MINI-COURSE · 5 MODULES · ABOUT 15 MINUTES

Create your own AI avatar in 4 poses

Turn your photo, or just an idea, into your own character with ChatGPT. At the end you will have one image with your avatar in 4 poses, ready to send so you can appear in the series.

What you need

- ChatGPT (the free version can create images; it allows a few per day).
- A clear photo of your face, or an idea of the character you want to be.
- About 15 minutes.

The prompts are in English because that gives the most reliable results. You can change the words in CAPITALS and write the rest of your chat in your own language.

MODULE 1

Choose your starting point

You can start from a photo of yourself or from a description. Both work.

- With a photo: face the camera, good light, no sunglasses, nobody else in the picture.
- Without a photo: decide hair, eyes, age, and one detail that makes the character yours (freckles, a scar, glasses, a braid).
- Pick your color: red, green, blue or yellow. It will be the accent of your outfit.

Use only a photo of yourself. If you are under 18, start from a description instead of a photo, and ask a parent before sharing anything.

MODULE 2

Create your character

Open a new chat in ChatGPT. If you use a photo, attach it and paste this prompt:

```
Turn the person in this photo into a character for a dark fantasy
series set in an old boarding school of magic.

Keep my face recognizable: same face shape, eyes, nose, hair color and
hairstyle.
Outfit: long black school robe over a white shirt, a striped tie and a
scarf in GREEN and silver.
Style: cinematic, semi-realistic digital painting, soft candlelight,
moody atmosphere.
Shot: portrait from the chest up, looking at the camera, neutral
expression.
Background: a stone corridor with tall windows, softly out of focus.
No text, no logos, no watermark.
```

If you start from a description, paste this one and change the words in capitals:

```
Create an original character for a dark fantasy series set in an old
boarding school of magic.

Character: a 17-YEAR-OLD GIRL with SHORT PURPLE HAIR, GREY EYES and
FRECKLES. Distinctive detail: A SMALL SCAR ON THE LEFT EYEBROW.
Outfit: long black school robe over a white shirt, a striped tie and a
scarf in BLUE and silver.
Style: cinematic, semi-realistic digital painting, soft candlelight,
moody atmosphere.
Shot: portrait from the chest up, looking at the camera, neutral
expression.
Background: a stone corridor with tall windows, softly out of focus.
No text, no logos, no watermark.
```

Do not continue until you like the face. Ask for changes in plain words: "make the hair longer", "younger", "more similar to my photo".

MODULE 3

Make the 4-pose sheet

In the same chat, once you like your character, paste this prompt. Staying in the same chat is what keeps the face the same.

```
Now create a character sheet of this exact same character: same face,
same hair, same outfit and colors.

One single image divided into 4 equal panels (2 x 2 grid), each with
its own background:
1. Front view, from the chest up, neutral expression. Background:
stone corridor with candles.
2. Three-quarter view, from the chest up, slight smile. Background:
library with tall shelves.
3. Full body, standing, arms relaxed. Background: castle courtyard at
dusk.
4. Full body in action, casting a spell with a wand, robe moving.
Background: a large dining hall lit by candles.

Same lighting style and same art style in all 4 panels.
Square image. No text, no numbers, no labels, no watermark.
```

1
Front, chest up

2
Three-quarter view

3
Full body, standing

4
Full body, in action

MODULE 4

Fix the usual problems

The first result is rarely perfect. Say exactly what is wrong and ask for the image again:

The face changes from one panel to another

```
The face in panels 3 and 4 does not match panel 1. Redo the sheet keeping the exact face, hair and eye color of panel 1 in all 4 panels.
```

The colors or the outfit change

```
Keep the same outfit in all 4 panels: black robe, white shirt, striped tie and scarf in GREEN and silver. Do not change the colors.
```

Strange hands or extra fingers

```
Fix the hands in panel 4: five fingers on each hand, natural proportions, holding the wand in one hand only.
```

There is text, numbers or a watermark

```
Remove all text, numbers, labels and watermarks from the image. Keep everything else the same.
```

It does not look like me

```
It does not look enough like the person in my photo. Look at the photo again and match the face shape, eyebrows, nose and hairline more closely. Keep the same art style.
```

MODULE 5

Save it and send it

1. Open the image in ChatGPT and download it. Do not take a screenshot: the download has better quality.
2. Check the list below.
3. Send it together with your entry on the main page of The Chosen One. It is what the creator uses to draw you into the episode if you are the top supporter of the week.

- ✓ The same face in the 4 panels.
- ✓ The same outfit and the same color in the 4 panels.
- ✓ Each panel has a background.
- ✓ No text, logos or watermarks.
- ✓ JPG or PNG file, under 3 MB.

Send it at: the-chosen-one-supporters.netlify.app