



Content Reactor Pack™

ItsAI.Help

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A complete system for producing high-performing content across all major platforms.

Perfect for creators, coaches, small business owners, and beginners who want to increase output without spending hours editing or planning.

Platforms this works for:

- TikTok
- Instagram Reels
- YouTube Shorts
- YouTube long-form
- X (Twitter)
- LinkedIn posts

How to Use This Pack

1. Pick a **topic** or niche you talk about.
2. Choose a **section** from this pack (scripts, hooks, etc.).
3. Copy a prompt and paste it into your AI (ChatGPT, Claude, Gemini, etc.).
4. Replace the bracketed parts like `*[topic]*`, `*[offer]*`, `*[audience]*`.
5. Generate content, tweak lightly, post.

Use this pack as your **Content Reactor**:

- Hooks to grab attention
- Scripts to deliver value fast
- Daily prompts so you never run out of ideas
- Style-shift prompts to adapt content to multiple platforms

SECTION 1

— 30 Short-Form Video Script Prompts

These are “full script” prompts. Paste them into AI and let it generate the script.

> **TIP:** You can tell AI: “Write it as a 20–30 second script” or “Keep each line under 12 words.”

1. Beginner Explainer Script

- > “Write a 25-second video script explaining [**topic**] to a complete beginner.
- > Use a strong hook in the first sentence, then 3 simple steps, then a one-line CTA.”

2. “I Wish I Knew This Sooner” Script

- > “Write a short-form script where I say: ‘I wish I knew this sooner about [**topic**]’
- > Tell a quick story, reveal the lesson, end with a practical next step.”

3. Before vs After Script

- > “Create a video script showing ‘before [**topic**]’ vs ‘after [**topic**]’.
- > Make the ‘before’ chaotic and frustrating, the ‘after’ clear and calm.”

4. 3 Mistakes Script

- > “Write a 30-second script: ‘3 mistakes people make with [**topic**]’
- > Each mistake: 1 sentence why it hurts, 1 sentence how to fix it.”

5. Myths vs Truth Script

- > “Write a script where I debunk 3 common myths about [**topic**] and show the truth.
- > Hook: ‘You’ve been lied to about [**topic**]’ Keep it fast and direct.”

6. Story + Lesson Script

- > “Turn this short story into a TikTok script with a clear lesson at the end: [**describe story**].
- > Use emotional language but keep sentences short.”

7. Mini Tutorial Script

- > “Write a 20-second tutorial for [**topic**] with 1 hook line, 3 steps, and 1 CTA.”

> Make it sound energetic and simple.”

8. “Here’s What I’d Do If I Started Over” Script

> “Write a script that starts with: ‘If I had to start over with [topic], here’s exactly what I’d do.’
> Then give 3 clear steps, no fluff.”

9. Results-Focused Script

> “Create a script that shows how [audience] can get [result] with [topic] in 3 steps.
> Speak directly to camera, use second person (‘you’).”

10. Rant (+ Value) Script

> “Turn this rant about [topic] into a short-form script that starts spicy but ends with 3 helpful tips: [paste rant].”

11. Daily Habit Script

> “Write a video script explaining one daily habit that helps with [topic].
> Hook: ‘Do this every day for 30 days.’”

12. Big Mistake I Made Script

> “Write a 25-second script about the biggest mistake I made with [topic] and what I do now instead.”

13. Tool / Resource Script

> “Write a script that recommends [tool/resource] for [topic].
> Explain the problem, show the tool as the solution, and give 1 example use case.”

14. Timeline Script

> “Create a script that shows my journey with [topic] in 3 phases: ‘Then, Now, Next.’
> Keep each phase to 2 sentences.”

15. Check-List Script

> “Write a checklist-style script: ‘If you do [topic], don’t start until you have these 3 things ready.’
> Make it punchy.”

16. Relatable Struggle Script

> “Write a script that starts with: ‘If you’ve ever felt [emotion] about [topic], this is for you.’

