



THE AI
Blueprint

for Viral Images & Videos

**TOOL GUIDE & POWERFUL TIPS & TRICKS
PLUS 45 COPY-PASTE PROMPTS**

Contents

- 01** Introduction
- 02** Mindset Prep
- 03** Learning Reality Check
- 04** Best AI Platforms
- 05** Choosing The Right Tool
- 06** Recommended Combos
- 07** Platform Specific Tips
- 08** Step by Step Workflows
- 09** Common Mistakes
- 10** The Prompts
- 11** Final Tips & Resources





HELLO, MY NAME IS

Gabrielle

Hey there! I'm a busy content creator who loves helping others build their personal brands using AI tools that actually work.

You don't have to be a tech expert or have expensive equipment to create professional content. With the right prompts (and a few powerful AI platforms), generating viral videos and photos can be simple, fun, and profitable. I've learned firsthand how the right strategy makes all the difference, and now I'm excited to share that process with you.

In this guide, I'll walk you through easy-to-follow prompts that will help you create confidently, avoid common mistakes, and set your content up for maximum engagement. Whether it's your first time using AI or you're ready to level up your content game, you'll find clear, practical prompts to get your ideas out into the world.

LET'S GET STARTED WITH YOUR AI CONTENT CREATION JOURNEY!

Introduction

Stop struggling with AI prompts that produce mediocre content.

You've probably tried creating AI videos and photos before. Maybe you got weird-looking faces, blurry images, or content that screams "fake AI."

Meanwhile, you see other creators pumping out professional-looking content that gets thousands of views. Here's the truth: They're not more talented. They just know the right prompts.

What you'll learn in the next 14 pages:

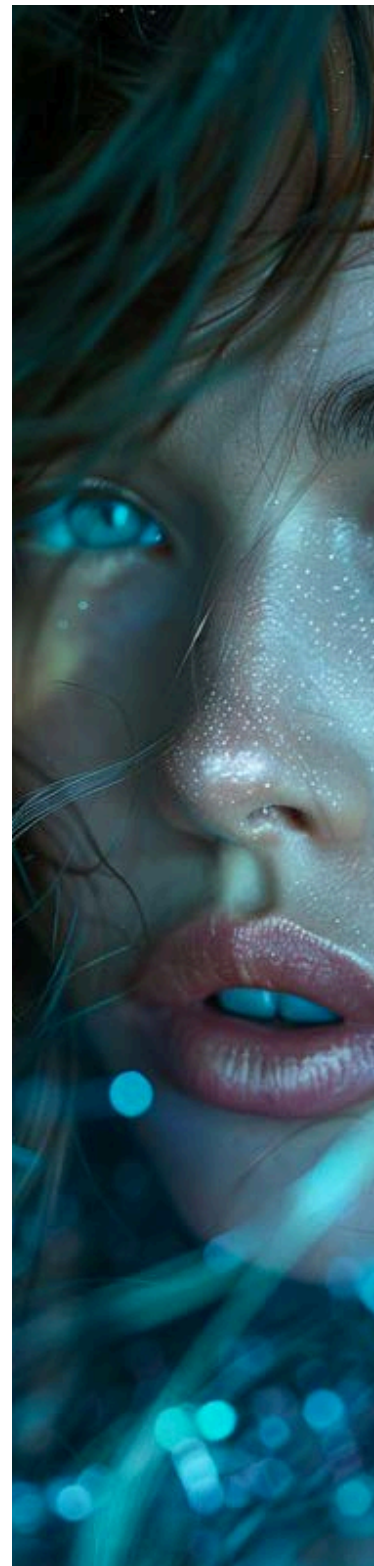
You'll get 45 battle-tested prompts that create stunning AI clones and content. No more guessing what words to use or wasting money on failed generations.

These prompts usually work right out of the box. But keep in mind that tweaking them to achieve your own desired style is always a must. They just help you get there faster!

