

Media Generation Exercise: The Before & After Challenge

Transform Basic Prompts into Amazing Images

Out The Mud Work Shops

Exercise Goal

Transform a basic prompt into something amazing - and learn what makes the difference!

Time: 12 minutes

Output: 5 progressively better images showing your journey

Step 1: Start with This Basic Prompt (3 min)

Everyone starts with the SAME prompt:

"sunset"

Generate it. Pretty generic, right?

Step 2: Level Up in Stages (7 min)

Level 1 - Add Location:

"sunset over ocean with waves"

Level 2 - Add Specific Details:

"sunset over ocean with waves, silhouette of palm trees, tropical island mood"

Level 3 - Add Technical Quality:

"sunset over ocean with waves, silhouette of palm trees, tropical island mood, golden hour lighting, professional landscape photography"

Level 4 - Add Unique Elements:

"sunset over ocean with waves, silhouette of palm trees, tropical island mood, golden hour lighting, professional landscape photography, dolphins jumping in foreground"





Level 5 - Master Prompter:

"Breathtaking sunset over calm ocean waters, silhouetted palm trees framing the scene, tropical paradise mood, golden and purple sky with wispy clouds, professional landscape photography, ultra high definition, two dolphins jumping in perfect synchronization, shot from beach level perspective"

Step 3: Compare Your Journey (2 min)

- Put all 5 images side by side
 - See the evolution from basic to amazing
 - Identify which additions made the biggest impact
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Key Lessons

-  Specific beats generic every time
 -  Technical terms improve quality
 -  Unique details make it special
 -  More words (usually) = better results
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What You've Learned

From this simple sunset exercise, you now know:

- How to build prompts progressively
- Which words trigger quality improvements
- How details transform results
- The formula for any image you need

Apply This To Your Needs:

- Job seekers: "Professional LinkedIn banner with..."
 - Business owners: "Product photo featuring..."
 - Students: "Educational diagram showing..."
 - Everyone: You now know the formula!
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Quick Reference - Power Words That Work

Quality Boosters:

- "professional photography"
- "ultra high definition"
- "award-winning"
- "highly detailed"

Mood Setters:

- "golden hour lighting"
- "dramatic atmosphere"
- "serene mood"
- "vibrant colors"

Composition Helpers:

- "shot from [angle]"
- "framing the scene"
- "in foreground/background"
- "rule of thirds"

Remember: Every expert prompter started with "sunset" - now you know the secret to transformation!