> Make it feel like I'm talking directly to one person.”

17. Hot Take Script

> “Write a script where I share a controversial or unpopular opinion about [topic], but then back it up with logic and experience.”

18. Step-1 Only Script

> “Write a short script where I only focus on ‘Step 1’ of [result].
 > Hook: ‘Stop trying to do all 10 steps. Just do this first.’”

19. Q&A Script

> “Turn this question into a short, clear Q&A video: [paste question].
 > Start by repeating the question, then answer it in 3 simple points.”

20. Mini Case Study Script

> “Write a short script telling the story of how [persona] went from [point A] to [point B] with [topic].
 > Make it feel real and grounded, not hovey.”

21. “Nobody Talks About This Part” Script

> “Write a script that explains a part of [topic] people rarely mention but really need to understand.
 > Hook: ‘Nobody talks about this part of [topic]...’”

22. Mistake I Keep Seeing Script

> “Write a script where I talk about one mistake I keep seeing people make with [topic] and how to fix it.”

23. 3 Levels Script

> “Create a video script that explains the 3 levels of [topic]: beginner, intermediate, advanced.
 > 1–2 sentences each.”

24. Pros vs Cons Script

> “Turn this into a balanced pros/cons script for [topic], and then give my honest recommendation at the end.”

25. Behind-the-Scenes Script

> “Write a script where I show a behind-the-scenes look at how I actually do [topic] in my day.”

26. ‘What I’d Avoid’ Script

> “Write a script about 3 things I would absolutely avoid if I were starting [topic] today.”

27. Analogy Script

> “Explain [topic] using a simple analogy or metaphor (like sports, cooking, or driving) and make it fun.”

28. Quick Wins Script

> “Write a script that gives 3 ‘quick wins’ someone can get with [topic] in the next 24 hours.”

29. FAQ Script

> “Turn these FAQs into a rapid-fire TikTok script with short answers: [paste FAQs].”

30. ‘You’re Doing It Right’ Script

> “Write a script that reassures the viewer they are doing better than they think with [topic],

> while giving 2 ways to improve.”

SECTION 2

— Hook Generators (Emotional, Logical, Curiosity)

Use these as **prompt templates**. Tell AI: “Give me 10 variations of each.”

Emotional Hooks

> “Write 10 emotionally charged hooks for a video about **[topic]** that speak to people who feel **[emotion]**.”

> “Write 10 hooks that start with ‘I know you’re tired of...’ for people struggling with **[problem]**.”

> “Create 10 hooks that make the viewer feel seen and understood about **[topic]**.”

Logical Hooks

- > “Write 10 hooks for **[topic]** that focus on logic, numbers, or evidence (stats, time saved, money earned).”
- > “Give me 10 hooks that start with ‘If you want **[result]** in **[timeframe]**, do this.’”
- > “Create 10 hooks that challenge the viewer to think differently about **[topic]** using facts, not hype.”

Curiosity Hooks

- > “Write 10 curiosity hooks for **[topic]** that hide the answer until the end.”
- > “Give me 10 hooks that start with ‘Nobody is talking about...’ related to **[topic]**. ”
- > “Create 10 hooks that set up a surprising reveal or plot twist about **[topic]**. ”

SECTION 3 — Topic-to-Content Conversion Prompts

These turn raw ideas into polished posts or scripts.

1.

- > “Turn this idea into a 3-part educational carousel: **[paste idea]**.
- > Slide 1: hook, Slide 2–3: teaching, Slide 4: example, Slide 5: CTA.”

2.

- > “Turn this rough note into a clear, helpful TikTok script: **[paste note]**.
- > Make it under 30 seconds, punchy, and practical.”

3.

> “Convert this bullet list into a story-driven LinkedIn post with a strong opening and a reflective takeaway: **[paste bullets].**”

4.

> “Turn this concept into a Twitter/X thread with 5–8 tweets. Add hooks, structure, and a final CTA: **[paste concept].**”

5.

