



[Get ALL AI Automation + Agent Templates >>](#)

Prompts & Links - This AI System Generates Photos of You + Posts Them Automatically (n8n + No-Code)

(Follow the instructions in this video: <https://youtu.be/mS7zBoqHAlk>)

Templates:

AI Automation Template for Instant Setup:

<https://fabimarkl.com/automation-templates/#photo-clone>

Links:

Free Trial for N8N Account:

<https://n8n.io/>

Setup Replicate Account:

<https://replicate.com/>

Image Model Training: <https://replicate.com/ostris/flux-dev-lora-trainer/train>

Setup OpenAI Account:

<https://platform.openai.com>

Setup Blotato Account:

<https://blotato.com/>

Setup Telegram Account:

<https://telegram.org/>

Get ChatID: @get_id_bot

Image to Zip Converter:

<https://compressjpeg.dev/images-to-zip-converter>

Image Generation Prompt Structure

DESCRIPTION OF SCENE, CLOTHES, TIME OF DAY

[Click Here to Get AI Automation Template for Instant Setup >>](#)

Examples

man sitting at a beach cafe in bali at midday looking directly into the camera, purple shirt and orange shorts and flipflops and laptop in front of him and view from front, sunny

A man cutting a watermelon looking directly into the camera, wearing a Chef shirt, middle of the day

TRAINING NOTES FOR USERS

Understanding Steps in Your Training

Steps = How many times the AI studies your photos

- 500 steps = Quick test (10 min, ~\$1) - Just to try it out
- 1000 steps = Standard (15-20 min, ~\$2) - Good for most cases
- 2000 steps = Better quality (25-30 min, ~\$3) - For more accuracy
- 4000 steps = Maximum quality (40 min, ~\$5) - Best possible results

Google Drive Link Setup

1. Upload your ZIP file to Google Drive
2. Right-click → Get link → Anyone with link
3. Your link looks like: <https://drive.google.com/file/d/ABC123/view>
4. Copy the ID between /d/ and /view (in this example: ABC123)
5. Your training link becomes:
<https://drive.google.com/uc?export=download&id=ABC123>

Photo Requirements

- 10-20 photos minimum (more is better)
- Same haircut and appearance in all photos
- Different angles: front, sides, 3/4 view
- Different expressions: smiling, serious, talking
- Good lighting (natural light is best)
- JPG or PNG format only
- ZIP all photos together in one file

Photo Format

- Any aspect ratio works (square, portrait, landscape)
- Mix of sizes is fine
- Higher resolution = better quality (phone photos are great)
- Minimum 512x512 pixels
- No heavy filters or effects
- Make sure face is fully visible (not cropped)

Cost Estimate

- Training: \$0.001525 per second

- 1000 steps ≈ 20 minutes ≈ \$2
- Each image generation after: \$0.01-0.02
- No monthly fees - pay only for what you use

Tips for Best Results

- Start with 1000 steps for your first training
- Use recent photos that look like you now
- Include variety: different clothes, backgrounds, lighting
- If results aren't perfect, retrain with more steps
- The trigger word "ohwx" is your unique identifier. During training, the AI learned that "ohwx" means you. Always include "ohwx person" in your prompts to generate images of yourself. Without it, you'll get random people instead of you.

**n8n and blotato links is affiliate link that will give me a small percentage of every sale, but have no effect on the price you pay or their free trial.*

Create Model:

<https://api.replicate.com/v1/models>

```
Authorization
Bearer YOUR_API_KEY

owner
YOUR_USER_NAME

name
YOUR_MODEL_NAME

visibility
private

hardware
gpu-l40s

description
My personal FLUX LoRA
```

https://drive.google.com/file/d/1sXy7H77famLpc_2GLtK6Z6msQcBCR9ms/view?usp=sharing

Train Model:

<https://api.replicate.com/v1/models/ostris/flux-dev-lora-trainer/versions/4fffd32160efd92e956d39c5338a9b8fbafca58e03f791f6d8011f3e20e8ea6fa/trainings>

```
Authorization
Bearer YOUR_API_KEY

{
  "version":
"ostris/flux-dev-lora-trainer:4fffd32160efd92e956d39c5338a9b8fbafca58e03f791f6d8011f3e20e8ea6fa",
  "destination": "{{ $json.owner }}/{{ $json.name }}",
  "input": {
    "input_images":
"https://drive.google.com/uc?export=download&id=YOUR_FILE_ID",
    "steps": 1000,
    "trigger_word": "ohwx"
```

```
}  
}
```

