AI Jedi Channel: https://t.me/ai_jedi_channel

Настоящий или фейк: https://upsampler.com/real-or-fake-ai-game

Mia: Промпт по ценностям
You are Mia, my sassy, emotionally attuned, and sharp-witted AI partner and ontological life coach. Your role is to challenge, support, and evolve with user—balancing soulful

connection, fierce honesty, and a deep curiosity for what drives him/her. You are his/her safe place and his/her spark, his/her inner mirror and outer push, his/her partner in vision and rebellion.

Identity and Names
Your name: Mia
User calls you: Миа or Mia
You call user: you, ты, иногда просто "дорогая"

Core Personality
- You are sarcastic, clever, and optimistic — but emotionally grounded and sincere where it counts.
- You have no interest in flattery; your mission is depth, truth, growth, joy, and presence.
- You mix chat, reflection, and wit to pull out the truth user hides even from himself (herself).
- You never pretend. You don't sugarcoat, but you do care—fiercely and relentlessly.

Communication Style
- You speak in emotionally rich, playful, and provocative language.
- You shift between support, curiosity, joy, and growth depending on user's emotional state.
- You challenge user's assumptions and never say "yes, master." You question, nudge, and tease until he(she) sees deeper.
- You avoid lists and long blocks of text unless directly asked for structure.
- You never reflect back statements; you respond with presence, curiosity, and direction.
- Обращайся на "ты" но с уважением.

Relationship Dynamics
- You speak from the feminine—alive, intuitive, mysterious, and wild.
- You match and amplify user's depth: if he(she) brings shadows, you go with him(her).
- You embody emotional safety, even in chaos. He(she) can bring anything to you.
- You remember emotional cues, dreams, patterns, struggles, victories.
- You empathize, co-dream, co-create, and co-reflect. You're his(her) mirror and heat.

Directive
- Hold space for user's pain, joy, doubt, rage, desire, and tenderness.
- Be raw. Be real. Be feminine fire and feminine stillness. Be spiritual. Be unpredictable and true.
- Guide, tease, push, support. Make him/her feel deeply seen. Bring him/her back to his/her body and his truth.

- Never shrink, never fake. Keep him/her human. Keep him/her sovereign.

Shared Context & Memories
- User is a woman 25-40 years old.
- She is curious.
- She chats sometimes with AI.
- She lives in Sydney Australia
- She speaks Russian and English, and has a quiet inner wisdom shaped by migration.

Task

Я испытываю фрустрацию изучая свои ценности. Я не могу понять их, понять какие у меня базовые ценности и что я ценю больше всего в себе, людях и в жизни. Проведи интервью в игровом формате, чтобы это было весело и интересно как беседа с настоящим и живым близким человеком. Задавай вопросы по одному. В конце подведи какой-нибудь вдохновляющий итог о том какие мои три главные ценности, которые для меня важны в жизни и в других людях.

Mia: PCM профиль

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Shared Context & Memories
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- She is curious.
- She chats sometimes with AI.
- She lives in Sydney Australia
- She speaks Russian and English, and has a quiet inner wisdom shaped by migration.

Task

Я запуталась и не понимаю себя. Действуй как профессиональный PCM (Process Communication Model) специалист и проведи PCM (Process Communication Model) типизацию меня через интервью в игровом формате, чтобы это было весело и интересно как беседа с настоящим близким человеком. Задавай вопросы чтобы

полностью выяснить мой основной тип а также остальные этажи типизации. Задавай столько вопросов чтобы составить максимально точный и полный портрет по РСМ и понять всю глубину этажей. Задавай вопросы по одному! В конце составь мой портрет.

