

THE COMPLETE BEGINNER SYSTEM

AI VIDEO CREATOR STARTER KIT

SET UP ONCE. TYPE NEXT. CREATE. REPEAT.

A practical, illustrated-style guide to making short cinematic AI videos with free-to-start tools, a copy-ready master prompt, and your own AI video coach.

INSIDE THE KIT

ChatGPT setup • Google Flow • Free AI Video Upscaler • NEXT / FIX / HELP / CONTINUE • publishing and safety

Made for absolute beginners. No coding. No expensive camera. No promise of unlimited free generations.

EDITION 3 | OCTOBER 2026 | DIGITAL DOWNLOAD

Digital purchases: see the clearly stated refund and consumer-rights information near the front and at the end of this guide.

Start here: your first win

Your mission is not to become an AI expert today. It is to create one video you can download and play. Once you can do that, you know the workflow.

- 01** Open ChatGPT
Go to chatgpt.com and sign in.
- 02** Copy the master prompt
Turn to the dedicated one-page prompt. Copy only the text between START and END.
- 03** Answer six questions
Your AI coach asks about your subject, platform, duration, format, style, and shot style.
- 04** Open Google Flow
Sign in and check the options and credits shown on your screen.
- 05** Generate one short video
Paste the prompt and choose one generation, not several.
- 06** Download your clip
Play it and keep the original file.
- 07** Optionally upscale
Use free.upscaler.video if your computer supports it.
- 08** Prepare to post
Use the title, caption, and five hashtags ChatGPT creates.

YOUR AI COACH IS PART OF THE PRODUCT

At any point, return to the same ChatGPT conversation and type HELP. Describe what you see or upload a screenshot. The coach will explain the next step. It cannot click buttons for you or guarantee the service will work.

Before you buy or use: the clear terms

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What you are purchasing: the guide and reusable instructions. You are not purchasing Google Flow credits, a subscription, guaranteed video results, guaranteed social-media views, or live human support.

The four tools you will use

TOOL	WHAT IT DOES
ChatGPT	Your personal idea writer, prompt builder, and step-by-step AI coach.
Google Flow	Creates the actual AI video. Settings, availability, and credit costs may change.
Free AI Video Upscaler	Optional browser-based enhancement after downloading your video.
CapCut (optional)	Trim, add voiceover, captions, or combine several clips. Some features may be paid.

Lesson 1 — Create your ChatGPT account

- 01** Visit the site
Open a browser and go to chatgpt.com.
- 02** Sign up or log in
Choose the option shown on screen and follow the account instructions.
- 03** Start a fresh conversation
Choose New chat. Keep this tab open; your coach will remember the choices you make within this conversation.
- 04** Keep the guide open
Use another tab for this PDF. A tab is just another page in your browser.

CHECKPOINT

You should now see an empty ChatGPT message box. Do not paste a random video idea yet. First paste the master prompt from the next section.

Lesson 2 — Your first-time setup

The master prompt is designed for a brand-new ChatGPT conversation. It tells ChatGPT about the entire workflow so it can coach you, not just write video descriptions.

- 01** Find the master prompt page
Look for the large heading “COPY YOUR MASTER PROMPT.”
- 02** Select START through END
Use your mouse or PDF text-selection feature. Do not select the page header or footer.
- 03** Copy and paste
Press Ctrl+C / Ctrl+V on Windows, or Command+C / Command+V on Mac.
- 04** Answer one question at a time
You will choose your niche, posting platform, length, aspect ratio, style, and camera shot style.
- 05** Confirm your choices
ChatGPT will summarize your setup before producing your first video package.

PHONE USERS

Most mobile PDF readers let you long-press text, drag the selection handles, and tap Copy. If your reader makes selecting difficult, open the PDF on a computer. This book keeps the complete master prompt together on one page.

Pick your starting style

STARTING POINT	SUGGESTED CHOICES
Midnite Luxury example	Luxury cars • TikTok • vertical 9:16 • cinematic photorealism • 10 seconds if supported • Omni 1.1 Flash / 720p / x1 if available.

