

FREE GUIDE

The Inner-Child *Reel Kit*



Make a cinematic AI reel of you meeting your 4-year-old self

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WELCOME

Your 20-second *movie moment*

These are real frames from my own inner-child reel, and this is the exact recipe behind it. Six quick close-ups in a bright, dreamy white room: little you asks a few questions, grown-up you answers through tears, and it ends in a hug.



What you need

01 An ElevenLabs paid plan

The free plan can't make videos. One tool covers the pictures, the video and the music.

02 3 clear, recent photos

So the AI knows exactly what your face looks like.

03 About 30,000 credits

My first reel used about 29,000. Later reels cost less because you reuse your pictures.

04 About 1 hour

Most of it is waiting while things generate.

The 6 steps at a glance

[Get ElevenLabs →](#)

The tool I used for every step

Disclosure: this is my affiliate link. I may earn a commission if you sign up, at no extra cost to you.

01 | STEP 1

Pick 3 photos of yourself

Your photos decide whether the reel looks like you, so choose them carefully.

- ✓ One close-up selfie, facing the camera, smiling naturally
- ✓ One photo turned slightly to the side, so the AI sees your profile
- ✓ One photo with your current hair: colour, length and parting

Avoid filters, sunglasses, heavy shadows and anything covering your face. Daylight works best. Upload all 3 to ElevenLabs before you start.

02 | STEP 2

Create the grown-up you picture

This close-up becomes the first frame of all your talking shots, so take time to get it right.

MODEL

Nano Banana Pro

SIZE

9:16 · 2K

REFERENCES

Your 3 photos

OPTIONS

2 · ≈3,000 credits each

COPY THIS PROMPT · CHANGE THE GOLD WORDS TO MATCH YOU

The three attached photos all show the same real woman. Use them ONLY as identity references: reproduce her face exactly — same face shape, cheekbones, eye shape, eyebrows, nose, lips, skin tone and age. Do not beautify, slim, smooth or age her; she must be instantly recognisable as the woman in the photos.

Scene: an emotional cinematic vertical film still (9:16). Tight over-the-shoulder close-up. In the extreme foreground on the left edge, the out-of-focus back of a little girl's head — glossy **[dark brown]** hair in a short bob — heavily blurred, filling about a quarter of the frame. In sharp focus, the woman kneels at the child's eye level and looks slightly down at her with an overwhelmed, tender expression: eyes glistening and wet with tears about to fall, brows gently lifted, lips softly closed. Her **[dark brown shoulder-length straight]** hair is **[loosely half-up]**, with a few wispy strands framing her face. She wears a soft cream chunky knit sweater.

Background: a minimal bright room; tall white sheer curtains glow with strong window light directly behind her, giving a soft warm rim light on her hair and shoulders and a gentle haze and bloom. Palette: white, cream, ivory and natural warm skin tones only — no orange, no clutter, no furniture, no text.

Camera: 85mm lens at f/1.4, very shallow depth of field, creamy bokeh, natural skin texture, subtle film grain, high-end cinematic drama look, photorealistic.

Tip: keep the lips closed in this picture. The video adds the talking later. Pick the option that looks most like you.

03

STEP 3

Create little you at age 4

No childhood photo needed: the AI builds little you from your adult features.

MODEL

Nano Banana Pro

SIZE

9:16 · 2K

REFERENCES

Same 3 photos

OPTIONS

1 is usually enough

COPY THIS PROMPT

The three attached photos all show the same real woman. Create HER as a little girl of about 4 years old — her own childhood self. The child must clearly share her features: the same eye shape, eyebrows, nose shape, lip shape, face shape and skin tone, scaled to a toddler's soft round cheeks. Glossy **[dark brown]** straight hair in a chin-length bob with a soft blunt fringe.

Scene: an emotional cinematic vertical film still (9:16). Tight over-the-shoulder close-up from behind a kneeling adult woman: in the extreme foreground on the right edge, her out-of-focus shoulder in a cream chunky knit sweater and a little of her **[dark brown]** hair, heavily blurred. In sharp focus, the little girl stands looking up at the woman with big, gentle, curious eyes and a soft innocent expression, lips closed. She wears a simple white cotton smocked dress with small puffed sleeves.

Background: tall white sheer curtains glow with strong window light behind the child, a halo of warm rim light around her hair, gentle haze and bloom. Palette: white, cream, ivory and natural warm skin tones only — minimal, no clutter, no orange, no text.

Camera: 85mm lens at f/1.4, very shallow depth of field, creamy bokeh, natural skin, subtle film grain, high-end cinematic drama look, photorealistic.

9k

Save both pictures. You can reuse them in every future reel, which saves about 9,000 credits each time.

04

STEP 4

Make the six talking shots

Each shot is a short video that starts from one of your two pictures. Together they run about 20 seconds.

MODEL

Kling 3.0 Pro

SIZE

9:16 · 1080p

SOUND

On for 1–5, off for the hug

COST

≈1,000 credits / second

PASTE INTO THE NEGATIVE PROMPT BOX ON EVERY SHOT

subtitles, captions, text, watermark, background music, distorted face, face morphing, changing identity, aging, extra fingers, harsh shadows, orange tint

Your shot list and all six prompts are on the next page.