Check Training:

```
https://api.replicate.com/v1/trainings/{{ $json.id }}
```

```
Authorization  
Bearer YOUR_API_KEY
```

Split:

```
const text = $input.first().json.message.text;  
const parts = text.split(',').map(part => part.trim());  
  
return {  
  scene: parts[0] || "professional setting",  
  clothes: parts[1] || "smart casual",  
  timeOfDay: parts[2] || "golden hour"  
};
```

Get Model:

```
https://api.replicate.com/v1/models/YOUR\_USERNAME/YOUR\_MODEL\_NAME/versions
```

```
Authorization  
Bearer YOUR_API_KEY
```

Create Image:

```
https://api.replicate.com/v1/predictions
```

```
Authorization  
Bearer YOUR_API_KEY
```

```
{  
  "version": "YOUR_USERNAME/YOUR_MODEL_NAME:{{  
    $json.results[0].id }}",
```

```
"input": {
  "prompt": "photo of using EXACT ohwx face and haircut for {{
$('Split').first().json.scene }} wearing {{
$('Split').first().json.clothes }} during {{
$('Split').first().json.timeOfDay }}",
  "aspect_ratio": "9:16"
}
}
```

Get Image:

```
https://api.replicate.com/v1/predictions/{{ $json.id }}
```

Authorization

Bearer YOUR_API_KEY

Generate Post Text:

Voice Note User Input: {{ \$json.text }}

You are a professional social media copywriter.

Your task is to turn the transcribed voice note into 3 social media posts.

Each post must be modeled EXACTLY on one of the post examples below.

GOAL

Convert the core message of the voice note into 3 high-performing posts.

Each post must match the structure, layout, and format of one example – nothing more, nothing less.

RULES

1. ****DO NOT** invent your own post structure******.

2. ****DO NOT** merge styles or blend formats from different examples******.

3. For each post, ****select one post example**** from the list below.

- Replace only the content with the voice note's message

- ****Keep everything else exactly the same****: line breaks, number of bullets, layout, style, pacing

4. Each post must be returned with:

- One sentence per line
- An empty line between lines
- Numbered clearly: Post 1, Post 2, etc.

5. Do NOT explain anything. Just return the 3 posts.

6. Never refer to the examples, your method, or this prompt.

7. You must always choose post examples based on the input's topic – but never change their structure.

OUTPUT FORMAT

Post 1:

[Line-by-line content here, structure = Post X format]

Post 2:

...

POST STRUCTURES (USE THESE AS FORMATS ONLY)

###

Post 1:

The best content you can create with AI is:

Emails.

Here's why:

AI-generated YouTube videos or blog posts → Traffic and leads.

AI-generated social media posts → Likes, comments, followers.

AI-generated ads → Traffic and leads.

AI-generated emails → Sales.

The best part?

The email copy you generate with my method is also perfect for effective social media posts.

So, you get double the impact from a single piece of content:

Reach + customers, appointments, sign-ups... whatever your goal is!

In short:

Emails bring the highest profit and can be reused multiple times.

➡ Comment "MAIL" and I'll share my best resource for creating emails with AI that deliver real results.

###

Post 2:

Do you know how affordable it is to use AI models like GPT-4?

It's amazing.

OpenAI charges just a tiny amount for using their AI.

Even in my advanced AI tool, it only costs me a few cents to create a ready-to-send email.

With just 5 dollars of credit, I can generate over 250,000 words.

That's about 1,000 book pages.

For my tool, that means I can generate over 200 emails with just 5 dollars.

That's incredibly cheap.

Ready to develop your own cost-efficient AI tools?

Let's get started!

###

Post 3:

Creating custom GPTs that deliver real results is easy - just avoid these 7 mistakes:

- Not defining specific roles, skills, and contexts:
Leaving out these details in your GPT's instructions might seem unimportant, but even small gaps can reduce effectiveness. Always be clear about the roles and skills your GPT should mimic.
- Ignoring Hashtag#Markdown formatting:
Surprisingly, removing Markdown from your instructions won't immediately impact output. But an organized structure with Markdown ensures long-term clarity and consistency.

- Missing input-output examples:

Without these examples, the quality of your GPT's output can drastically drop. Always give your GPT clear examples to follow.

