

**Woo! Here are 15 captions that're ready to go for Instagram so far.  
Some are tailored to specific pictures you've sent me :)**

***I've included both long and short-form (be sure to semi-alternate between posts), with some containing a call-to-action and some without– resulting in a more “cool, indifferent” feel...***

***As well as being sure to always use your voice + brand!***

***Let me know if you have any ideas/changes, all feedback is welcome as our work evolves together.***

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When I look up at the stars I feel: tiny.

This never fails to be scary / comforting / thought-provoking.

Our small place in the universe just makes us– and the purpose that we CREATE while on this earth– that much more meaningful.

Build your chosen family. Grow / love / evolve. 💞

*(optional– add: “Tag 1-3 people from your chosen family.”)*

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So many of us yearn to be Seen. And that's what you deserve.

Photography that is *natural, authentic, and shows the real you.*

Photoshoots and weddings under my direction are: relaxing, zero-pressure, and non-judgmental.

After I hand over my work, you'll love Seeing yourself too. 😊 *[subtle smiling emoji–blush, sincere feel]*

Leave me a comment– what makes you feel Seen?

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I recently learned that ‘numbing’ isn't actually ‘self-care’ 😞

I really thought I was taking care of myself with some wine and reality tv after a long day.  
Apparently this is just an absence of emotion; no anxiety, no highs, no lows. Honestly, I had no idea!

Real self-care sometimes means doing the work you don't want to do... like cleaning up, exercising, or doing a bit of painting even though you'd just as soon do nothing.

Don't get me wrong, I'll never give up the occasional treat + netflix sesh! But I'm making more of an effort to get outside and feel the sun on my face. 😊

-I'm curious, what're your thoughts on self-care?

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Look, I'm gonna level with you...

I'm originally from the midwest, and we're nice as heck!  
...Just don't get mad when I say 'pop' instead of 'soda' 😊

What's one thing you say that's a little different because of where you're from? Leave a comment below!

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*[use as shoe pic caption]*

If only Cinderella had worn these gorgeous heels... they would've stayed on.

She could've run away more efficiently and not marry some dude that couldn't recognize her without makeup lmao.

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One time I attended a wedding in a cave!

Cozy with fairy lights and complete with grotto in the back 🌸

What's an interesting wedding venue you've attended?

\* \* \* \* \*

👏 My love languages are...

Acts of Service + Quality Time

We tend to give the love we want to receive... so I tend to treat people with love and respect. 😊

I listen to their dreams and learn who they are.  
You can't be giving/attentive about your acts without really knowing a person, that's the whole thing.

Give me the privilege of seeing through your lense. Thoughtful and personalized work is what you deserve. An experience that's about you and makes you feel Seen.

Take it from me, that's how I am too. (swirl hearts emoji or 2 small hearts emoji)

Leave a comment... what would you say to a person... to explain the Real You?  
(Ahh!! I know this one's hard... but the best things in life are worth it. Ugh 🤔 sorry I'm so cheese!!)

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Wedding in Italy?! 🍷

No problem, just let me get someone to watch my cat. 😎😏

I'm spontaneous and flexible— exactly like the candid, intimate moments I capture for my clients. 💖

\* \* \* \* \*

*Adddd-venture time! Wedding in Italy? (some italy-related emoji → leaning tower of pisa)*

*No problem, just let me get someone to watch my cat. (squinting laugh emoji, no tears)*

*(blank space)*

*I'm spontaneous and flexible— exactly like the candid, intimate moments I capture for my clients. (soft heart and/or sparkle emoji or simple smiley face, something that feels sincere)*

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*(range of emojis representing subtle yet impactful life experiences, relate to post picture)*

It really is these small moments that make up a life. I capture these, bottle them, and wrap them up gently— for you to revisit tomorrow or in twenty years.

You'll be so busy laughing and dancing at your wedding... Go ahead, get wrapped up in the moment. This is your special day!

It's time to relax and leave the details to me.

Tag a friend and leave a memory of a cherished, shared special moment with them 💖

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If this was a dating profile... 🤖

and the prompt said: 'What my friends say about me...'

"Rach is patient and thoughtful. She has an innate soft kindness, always making everyone feel at ease. Yet, she's got this sharp, efficient focus."

Tbh I can be a little shy sometimes, haha, so shoutout to my bestie for that write-up. <3

But the point is: I don't settle and neither should you. Anything worth doing is worth doing right.

Tag a friend who doesn't settle! *(optional and very cheesy— muscle arm emoji)*

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Today I was grocery shopping with one headphone in; grabbing my staples for the week— but also leaving a voice memo for my besties at the same time. Ngl I few people thought I was a crazy person 😬😂

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*[use with pic of man and woman walking with purpose in parking garage]*

Work hard play hard 🦊

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"I am a woman of seasons.

I burn.

I bloom.

I strike.

I turn to ice;

Sometimes I melt away."

-@l.e.bowman.poetry

\* \* \* \* \*

A moment of magic.

A moment in time.

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Can we please just take a moment and YEET the weight on your shoulders into the ocean?? 🌀

You're unbelievably busy— what with work, family, friends, and now to plan a wedding on top of all that!?

I take pride in my uncomplicated, comprehensive approach to logistics. I build your timeline, scout locations, and provide guides for portrait sessions and wedding planning.

This is a One Stop Shop, baby!

So reach out and let's talk. Mine is a stress-free, experienced approach to people and capturing memories that last a lifetime.