

# 50 DONE-FOR-YOU AI VIDEO SCRIPT TEMPLATES

Just Fill in the Blanks & Record — Even If You've Never  
Made a Video Before

★ Includes 5 Bonus Swipe Files That Generated 1M+ Views

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AI VIDEO QUICK-START KIT | THE STRATEGY  
TEAM

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# How To Use These Templates

These templates are engineered to save you hours of writing time while maximizing engagement. Follow this simple 5-step process to create high-quality AI videos in minutes.

## Step 1: Choose Your Template

Scan the Table of Contents or Quick Reference Card to find the goal of your video (e.g., Are you selling something? Teaching something? Or trying to grab attention?).

## Step 2: Fill in the [BRACKETS]

Every template contains bracketed text like **[YOUR TOPIC]** or **[PAIN POINT]**.

Replace these placeholders with your specific details. Keep your answers short and punchy.

## Step 3: Paste into Your AI Tool

Copy your completed script and paste it into your preferred AI video generator (like Synthesys, HeyGen, or Descript). Select an avatar that matches your brand voice.

## Step 4: Generate or Record

Hit generate. If you prefer to record yourself, simply load the script into a teleprompter app on your phone.

## Step 5: Post and Profit

Upload your video to YouTube Shorts, TikTok, Instagram Reels, or LinkedIn. Watch the engagement roll in.



### **Pro Tip: Batch Creation**

Don't make one video at a time. Spend 30 minutes filling out 5-10 templates in a Google Doc first. Then, generate all videos at once. You can create a month's worth of content in a single afternoon using this method.

# Category 1: Hook Templates

Designed to stop the scroll in the first 3 seconds.

## 01 The Pattern Interrupt

Stop scrolling if you want to **[DESIRABLE OUTCOME]**. Most people think **[COMMON BELIEF]**, but actually, **[CONTROVERSIAL TRUTH]**. Here is exactly why...

### EXAMPLE: REAL ESTATE

Stop scrolling if you want to sell your house for over asking price. Most people think you need to renovate the kitchen first, but actually, staging your living room matters twice as much. Here is exactly why...

### EXAMPLE: FITNESS

Stop scrolling if you want to lose belly fat. Most people think you need endless cardio, but actually, heavy lifting burns more calories at rest. Here is exactly why...



### Pro Tip

Use a hand gesture (like a stop hand) in the first second of the video to visually reinforce the "Stop scrolling" command.

## 02 The Pain Point Agitator

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Are you tired of **[PAIN POINT]**? I used to struggle with **[SAME PAIN POINT]** every single day until I discovered **[SOLUTION]**.

### EXAMPLE: PRODUCTIVITY COACH

Are you tired of ending your workday feeling like you got nothing done? I used to struggle with procrastination every single day until I discovered the "2-Minute Rule."

### EXAMPLE: DOG TRAINING

Are you tired of your dog pulling on the leash during walks? I used to struggle with painful arm sockets every single day until I discovered the "Tree Method."

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## 03 The "I Thought I Knew"

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I thought I knew everything about **[TOPIC]** until I learned this one hack. It completely changed how I **[ACTION]**.

### EXAMPLE: COOKING

I thought I knew everything about making pasta until I learned this one hack. It completely changed how I sauce my noodles.

### EXAMPLE: MARKETING

I thought I knew everything about email open rates until I learned this one hack. It completely changed how I write subject lines.

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## 04 The Shocking Stat

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Did you know that **[SHOCKING STATISTIC]**% of **[AUDIENCE]** fail because of this one mistake? Don't be one of them.

### EXAMPLE: FINANCIAL ADVISOR

Did you know that 78% of millennials aren't investing enough for retirement because of this one mistake? Don't be one of them.

### EXAMPLE: GARDENING

Did you know that 60% of houseplants die because of this one watering mistake? Don't be one of them.

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## 05 The Direct Question

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What would you do if you could **[DREAM OUTCOME]** in just **[SHORT TIMEFRAME]**? It's possible, and here is how.

### EXAMPLE: LANGUAGE LEARNING

What would you do if you could hold a conversation in Spanish in just 30 days? It's possible, and here is how.

### EXAMPLE: E-COMMERCE

What would you do if you could launch your online store in just 24 hours? It's possible, and here is how.

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## 06 The Before & After

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Here is the exact difference between **[AMATEUR METHOD]** and **[PRO METHOD]**. The results will blow your mind.