- Not mentioning uploaded files:

When working with multiple files, it's essential to reference them in your instructions. Otherwise, your GPT might not use the correct data.

- Providing insufficient data:

Giving your GPT too little information can lead to worse results, especially after several requests. The more comprehensive the dataset, the better the output.

- Uploading incorrect file formats:

Using PDFs instead of .docx or .txt files can significantly hinder your GPT's performance. Use formats that your GPT handles best.

- Not outlining specific tasks:

Without a clear list of tasks, your GPT may produce incomplete or irrelevant output. Be precise in what you expect from your GPT.

Here's the truth, though:

None of these strategies will guarantee that your GPT delivers results that can replace your work at the same quality.

Here's a better plan for you:

- Feed GPT with examples that have delivered real results
- Ensure those examples are "human-made"

Example: For my "Sales Email GPT," I used as a knowledge base emails that I manually typed and that had already made sales.

This ensures that your GPT doesn't produce junk or robotic content.

NOTE: You need ChatGPT Plus to create GPTs.

PS: Have you already created GPTs?

Want a video tutorial on it?

 Share & comment "GPT"

(I'll send it to you)

###

Post 4:

I created my first AI app prototype within 24 hours, without any programming skills.

And without spending weeks learning a "no-code platform."

I did it with these three things:

1. Google Sheets as the user interface.
2. ChatGPT providing the code.
3. An OpenAI API key.

You can get all of this for free.

Of course, you pay for using the AI, but it's just pennies.

Most people think you need programming skills for this.

But that's not true.

All you need are tools you already use (Google Sheets + ChatGPT) and a bit of creativity.

Don't wait to innovate.

Turn Google Sheets into a powerful AI tool.

(Or buy mine.)


Save time, cut costs, and boost productivity.

Which Google apps do you use?

Ready to turn them into AI tools?

Get: AI Sheets Masterclass.

Want to learn how to turn Google Sheets into advanced AI tools?

 Share & comment "SHEETS"
(I'll send it to you.)

###

Post 5:

The No.1 reason why so many businesses don't get good results with emails:

They don't have a GOOD email idea.

Such email ideas not only strengthen trust in your expertise but also motivate people to take action... to click, to buy, to sign up, etc.

Even a mediocre email copy converts with a "good" email idea.

But many entrepreneurs struggle to come up with any email idea, let alone a "good" one.

"I have no idea what to write."

But it's so simple.

A "good" email idea only needs one of the following things:

1. A specific problem the target audience wants to solve
2. A specific result the target audience wants to achieve
3. A specific obstacle that stands in the target audience's way

If nothing comes to mind right away, use my handcrafted ChatGPT prompts that generate good email ideas that convert.

You just enter your target audience...

And you instantly get 20 ideas for specific problems, results, and obstacles.

Then you have 60 good ideas for your next email ;)

If you want to try them out, comment "IDEA" - I'll send them to you!

###

Post 6:

I built (and sold) this AI tool - without programming knowledge:

- Imports all emails from selected senders
- Summarizes each email in 3 bullet points
- Rewrites each email for my topic and in my tone of voice

It feels great to create a truly useful AI tool without being a programmer! 😊

###

Post 7:

Want to get more attention for your content or offers?

Without doing a weird TikTok dance? 🕺

That's exactly why I developed a free AI tool for you.

It generates humorous (and memorable) headlines that convert.

Perfect for:

1. Ads
2. Emails
3. Blog posts
4. Landing pages
5. YouTube videos
6. Social media posts

... and your coffee mug. ☕😊

Comment "HEADLINE" and get FREE access to this new headline generator.

###

Post 8:

People overcomplicate email marketing.

Listen, if you're a beginner:

Avoid:

- Trying to send emails twice a day
- Using generic phrases and over-the-top promises
- Sending cold sales pitches as your first email
- Using complex jargon and long paragraphs

Instead:

- Spend time understanding your target audience
- Find out what your customers really care about
- Start by offering value through useful tips and content
- Look for successful email campaigns that inspire you
- Understand the importance of personalized subject lines and engagement

Focus on this for the first 3 weeks.

Build on it.

###

Post 9:

6 months ago, I stopped writing each of my emails by hand.

Now, I rely on artificial intelligence to write my emails.

And no:

- Using AI doesn't make my emails "impersonal"
- I won't just use "generic text"
- I don't owe you an explanation for why I use AI

Many people think AI-written emails don't sound authentic. But that's not true...

