

FREE GUIDE



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1.3M

views in 30 days

1M+

one reel

100K+

single reel

96%

non-follower reach

90 days

first commission

The AI Creator Batch System

Stop Overthinking and Start Building Your Digital Business

"I am not a marketer. I am not a business coach. I am just someone who figured this out while living a very full, very real life."

I have four kids. A full-time job. A house being built. A cross country team to coach. I am not someone who had extra hours lying around when I decided to try this.

I started posting reels in early 2026 with zero marketing background. No audience. No product. Just a system built on AI tools and a commitment to show up every single day. In my first 30 days I hit 1.3 million views. I got my first commission in under 90 days.

Everything in this guide is what I actually do. If it works for me, it will work for you.

What you will walk away with:

- A content system that produces 7 days of posts from your available time — without filming every day
- The exact modeling prompts I use with Claude and Poppy AI to create content that stops the scroll
- The #1 mindset mistake that keeps people stuck at zero — and the simple fix that changes everything
- A daily workflow you can run in under 2 hours alongside a full schedule, a full-time job, and a full life
- The tools, the stack, and the strategy behind AI Creator Academy — laid out step by step

SECTION ONE

How Busy People Create 7 Days of Content Without Daily Filming

A note before we start: I batch on weekends because that is what works for my schedule. Yours might be a Tuesday evening and a Saturday morning. The specific days do not matter. What matters is that you pick two days that work for your life and protect them.

I became a student before I became a creator. Every day I spend about 20 minutes researching creators I admire — studying what stops me mid-scroll, noting their mannerisms, how they open, what they say, what is in the background, the text style, the pacing. I save the best to my Instagram saved folder. Then I model them.

Modeling is not copying. It is taking a structure that already works and translating it into your voice. I use Claude and Poppy AI with specific prompts to reverse-engineer hooks, scripts, and captions from creators in my niche who have a similar style to mine.

MODELING PROMPTS I ACTUALLY USE

Claude:

"Model this hook for me based on what you know about me, my offer, and my audience. Keep it 95% the same. Give me 5 variations: [paste hook]"

"Model a caption and CTA to go with this hook: [paste hook]"

Poppy AI:

"Tell me why this reel worked for this creator. What is happening visually — background, text, pacing, delivery? Model this hook for my audience and give me 5 variations."

Batch when you can. Post all week.

I shoot b-roll throughout the week and batch talking head videos during my available block of time. Having both types ready means a chaotic day never breaks my streak. I started at one reel a day and built up to three. Once I crossed 200 followers I added trial reels, three per day, spaced two hours apart so they do not compete for reach.

Before every post I spend at least 10 minutes engaging — liking, commenting, answering DMs. This primes the algorithm before your reel drops. When I started I sent a personal message to every person who followed or commented: "Thanks for the follow! What brought you here?" That habit built real connections fast.

1.3M views 30 days	1M+ one reel	100K+ single reel	96% non-follower reach	90 days first commission
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Starting from zero. In under 90 days. By repeating this system daily.

SECTION TWO

The #1 Mistake That Keeps People Stuck

It is not your content. It is not your niche. It is not the algorithm. The number one mistake people make when building an online income is skipping their WHY and jumping straight to tactics. And when the tactics get hard — because they will — there is nothing anchoring them. So they quit, pivot, or chase the next shiny thing.

Know your WHY before you post a single reel.

Your WHY is not "I want to make money." That is a goal, not a reason. Your WHY is what gets you up early to film before the kids wake up. It is what keeps you posting on the days you get zero views. Mine is my family, my freedom, and the ability to build something that earns whether I am working or not. When you are clear on that, consistency stops being a discipline problem. It becomes personal.

Stop chasing shiny objects.

The second biggest momentum killer is switching. Changing programs when results are slow. Jumping platforms when one feels hard. Following a different mentor every week. Every time you switch you reset your learning curve and your algorithm. The creators who win commit to one path long enough to let it work.

