

The One-Afternoon AI Workflow

Viewer Playbook – Make a Banging Video in a Single Afternoon

Companion guide to the YouTube episode: "1 Year of The Professor-AI | 7 Game-Changing Tools Behind Every Video".



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1. Rapid-Fire Overview

This playbook turns every lesson from the video into a step-by-step action plan.

Goal: **Draft** → **Record** → **Edit** → **Publish** →

Promote a professional-quality video plus thumbnail and social posts in around 2 hours.

Audience: Content-curious professionals 40+ who want results quickly.



Seven AI tools cover the entire workflow (ideation → analytics).

Copy-paste **prompts** remove guesswork and writer's block.

Every task is time-boxed so you know exactly when to switch contexts.

SEO & distribution steps built-in so your video actually gets found.

2. Minute-by-Minute Timeline

Time	Phase	Action Items
00:00–00:20	Set Intent & Hook Idea	Ask: "Why should someone care in 5 seconds?" Note hook sentence.
00:20–20:00	Draft Script in ChatGPT	Use project with script_structure.docx + SEO strategy PDF.
20:00–35:00	Design Thumbnail in Canva	Dark background + bright 40-char text. Export ≤ 2 MB JPG.
35:00–65:00	Record A-roll & Screen Demos (OBS)	Scene 1: Camera; Scene 2: Screen + Cam; keep clips <2 min.
65:00–105:00	Quick Edit in FilMora	Trim mistakes, add lower thirds, export 1080p MP4.
105:00–120:00	Upload, SEO, Schedule Socials	Generate description & tags in ChatGPT → fine-tune with VidIQ → Make.com auto-posts.

3. Tool-by-Tool Mastery



ChatGPT o3-pro

🕒 When: 00:20–20:00

1. Create "Video Scripts" project > Attach template docs.
2. Prompt: "Write an 8-min YouTube script celebrating my channel's first birthday and showcasing the AI tools I use."
3. Ask follow-ups for specific B-roll lines and timestamps.

🎯 Pro Tip: Use "Regenerate" until hook feels irresistible.

NotebookLM + Perplexity

🕒 When: Any research block

- Drop PDFs into NotebookLM → copy bullet summary.
- Cross-check stats in Perplexity; copy citation URLs for on-screen call-outs.

Canva

🕒 When: 20:00–35:00

1. Start from performing thumbnail template.
2. Replace image (remove background) + update text line.
3. File > Download JPG quality 100% then size-limit to 2 MB.

🎯 Pro Tip: Test legibility at 20% zoom to mimic mobile results.

OBS Studio

🕒 When: 35:00–65:00

- Scene Collection: A-roll (cam) & Demo (screen+cam).
- Hotkeys: F9 start, F10 pause; keeps takes tidy.

🎯 Pro Tip: Use 48 kHz audio to avoid sync drift in FilMora.

FilMora

🕒 When: 65:00–105:00

- Drag clips; ripple delete mistakes.
- Add lower-thirds at first mention of each tool.
- Export: MP4 1080p, CBR 16 Mb/s.

VidIQ

🕒 When: 110:00

- Target SEO score ≥ 70 ; adjust keyword density in title/description.
- Copy top 3 keyword suggestions into the first 100 chars.

Make.com

🕒 When: 115:00–120:00

- Scenario: YouTube "new video" → LinkedIn, Facebook, X modules.
- Map {title}, {short_link}, {thumbnail_url} into each post.

Manus AI

Optional: Drag exported MP4 → get SRT file.
Upload under Subtitles for accessibility + SEO.

4. SEO & Publishing Blueprint

Extract Transcript

In YouTube Studio (video unlisted) click **Show Transcript** and copy text.

Generate SEO Content

Prompt ChatGPT: "Below is the transcript... Produce an SEO-optimised description (keywords: ChatGPT, Canva, YouTube content creation, AI workflow) with timestamps."

Create Tags

Ask: "Give me comma-separated tags based on the description."

Optimize Metadata

Paste both into Description and Tags fields.

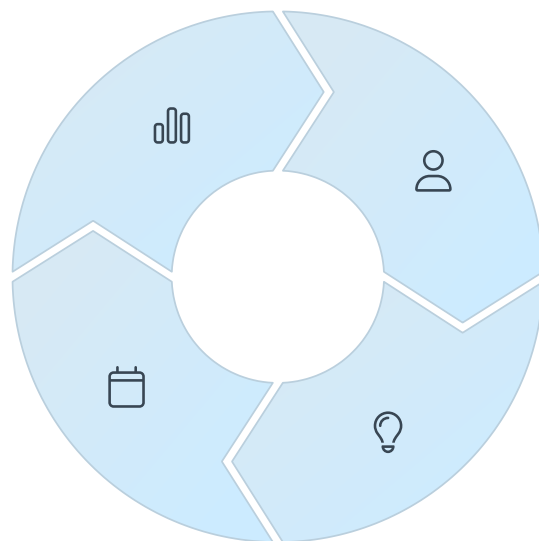
Title Formula: **Primary Keyword + Specific Benefit | Year** → e.g., "AI Workflow for YouTube | Make 5 Videos in 1 Afternoon (2025)".

