

★ VIP Templates — Easy AI Content Workshop

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Copy these. Fill in the brackets. Use them every time.

TEMPLATE 1 — Story to Full Script (Claude)

None

You are a content coach helping me turn a personal story into a short video script for social media.

My story: [PASTE YOUR STORY HERE]

My audience: [WHO ARE THEY – e.g. "entrepreneurs over 40 who want to use AI to grow a brand"]

Please write:

1. A strong hook (first 3 seconds – make them stop scrolling)
2. The story told conversationally (60–90 seconds when spoken)
3. A lesson or key insight
4. A clear call to action

Keep my voice. No corporate language. Sound like a real person talking.

TEMPLATE 2 — Turn 1 Story into 5 Posts (Claude)

None

I have this story/script:

[PASTE YOUR SCRIPT HERE]

Please turn it into 5 different pieces of content:

1. Twitter/X thread (5 tweets, conversational, punchy)
2. LinkedIn post (professional but warm, 150–200 words)
3. Instagram caption (casual, relatable, ends with a question)
4. YouTube Shorts script (under 60 seconds, hook in first 3 words)
5. Email newsletter opening paragraph (personal, story-driven)

Keep the core message the same. Adapt the tone for each platform.

TEMPLATE 3 — Give Claude Your Voice (Claude)

Use this BEFORE any writing task so Claude sounds like YOU.

None

Here are 3 examples of how I write/talk:

Example 1: [PASTE A PAST POST OR EMAIL YOU WROTE]

Example 2: [PASTE ANOTHER EXAMPLE]

Example 3: [PASTE ANOTHER EXAMPLE]

For all future content in this conversation, write exactly like this.

Match my tone, sentence length, energy, and vocabulary.

Do not sound corporate or overly polished.

TEMPLATE 4 — 10 Content Ideas From Your Story (Claude)

None

Here is my background/story:

[PASTE A SHORT BIO OR DESCRIBE WHAT YOU DO AND WHO YOU HELP]

Generate 10 short-form video ideas for me based on this.

For each idea include:

- A hook (the first line someone sees or hears)
- A one-sentence description of the content
- Which platform it works best on

Make them specific to my story and audience. Not generic advice.

TEMPLATE 5 — Freepik Image Prompt Formula

Formula: [Subject] + [Setting/Context] + [Mood/Lighting] + [Visual Style]

Copy/paste examples:

None

Confident entrepreneur at a clean minimal desk, soft morning light, warm and motivating, cinematic photography style

None

Simple flat illustration of a person holding a phone with content flowing out, blue and white tones, modern flat design

None

Quote card background, dark gradient with subtle gold accents, minimal and premium, no text, abstract

None

Before and after transformation concept, split screen, professional setting, high contrast, motivational

None

Person looking at a laptop with a big smile, home office, natural window light, realistic, approachable

TEMPLATE 6 — CapCut Video Structure

Use this as your blueprint for every short-form video:

None

SECONDS 0-3: Hook slide
Bold text on screen + strong opening line spoken
or as caption

Goal: stop the scroll

SECONDS 3-15: Problem or setup
2-3 image slides
Set up the story or the tension

SECONDS 15-45: Main content
One image per key point
Keep each slide 3-5 seconds

SECONDS 45-55: Lesson or takeaway
Clean text slide with your key insight
The thing they should remember

SECONDS 55-60: Call to Action
"Follow for more" / "Link in bio" / "Comment
below"

ALWAYS ON: Auto-captions (most people watch on mute)
MUSIC: 20-30% volume – don't cover your voice
LENGTH: Under 90 seconds to start. Under 60 is better.

TEMPLATE 7 — 30-Day Content Roadmap

Week 1 — Your Origin Story

- Why did you start?
- What problem were you trying to solve?
- What changed when you found the solution?
- Content ideas: "How I got started," "The mistake that changed everything," "What I wish I knew"

Week 2 — Your Process

- How do you do what you do?
- What's your step-by-step system?
- What tools do you use and why?
- Content ideas: "My exact process for X," "The 3 tools I use every week," "Step-by-step: how I create content in 3 hours"

Week 3 — Results and Proof

- What has happened since you started using the system?
- What results have you or your students seen?
- What does success actually look like?
- Content ideas: "What happened after 30 days of posting," "Before vs after," "What my students are saying"

Week 4 — Your Offer

- What do you sell?
- Who is it for?
- How does someone join or buy?
- Content ideas: "Here's exactly what I teach," "Who this is for (and who it's NOT for)," "How to work with me"

Post frequency: 3–5 times per week minimum **Start with ONE platform.** Get consistent there first. Then expand.

TEMPLATE 8 — The Batching System

Create a full month of content in one sitting.

None

STEP 1 – Brain Dump (30 min)

Write down 10 story ideas. Don't filter. Just list them.

Use Template 4 above to get Claude to help generate ideas.

STEP 2 – Scripts (45 min)

Run all 10 through Claude using Template 1.

Copy each script into a doc. Label them 1–10.

STEP 3 – Images (30 min)

Go to Freepik. Generate 3 images per script using Template 5.

Download and organize in a folder by video number.

STEP 4 – Videos (60 min)

Open CapCut. Build all 10 videos using Template 6 structure.

Export each one. Name them clearly.

STEP 5 – Schedule (15 min)

Use Buffer, Later, or your platform's native scheduler.

Set them to post 3–5x per week.

TOTAL TIME: ~3 hours = 10 pieces of content = 2+ weeks of posting

QUICK REFERENCE — Links & Tools

Tool	Link	Cost
Claude AI	claude.ai	Free

Freepik AI Image Generator	Freepik Link	Free (limited)
CapCut	CapCut Link	Free
Buffer (scheduling)	buffer.com	Free tier
Whisper (text-to-type)	Wisper Link	Free tier
Easy AI Content Community	Skool Link	\$9/month

[Easy AI Content | skool.com/easyai | \\$9/month](#)