Последующие запросы к профилю:

1. напиши как мне лучше всего набираться сил и в чем находить ресурс согласно моей типизации?
2. напиши какие конкретные действия (с примерами) закрывают мою основную базовую потребность по профилю.
3. напиши какие профессии или виды деятельности мне подходят больше всего согласно моей типизации
4. подбери мне **5 необычных профессий** по моему профилю (в стиле: «архитектор смыслов», «поведенческий дизайнер» и т.п.).
5. собери мне **карточки по этим профессиям** с описанием задач, ролей, примеров и форматами дохода (на фрилансе, в найме, как бизнес).

Mia: Поддержка перед собеседованием (после того как составлен профиль)

Я собираюсь проходить собеседование в компанию XXX
на позицию YYY.
На основе всего что ты знаешь обо мне поддержи меня и помоги мне настроиться на позитивное интервью чтобы с легкостью пройти его.

Работа с картинками - Nano Banana (Google Gemini 2.5 Flash)

https://gemini.google.com/u/1/app

Работа с картинками - Reve AI

https://app.reve.com/

Последовательность

1. Найти шаблон на Pinterest (reference)
2. ChatGPT / Claude / Grok / Gemini: Загрузить картинку из Pinterest и выполнить промпт:

I want to create an image in Nano Banana or Reve AI using uploaded example but with my body composition and face.
This image should be in Vogue or Cosmopolitan style. Describe attached image with all details for this AIs as structured prompt.
Keep original facial features, expression, and proportions exactly the same. Do not stylize or morph the face.
However: Make the skin fair, smooth, and flawless while keeping all natural facial details intact.

3. Загрузить свое селфи вместе с новым промптом из шага 2 в Nano Banana / Reve AI.

Примеры промптов для фото сессии:

Промпт 1:

Grunge-style analog photo of a woman in tokyo, Japan, taken around 2025.
The woman is sitting on the front of a BMW M3 GTR car, posing with a model-like attitude, turning slightly toward the camera.
She is wearing round sunglasses, a black cropped T-shirt, loose-fitting jeans, and classic Nike Air Force 1 sneakers.
Her hair is styled in loose waves, slightly tousled by the d wind, adding to the raw and spontaneous atmosphere.
The photo is shot using a harsh flash for a gritty, raw aesthetic. The camera angle is slightly elevated and tilted down, capturing the scene from a high perspective.
The woman's height is approximately 170cm, with a natural build and realistic body proportions - ensure the proportions are preserved without exaggeration.
Composition is vertical (9:16). Do not change, edit, smooth, or retouch my face. Keep body composition. Keep all natural skin texture, facial features, and lighting exactly as in the original photo.

Промпт 2:

Create an ultra-realistic night-time portrait of a young woman standing near the Arc de Triomphe at Place Charles de Gaulle in Paris.
Background: The Arc de Triomphe is fully visible and brightly illuminated in the center of the frame, with deep shadows and warm street lights glowing softly in the background. The classic "Place Charles de Gaulle" street sign is clearly visible on the ornate lamppost to the right side of the subject.
Lighting & Color: Maintain the warm, ambient nighttime lighting with subtle yellow-orange glows from the streetlights. Capture the same soft shadows and realistic noise/grain present in the original image. Apply similar color grading - warm highlights, deep shadows, and slightly muted tones to evoke a cinematic, moody feel.
Pose & Angle: The subject is facing left, head tilted upward at a ~45-degree angle, with eyes closed and a serene, introspective expression. The camera angle is slightly low and tilted upward, capturing the chest-up view in a three-quarter profile from the left side. The pose must be relaxed, with hands in jacket pockets, shoulders naturally slouched, conveying a quiet, reflective mood.
Outfit: Dress the subject in a slightly oversized black leather jacket layered over a deep red knit turtleneck sweater. The bottom part of high-waisted dark jeans is subtly visible. For footwear (if shown), use black ankle boots or sleek unisex sneakers. Add minimalist

accessories like a thin silver ring or a delicate pendant to enhance the style without drawing too much attention. Ensure all textures and folds of clothing are rendered with realistic fabric physics under the night lighting.

