

Video Script: Module 4, Lesson 1 - Choose Your Capstone

Target Length: 3 minutes

Tone: Coaching, rigorous.

1. Intro (Face to Camera) - 0:00 to 0:45

Visual: Jimmy.

Audio:

"Welcome to the Capstone Module.

You are going to build a real, working AI automation.

The biggest mistake students make is picking a project that is too big.

'I want to automate my entire accounting department.' No. You will fail.

We need to pick a project that is **Boring** and **Frequent**."

2. Screen Share: The FRS Filter (0:45 - 2:00)

Visual: Slide: F-R-S. Frequency, Repeatability, Safety.

Audio:

"Use the FRS Filter.

Frequency: Does it happen every day? (If yes, good).

Repeatability: Is it the same steps every time? (If yes, good).

Safety: If it breaks, does the company explode? (If yes, bad).

We want High Frequency, High Repeatability, Low Risk.

Like 'Summarizing daily meeting notes'."

👉 3. Outro (Face to Camera) - 2:00 - 2:15

Visual: Jimmy.

Audio:

"Use the prompt below to score your ideas.

Pick the one with the highest score.

Then meet me in the next lesson to design it."