



Your Videos, Watched

*Plan, film and edit short videos
that grab attention, with AI.*

10 prompts to find your ideas, write a script, film on your phone, edit with captions and publish short videos people actually want to follow, even with no gear.

Free for the SYSTINFO community



GOOD TO KNOW

AI helps, but you are the camera.

In 2026, a phone is enough to film, and AI handles the tedious part: it finds ideas, writes a script, adds captions and cuts dead air (CapCut, Descript, Opus Clip). What is left is the main thing, your face and your voice, because you are who the audience comes to see.

- **AI drafts, you perform**

A good script is not a good video. Your energy and a hook in the first second keep viewers.

- **Rights and honesty**

Music, images and clips have rights holders: use royalty-free libraries. Disclose a voice or image made by AI.

- **Protect privacy**

Never film people without consent, children above all. Blur faces and plates, show no address or papers.

The right habit: a strong hook in the first 3 seconds, and captions always on.



THE METHOD

Ten prompts, five steps.

No technical skill required. These 10 prompts take your video from idea to publishing: plan, write, film, edit and grow your audience. Just adapt the brackets to your topic.

*Every prompt follows the same recipe: Role, Context, Task, Format.
Copy the structure, change the brackets.*

01 Plan the video

· 2 prompts

02 Write the script

· 2 prompts

03 Film on your phone

· 2 prompts

04 Edit and dress up

· 2 prompts

05 Publish and grow

· 2 prompts



The Idea That Hooks

PROMPT TO COPY

Role: you are a short-video creator who knows my field.

Context: I talk about [topic] to an audience of [target], on [TikTok, Reels, Shorts].

Task: give me short-video ideas that make people want to tap.

Format: ten ideas, each with a title, the angle, and the promise to the viewer in one line.

What you get

A stock of ideas ready to shoot. No more blank page, you pick the idea that speaks most to your audience.



The Right Format

PROMPT TO COPY

Role: you are a video format advisor.

Context: my idea is [idea], my audience mostly watches on [platform], I have [little time and a phone].

Task: help me pick the right format and length.

Format: the recommended format, target length, orientation (vertical or horizontal), and two example structures that work.

What you get

The right mold from the start. You shoot in the format the platform favors, instead of redoing the video later.



A Script For The Screen

PROMPT TO COPY

Role: you are a short-video writer, spoken and lively.

Context: my video is [length] long and is about [topic] for [audience].

Task: write a short script to say to camera, in a natural tone.

Format: a hook, three key points in simple sentences, a close, and a call to act. Mark where to pause.

What you get

A script built for the ear. You read something that sounds spoken, not written, and you stay clear from start to end.



The 3-Second Hook

PROMPT TO COPY

Role: you are a specialist in hooks that hold attention.

Context: my video is about [topic] and a viewer can leave in one second.

Task: give me opening lines that make people stay.

Format: eight different hooks (question, number, promise, surprise), each one short line to say right away.

What you get

The hook of the first seconds. You test several openers and keep the one that stops the scroll.



Filming On Your Phone

PROMPT TO COPY

Role: you are a camera operator used to smartphone shooting.

Context: I film alone, with [my phone], at home, light from [daylight or a lamp].

Task: give me a simple checklist for a sharp image and clear sound.

Format: phone settings, where to place light and mic, the framing, and three mistakes to avoid.

What you get

A clean image with no studio. You know where to stand, how to light and how to catch clear sound, with what you already own.



Natural Delivery

PROMPT TO COPY

Role: you are a to-camera speaking coach.

Context: I am [shy or a beginner] and I freeze as soon as I film.

Task: help me speak with ease and redo a take without stress.

Format: a short warm-up, notes to place near the camera, a tip against nerves, and a simple way to pick up after a slip.

What you get

A calmer delivery. You look at the camera without tensing up, and a blown take no longer stops you.



The Guided Edit

PROMPT TO COPY

Role: you are an editor who explains step by step.

Context: I shot my footage and I edit in [CapCut or Descript], I am a beginner.

Task: give me a simple edit plan for a snappy video.

Format: the order of steps (cut silences, keep the pace, add auto captions, light music), and the settings to turn on.

What you get

An edit that holds attention. You cut dead air, add readable captions and keep a pace that retains viewers.



The Thumbnail That Pulls

PROMPT TO COPY

Role: you are a specialist in titles and thumbnails.

Context: my video is about [topic] and I want clicks in a crowded feed.

Task: give me a short title and a clear thumbnail idea.

Format: five short titles, the thumbnail image idea, the two or three words to put on it, and the colors that stand out.

What you get

A doorway that attracts. Your title and thumbnail stand out in the feed and make people want to open the video.



The Optimized Post

PROMPT TO COPY

Role: you are an expert in video publishing.

Context: I post on [platform] for an audience of [target], about [topic].

Task: prepare my publishing sheet so I get found.

Format: a title, a short description, five to eight useful hashtags, and the best time to post.

What you get

A polished upload. Your video is well described and well tagged, so the right people find it more easily.



The Audience That Grows

PROMPT TO COPY

Role: you are an analyst who helps creators improve.

Context: here are the numbers from my last videos
[views, watch time, new followers].

Task: tell me what works, what stalls, and what to test
next.

Format: three clear findings, three ideas to test, and a
simple, realistic posting calendar to last over time.

What you get

A direction to improve. You see what keeps your audience
and you post regularly, without burning out.



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Give us 30 seconds

Take a moment to thank us on one of our channels. A public word, however short, encourages us to keep supporting you, tip after tip.

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