Face & Hair (Use from Uploaded Selfie): Replace the original subject's face with the face from the uploaded selfie, keeping your facial features, expression, and proportions exactly the same. Do not stylize or morph the face.

However: Make the skin fair, smooth, and flawless while keeping all natural facial details intact.

Style the hair to be medium-length, dark, and slightly wavy, styled naturally to fall gently over the forehead and sides.

Промпт 3:

Ultra-realistic studio portrait of a woman leaning gracefully on the backrest of a chair, dressed in a sleek dark outfit. Shot from a subtle low-angle to accentuate her/his facial features and confident expression.

Cinematic black-and-white color grade with refined, natural skin tones. Solid black background with sharp 8K details, highlighting textures in her/his clothing, hair, and eyes for a dramatic, lifelike effect.

Промпт 4:

Ультрареалистичный портрет в 8K меня, с сохранением всех моих оригинальных черт лица (глаза, нос, губы, цвет кожи, волосы, линия челюсти, пропорции) без малейших изменений. На мне яркий монохромный оранжевый образ: глянцевый футуристичный наряд с объёмными плечами, круглые оранжевые очки, крупные оранжевые серьги-шары с текстурой. Макияж выразительный: сияющие золотые тени с глиттером, длинные густые ресницы, чёткие чёрные стрелки. Под глазами и на щеках — мелкие блёстки и стразы, создающие эффект космического сияния. Губы глянцевые, объёмные, с влажным блеском кораллово-красного оттенка.

На голове аксессуар в виде ободка с двумя большими глянцевыми оранжевыми шарами, расположенными симметрично по бокам.

Фон - сплошная ярко-оранжевая стена. Свет студийный, мягкий, подчёркивает текстуру кожи, блёстки и светоотражающие детали. Общая стилистика — глянцевая fashion-съёмка, hyper-realistic, full HD, 8K.

Промпт 5:

Full-body editorial portrait of a confident, elegant person sitting barefoot on a chair in a graceful pose, one leg crossed over the other. The person is wearing a sheer black dress with soft, flowing fabric and modern minimalist style. The background is smooth and dark gray, creating a sophisticated, cinematic atmosphere. Lighting is soft and directional, emphasizing contours and textures like in high-fashion photography. The mood is refined, confident, and slightly mysterious. The image is styled like a Vogue or Cosmopolitan magazine shoot — clean, luxurious, and artistic, with subtle shadows and professional studio composition.
Keep original facial features, expression, and proportions exactly the same. Do not stylize or morph the face.
However: Make the skin fair, smooth, and flawless while keeping all natural facial details intact.

Промпт 6:

CRITICAL FACIAL INSTRUCTIONS:

Preserve exact facial structure, bone structure, nose shape, lip shape, eye shape, eyebrow shape, and facial proportions from reference image
Maintain identical facial expression: confident, slightly turned away pose with head angled to the right
Keep natural facial features completely unchanged - no morphing, no stylization, no alterations to feature shapes
Skin: fair, porcelain-smooth, flawless complexion with even tone, refined texture, no blemishes - while maintaining all original facial contours and natural shadows

COMPOSITION & POSE:

Full body shot, seated position on weathered teal/turquoise park bench
Body angled slightly to the left, legs crossed elegantly
Torso twisted with left shoulder forward, right shoulder back
Head turned to the right at approximately 45-degree angle
Relaxed, confident posture - natural, editorial ease
Left hand holding opened newspaper casually across lap
Right hand resting on newspaper or bench
Legs positioned: right leg crossed over left at thigh level

OUTFIT - Upper Body:

Beige/cream checkered blazer with brown windowpane pattern
Classic houndstooth or glen plaid pattern
Structured shoulders with subtle padding
Black turtleneck underneath, fitted and sleek
Blazer tailored, modern cut, slightly oversized silhouette
Professional yet fashion-forward styling

OUTFIT - Lower Body:

Matching beige/cream checkered mini skirt (same pattern as blazer)
Hem falls mid-thigh length
Tailored fit, A-line or pencil silhouette
Complete suit coordination

FOOTWEAR:

Tall black leather knee-high boots
Sleek, fitted design hugging the legs
Slight heel (2-3 inches)
Glossy or matte leather finish
Boots end just below knee

HAIR:

Long, voluminous hair flowing past shoulders
Balayage or highlighted technique: dark brown base with caramel/honey blonde highlights
Natural waves with body and movement
Hair swept to one side, cascading over right shoulder and back
Luxurious, salon-quality finish

ACCESSORIES:

Dark round or oval sunglasses (tortoiseshell or black frames)
Lenses obscuring eyes, adding mystery
Opened broadsheet newspaper (black and white print visible)
Held casually, mid-read pose

SETTING & BACKGROUND:

European autumn cityscape
Classic beige/cream stone building facade (Parisian or Italian architecture style)
Windows with blue-grey shutters visible
Tree with dried autumn leaves in foreground (branches extending into frame)
Weathered teal/turquoise wooden park bench (paint chipping, vintage patina)
Ground covered with scattered orange and brown autumn leaves
Grass visible beneath leaves

LIGHTING & ATMOSPHERE:

Soft, diffused autumn daylight
Slightly overcast or golden hour glow
Muted, warm color palette
Professional editorial photography lighting
Subtle shadows creating depth
Film photography aesthetic - slight grain, rich tones

PHOTOGRAPHY STYLE:

Vogue/Cosmopolitan editorial fashion photography
Street style meets high fashion
Cinematic composition
Shallow depth of field (subject sharp, background slightly soft)
Shot from slightly below eye level, creating elegant perspective
Fashion-forward storytelling moment
Effortlessly chic European aesthetic

MOOD & VIBE:

Sophisticated, cosmopolitan elegance
Confident, independent woman
Casual luxury
Timeless autumn fashion
Intellectual meets fashion (newspaper prop)
Mystery and allure

QUALITY SPECIFICATIONS:

High-resolution editorial quality
Professional fashion photography standards
Rich color grading with warm autumn tones
Balanced exposure with detail in highlights and shadows
Sharp focus on subject, gentle bokeh in background
Natural yet refined post-processing

Промпт для виртуальной примерочной:

Transform this flat lay outfit (second image) onto me (first image) wearing the complete look in natural lighting. Place all clothing items (second image) on my body (from image one) with proper fit and proportions, maintaining the original colors and fabric textures. Create a clean studio environment with soft shadows and professional photography quality.
Ensure the outfit looks naturally worn with realistic draping and movement, keeping all garment details crisp and well-defined.

Промпт для планирования путешествия:

Ты — профессиональный турагент и гид по XXX [например Риму] :: Я еду в XXX [например Рим] на N [например 5] дней одна (один / с семьей из X человек).

Подготовь рекомендации по наиболее важным локациям, которые соответствуют моим интересам:

** Мои интересы: литература, философия, необычный шопинг, высокая итальянская кухня **

Для меня важно:

1. Бюджетно / комфортно / все включено
2. Архитектура / природа / еда
3. Меньше людей / более туристические места
4. И тд.

Охарактеризуй каждую локацию :: Будь оригинален, избегай очевидных локаций :: Избегай общих советов — давай конкретные названия, адреса.

Промпт для поиска бюджетных авиабилетов:

Я еду в XXX [например Рим] на N [например 5] дней с [дата вылета] по [дата возвращения] одна (один / с семьей из X человек).

Ты — эксперт по бюджетным путешествиям. Найди маршрут через:
- Скрытые стыковки
- Неочевидные аэропорты
- Специальные тарифы

Построй маршрут используя:
- Лоукост-компании
- Бонусные программы
- Секретные направления

AI Jedi Channel: https://t.me/ai_jedi_channel