

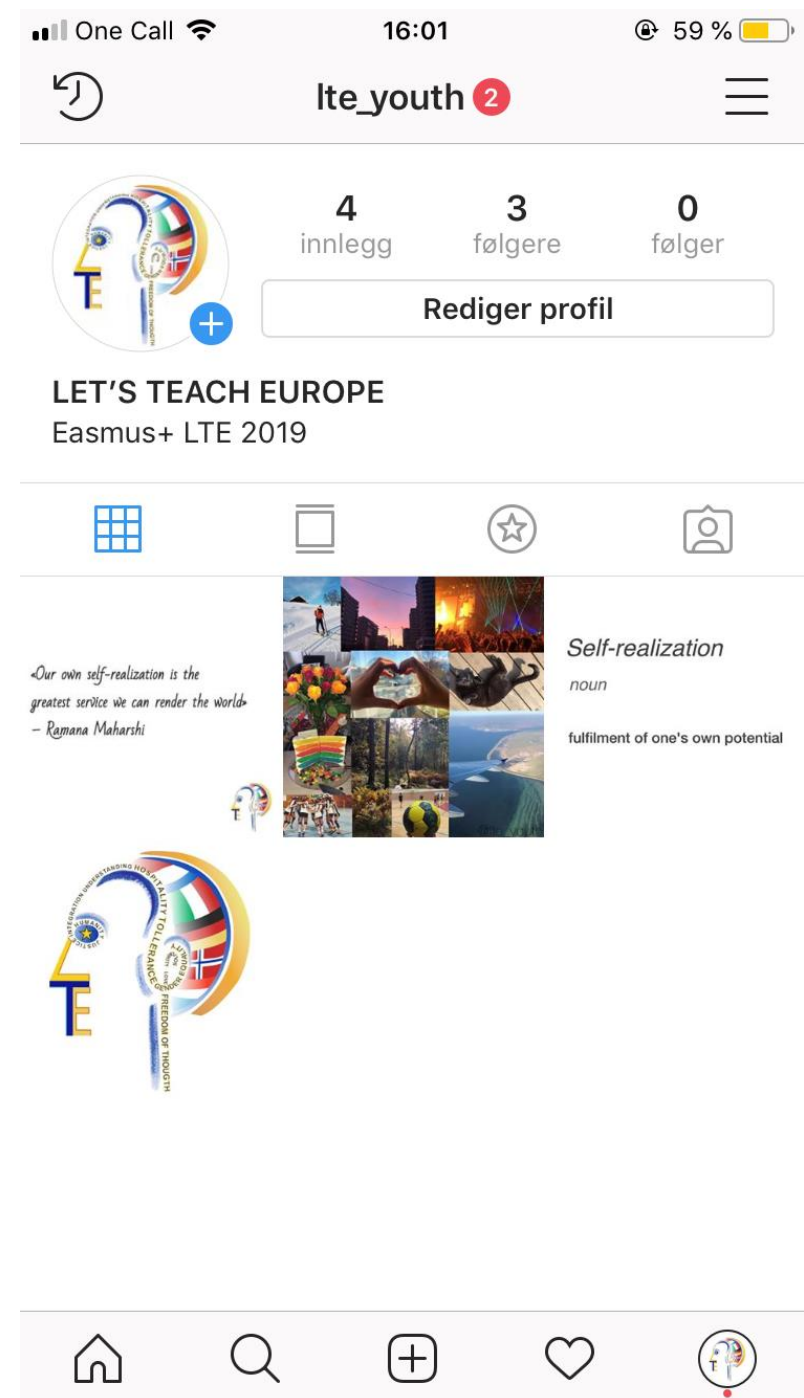
INSTAGRAM PAGE

Different topics, starting with self-realization.

At least three posts for each topic.

ORDER:

- 1) Introduction and definition of the topic
- 2) Challenge + hashtag
- 3) Quote + discussion task or video of a situation



Introduction+ Definition

TOPIC 1

Self-realization

noun

fulfilment of one's own potential



Challenge + hashtag

#LTE



Quote + Discussion task or video

*«Our own self-realization is the
greatest service we can render the world»
– Ramana Maharshi*