STEP 4 · CONTINUED

The shot list

SHOT	WHO	LINE	START PICTURE	LENGTH
01	LITTLE YOU	"Are you tired?"	Little you	3 s
02	YOU	"No."	Grown-up you	3 s
03	LITTLE YOU	"You made it."	Little you	3 s
04	YOU	"Am I what you expected?"	Grown-up you	4 s
05	LITTLE YOU	"No... you're better."	Little you	4 s
06	THE HUG	no words	Grown-up you	3 s

ONE PROMPT PER SHOT

Shot 01 LITTLE YOU "Are you tired?"

Cinematic close-up. The little girl looks up at the woman with big gentle eyes and asks softly, in a small, sweet four-year-old girl's voice: "Are you tired?" Natural lip movement, a gentle blink, her hair glowing in the backlight. Very slow push-in, shallow depth of field. Quiet room tone only, no music.

Shot 02 YOU "No."

Cinematic close-up. The woman holds back tears, gives a small brave smile and shakes her head slightly, saying quietly in a soft, warm adult woman's voice: "No." Her eyes glisten with tears. Natural lip movement, very slow push-in, shallow depth of field. Quiet room tone only, no music.

Shot 03 LITTLE YOU "You made it."

Cinematic close-up. The little girl's face softens into a proud, gentle smile and she says, in a small, sweet four-year-old girl's voice: "You made it." Natural lip movement, her hair glowing in the backlight. Very slow push-in, shallow depth of field. Quiet room tone only, no music.

Shot 04 YOU "Am I what you expected?"

Cinematic close-up. A tear rolls down the woman's cheek; her lips tremble and her voice breaks as she asks softly, in a warm adult woman's voice: "Am I what you expected?" Natural lip movement, very slow push-in, shallow depth of field. Quiet room tone only, no music.

Shot 05 LITTLE YOU "No... you're better."

Cinematic close-up. The little girl slowly shakes her head, then breaks into a warm, loving smile and says, in a small, sweet four-year-old girl's voice: "No... you're better." Natural lip movement, her hair glowing in the backlight. Very slow push-in, shallow depth of field. Quiet room tone only, no music.

Shot 06 THE HUG no words

The little girl in the white dress steps forward from the blurred foreground into the woman's arms. The woman closes her eyes, tears falling, and wraps her in a long, tender hug, resting her cheek on the child's head and smiling through her tears. Soft backlight glowing through the white curtains, gentle haze. Slow cinematic drift, shallow depth of field. No dialogue.

05 | STEP 5

Add music and put it together

A soft piano bed makes it feel like a film, and 20 seconds of music costs only about 300 credits.

TOOL

Eleven Music

TYPE

Instrumental

LENGTH

20 seconds

COST

≈300 credits

COPY THIS PROMPT

A tender, emotional cinematic piano piece for a short film about a woman meeting her childhood self. Sparse, slow solo felt piano with soft warm strings swelling gently in the second half, building to a quiet emotional peak around 16 seconds and resolving softly at the end. Intimate, hopeful, tear-jerking, 66 BPM, no drums, no vocals.

- 1 Place shots 1 to 6 in order, back to back, with no gaps.
- 2 Add the music under the whole reel at about 30% volume, so the voices stay clear.
- 3 Export as vertical 9:16 video. Do it in ElevenLabs, or in CapCut if you prefer editing on your phone.

06 | STEP 6

Post it

The first second decides whether people stop scrolling, so open with a hook on screen.

HOOK TEXT FOR THE FIRST SECOND

"I met 4-year-old me. She asked one question that broke me."

CAPTION TEMPLATE · SWAP IN YOUR STORY

She asked if I was tired.
I said no.
Truth is... I was. For years.

[2-3 short lines about where you were before]

[1-2 lines about where you are now]

If 4-year-old me could see me now, I think she'd say it too: "You're better." 💙

What would little you say to you today? 🗣️

Before you post

- ☐ Turn on Instagram's auto-captions so every line shows as text
- ☐ Tick the "AI info" label, because the reel is AI-generated
- ☐ Post in the evening, when emotional content tends to do best
- ☐ The next day, post a normal talking reel with the real story behind it

PRO TIPS

Save credits & fix problems

Most wasted credits come from making the whole reel before checking one shot. Make shot 1 first, check it, then make the rest.

1–2 options

per picture, not 4

15–20 s

longer reels cost more and don't perform better

Reuse

your two pictures in every reel

Sound off

on shots with no words, about 30% cheaper

PROBLEM	FIX
The face doesn't look like you	Add more clear photos and describe your hair colour and length in the prompt.
The face looks older than you	Add "youthful, smooth natural skin, do not age her" to the picture prompt.
Smile too wide or teeth too big	Edit only the mouth: "keep everything the same, make the smile softer with lips closer together".
The face changes during a video	Keep shots to 3–4 seconds and keep "changing identity, aging" in the negative prompt.
Cluttered or orange-looking room	Keep "no clutter, no orange" in the prompt, and keep the white-curtain backlight.
The voice sounds different between shots	Normal for AI voices. Keep lines short, or record your own voice and dub it over.

BONUS

Your next reels, *for less*

You already have your two pictures, so each new reel only costs the video: about 1,000 credits per second.

A

Little you visits your home

She walks in, looks around and whispers: "Is this... ours?"

B

Little you's big dream

She asks: "Did we become **[your childhood dream]**?" You smile and answer.

C

A letter to little you

You read her one line you wish you'd heard at 4. She listens, then hugs you.

Credit costs are approximate as of October 2026 and may change.

YOUR TURN



Ready to meet *little you?*

Everything you need is in this kit. Start with one shot today.

Get ElevenLabs →

Made yours? Tag me.

I'd love to see your reel. Tag [@iamjjfoo](#) on Instagram and I might share it.

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