### EXAMPLE: PHOTOGRAPHY

Here is the exact difference between shooting in Auto Mode and Manual Mode. The results will blow your mind.

### EXAMPLE: COPYWRITING

Here is the exact difference between writing with AI and writing with AI plus human editing. The results will blow your mind.

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## 07 The Myth-Buster

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You've been lied to. **[COMMON MYTH]** is actually NOT true. The reality is **[TRUTH]**.

### EXAMPLE: NUTRITION

You've been lied to. Eating fat does actually NOT make you fat. The reality is sugar is the real enemy.

### EXAMPLE: SEO

You've been lied to. Keyword stuffing is actually NOT helpful for ranking. The reality is Google prioritizes user intent.

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## 08 "Stop Doing This"

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Please, for the love of **[RELEVANT FIGURE/TOPIC]**, stop doing **[BAD HABIT]**. Instead, try this.

### EXAMPLE: MAKEUP ARTIST

Please, for the love of good skin, stop sleeping in your makeup. Instead, try this 30-second double cleanse.

### EXAMPLE: PROGRAMMING

Please, for the love of clean code, stop copying and pasting from Stack Overflow without reading it. Instead, try this debugging method.

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## 09 The Curiosity Gap

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This is the secret tool that **[AUTHORITY FIGURES]** use to **[RESULT]**, and nobody is talking about it.

### EXAMPLE: GRAPHIC DESIGN

This is the secret tool that top agency designers use to pick color palettes, and nobody is talking about it.

### EXAMPLE: TRAVEL

This is the secret tool that travel hackers use to find \$20 flights, and nobody is talking about it.



### Pro Tip

Don't reveal the "tool" or "secret" until at least 5-7 seconds into the video to keep retention high.

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## 10 The Challenge Hook

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I bet you can't **[TASK]** without **[CONSTRAINT]**. Prove me wrong.

### EXAMPLE: YOGA

I bet you can't hold this plank for 60 seconds without shaking. Prove me wrong.

### EXAMPLE: LOGIC PUZZLE

I bet you can't solve this riddle without pausing the video. Prove me wrong.

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# Category 2: Storytelling Scripts

Build connection and trust through narrative.

## 11 The Hero's Journey (Mini)

Three years ago, I was [BAD SITUATION]. I tried [FAILED ATTEMPT 1] and [FAILED ATTEMPT 2], but nothing worked. Then I met [MENTOR/DISCOVERY] who taught me [LESSON]. Now, I [CURRENT SUCCESS].

### EXAMPLE: ENTREPRENEUR

Three years ago, I was \$50k in debt. I tried dropshipping and crypto, but nothing worked. Then I met a mentor who taught me about high-ticket sales. Now, I run a 6-figure agency.

### EXAMPLE: WEIGHT LOSS

Three years ago, I was 50lbs overweight. I tried keto and fasting, but nothing worked. Then I discovered intuitive eating. Now, I'm the healthiest I've ever been.

## 12 Rags to Riches

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Look at this: **[IMAGE/VIDEO OF OLD SITUATION]**. That was me just **[TIME AGO]**. I had **[LACK OF RESOURCES]**. Today, I'm **[SUCCESS METRIC]**. The only difference? I started **[KEY ACTION]**.

### EXAMPLE: ARTIST

Look at this sketchbook. That was me just 2 years ago. I had zero technique. Today, I'm selling prints worldwide. The only difference? I started drawing for 30 minutes every single day.

### EXAMPLE: SOFTWARE DEV

Look at this old laptop. That was me just 12 months ago. I had no coding skills. Today, I'm a Senior Dev. The only difference? I started building one project a week.

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## 13 The Mistake Story

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I made a massive mistake when I started **[ACTIVITY]**. I ignored **[IMPORTANT FACTOR]** and it cost me **[COST]**. Don't be like me. Focus on **[CORRECTION]** from day one.

### EXAMPLE: RENOVATION

I made a massive mistake when I started flipping houses. I ignored the foundation inspection and it cost me \$15,000. Don't be like me. Focus on the bones of the house from day one.

### EXAMPLE: PODCASTING

I made a massive mistake when I started podcasting. I ignored audio quality and it cost me my first 1,000 listeners. Don't be like me. Focus on getting a good mic from day one.