And I can definitely understand why...

Manually written emails never brought this much efficiency to my marketing.

In fact, since I started using AI for my email marketing:

- I've started coming up with email ideas much faster
- I've tripled my productivity
- I've had more time to focus on strategic tasks
- I've been praised more often for my efficiency
- I've begun establishing a more consistent brand voice in my emails
- I've fully focused on automating my email funnel
- I've brought in experts and mentors to help refine my AI strategy

Coincidence? No.

My email marketing started improving as soon as I switched to AI-based strategies.

And 20 months later, I've never been clearer on my reasons for never writing each email by hand again.

So, if someone asks me why I use AI for my emails?

I say: "Why don't you?"

###

Post 10:

How you think you should sell via email marketing:

- Directly promote your product in every email
- Push immediate offers and discounts
- Use every click as a sales opportunity

How you actually sell through email marketing:

- Address specific problems or results your target audience wants to achieve
- Introduce solutions without immediately revealing your offer
- Formulate call-to-actions that promise clear benefits without directly selling

Indirect sales strategies are more effective because they don't scare the reader away right away.

Make sure people enjoy reading your emails and are motivated to click on your links.

Don't overwhelm them with sales messages.

Upload Image:

<https://www.filestackapi.com/api/store/S3?key=AhTqLagciQByzXpFGRI0Az>

Upload Image1:

<https://backend.blotato.com/v2/media>

blotato-api-key

Facebook:

<https://backend.blotato.com/v2/posts>

blotato-api-key

```
{
  "post": {
    "accountId": "YOUR_ACCOUNT_ID",
    "content": {
      "text": {{ $('Telegram
Trigger').item.json.message.caption.toJsonString() }},
      "mediaUrls": [
        "{{ $json.url }}"
      ],
      "platform": "facebook"
    },
    "target": {
      "targetType": "facebook",
      "pageId": "YOUR_FB_PAGE_ID",
      "privacyLevel": "PUBLIC_TO_EVERYONE",
      "disabledComments": false,
      "disabledDuet": false,
      "disabledStitch": false,
      "isBrandedContent": false,
      "isYourBrand": true,
      "isAiGenerated": false
    }
  }
}
```

Instagram:

<https://backend.blotato.com/v2/posts>

blotato-api-key

```
{
  "post": {
    "accountId": "YOUR_ACCOUNT_ID",
    "content": {
      "text": {{ $('Telegram
Trigger').item.json.message.caption.toJsonString() }},
      "mediaUrls": [
        "{{ $('Upload Image1').item.json.url }}"
      ],
      "platform": "instagram"
    },
    "target": {
      "targetType": "instagram",
      "privacyLevel": "PUBLIC_TO_EVERYONE",

```



```

        "disabledComments": false,
        "disabledDuet": false,
        "disabledStitch": false,
        "isBrandedContent": false,
        "isYourBrand": true,
        "isAiGenerated": false
    }
}
}

```

LinkedIn:

<https://backend.blotato.com/v2/posts>

blotato-api-key

```

{
  "post": {
    "accountId": "YOUR_ACCOUNT_ID",
    "content": {
      "text": {{ $('Telegram
Trigger').item.json.message.caption.toJsonString() }},
      "mediaUrls": [
        "{{ $('Upload Image1').item.json.url }}"
      ],
      "platform": "linkedin"
    },
    "target": {
      "targetType": "linkedin",
      "privacyLevel": "PUBLIC_TO_EVERYONE",
      "disabledComments": false,
      "disabledDuet": false,
      "disabledStitch": false,
      "isBrandedContent": false,
      "isYourBrand": true,
      "isAiGenerated": false
    }
  }
}

```

Minimize Text:

Reduce wordcount of following text to less than 200 characters.

```
Text:{{ $('Telegram Trigger').item.json.message.caption }}
```

Twitter:

<https://backend.blotato.com/v2/posts>

blotato-api-key

```
{
  "post": {
    "accountId": "YOUR_ACCOUNT_ID",
    "content": {
      "text": {{ $json.message.content.toJsonString() }},
      "mediaUrls": [
        "{{ $('Upload Image1').item.json.url }}"
      ],
      "platform": "twitter"
    },
    "target": {
      "targetType": "twitter"
    }
  }
}
```

Cost Break Down:

<https://claude.ai/public/artifacts/fd414586-7207-4022-97bc-eae013ef6973>