

Lesson 5: Make Images with Chat

Fill this in during the workshop so you leave with work you can actually reuse. Write in your own words — short is fine.

What I want out of this lesson

Goals for this lesson

- ☐ Make a genuinely usable image from words.
- ☐ Write visual prompts: subject + style + mood.
- ☐ Fix an image by changing one detail.

Exercise: Drop yourself into an image you love

About 20 minutes.

1. Open Pinterest and search for a look, mood, or scene you love — fashion, travel, lifestyle, or portrait.

2. Screenshot 3–5 images that match the vibe you want for yourself.

3. Open ChatGPT and upload one Pinterest image plus a clear photo of your face.

4. Use the prompt below to ask ChatGPT to replace the face in the image with yours.

5. If it looks off, keep prompting: 'make the lighting match better,' 'keep the pose but change my expression,' or 'make the hair blend naturally.'

6. Save your favorite version when you are satisfied.

What I built today (keep this)

Paste or rewrite the best output you got. This is the thing you reuse.

My best prompt from this lesson

One thing I'll do with this in the next 7 days