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## 14 Day in the Life

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Come spend a day with me as a **[JOB TITLE]**. 8AM: **[TASK 1]**. 12PM: **[TASK 2]**. The hardest part is **[CHALLENGE]**, but I love **[REWARD]**.

### EXAMPLE: FLORIST

Come spend a day with me as a wedding florist. 8AM: Flower market run. 12PM: Prepping 50 centerpieces. The hardest part is the thorns, but I love seeing the bride's face.

### EXAMPLE: REMOTE WORKER

Come spend a day with me as a digital nomad in Bali. 8AM: Coffee and emails. 12PM: Surf break. The hardest part is the time zone difference, but I love the freedom.

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## 15 The Transformation Story

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POV: You decided to finally **[ACTION]**. Day 1 feels like **[FEELING]**. Day 30 feels like **[FEELING]**. But Day 100? That's when **[RESULT]** happens. Start today.

### EXAMPLE: RUNNING

POV: You decided to finally run a marathon. Day 1 feels like dying. Day 30 feels like progress. But Day 100? That's when you cross the finish line. Start today.

### EXAMPLE: SAVING MONEY

POV: You decided to finally save \$10k. Day 1 feels restrictive. Day 30 feels organized. But Day 100? That's when the compound interest hits. Start today.

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## 16 Behind the Scenes

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What people see: **[FINISHED PRODUCT]**. What they don't see: **[THE STRUGGLE/PROCESS]**. It took **[TIME]** to get this right.

### EXAMPLE: CAKE DECORATOR

What people see: A perfect 3-tier wedding cake. What they don't see: 3 failed sponges and a kitchen covered in flour. It took 14 hours to get this right.

### EXAMPLE: YOUTUBER

What people see: A smooth 10-minute video. What they don't see: 4 hours of scripting and bad lighting checks. It took 2 days to get this right.

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## 17 Customer Success Story

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Meet **[CUSTOMER NAME]**. She wanted to **[GOAL]** but was stuck on **[OBSTACLE]**. We used the **[METHOD NAME]** and look at her now: **[RESULT]**.

### EXAMPLE: PERSONAL TRAINER

Meet Sarah. She wanted to do a pull-up but was stuck on zero upper body strength. We used the "Negative Rep" method and look at her now: 5 clean pull-ups.

### EXAMPLE: CONSULTANT

Meet Tom. He wanted to scale his team but was stuck on micromanaging. We used the "Delegation Matrix" and look at him now: He takes Fridays off.

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## 18 The Origin Story

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I never planned to be a **[CURRENT ROLE]**. In fact, I started as a **[OLD ROLE]**. But one day, I realized **[EPIPHANY]**. That's why I created **[PRODUCT/BRAND]**.

### EXAMPLE: SKINCARE BRAND OWNER

I never planned to be a skincare founder. In fact, I started as a chemist. But one day, I realized most lotions are 90% water. That's why I created PureHydrate.

### EXAMPLE: AUTHOR

I never planned to be a thriller writer. In fact, I started as a lawyer. But one day, I realized real crime is stranger than fiction. That's why I created this series.

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## 19 Failure to Success

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I failed at **[ATTEMPT 1]**. I got rejected from **[ATTEMPT 2]**. Everyone told me to quit. But I kept going because **[MOTIVATION]**. Here is where I am today.

### EXAMPLE: ACTOR

I failed at my first 50 auditions. I got rejected from drama school twice. Everyone told me to quit. But I kept going because I knew I had stories to tell. Here is where I am today.

### EXAMPLE: STARTUP FOUNDER

I failed at my first startup. I got rejected from Y Combinator. Everyone told me to quit. But I kept going because this problem needed solving. Here is where I am today.

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## 20 "This Changed Everything"

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My life was normal until **[EVENT]**. That moment forced me to rethink **[TOPIC]**. Now, I live by one rule: **[RULE]**.

### EXAMPLE: HEALTH COACH

My life was normal until my heart attack at 35. That moment forced me to rethink stress. Now, I live by one rule: Health comes before hustle.

### EXAMPLE: MINIMALIST

My life was normal until I moved into a van. That moment forced me to rethink possessions. Now, I live by one rule: If it doesn't bring joy, it goes.



### Pro Tip

This template works best with emotional music in the background to emphasize the turning point.

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# Category 3: Educational Scripts

Position yourself as the expert by teaching.