You'll also discover which AI platforms work best for different content types, how to avoid common mistakes that waste your time and money, and the exact step-by-step process to turn a single photo into unlimited content.

Why this gives you an unfair advantage

Most people spend months figuring out AI prompting through expensive trial and error. This guide shortcuts that learning curve completely. You'll skip the frustration and start creating professional content today.



Mindset Prep

Creating your first AI clone feels strange.

And that's completely normal. The first time you see an AI version of yourself, you might feel shocked, creeped out, or amazed. Some people even feel guilty, like they're doing something wrong. These reactions are natural when technology creates something this realistic.

Don't overthink the "uncanny valley" feeling.

That weird sensation when something looks almost human but not quite? It fades quickly as you get used to the technology.

Focus on results, not perfection.

Your audience cares about the message and value you provide, not whether every detail is flawless. They're scrolling fast and won't analyze your content like you do.

Your audience won't notice small imperfections.

What looks obviously "AI" to you often goes unnoticed by viewers. They're focused on the content, not hunting for flaws.

Every generation teaches the AI your preferences.

The more you create, the better the results become. The AI learns what you like and starts producing content closer to your vision.

Remember why you're doing this.

You want to create more content without being stuck behind a camera all day or spending hundreds or thousands on photoshoots. AI gives you that freedom. Embrace the tool for what it enables, not what it replaces.

The technology is here to help you, not replace your creativity.



Learning Reality Check

Not every result will feel perfect, even with ready-made prompts.

These prompts give you a strong starting point, but you'll still need to tweak them to match your specific vision and style.

Expect a learning curve.

You'll go through phases: experimenting with variations, finding what works for your brand, then achieving consistent results. This is normal and necessary.

Tweak the provided prompts.

Change colors, ages, backgrounds, or expressions to match your needs. The templates are your foundation, not your final destination.

This guide helps you skip months of trial and error.

Instead of starting from zero, you're beginning with prompts that already work. Your learning focuses on refinement, not discovery.

The reality about "imperfect" results.

Each generation teaches you something valuable. Maybe the pose was perfect but the lighting was wrong. That's not a failure - it's data for your next prompt.

Patience pays off.

The creators succeeding with AI content aren't the most naturally creative. They're the ones who kept refining their approach until they found their style.

You're starting ahead of where most people begin.



Best Platforms & Why

Each AI platform has its strengths.

Here's when to use what:

Midjourney

Perfect for creating high-quality images that look professional. Use this when you want premium graphics, AI influencer photos, brand photography, or lifestyle shots. The images come out crisp and detailed, making them ideal for social media posts and marketing materials.



[@ LINK](#)

Kling AI

Takes your Midjourney images and brings them to life with realistic motion. Use this for animating your static images, creating video clips, or making product demos. It's particularly good at making subtle, natural movements that don't look robotic.



[@ LINK](#)

Flux AI

Specializes in creating realistic human clones from photos. Upload a picture of yourself or anyone else, and it generates new images of that person in different settings. Great for professional headshots and for consistent faces across content.