Finalize Visual Elements

Thumbnail: High contrast, single focal image, ≤ 40-character headline.

End-Screen: Subscribe button + "Watch Next: AI Tools Simplified".

5. Analytics Growth Loop



Day-2 Check

View 48-hour graph; note Retention dips → trim or add cards next upload.



Subscriber Delta

Plot subs vs. uploads; double-down on topics that spike.



Prompt for Iteration

"Given my top 3 performing videos (titles below), suggest 5 follow-up ideas for over-40 professionals."



Monthly Review

Export Views, CTR, Average View Duration; drop into ChatGPT: "Analyse trends and recommend improvements."



6. Troubleshooting & FAQs

Thumbnail looks blurry?

Export at 100% JPG then compress with TinyPNG.

ChatGPT description repeats keywords too much?

Prompt: "Rewrite more naturally, keyword density max 2%."

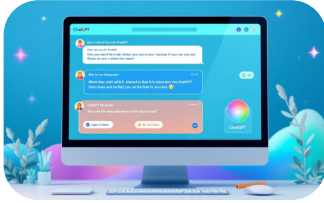
OBS audio out of sync?

Ensure both mic and desktop capture at 48 kHz; disable "Use device timestamps".

Remember: Most technical issues have simple solutions. When in doubt, check your settings first before assuming hardware problems.

For additional troubleshooting tips, refer to the OBS and Filmora documentation linked in Appendix B. If you encounter persistent issues with Make.com automation, check the scenario logs for any API connection errors.

Appendix A – Prompt Library



Script Draft

Write an 8-minute YouTube script titled <TITLE>. Use British spelling, friendly-expert tone. Include hook, CTA, B-roll cues.



SEO Description

Below is the transcript... Produce an SEO-optimised description (keywords...) with timestamps.



Thumbnail Ideas

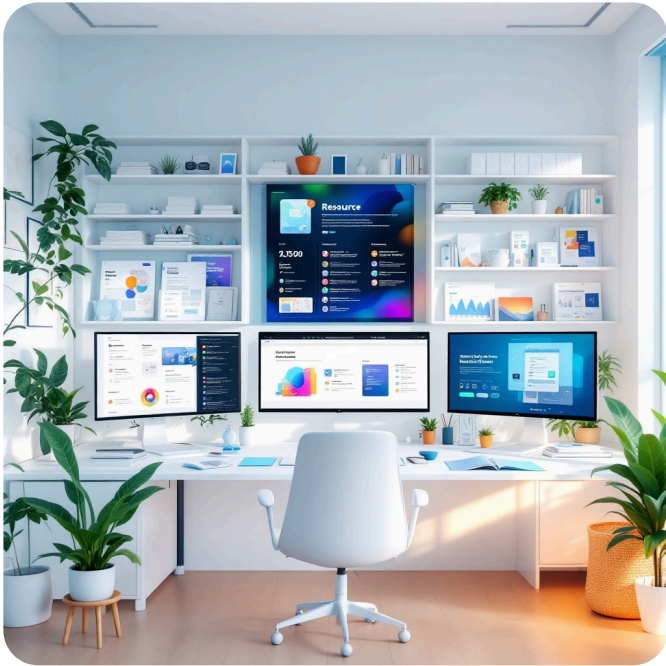
Suggest 3 thumb concepts (≤ 40 chars) and vivid colour palettes.



LinkedIn Post

Create a 1200-char post summarising the key takeaway and linking to <URL>. Include 3 hashtags.

Appendix B – Resource Links



- **Script Structure DOCX –**
<https://www.theprofessor.info/documents/d077c947-0576-4f42-8644-41e8087972fb>
- **SEO Improvement Strategy PDF –**
<https://www.theprofessor.info/documents/9bbafbc0-2ff6-4b3e-ac57-0c350366f44e>

Make.com (formerly Integromat) is a powerful automation platform that connects your YouTube channel with social media platforms for seamless content distribution. The scenario blueprint linked above provides a ready-to-use template for automatically posting your new videos across multiple platforms.

Appendix C – Recommended Gear (Budget Friendly)

Item	Budget Option
Camera	Logitech C922 Pro HD (£90)
Microphone	RØDE NT-USB Mini (£99)
Lighting	2× Neewer 660 LED Softboxes (£120)
Green Screen	Elgato Collapsible (£150)

All equipment listed above provides excellent quality-to-price ratio for content creators just starting out. The total investment of approximately £459 will give you a professional-looking setup capable of producing high-quality videos using the AI workflow described in this playbook.

Remember that good audio quality is often more important than video quality for viewer retention, so prioritize the microphone if you need to make budget choices.



"You don't need expensive gear to create professional content. The right AI tools can elevate even basic equipment to impressive results."

For additional gear recommendations and setup tips, visit the full resource page at <https://theprofessor.info/resources>.