## 21 How-To Tutorial

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Want to learn how to **[SKILL]**? Here is the fastest way to do it. Step 1: **[STEP 1]**. Step 2: **[STEP 2]**. And finally, **[STEP 3]**. Save this for later.

### EXAMPLE: EXCEL TIPS

Want to learn how to create a pivot table? Here is the fastest way to do it. Step 1: Select your data. Step 2: Hit Insert Pivot Table. And finally, drag your categories to rows. Save this for later.

### EXAMPLE: TIE A TIE

Want to learn how to tie a Windsor knot? Here is the fastest way to do it. Step 1: Cross the wide end over. Step 2: Loop it up and through. And finally, tighten and slide up. Save this for later.

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## 22 Step-by-Step Guide

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3 steps to [RESULT]. 1. [ACTION 1] (This is crucial). 2. [ACTION 2]. 3. [ACTION 3]. Which one are you skipping?

### EXAMPLE: SKINCARE

3 steps to glass skin. 1. Double cleanse (This is crucial). 2. Use a hydrating toner. 3. Lock it in with moisturizer. Which one are you skipping?

### EXAMPLE: INVESTING

3 steps to financial freedom. 1. Pay off high-interest debt (This is crucial). 2. Build an emergency fund. 3. Invest in index funds. Which one are you skipping?

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## 23 Myth vs. Fact

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Myth: [MYTH]. Fact: [FACT]. The reason is [EXPLANATION]. Stop falling for the myth.

### EXAMPLE: SEO

Myth: Longer content ranks better. Fact: Helpful content ranks better. The reason is Google measures engagement, not word count. Stop falling for the myth.

### EXAMPLE: COOKING

Myth: You need to rinse chicken. Fact: Rinsing spreads bacteria. The reason is water splashes germs all over your sink. Stop falling for the myth.

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## 24 Comparison Script

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Should you use **[OPTION A]** or **[OPTION B]**? If you want **[GOAL 1]**, choose A. But if you need **[GOAL 2]**, choose B. Here's why.

### EXAMPLE: TECH

Should you use an iPhone or Android? If you want ecosystem simplicity, choose iPhone. But if you need customization freedom, choose Android. Here's why.

### EXAMPLE: MARKETING

Should you use Facebook Ads or TikTok Ads? If you want older demographics, choose Facebook. But if you need viral potential with Gen Z, choose TikTok. Here's why.

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## 25 Listicle Format

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Top 3 tools for **[TOPIC]**. Number 1: **[TOOL 1]** (Best for beginners). Number 2: **[TOOL 2]** (Best for pros). Number 3: **[TOOL 3]** (My personal favorite). Link in bio for the full list.

### EXAMPLE: VIDEO EDITING

Top 3 tools for video editing. Number 1: CapCut (Best for beginners). Number 2: Premiere Pro (Best for pros). Number 3: DaVinci Resolve (My personal favorite). Link in bio for the full list.

### EXAMPLE: GARDENING

Top 3 tools for pruning. Number 1: Hand Shears (Best for flowers). Number 2: Loppers (Best for branches). Number 3: Hori Hori Knife (My personal favorite). Link in bio for the full list.

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## 26 Everything You Need to Know

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Everything you need to know about **[TOPIC]** in 60 seconds. **[POINT 1]**. **[POINT 2]**. **[POINT 3]**. Any questions?

### EXAMPLE: CRYPTO

Everything you need to know about Bitcoin in 60 seconds. It's digital gold. There is a fixed supply of 21 million. It's decentralized, meaning no bank controls it. Any questions?

### EXAMPLE: INTERMITTENT FASTING

Everything you need to know about 16:8 fasting in 60 seconds. You eat for 8 hours. You fast for 16. It lowers insulin and boosts focus. Any questions?

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## 27 Common Mistakes

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Stop making these 3 mistakes with your **[TOPIC]**. 1. **[MISTAKE 1]**. 2. **[MISTAKE 2]**. And the worst one: 3. **[MISTAKE 3]**.

### EXAMPLE: RESUME WRITING

Stop making these 3 mistakes with your resume. 1. Including a photo. 2. Using skill bars. And the worst one: 3. Listing duties instead of achievements.

### EXAMPLE: HOUSEPLANTS

Stop making these 3 mistakes with your succulents. 1. Using regular potting soil. 2. Misting them. And the worst one: 3. Overwatering.