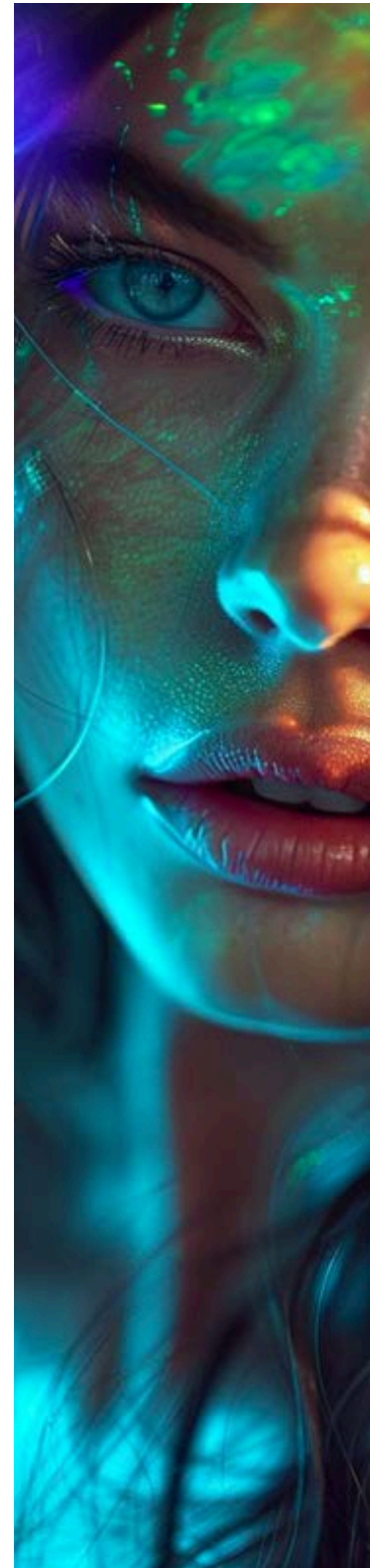
[@ LINK](#)

HeyGen

Best for creating talking avatars and professional presentations. Upload a photo and it can make that person appear to speak any script you write. Perfect for educational content, sales videos, and when you want a human presenter without filming.



[@ LINK](#)



Other Alternatives

Descript

Creates AI avatars and natural voiceovers without complex prompting. Upload a photo and it generates a talking version automatically. Perfect for podcast clips, educational content, and when you need longer narration. More affordable than other avatar platforms for extended use.



[LINK](#)

InVideo AI

Transforms text scripts into complete videos with scenes, transitions, and voiceovers. Input your content idea and it creates full videos automatically, including stock footage and music.



[LINK](#)

Great for creating finished content without editing skills, though less customizable than the platforms covered in this guide.

Both tools focus on automation over customization, making them ideal for creators who want finished content quickly rather than precise control over every detail.



Choosing the Right Tool

Need a brand new face or character?

Use Midjourney. It creates original people that don't exist, perfect for AI influencers or when you want complete creative control.

Have a photo you want to recreate or turn it into your clone?

Use Flux AI or Kling. Upload any photo and generate new versions of that same person in different poses, outfits, or settings.

Want to make images move?

Use Kling AI. It takes any static image and adds realistic motion, turning photos into engaging video content.

Need someone to talk or present (talking avatar)?

Use HeyGen. Upload a photo or videos of yourself, and it creates a speaking avatar that can deliver any script with natural lip-sync.

More tips for choosing one platform over the other

- **HeyGen vs Kling?** Choose HeyGen over Kling when you need the person to actually speak words rather than just move.
- **Kling vs Flux?** Both platforms can use reference photos to create new content, including clones. Choose Flux AI when you need photo-realistic clones and have a tight budget - it offers generous free credits and costs less. Choose Kling AI when you want to animate existing images into videos or need the Face Model feature for consistent character creation, though it requires a paid subscription for regular use.

The key is matching the tools to your specific content goal, not trying to use everything at once.

When to Upgrade

Move to paid plans once you've been testing each tool for at least a couple of days and seeing results.

Don't upgrade everything at once - focus first on the platform where you have found the most success and that you comfortably use the most.

Most creators see the best ROI by mastering one platform completely before adding others to their workflow.



Recommended Combos

Creating an AI influencer:

Start with Midjourney to design your character, then use Kling to animate them for video content.

Personal clones:

Use Flux AI to create variations of yourself, then animate with Kling for dynamic content.

Brand content:

Create your base images in Midjourney, then bring them to life across multiple platforms for maximum reach.

Most popular combinations:

- Midjourney + Kling = AI influencer content
- Flux AI + Kling = Short personal brand videos using your clone
- Any platform + HeyGen = Talking presentations (influencer or clone)

Budget Friendly Combos

Stack free trials strategically.

