Make a copy of our Listicle Sheet here:
https://docs.google.com/spreadsheets/d/1nCIGkPPTjNs0AUl6KcHXVUvZCmuJxctrDUcjYDEDtWU/copy

We've built *a ton* of different listicle processes over the years - and after trying a bunch of tools (some great, some overpriced, some just 🤡), we finally landed on a super clean process that:

- Doesn't cost anything
- Feels way more human than the output of 99% of AI tools out there
- Gives you full creative control over what actually ends up in the post

First Things First: No, We Don't Just Auto-Publish AI Text

Even though the output is extremely solid, we never just hit copy-paste and call it a day.

You could - and honestly, with this method, the risk is way lower than with most AI tools - but I *always* recommend giving it a final pass.

In the next lesson, I'll show you exactly how to humanize your post like a pro (without spending hours editing).

Why We Use Pinterest Embeds for Our Listicles

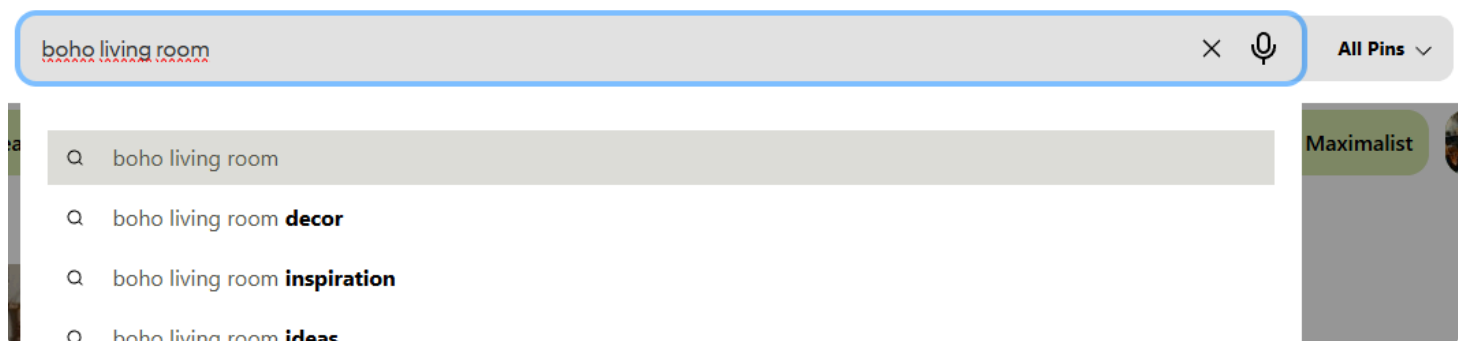We embed Pinterest pins (using the iframe method) and here's why:

1. It's the safest way copyright-wise
2. It keeps the content visual + native to the platform
3. You stay in full control of what shows up in your article
4. And it feels less AI-y

Here's Our Exact Process (Step by Step)

Step 1: Open the Listicle Sheet + Pinterest

This is your working doc. Everything gets collected + organized here.
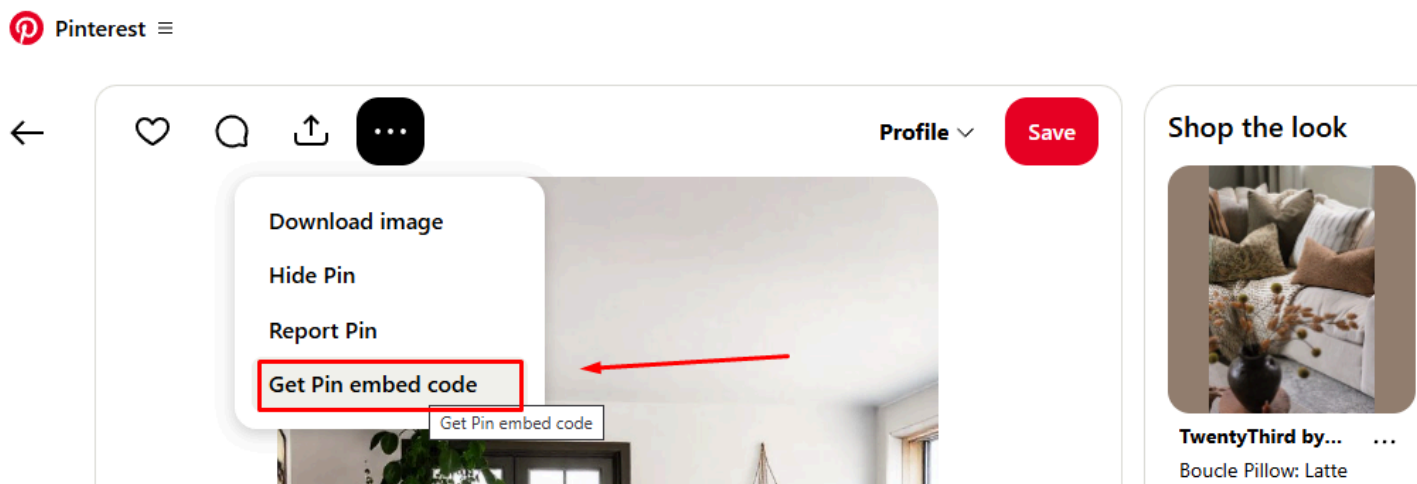
Step 2: Search Your Keyword on Pinterest