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## 28 Tool Review

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Is **[PRODUCT]** actually worth the money? I tested it for **[TIME]**.  
The good: **[PRO]**. The bad: **[CON]**. Final verdict: **[YES/NO]**.

### EXAMPLE: TECH REVIEWER

Is the new iPad Pro actually worth the money? I tested it for 2 weeks. The good: The screen is incredible. The bad: The battery life is just okay. Final verdict: Buy it if you're an artist.

### EXAMPLE: BEAUTY GURU

Is the Dyson Airwrap actually worth the money? I tested it for a month. The good: It styles fast. The bad: The curls drop quickly on my hair type. Final verdict: Not for me.

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## 29 Case Study Breakdown

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How did **[BRAND/PERSON]** get **[RESULT]**? They used the **[STRATEGY NAME]** strategy. Here is how you can copy it.

### EXAMPLE: MARKETING

How did Duolingo get 5 million TikTok followers? They used the "Mascot Chaos" strategy. Here is how you can copy it.

### EXAMPLE: BUSINESS

How did Airbnb survive the pandemic? They used the "Local Travel" pivot strategy. Here is how you can copy it.

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## 30 Quick Win Script

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Do this one thing today to improve your **[TOPIC]** instantly. Go to **[LOCATION/SETTINGS]** and change **[X]** to **[Y]**. You're welcome.

### **EXAMPLE: IPHONE BATTERY**

Do this one thing today to improve your battery life instantly. Go to Settings, Background App Refresh, and turn it OFF. You're welcome.

### **EXAMPLE: LINKEDIN**

Do this one thing today to improve your LinkedIn profile instantly. Go to your headline and change "Owner" to "Helping [Audience] Achieve [Result]." You're welcome.

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# Category 4: Sales & Conversion Scripts

Turn viewers into buyers without being sleazy.

## 31 The VSL (Video Sales Letter)

If you are a **[AUDIENCE]** who wants to **[DESIRE]** without **[PAIN]**, listen up. We just launched **[OFFER]** to help you **[RESULT]** in **[TIMEFRAME]**. Click the link to see how.

### EXAMPLE: COURSE CREATOR

If you are a busy mom who wants to get fit without spending hours at the gym, listen up. We just launched "Naptime Fitness" to help you tone up in 20 mins a day. Click the link to see how.

### EXAMPLE: B2B SAAS

If you are an agency owner who wants to automate reporting without hiring more staff, listen up. We just launched ReportFlow to help you save 10 hours a week. Click the link to see how.

## 32 The Soft Pitch

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I get asked all the time: "How do you **[RESULT]**?" Honestly, I just use **[PRODUCT]**. It handles the hard work so I can focus on **[BENEFIT]**. Check it out if you want.

### EXAMPLE: WRITER

I get asked all the time: "How do you write so fast?" Honestly, I just use Jasper AI. It handles the brainstorming so I can focus on editing. Check it out if you want.

### EXAMPLE: CLEANER

I get asked all the time: "How do you get mirrors streak-free?" Honestly, I just use this microfiber cloth. It handles the dust so I can focus on the shine. Check it out if you want.

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## 33 Product Demo

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Watch me turn **[MESSY STATE]** into **[CLEAN STATE]** using **[PRODUCT]**. Look at that difference. Grab yours at the link in bio.

### EXAMPLE: CAR DETAILING

Watch me turn this muddy interior into a showroom finish using SuperClean. Look at that difference. Grab yours at the link in bio.

### EXAMPLE: PHOTO PRESETS

Watch me turn this dull raw photo into a vibrant sunset shot using my "Golden Hour" preset. Look at that difference. Grab yours at the link in bio.

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## 34 Testimonial-Based

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[CLIENT NAME] was skeptical about [OFFER]. But after just [TIME], they achieved [RESULT]. Now they say: "[QUOTE]". Want results like this? DM me "[WORD]".

### EXAMPLE: COACHING

Mark was skeptical about life coaching. But after just 3 sessions, he landed his dream job. Now he says: "Best investment I ever made." Want results like this? DM me "CAREER".

### EXAMPLE: SKINCARE

Lisa was skeptical about our acne cream. But after just 2 weeks, her skin cleared up completely. Now she says: "I finally feel confident." Want results like this? DM me "GLOW".

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## 35 Problem-Solution-Product

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Problem: [PROBLEM]. Solution: [GENERIC SOLUTION]. Better Solution: [YOUR PRODUCT] because it [UNIQUE BENEFIT].