I recommend doing the following:

- Start with Midjourney's free tier, then use Kling's trial credits, followed by Flux's free generations.
- Flux AI offers the best value for clone creation with generous free tier limits.
- After trying all these tools, decide which ones feel best for you and your goals, plus where you found the best results.
- Combine with free video editing tools like Descript or CapCut for complete content creation.



Recommended Multi-platform Combinations


Midjourney + Kling Workflows

1. **AI Influencer Content:** Create character in Midjourney → Animate with gentle nod in Kling → Add voice in post-production
2. **Product Demo:** Generate product showcase in Midjourney → Add "slow zoom in on product" animation in Kling
3. **Testimonial Style:** Create professional headshot in Midjourney → Animate with "confident speaking gesture" in Kling
4. **Lifestyle Brand:** Generate cozy home scene in Midjourney → Add "gentle breathing, soft smile" in Kling
5. **Educational Content:** Create teacher/coach image in Midjourney → Animate with "pointing gesture, engaging expression" in Kling

Flux + Kling Combinations

1. **Personal Brand Videos:** Clone yourself with Flux → Animate clone with "professional head nod" in Kling
2. **Multiple Angles:** Create different poses of yourself in Flux → Animate each with subtle movements in Kling for variety
3. **Before/After Content:** Generate transformation images in Flux → Add "confident smile appearing" animation in Kling
4. **Social Proof:** Create customer testimonial clones in Flux → Animate with "enthusiastic speaking gesture" in Kling
5. **Team Content:** Generate team member variations in Flux → Animate each with unique movements in Kling

Time-saving tip: Create multiple Midjourney or Flux images first, then batch animate them all in Kling or HeyGen. This workflow is more efficient than switching between platforms for each piece of content.



Platform Specific Tips

Midjourney Success Tips:

- Use aspect ratios that match your final content. Add --ar 9:16 for vertical posts, --ar 16:9 for horizontal videos, or --ar 1:1 for square images.
- Be specific about lighting and style. Instead of "good lighting," try "soft natural lighting" or "golden hour sunlight."

Kling AI Success Tips:

- Keep motion prompts simple. "Gentle head nod" works better than "dynamic movement with hair flowing and eyes blinking."
- Upload high-quality images. Blurry or pixelated source images create poor animations.

Flux AI Success Tips:

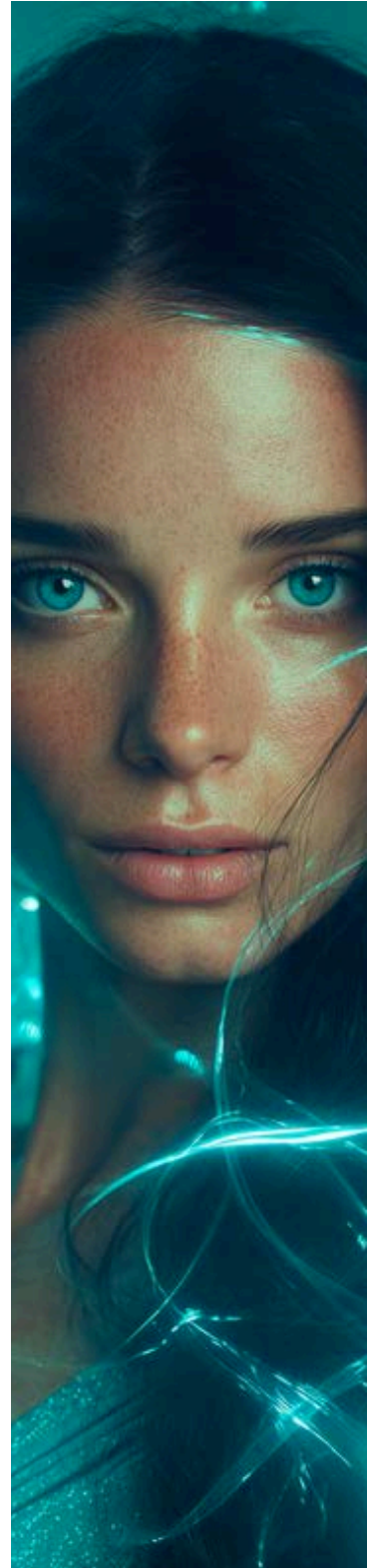
Use clear reference photos with good lighting. Avoid group photos or images where the person's face is partially hidden. Describe the new context clearly. "Professional business headshot in modern office" gives better results than just "business photo."