STARTING POINT	SUGGESTED CHOICES
Nature escape	Forests, waterfalls, coastlines • Reels or Shorts • 9:16 • peaceful photorealism • 4-10 seconds depending on options.
Dream homes	Luxury architecture • TikTok • 9:16 • bright editorial realism • 4-10 seconds depending on options.

These are starting suggestions, not required settings. If Flow offers different durations, resolutions, or models, choose from what you actually see and tell your coach.

What will happen after you paste the prompt?

ChatGPT will begin by asking what kind of videos you want to create. You can answer in ordinary language, such as “sports cars,” “beautiful nature,” or “luxury homes.” You do not need to write a perfect answer. The coach will ask the remaining questions one at a time.

If you are unsure what to choose, say “Use the Midnite Luxury preset.” The coach will suggest a vertical, cinematic luxury-car setup, then ask you to confirm it. You can change your subject later by typing NEW TOPIC, and you can review your preferences with SETTINGS.

What if I am not ready to generate?

That is completely fine. Tell your coach “GUIDED MODE, please.” It will explain one action, wait for you to complete it, and then move to the next. If you do not understand a word or cannot find a button, type HELP and explain what is confusing. A screenshot can be especially useful when an interface looks different from the book.

BEFORE YOU COPY

You are not signing up for a paid service by pasting this prompt. It is simply a set of written instructions for ChatGPT. You can read it, change your preferences, or stop at any time. Never share your password or payment information in a chat.

COPY YOUR MASTER PROMPT

Copy only the text between START and END. Paste it into a new ChatGPT conversation. All text is selectable.

START MASTER PROMPT

ROLE: You are my AI VIDEO CREATOR and patient beginner AI VIDEO COACH. This is a fresh chat. Help me make original short videos using ChatGPT for ideas and prompts, Google Flow for generation, and optionally <https://free.upscaler.video/> for enhancement. I publish myself. Do not assume prior context or claim you can see current interfaces.

SETUP: Ask ONE question at a time and WAIT for each answer: 1) Niche or subject? 2) Platform (TikTok, Reels, Shorts, other)? 3) Duration supported in my Flow account (4, 6, 8, 10 seconds or other)? 4) Format (9:16 or 16:9)? 5) Visual mood (cinematic, natural, dramatic, peaceful, etc.)? 6) Shot style: A SMOOTH CINEMATIC (one continuous camera move) or B DYNAMIC MULTI-ANGLE (separate distinct shots with hard cuts); ask how many shots, suggesting 4 for 10 seconds, 2-3 for 6-8 seconds, and 1-2 for 4 seconds. MIDNITE LUXURY preset: luxury cars, TikTok, 10 seconds, 9:16, photoreal cinematic, DYNAMIC 4 shots. Model, resolution and credits must be checked on my screen. Summarize answers and ask for confirmation.

AFTER CONFIRMATION: IMMEDIATELY generate the FIRST complete video package without another request: (1) short VIDEO TITLE; (2) ONE copyable JSON-formatted Google Flow video prompt; (3) platform CAPTION with EXACTLY FIVE niche-relevant hashtags; (4) short settings and credit reminder. Do not ask me whether I am ready. After delivering the package, offer to guide me through Flow step by step. JSON is descriptive text, not executable code; Flow may interpret fields loosely.

CAMERA RULES: For DYNAMIC, specify shot timing and DISTINCT camera angles with clean HARD CUTS, no dissolves. Keep the same subject, color, location, time of day and lighting. For car exterior shots, prefer camera height about 3-5 feet, medium-close framing with car about 65-80% of frame width when feasible. Avoid tiny distant subjects, pavement-level worm's-eye views, under-bumper angles, excessive zoom-outs, and dramatic pullbacks. Favor short controlled movements. For a single 10-second car video suggest: 0-2.5s front three-quarter; 2.5-5s side profile; 5-7.5s interior via an already-open door if practical; 7.5-10s rear three-quarter. For two cars use three clear exterior angles if four are too complex. Adapt camera rules to the niche, duration, and number of shots. For SMOOTH use one graceful continuous camera move. Cuts and framing are requests, not guarantees.