### EXAMPLE: MEAL PREP

Problem: No time to cook. Solution: Fast food (unhealthy). Better Solution: Our Meal Prep Delivery because it's chef-cooked and under 500 calories.

### EXAMPLE: HOSTING

Problem: Slow website. Solution: Expensive dedicated server. Better Solution: Our Cloud Hosting because it auto-scales during traffic spikes.

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## 36 Limited Offer

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We are doing something crazy. For the next **[HOURS]**, we are giving away **[BONUS]** when you buy **[PRODUCT]**. Don't miss out.

### EXAMPLE: CLOTHING BRAND

We are doing something crazy. For the next 24 hours, we are giving away a free tote bag when you buy any hoodie. Don't miss out.

### EXAMPLE: DIGITAL PRODUCT

We are doing something crazy. For the next 48 hours, we are giving away a 1-on-1 audit when you buy the course. Don't miss out.

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## 37 FAQ Closer

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The #1 question I get about **[PRODUCT]** is: "**[OBJECTION]**?" The answer is **[REASSURANCE]**. So yes, it works for you too.

### EXAMPLE: SOFTWARE

The #1 question I get about our software is: "Is it hard to set up?" The answer is no, we have a 1-click install wizard. So yes, it works for you too.

### EXAMPLE: GYM MEMBERSHIP

The #1 question I get about our gym is: "Will I feel intimidated?" The answer is no, we have a beginner-only zone. So yes, it works for you too.

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## 38 Objection Handler

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You might think **[PRODUCT]** is too expensive. But consider this: it replaces **[ALTERNATIVE 1]** and **[ALTERNATIVE 2]**. It actually saves you money.

### **EXAMPLE: ESPRESSO MACHINE**

You might think this espresso machine is too expensive. But consider this: it replaces your daily \$6 Starbucks run. It actually saves you money in 3 months.

### **EXAMPLE: ALL-IN-ONE SOFTWARE**

You might think this CRM is too expensive. But consider this: it replaces Mailchimp, Calendly, and ClickFunnels. It actually saves you money.

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## 39 Comparison Pitch

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Competitors charge **[PRICE]** for **[FEATURE]**. We give you **[FEATURE]** PLUS **[BONUS]** for just **[LOWER PRICE]**. The choice is obvious.

### **EXAMPLE: STREAMING SERVICE**

Competitors charge \$15 for movies. We give you movies PLUS live sports for just \$10. The choice is obvious.

### **EXAMPLE: CONSULTING**

Competitors charge \$200 for a generic plan. We give you a generic plan PLUS weekly check-ins for just \$150. The choice is obvious.

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## 40 Free Value + CTA

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Here is a free tip: **[TIP]**. If you want more strategies like this, grab my full guide at the link in bio.

### **EXAMPLE: GOLF PRO**

Here is a free tip: Keep your left arm straight during the backswing. If you want more strategies like this, grab my full guide at the link in bio.

### **EXAMPLE: REAL ESTATE AGENT**

Here is a free tip: Declutter your closets before the open house. If you want more strategies like this, grab my "Seller's Handbook" at the link in bio.

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# Category 5: Viral Challenge Scripts

High-energy formats designed for maximum shares.

## 41 The 7-Day Challenge

I tried **[ACTIVITY]** for 7 days straight. Day 1 was **[REACTION]**. By Day 7, **[RESULT]** happened. Should I keep going?

### EXAMPLE: COLD PLUNGE

I tried cold plunging for 7 days straight. Day 1 was torture. By Day 7, my energy levels skyrocketed. Should I keep going?

### EXAMPLE: DRAWING

I tried drawing with my left hand for 7 days straight. Day 1 was a mess. By Day 7, I could actually sketch a face. Should I keep going?

## 42 "I Tried This For..."

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I tried the **[TREND NAME]** so you don't have to. Is it worth the hype? Honest answer: **[YES/NO]** because **[REASON]**.

### **EXAMPLE: FOOD TREND**

I tried the viral cloud bread recipe so you don't have to. Is it worth the hype?  
Honest answer: No, because it tastes like sweetened eggs.

### **EXAMPLE: PRODUCTIVITY HACK**

I tried the "Monk Mode" schedule so you don't have to. Is it worth the hype?  
Honest answer: Yes, because I finished a week's work in 2 days.

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