HeyGen Success Tips:

- Choose photos where the person is looking directly at the camera. Side angles don't work well for lip-sync.
- Keep scripts conversational. The AI performs better with natural speech patterns than formal presentations.
- Test different voice options to find what matches your content style best.

Extra Success Tip - Try Descript for longer videos!

All-in-one video editor that also creates natural voiceovers and AI avatars without complex prompting. Upload any photo, create a script, choose a voice or clone your own voice there!



Step by Step Workflows

Midjourney Workflow

1. Craft your prompt using the templates from this guide. Be specific about what you want.
2. Generate 4 variations by hitting enter. Midjourney automatically creates four different versions.
3. Upscale your favorite by clicking the U1, U2, U3, or U4 button under the image you like best.
4. Download and save the high-resolution version to your device.

Kling AI Animation

1. Upload your Midjourney image to Kling's interface.
2. Add a motion prompt describing how you want the image to move (use our templates).
3. Generate the video and wait for processing (usually 2-3 minutes).
4. Download the MP4 file once it's ready.

Flux AI Cloning

1. Upload your reference photo - make sure it's clear and well-lit.
2. Use the clone prompts from this guide, adding your specific requirements.
3. Generate multiple variations to give yourself options.
4. Select and download the best results for your content needs.

Pro Tip: Save your successfully tweaked prompts in a document. You'll want to reuse the ones that work well or follow their proven structure to create new ones. You'll be a master prompter soon!



Common Mistakes

Mistake 1: Vague prompts

- Wrong: "Make a nice person"
- Right: "Professional woman, 30s, business suit, confident smile, office background"

Mistake 2: Wrong aspect ratios

Wrong: Using square images for TikTok videos

Right: Always match your platform - 9:16 for vertical, 16:9 for horizontal

Mistake 3: Overcomplicating prompts

- Wrong: "Beautiful woman with flowing hair in golden sunlight wearing elegant dress dancing gracefully"
- Right: "Woman in elegant dress, golden hour lighting, gentle movement"

Mistake 4: Getting discouraged by imperfections

Solution: Cover flaws with text boxes, graphics, or strategic cropping. Most "mistakes" are fixable in post.

Mistake 5: Expecting perfection immediately

Reality: AI content creation has a learning curve. Your first attempts won't be perfect, and that's normal.

Pro Tip: 90% of "failed" generations are still usable.

Strategic cropping and text overlays fix most issues.

That weird hand or extra finger? Just crop it out or cover it with your caption.

Don't waste content just because one small detail looks off.

Most of your audience won't notice what you're obsessing over.



The Prompts

Now let's get into the ready-made list of prompts.

These prompts are templates designed to work immediately, but remember to tweak them for your specific needs. Change ages, clothing, backgrounds, or expressions to match your vision.

Important:

For best results, don't jump straight to these prompts without reading the previous pages. Understanding platform strengths, common mistakes, and the step-by-step process will save you time and money.

How to use these prompts

Copy them exactly as written, then modify one element at a time. Test variations to see what works best for your brand.

These are example niches to show you prompt structure. You can adapt these templates for any industry - replace "fitness influencer" with chef, real estate agent, or beauty guru.

The structure stays the same, just change the details.