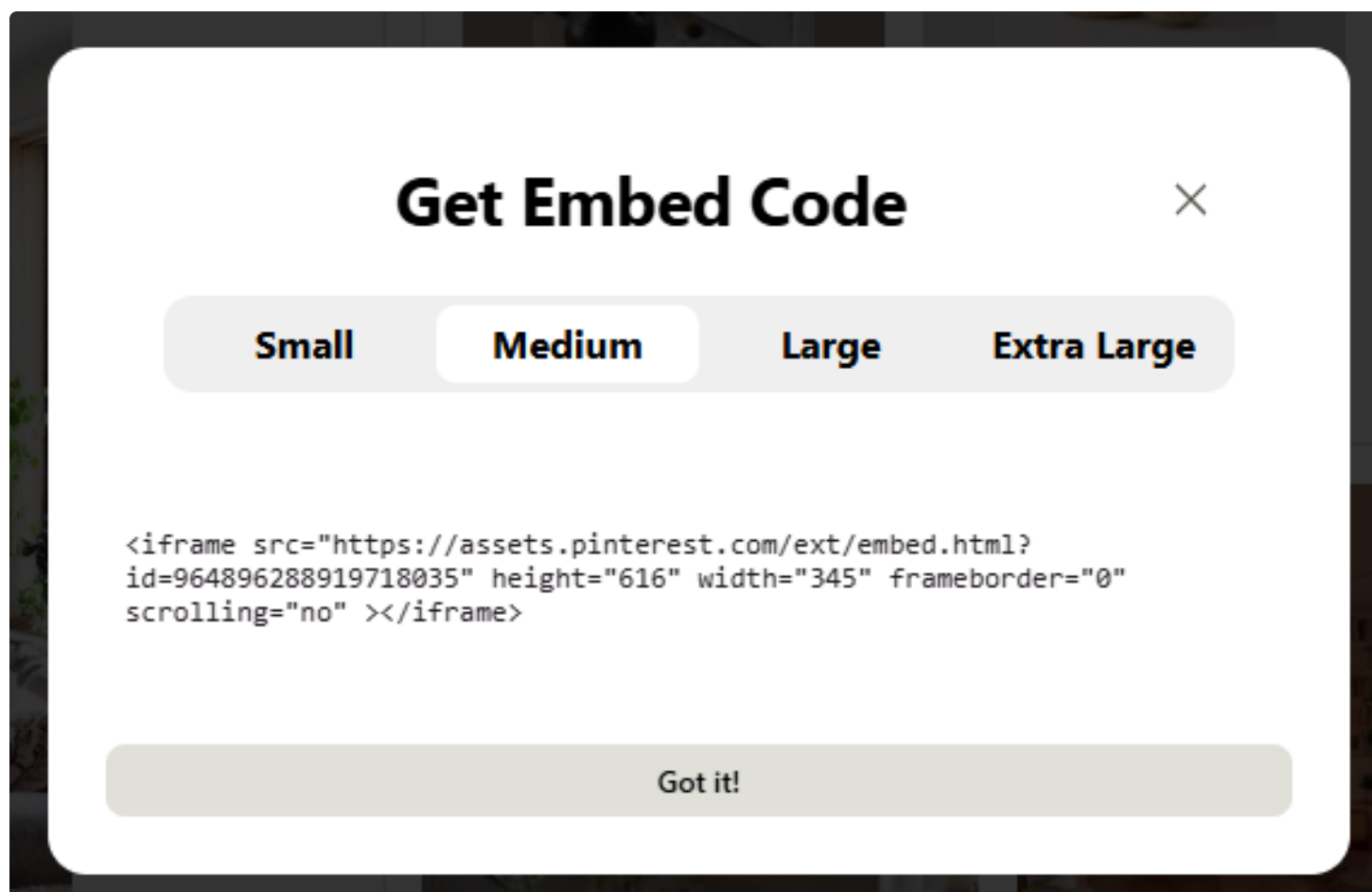Use the same keyword your article will target.

Step 3: Pick Your Favorite Pins

Choose as many as you want to include in your listicle.

Step 4: Grab the Embed Code

Click the three dots on the pin → "Get Embed Code" → choose "Medium".
Copy the code and drop it into the "Pinterest iframe" column in the sheet.

Step 5: Add a Short Title

In the "Picture Title" column, write a quick headline that explains the pin.
This will show up as an H3 in the article.

Step 6 (Optional): Add Notes

Use the "Notes" column for personal takes, reactions, or any context you want to include in the description. This makes it feel even more human.

Step 7: Plug It All Into Grok

Once you've added all your pins, copy everything over to Grok 3.
Use the matching prompt from the "Create article prompt" tab in the sheet.

- If you added personal notes → use the prompt on the right

- If not → use the one on the left

- Replace the bold text (like "[INSERT KEYWORD HERE]") in the prompt with your info - and hit go

Infos:

- Grok 3 is free. There are limits, but we've also tested it with up to 50–60 articles per day with no issues or limits. We've never paid a dollar for it.

- You can also tweak the prompts for your niche - just ask Grok/ChatGPT to rewrite it without changing the meaning. This makes it even more specific for your niche.

- We've tested, refined and improved this approach and these prompts for weeks. The output is amazing - but again, it's obv still AI. Don't publish it right away without looking over it.

Already Have Listicles?

If you've already got some listicles, you can use the prompt from the "Re-write Article Prompt" tab to quickly generate a fresh version - perfect for targeting similar keywords *without* starting from scratch.

Sometimes it's not worth writing a brand new article - this prompt helps you remix what you've got and expand fast.