**Step-by-Step Guide to Creating Your YouTube Video**

**1️⃣ Download & Organize Your Files**

✅ Download the images I provided. ✅ Keep them in a separate folder for easy access. ✅ Download a soothing background music file (from Pixabay or YouTube Audio Library). ✅ Install CapCut (Mobile/Desktop) or Canva Video Editor (Online) for easy editing.

**2️⃣ Import Images & Arrange Them in Order**

✅ Open CapCut or Canva Video Editor. ✅ Create a new project. ✅ Upload all images and place them in this order:

1. **Opening Hook** (10 sec)
2. **ChatGPT for Goal-Setting** (1 min)
3. **AI Habit Tracking Apps** (1 min)
4. **Personalized AI Coaching** (1 min)
5. **AI for Accountability & Motivation** (1 min)
6. **Conclusion & Call to Action** (30 sec) ✅ Adjust each image’s duration based on the script timing above.

**3️⃣ Add Text Captions for Each Section**

✅ Click on the ‘Text’ option in CapCut/Canva. ✅ Add short captions based on the script:

* Example: **'Struggling with habits? AI can help!'** (Opening Hook)
* Keep text short, clear, and visible. ✅ Position the text where it looks best (center or lower-third of the screen). ✅ Use a clean font (like Montserrat or Open Sans) for a professional look.

**4️⃣ Add AI Voice-Over (Optional but Recommended)**

✅ Use a free AI voice-over tool like ElevenLabs, Play.ht, or Murf.ai. ✅ Copy & paste each section of the script into the tool. ✅ Download the generated voice-over files. ✅ Import them into CapCut/Canva and place them under the corresponding images. ✅ Adjust the timing so it syncs with the images.

**5️⃣ Add Background Music**

✅ Import the soothing background music you downloaded. ✅ Lower the volume so it doesn’t overpower the voice-over. ✅ Test different tracks to see what fits best.

**6️⃣ Add Smooth Transitions Between Sections**

✅ Click on ‘Transitions’ in CapCut/Canva. ✅ Use simple fades or slides between images. ✅ Avoid flashy effects – keep it clean and professional.

**7️⃣ Export & Upload to YouTube**

✅ Click ‘Export’ and save the video in **1080p HD**. ✅ Upload to YouTube. ✅ Add a catchy title: **'How AI Can Help You Build Better Habits – ChatGPT & More!'** ✅ Write a description and use relevant tags: **#AI #Productivity #HabitBuilding** ✅ Add a **thumbnail** (I can help create one if needed!).

🎉 **That’s it! Your first YouTube video is ready!** 🎉

Let me know if you need help with any step. 🚀