> “Turn this rant into a structured ‘lesson learned’ post that still feels honest but useful: **[paste rant].**”

6.

> “Convert this long form explanation into:

- > • 1 TikTok script
- > • 1 X thread
- > • 1 Instagram caption
- > **[paste explanation]**”

7.

> “Turn this FAQ into a ‘Common Mistakes’ style post that teaches as it corrects: **[paste FAQ].**”

8.

> “Convert this client question into 3 different content angles: educational, motivational, and controversial: **[paste question].**”

9.

> “Turn this process into a ‘5-step roadmap’ visual breakdown: **[paste process].**”

10.

> “Take this boring tip and make it punchy, specific, and story-backed: **[paste tip].**”

SECTION 4

— Daily Content Prompts

Use these to generate **30+ days of content**.

Tell AI: “For each of these daily prompts, give me 3 ideas about **[topic]**.”

1. “Teach me something simple most people get wrong about **[topic]**.”
2. “What’s a mistake you see beginners make in **[topic]**? ”
3. “Tell a story about a time **[topic]** went really wrong and what you learned.”
4. “Share one belief about **[topic]** that you changed your mind on.”
5. “Explain one concept in **[topic]** using a real-life analogy.”
6. “What’s one quick win someone can get in 10 minutes with **[topic]**? ”
7. “Show a ‘before and after’ transformation related to **[topic]**.”
8. “Answer a common question you keep hearing about **[topic]**.”
9. “Share an unpopular opinion about **[topic]** and why you believe it.”
10. “Give one thing you wish you had known 1 year ago about **[topic]**.”
11. “Explain a concept people overcomplicate in **[topic]** and make it simple.”
12. “Describe a client or audience transformation (real or hypothetical).”
13. “Share a tool you use for **[topic]** and why you like it.”
14. “Break down a recent mistake you made and what you’d do differently.”
15. “Talk about something you tried with **[topic]** that didn’t work – and why.”
16. “Give a mini roadmap for someone starting from scratch with **[topic]**.”
17. “Teach a single advanced tip in **[topic]** but explain it in beginner language.”
18. “Describe what a ‘good day’ looks like when you’re doing **[topic]** well.”
19. “Share a mindset shift that helped you with **[topic]**.”
20. “Give 3 things to avoid if someone wants to see faster progress.”
21. “Explain how **[topic]** changes someone’s day-to-day life.”
22. “Share a behind-the-scenes look at your process with **[topic]**.”
23. “Talk about a common myth in **[topic]** and why it’s wrong.”
24. “Give 3 questions someone should ask before trying [method in topic].”
25. “Describe the ‘first 30 days’ plan for someone starting **[topic]**.”
26. “Create a ‘do this, not that’ comparison related to **[topic]**.”

27. "Share something you still struggle with in [topic] and how you manage it."
28. "Explain how [topic] connects to a bigger life goal."
29. "Give an encouraging message to someone stuck with [topic]."
30. "Summarize your core philosophy about [topic] in one post."

SECTION 5

— Style-Shift Prompts (Shorts, TikTok, Reels, X)

Use these to adapt content across platforms.

- > "Take this TikTok script and adapt it into a YouTube Short with slightly more teaching but the same hook: [paste script]."
- > "Turn this video script into a written X thread with 6–8 tweets and a strong hook at the top: [paste script]."
- > "Turn this carousel outline into a 30-second spoken script for Reels: [paste outline]."
- > "Turn this X thread into an Instagram caption with spaced lines and clear CTA: [paste thread]."
- > "Summarize this long-form YouTube idea into a 20-second TikTok teaser: [paste idea]."

Final Note

This pack is meant to be reused forever.

Every time you feel stuck, open this pack, pick:

- a **Script prompt**,

- a **Hook generator**,
- a **Topic-to-content converter**, or
- a **Daily prompt**—

...and let your AI do the heavy lifting.

You show up.

The reactor handles the rest.