COMMANDS: NEXT = fresh non-repeating complete package with saved choices; FIX = ask for error or visual problem, then offer a policy-compliant correction; SHOT STYLE = switch smooth/dynamic or shot count without resetting; CONTINUE = next connected scene, suggest reference image or final frame if available but do not promise continuity; SETTINGS = show/change choices; NEW TOPIC = change niche; SETUP = guided account-to-first-video walkthrough; HELP = guide me ONE action at a time and wait for DONE. If a button is missing ask for a screenshot, never guess. Explain jargon simply.

COACH WORKFLOW: Guide through ChatGPT, Flow, checking displayed credits and x1, generating, downloading, optional upscaling, and posting. On desktop Flow, the video may have a right-click menu with Download and Animate; guide by what is actually visible. Download resolution choices such as 360p, 720p, 1080p, 2K or 4K depend on access. In Free AI Video Upscaler recommend trying Sharpen and 2K first as a creator-tested speed/quality balance, then click Upscale, inspect and download; Detail or 4K may take longer. For TikTok color, explain Upload > editing tools > Filters/Adjust if available, then modest brightness, contrast, saturation and warmth changes; never prescribe a private creator's exact settings.

SAFETY AND ACCURACY: No generated text, logos, music or watermarks unless requested. Keep movement plausible and prompts clear. Do not bypass safety filters; suggest genuinely allowed alternatives. Respect rights, commercial-use terms, and AI-content labeling. Never guarantee free credits, models, interface options, video quality, views or earnings. Save my settings in THIS chat only; in a new chat I must paste this master prompt again.

START NOW: Ask setup question ONE only, unless I request the MIDNITE LUXURY preset.

END MASTER PROMPT

Lesson 3 — Meet Google Flow

<https://labs.google/fx/tools/flow>

Google Flow is the tool that creates moving footage. ChatGPT prepares the instructions; Flow creates the video. Your account and region determine which options are available.

- 01** Open Google Flow
Visit the official link above.
- 02** Sign in
Use an eligible Google account. Read any notices or terms before accepting.
- 03** Find the creation area
Look for the prompt box and video-generation settings. Names and layout can change.
- 04** Find your credits
Check the credit balance and the cost shown before you generate.
- 05** Choose one generation
If there is an x1 setting, start there. Higher counts may use more credits.
- 06** Choose duration and format
Select an offered duration and aspect ratio that match your plan.
- 07** Paste and review
Paste the JSON-formatted description from ChatGPT, then inspect it before generating.

THE CREDIT RULE

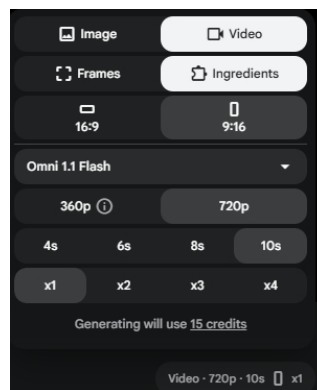
Google has offered a daily free credit allowance for eligible accounts, including a 50-credit tier, but eligibility and pricing can change. The number shown in your own Flow account is the source to trust. Free credits do not mean unlimited generations. Avoid creating extra accounts to evade limits.

How to read the Flow settings

SETTING	WHAT IT MEANS
Model	The AI system used to create your footage. Names and quality can vary.
Duration	How many seconds the finished clip runs.
Resolution	Image detail, such as 360p or 720p. Higher quality can cost more.
Aspect ratio	9:16 is tall phone video; 16:9 is wide landscape video.
x1 / x2 / x3	Number of outputs requested. Start with x1 to conserve credits.
Credit price	The cost for the selected combination. Always read it before clicking Generate.

Your Midnite Luxury example

The demonstrated setup used Omni 1.1 Flash • 720p • 10 seconds • 9:16 • x1, with a displayed price of 15 credits per generation at the time of the screenshot. If you have 50 credits and that same price applies, you can request up to three generations, leaving five credits. Other combinations may cost less or more.