1 Platform	Go deep on one platform before you add another. Master it. Own it.
1 Offer	One clear thing you are selling or promoting. Not five. One.
1 System	One content framework, one posting rhythm. Repeated until it works.
1 Mentor	One voice guiding your strategy. Too many opinions create paralysis.
1 Program	One program you are learning from and building inside. Stay the course.

Your bio and your bridge page have one job.

They need to be clear. Not clever, not cute — clear. Who you help. What result they get. How to take the next step. Clarity converts. Confusion scrolls away.

Find Your WHY — Do This Now

Do not skip this. Your WHY is the foundation everything else is built on. Answer these honestly:

1. Why do you actually want to build an online income? (Go deeper than money.)
2. What would change in your life if this worked?
3. What will it cost you — in time, freedom, or options — if you never try?

Write your answers down. Keep them somewhere you will see them on the hard days.

SECTION THREE

The 2-Hour Daily Workflow

I run this entire system in under two hours a day while managing a full schedule. Every minute is accounted for. Nothing is wasted on tasks that do not directly move the business forward.

20-30 min	Research Study creators in your niche daily. Watch what stops you mid-scroll. Note the hook, the pacing, the visuals. Save the best. Becoming a student is what separates creators who grow from those who stall.
10-20 min	Engage Like, comment, answer DMs, and show up in other people's content before you post. This primes the algorithm and signals you are an active account worth pushing. Do this before every reel goes live.
5-10 min	Post Publish your pre-batched content. Caption already written. Hook already tested. You are pressing publish, not creating from scratch. Posting time scales as you increase your daily reel volume.
30 min	Batch Shoot b-roll throughout the week. Block your available time for talking head videos. Having both types ready means a chaotic day never costs you your posting streak.
30 min	Build One income-producing task per day. Refine your DM funnel. Write an email sequence. Update your offer. Review your data and adjust. Every day you do something that directly touches your business.

The tools that run this system:

Claude is my content engine. I use it to model hooks, write captions, build scripts, and repurpose recordings into a full week of content. It is how I produce volume without spending hours filming every day.

CapCut is where I edit every reel. Free, mobile-friendly, and built for fast-turnaround short-form content. I use it for text overlays, pacing cuts, and audio syncing on both b-roll and talking head videos.

ManyChat powers my DM automation. When someone comments a trigger word or sends a keyword, ManyChat responds instantly with my freebie link or Skool invite. It runs 24 hours a day without me touching it.

Stan Store is my storefront and delivery system. It hosts my lead magnet, collects emails, and delivers my freebie automatically the moment someone opts in. No extra tools, no manual follow-up.

Instagram Insights tells me what is actually working. Every week I review my reach, plays, follows, and profile visits. I adjust the following week based on data, not guesses.

YOU HAVE THE SYSTEM. Now let's build your business.

This guide gives you the batch system, the content framework, the mindset foundation, and the daily workflow.
That is more than most people get from a paid course.

Write Your Instagram Bio Right Now

Three seconds. That is all you have. Use this formula:

[Who you are] | Helping [who] [achieve what] with [how]. [CTA] — [what they get].

Here is mine as an example:

*"OT & mom of 4 in Alaska | Teaching everyday people to build real income online with affiliate marketing & AI.
Start here — free."*

But here is what a guide alone cannot give you:

- The specific messaging strategy built around your life, your niche, and your audience
- Strategic decisions that are right for your situation, not a generic template
- An audit of your Instagram bio, bridge page, and content to find exactly what is and is not working
- Optimization of your hooks, captions, and funnel based on your actual data
- Implementation support so you are not figuring it out alone at 10pm after the kids are in bed

That is what AI Creator Academy is built for. My program. My system. For people juggling real lives who are serious about building a digital business that actually works.

Ready to go deeper?

Join AI Creator Academy on Skool — it is free to start.

skool.com/theaicreatoracademy