Midjourney AI Influencer Prompts



Female Fitness Influencer Variations

- "Athletic woman, 25-30 years old, workout clothes, gym background, confident pose, natural lighting --ar 9:16"
- "Fit woman doing yoga, leggings and sports bra, outdoor park setting, sunrise lighting, peaceful expression --ar 9:16"
- "Woman with protein shake, athletic wear, modern kitchen, post-workout glow, smiling --ar 1:1"
- "Female trainer demonstrating exercise, gym equipment visible, motivational pose, professional lighting --ar 16:9"
- "Woman in running gear, jogging path background, determined expression, golden hour lighting --ar 9:16"

Male Business Coach Styles

- "Professional man, 30-40 years old, business suit, modern office, confident handshake pose --ar 1:1"
- "Male entrepreneur at desk, laptop open, city view window, focused expression, natural office lighting --ar 16:9"
- "Man in casual business attire, coffee shop setting, pointing gesture, approachable smile --ar 9:16"
- "Business coach presenting, whiteboard background, suit no tie, engaging pose --ar 16:9"
- "Professional man with crossed arms, corporate lobby, confident stance, soft lighting --ar 1:1"

Lifestyle Blogger Aesthetics

- "Woman in cozy sweater, coffee in hand, minimalist home decor, warm lighting, relaxed pose --ar 1:1"
- "Female blogger at cafe, laptop and latte, natural window light, candid typing pose --ar 9:16"
- "Woman arranging flowers, bright kitchen, casual elegant outfit, soft morning light --ar 1:1"

Flux AI Clone Prompts



Professional Headshot Variations:

- "Professional headshot, business suit, corporate office background, confident smile, soft studio lighting"
- "Corporate portrait, formal attire, neutral gray background, direct eye contact, professional expression"
- "Business headshot, navy blazer, white shirt, office environment, approachable smile, natural lighting"
- "Executive portrait, dark suit, modern office backdrop, confident pose, warm lighting"
- "Professional photo, business casual attire, contemporary office setting, friendly expression, soft shadows"

Casual Lifestyle Shots:

- "Casual portrait, comfortable sweater, coffee shop background, relaxed smile, natural window light"
- "Lifestyle photo, weekend outfit, home setting, genuine laugh, warm indoor lighting"
- "Informal portrait, casual shirt, outdoor park background, natural expression, golden hour light"
- "Relaxed photo, cozy clothing, living room setting, comfortable pose, soft ambient lighting"
- "Candid shot, everyday clothes, kitchen background, authentic smile, morning light"

Business Context Clones:

- "Speaking at conference, business attire, presentation backdrop, confident gesture, stage lighting"
- "Shaking hands, professional setting, meeting room background, business interaction, office lighting"
- "Working at laptop, business casual, modern workspace, focused expression, desk lamp lighting"
- "Leading meeting, suit jacket, boardroom table, leadership pose, professional lighting"
- "Networking event, smart casual attire, corporate venue, engaging conversation, event lighting"

Kling AI Animation Prompts



Subtle Movement Prompts:

- "Gentle head nod, slight smile appearing, soft eye blink"
- "Natural breathing motion, chest rising and falling slowly"
- "Soft hair movement from gentle breeze, peaceful expression"
- "Slow turn of head from side to center, maintaining eye contact"
- "Subtle shoulder adjustment, relaxed posture shift"