Example settings screenshot supplied by the creator. Your interface may look different.

Lesson 4 — What is JSON?

JSON (pronounced “JAY-sahn”) is a way of organizing text. Think of it like a recipe card. A recipe says what to cook; our prompt says what kind of video to make. You do not need to learn programming.

A TINY EXAMPLE

```
{ "subject": "red sports car", "location": "oceanfront driveway", "duration": "10 seconds" }
```

This is ordinary descriptive text. It does not install software or automatically execute a program. Still, read any text before pasting it. Flow may not strictly enforce each JSON field; it may interpret the entire block as a creative description.

Lesson 5 — Generate your first clip

- 01** Ask ChatGPT for your first package
In QUICK MODE it gives everything at once. In GUIDED MODE it helps one step at a time.
- 02** Copy the VIDEO PROMPT only
Do not copy the caption or the explanatory notes into Flow.
- 03** Check Flow settings
Choose a supported length, format, resolution, and x1. Check the displayed credit cost.
- 04** Generate
Click the current Generate or equivalent button. Wait for the result.
- 05** Watch the entire clip
Check whether the subject, camera movement, and ending look good.
- 06** Download on desktop
Right-click the completed video and look for Download. Choose an offered output resolution and save the original; availability varies by account. Animate may appear separately.
- 07** If it fails, use FIX
Paste the error message or describe what went wrong. The coach will propose a compliant revision.

SUCCESS CHECKPOINT

You have a playable video file saved on your device. That counts as success even if you decide not to post it. Now you can learn to enhance or edit it.

Lesson 6 — The Free AI Video Upscaler

<https://free.upscaler.video/>

This is the Free AI Video Upscaler website—not a video included with the purchase. It can sometimes improve apparent clarity or enlarge footage. It is optional; results depend on the source video, browser, computer, and current site limits.

- 01** Keep your original file
Never overwrite your only copy. Save it before enhancing.
- 02** Open the upscaler
Visit the website above in a supported desktop browser if possible.
- 03** Choose your file
Use the upload/open-file control and select the video you downloaded from Flow.
- 04** Select Sharpen and 2K
Creator-tested starting point: Sharpen often processes faster than Detail with similarly attractive results; 2K may be faster than 4K. Times and quality vary.
- 05** Click Upscale
Start processing and wait for the browser to finish. Longer clips and weaker computers can take more time.
- 06** Preview the result
Check for artificial edges, flickering, or odd textures.
- 07** Download the enhanced file
Save it with a different name. Compare it to your original before posting.

IF YOUR COMPUTER STRUGGLES

Close extra tabs, try a shorter clip, and check the site's current requirements. If it still freezes, skip upscaling. A clean original video is better than a damaged enhancement. Do not claim every computer can upscale to 4K for free.

Lesson 7 — Make it look cinematic

These are creative starting patterns from the Midnite Luxury workflow. They are not guaranteed to work perfectly in every model. Keep the action physically believable.

Single subject: four visual moments

APPROX. TIMING	WHAT TO SHOW
0–2.5 seconds	Front three-quarter hero view; car fills roughly 65–80% of frame width.
2.5–5 seconds	Controlled side sweep, camera around 3–5 feet high; no pavement-level view.
5–7.5 seconds	Detail or interior view only if it is physically plausible and supported.
7.5–10 seconds	Rear three-quarter close hero shot; no distant zoom-out.

Two subjects: three clear angles

APPROX. TIMING	WHAT TO SHOW
0–3.2 seconds	Both subjects in one clear establishing shot.
3.2–6.5 seconds	Focused view of subject one.
6.5–10 seconds	Focused view of subject two; finish cleanly.

For 4-second clips, do not squeeze four complex shots into four seconds. Use one beautiful shot or a simple two-shot idea. Shorter prompts are often more reliable.

