

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

<b>Schedule Trigger (Cron)</b>	Automatically starts the workflow at set intervals (for example, daily).
<b>Sticky Note</b>	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>`

- 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>`

- 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.