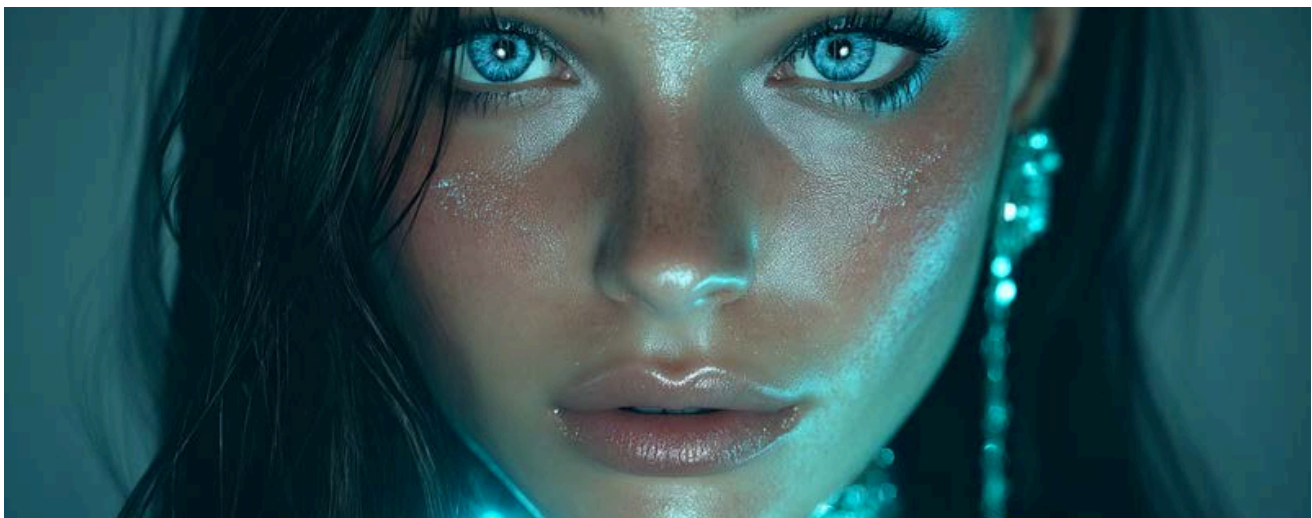
Dynamic Action Prompts:

- "Confident hand gesture while speaking, engaging expression"
- "Walking forward with purposeful stride, looking ahead"
- "Pointing gesture toward camera, enthusiastic expression"
- "Clapping hands together, celebratory motion"
- "Thumbs up gesture with encouraging smile"

Camera Movement Effects:

- "Slow zoom in on face, maintaining focus on eyes"
- "Gentle pan from left to right, following subject's movement"
- "Slight camera shake for handheld natural feel"
- "Zoom out to reveal full scene, subject remains centered"
- "Slow motion effect on hair and clothing movement"

Pro tip: Start with subtle movements first. Kling AI handles small motions better than complex actions. Once you master gentle animations, try combining multiple movement prompts for more dynamic results.



Final Tips & Resource List

Ready to take your AI content creation further?

You now have 45 proven prompts and the knowledge to use them effectively.

Here's how to maximize your results:

1. **Sign-up for the tools now:** Get started for free and track what works. Keep notes on which prompts generate the best engagement. Double down on successful variations and refine the ones that need work.
2. **Don't wait too long to upgrade:** Take advantage of the momentum. Once you get started trying the tools for free, a few days of testing should be enough to choose your faves that give you the best results.
3. **Master one platform per goal at a time:** Consistent results come from focused practice. Want stunning reel animations? A talking avatar to present? Or static images of AI influencers or your clone twin? These three goals define which tools you should master. Re-read the section in this ebook about tool combinations too.
4. **Scale gradually:** Begin with a few pieces of content per week. Once you have a smooth workflow, increase your output gradually.

Want to go deeper?

This guide gives you the prompts and many useful tips that will place you ahead of the crowd; but building a complete content strategy and obtaining advanced expertise in the use of the tools requires more than templates.

In the following page you'll find links to all the tools mentioned in this guide, plus other useful resources that can help you master AI content creation! Don't forget to check them out and...

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Recommended Resource Links



My Clone Yourself to Freedom course covers the full system with advanced AI techniques that turn your content into consistent income.

You'll learn how to build your personal brand using AI, master AI content creation, and turn your digital presence into real profits.

Click to Start Testing each Tool for FREE