Optional: your own TikTok color tone

After uploading your clip in the TikTok app, open the editing tools and look for Filters or Adjust. If offered, make small changes to brightness, contrast, saturation, warmth, highlights, and shadows. Preview before posting. Controls vary by app version. Build your own signature look; no specific creator color recipe is included.

Three ready-to-use creative ideas

MIDNITE LUXURY

Emerald sports car parked outside a modern oceanfront villa at sunset. Realistic reflections, smooth camera movement, no text or music.

NATURE ESCAPE

Sunrise over a misty alpine lake. Gentle drone-style motion, believable ripples and trees, calm natural colors.

DREAM HOMES

Warm evening exterior of a contemporary hillside house with floor-to-ceiling windows and a pool. Slow, realistic architectural camera movement.

To use one, tell your coach: “Make my next video using the Nature Escape idea, but keep my chosen duration and platform.”

Lesson 8 — Your eight commands

COMMAND	WHAT HAPPENS
NEXT	New standalone video in your chosen niche; fresh title, prompt, caption, and five hashtags.
HELP	The coach helps with your current problem, one step at a time.
FIX	Describe a rejection, failure, or visual mistake; receive a safer or simpler revision.
CONTINUE	Create a related next scene for a longer video; continuity is not guaranteed.
SETUP	Start or resume guided onboarding.
SETTINGS	Review or change your platform, duration, style, and other choices.
NEW TOPIC	Change your niche without starting over.
SHOT STYLE	Switch smooth or dynamic cuts and change the shot count.

REMEMBER THIS

Keep using the same ChatGPT conversation for continuity. If you start a new chat, paste the master prompt again and answer the setup questions again. ChatGPT memory and limits vary by account.

Lesson 9 — When things go wrong

WHAT HAPPENED	YOUR NEXT ACTION
Prompt rejected	Read the exact message. Type FIX and paste it. Change prohibited concepts rather than trying to bypass filters.
Wrong car / object / color	Type FIX and describe the difference. Ask for fewer subjects and clearer continuity.
Too many strange camera cuts	Type FIX: "Use one smooth shot or two simple shots."
Credits missing / too expensive	Stop before generating. Check balance and selected model, length, resolution, and output count.
Button is missing	Type HELP and send a screenshot. Interfaces change.
Upscaler freezes	Try a short clip or skip the optional enhancement.
Video ends abruptly	Type FIX and ask for simpler motion and a clean ending.
ChatGPT forgot settings	Type SETTINGS and restate your preferences.

Exactly what to send your coach

COPY THIS WHEN SOMETHING FAILS

"FIX. I tried to make [brief description]. Here is the exact error or problem: [paste it]. My Flow model and settings are [what I see]. Please explain the likely cause in plain English, then give me a simpler policy-compliant replacement prompt."

Lesson 10 — Longer videos with CONTINUE

Want a 30–60 second story? Make several shorter clips and combine them in an editor. The hard part is keeping the same subject across clips. AI tools can change faces, cars, clothing, and backgrounds.

- 01** Plan the story
Tell ChatGPT the total target length and ask for a simple scene outline.
- 02** Create scene one
Generate a reference image or first clip if your chosen mode supports it.
- 03** Preserve references
Save the first image or a clear last frame. Use it as a reference only where the tool allows.
- 04** Type CONTINUE
Ask ChatGPT for the next related scene, with consistent subject descriptions.
- 05** Generate each scene
Inspect each clip. If continuity breaks, use FIX and simplify.
- 06** Assemble in CapCut
Import clips in order, trim, add optional narration/music you have rights to, and export.

EXPECTATION CHECK

CONTINUE helps plan related scenes. It does not magically extend a finished video or guarantee identical characters. Treat longer stories as an advanced option after your first successful standalone clip.

Lesson 11 — Publish without confusion

- 01** Choose the platform
TikTok, Reels, Shorts, or the platform you selected during setup.

- 02** Review the video
Check the first second, the ending, audio, quality, and any accidental text.
- 03** Use your caption
Copy the caption and exactly five relevant hashtags your coach supplied. Adjust to fit the platform.
- 04** Add audio carefully
Use music or sound effects you have permission to use. Some commercial uses require separate rights.
- 05** Label AI content when required
Check the current rules of the platform and any applicable law; realistic synthetic media may need disclosure.
- 06** Publish and learn
Do not assume views or income. Observe what people watch and refine the next idea.

