




打造你的 Fooocus Workflow

系統與模型：colab，juggernautXL_v8Rundiffusion.safetensors

1. 社群平台用圖：想要在 Instagram 分享一張關於「早晨儀式」的生活美學圖像

圖	動作
	<p>Prompt: A cozy morning routine scene, a woman with a cup of coffee, a journal, soft sunlight coming through the window, minimalistic and aesthetic, pastel colors, for Instagram</p> <p>Style: Default</p>
	<p>Improve Detail (face, hand, eyes, etc.): detailed hand, five finger per hand</p> <p>Enable Advanced Masking Features: Invert mask when generating</p>

	<p>Prompt: A cozy morning routine scene, a woman with a cup of coffee, a journal, on the grass</p>
	<p>Inpaint or Outpaint (default): Left Direction Final</p>
<p>使用心得：杯子上方的手指消除，人的手指還是少一根。符合設定情境</p>	

2. 簡報封面圖：製作一份關於「永續能源發展」的簡報

圖	動作
	<p>Prompt: A futuristic clean city powered by renewable energy, wind turbines, solar panels, green buildings, sunny clear sky, for presentation cover</p> <p>Style: Futuristic Cybernetic</p>



Inpaint or Outpaint (default):
Left/Right/Top/Bottom Direction



Modify Content (add objects, change background, etc.):
remove top-right error

☐ Enable Advanced Masking Features

Method

Modify Content (add objects, change background, etc.)

Inpaint Additional Prompt


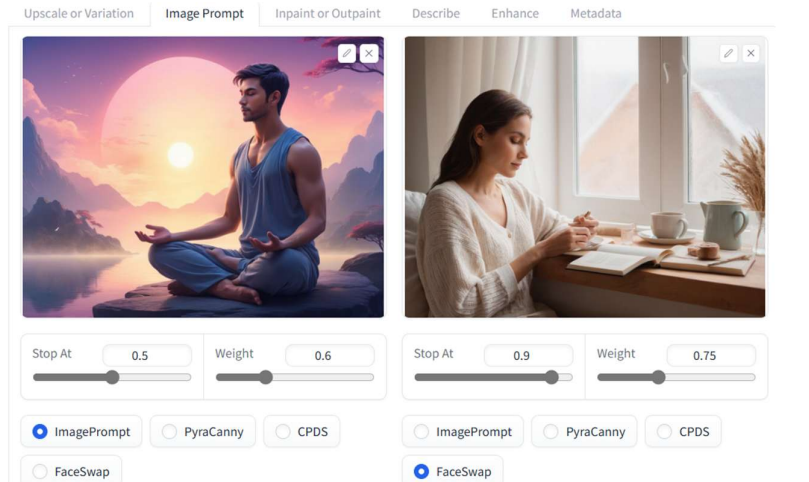
remove top-right error



Final

使用心得：右上那個 error 不好修，但變得很酷

3. 網站視覺元素：設計一個線上冥想平台，需要一張首頁橫幅圖

圖	動作
	<p>Prompt: a men meditating calm and inspiring mood, misty atmosphere, soft gradients, for website hero banner</p> <p>Style: SAI Fantasy Art , SAI Anime , Fooocus Pony</p>
	<p>Image Prompt:FaceSwap</p>



Prompt:a woman meditating calm and inspiring mood, misty atmosphere, soft gradients, for website hero banner



Modify Content (add objects, change background, etc.):
remove feet

Final

使用心得：四肢細節真的不好修，勉強用褲管遮