

# Motivation Post Generator – Workflow Documentation

## Overview

The **Motivation Post Generator** is an automated n8n workflow that creates visually appealing motivational posters using quotes from a Google Sheet. It integrates multiple tools — Google Sheets, Pollinations AI (for image generation), and Google Drive — to automatically generate, upload, and save motivational poster links. You can also schedule it to run automatically at specific intervals.

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## Workflow Summary

Component	Purpose
Google Sheets (Get Random Quote)	Retrieves all quotes from your Google Sheet.
Function Node (Pick Random Quote)	Randomly selects one quote from the sheet data.
Function Node (Build Poster Prompt)	Creates an AI image prompt by combining the quote and author in a styled text format.
HTTP Request (Pollinations)	Sends the generated prompt to Pollinations AI to create a poster image.
Google Drive Upload	Uploads the generated image to Google Drive automatically.
Function Node (Build Drive Link)	Converts the uploaded file's ID into a public Google Drive link.
Google Sheets Append (Save Image Link)	Saves the image link and related details back into the sheet for tracking.
End Node	Marks the end of workflow execution.

**Schedule Trigger (Cron)**

Automatically starts the workflow at set intervals (for example, daily).

**Sticky Note**

Contains internal notes or setup information inside the workflow editor.

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## Detailed Explanation of Each Node

### 1. Schedule Trigger

- Starts the workflow automatically based on a schedule you define (for example, every morning at 8 AM).
- No manual action needed once activated.

### 2. Get Random Quote (Google Sheets)

- Connects to your Google Sheets using OAuth2.
- Retrieves all available quotes and authors from a selected sheet.
- The sheet ID is `13EMrFv5vYvGejjrQyX1D3yEW0hx61JuYKaH0AyPqT68`.

### 3. Pick Random Quote (Function Node)

- Receives the full list of quotes from the sheet.
- Randomly selects one entry using JavaScript logic.
- Ensures variety each time the workflow runs.

### 4. Build Poster Prompt (Function Node)

- Combines the selected quote and author into a detailed AI prompt.
- Example generated prompt:

“motivational poster, typography design, cinematic lighting, vivid gradient background,

minimal layout, quote text: 'Your limitation—it's only your imagination.' — inspirational art, 4k poster"

- This prompt is designed for the Pollinations AI API to generate high-quality poster images.

## 5. Generate Image (HTTP Request Node)

Sends the text prompt to Pollinations AI via this URL:

[https://image.pollinations.ai/prompt/<your\\_encoded\\_prompt>](https://image.pollinations.ai/prompt/<your_encoded_prompt>)

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- Receives the poster image as binary file output.
- No API key required.

## 6. Upload to Google Drive

- Uploads the image from the previous node directly to your Google Drive.
- Uses OAuth2 authentication.
- The uploaded file is named based on the workflow execution ID for uniqueness.

## 7. Build Drive Link (Function Node)

- Extracts the file ID from Google Drive response.

Converts it into a public link format:

[https://drive.google.com/uc?id=<file\\_id>](https://drive.google.com/uc?id=<file_id>)

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- This link can be shared or used in future posts.

## 8. Save Image Link to Sheet (Google Sheets)

- Writes the generated poster link, quote, and author back into the same Google Sheet.
- Keeps a record of all generated posters.

## 9. End Node

- Marks successful workflow completion.
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## Workflow Logic Flow

**Schedule Trigger → Get Random Quote → Pick Random Quote → Build Poster Prompt → Generate Image → Upload to Drive → Build Link → Save to Sheet → End**

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## Automation Benefits

- ✓ Fully automated motivational poster creation
  - ✓ Seamless integration with Google Sheets and Drive
  - ✓ AI-generated posters using real quotes
  - ✓ No manual uploading or editing required
  - ✓ Can be scheduled daily or weekly
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## Customization Tips

- **Change Schedule:** Modify the Cron node to choose when the workflow runs.
  - **Update Sheet:** Add more quotes in your Google Sheet to refresh content.
  - **Edit Prompt:** Adjust the style inside *Build Poster Prompt* node (e.g., “vintage poster”, “dark theme”).
  - **Change Output Folder:** In the Google Drive node, select a custom upload folder.
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## Example Output

When executed, this workflow produces:

1. A **motivational poster image** uploaded to Google Drive.
  2. A **public link** saved in your Google Sheet.
  3. A **record of quotes used**, so duplicates can be avoided.
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## Conclusion

The **Motivation Post Generator** combines automation and AI creativity.

It's a complete content-generation agent inside n8n — ideal for creators, social media managers, and developers who want automatic daily motivational content generation and publishing.