

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

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**Target Length:** 3 minutes

**Tone:** Coaching, rigorous.

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

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**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**."

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

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**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'."

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

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**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."