Spiritual

connection to higher power, inner peace, through practices like meditation and reflection.

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SQUARE

1080 x 1080
70 Instagram Squares


How can mindfulness be incorporated into daily life? 

Access Templates



CLICK HERE

PORTRAIT



Taking care of yourself
is not a luxury,
*it's a necessity for a happy
and fulfilling life.*

1080 x 1350

70 Instagram Portraits



Access Templates



CLICK HERE

STORY

1080 x 1920

70 Instagram Stories

Mindfulness

Stay present, be non-judgmental
towards thoughts and emotions.

Access Templates



CLICK HERE

HIGHLIGHT

1080 x 1920

18 Instagram Highlights

Access Templates

CLICK HERE

CAROUSEL

1080 x 1080

15 Instagram Carousels

Learn Building a
Positive Relationship
With Yourself

Access Templates



CLICK HERE

*Mindfulness isn't
difficult.
We just need to
remember to do it.*

REEL VIDEOS

I have prepared 3 real videos for you for the further development of your Instagram. These videos are my gift to you. I hope you enjoy using them.



I would be very happy if you give me a star rating and leave a review on Creative Market.



Access Templates



CLICK HERE