

Lesson 5: Make Images with Chat

Copy and paste these into ChatGPT, Gemini or Claude. Swap the bracketed parts for your own details, then keep the ones that work. The fun ones at the end are where people usually fall in love with this.

Ready-to-use prompts

Prompt 1

Replace the face in the reference image with my face. Keep the exact pose, lighting, background, color grading, and style from the Pinterest image. Make the face swap look natural and blend my skin tone with the scene.

Prompt 2

The lighting on my face does not match the rest of the image. Adjust the shadows, highlights, and color temperature so my face looks like it was actually photographed in that scene.

Prompt 3

Keep the same pose and background, but change my expression to look calm, confident, and natural — not stiff or artificially posed.

Prompt 4

Make the hair, skin texture, and edges blend naturally into the original image. Avoid a cut-out look. Make it look like one real photograph.

Prompt 5

Create a 9:16 vertical version of this image, keeping the same style and mood, optimized for Instagram Stories or TikTok.

Play with it — the fun prompts

These are the ones people screenshot and send to their friends. Run them for the joy of it — you'll learn faster when you're laughing.

Fun 1

Vertical 9:16 cinematic editorial portrait, golden-hour rooftop, film grain, shallow depth of field, confident relaxed pose, warm highlights.

Fun 2

Put me on the cover of a magazine. Invent the magazine name, the headline, and 3 cover lines about me.

Fun 3

Same photo, four moods: cozy coffee shop, neon night city, sunlit beach, black-and-white studio.

Fun 4

Turn my headshot into a vintage 1970s film photo — warm tones, soft grain, natural skin texture.

Follow-ups that make any answer better

- Make it shorter.
- Make it friendlier and less formal.
- Put it in a table.
- Give me 3 more options, more different from each other.
- Explain it like I'm brand new to this.
- What did you assume? Ask me 3 questions before you rewrite it.

Troublemaker follow-ups (use these for fun)

- Explain this to me like I'm 8, then like I'm a skeptical CEO.
- Give me the version you'd write if you were showing off.
- Now make it 20% funnier without losing the point.
- What's the boldest version of this idea? Don't play it safe.
- Pretend you're my biggest fan. Now pretend you're my harshest critic. Give me both takes.

My own prompts to save