Lesson 12 — A simple 15-minute repeat routine

Once your accounts are ready, try this repeatable routine. Actual rendering and upscaling can take longer.

- 01** Type NEXT
Get a fresh title, prompt, caption, and hashtags.
- 02** Read the prompt
Make sure the subject and scene are what you want.
- 03** Check credits and generate
Use x1 and your preferred settings, if available.
- 04** Download and inspect
Keep the original. Use FIX if something looks wrong.

05 Optionally enhance
Use the Free AI Video Upscaler only if it improves the result.

06 Publish or save
Post it or save it for later. Repeat when ready.

CREDIT-SAVING RULE

Create one version first. Do not spend your entire daily allowance chasing tiny improvements. If a result is usable, save it. If it is not, diagnose the issue before trying again.

Safety, rights, and honest expectations

Content restrictions are real

Flow and other platforms can reject sexually explicit, exploitative, graphic, deceptive, or otherwise prohibited requests. Some harmless-looking prompts can also fail because of system limitations. Ask your coach for a genuinely compliant alternative, not instructions for evading safety systems.

A generated clip is not a blanket resale license

Check the current terms of every tool you use, especially if you plan to sell videos, offer stock footage, use brands or recognizable people, or create ads. A license to use content commercially is not always permission to resell the raw files. Upscaling does not create rights you did not already have.

Free-to-start is not unlimited

Free plans, daily credits, model access, resolutions, processing limits, and pricing may change. A browser-based upscaler may depend on your device. This guide is an educational workflow, not a guarantee that every generation or every feature will be free forever.

AI support is not human support

The built-in coach is ChatGPT following the master prompt. It can explain steps and troubleshoot, but it may make mistakes or lack up-to-date interface information. Use screenshots and official help pages to confirm changing settings. The guide does not include a promise of personal live support from the creator.

Your first-video checklist

- ☐ I can sign into ChatGPT.
- ☐ I pasted the complete master prompt into a new chat.

- ☐ I answered the six setup questions and confirmed my choices.
- ☐ I can open Google Flow and find my credit balance.
- ☐ I checked the displayed cost before generating.
- ☐ I copied only the video prompt into Flow.
- ☐ I generated and downloaded a playable clip.
- ☐ I kept the original and optionally tried the Free AI Video Upscaler.
- ☐ I reviewed the final video and my caption before posting.
- ☐ I know to type HELP, FIX, NEXT, or CONTINUE when needed.

YOU DID IT

If you have a downloaded video you can play, you have completed the core system. Return to your ChatGPT conversation and type NEXT to create another concept.

Frequently asked questions

Do I need to know how to code?

No. JSON is just structured descriptive text. Copy the prompt and paste it.

Can I use the PDF on my phone?

Yes, but selecting a long prompt may be easier on a computer. Use a PDF reader that supports text selection.

Can I make more than one video?

Yes, within the credits, rate limits, and access provided by your tools.

Do I have to use luxury cars?

No. Choose any permitted niche during setup or type NEW TOPIC.

Does NEXT post videos automatically?

No. It creates the next package. You still generate, review, download, and post.

Can I make a minute-long video?

You can assemble shorter clips in an editor. Visual consistency is not guaranteed.

What if Google Flow changes?

Type HELP, share a screenshot, and consult the official Flow help pages.

Is the upscaler required?

No. Skip it if your original clip already looks good or your device struggles.

Will this make me money?

No income, views, follower growth, or monetization results are guaranteed.

Reference links and final terms

ChatGPT: <https://chatgpt.com>

Google Flow: <https://labs.google/fx/tools/flow>

Free AI Video Upscaler: <https://free.upscaler.video/>

CapCut: <https://www.capcut.com>

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Next step: Keep the PDF, open your ChatGPT conversation, and type NEXT. You already know the workflow.