AI AVATAR PROMPTING USING EXTERNAL AI TOOLS:

1. Upload a clear photo of yourself to your preferred AI image-generation tool. Have your Authentic Brand Statement ready to copy and paste into the prompt.
2. Use this prompt to create an avatar that represents who you are today:

   Current:

   > *"Create an AI avatar of me based on my uploaded photo and my Authentic Brand Statement [insert your brand statement here]. Keep my likeness recognizable, but design the avatar to visually express who I am, how I serve others, and the values I bring. Use facial expression, posture, clothing, colors, background, and mood to reflect my authentic brand. Make it polished, professional, human, and aligned with my statement."*

   Use this prompt to envision yourself fully stepping into your potential and personal superpower:

   Future Self:

   > *"Create an AI avatar of me based on my uploaded photo and my Authentic Brand Statement. Keep my likeness recognizable, but design the avatar to visually express who I am, how I serve others, and the values I bring. Use facial expression, posture, clothing, colors, background, and mood to reflect my authentic brand. Make it polished, professional, human, and aligned with my statement. My name is [your name]. My authentic brand statement is: [insert your brand statement here]. Generate a photo of me as my alter ego for my super power self."*

3. Continue refining the image through a back-and-forth conversation with the AI until you are satisfied with the result.

AI AVATAR PROMPTING USING BCAI:

1. Upload a clear photo of yourself to your BCAI account. Have your Authentic Brand Statement ready to copy and paste into the prompt.
2. Use this prompt to write an avatar description that represents who you are today:

   Current Self Avatar Description:

   > *I uploaded a personal image as a visual reference. I do not need you to generate an image. Instead, write a detailed avatar description of my Current Self based on my photo and Authentic Brand Statement.*
   > *My Authentic Brand Statement:*
   >
   > *"[Insert your Authentic Brand Statement here]"*
   >
   > *Describe how I show up today. Keep my likeness recognizable and include my facial expression, posture, clothing style, colors, background, energy, mood, and overall impression. Make the description polished, professional, realistic, and authentic.*

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AI AVATAR PROMPTING USING BCAI CONTINUED:

Use this prompt to envision yourself fully stepping into your potential and personal superpower:

Future Self Avatar Description:

I uploaded a personal image as a visual reference. I do not need you to generate an image. Instead, write a detailed avatar description of me as my Future Self / Superpower Self based on my uploaded photo and my Authentic Brand Statement.

Keep my likeness recognizable, but describe how my avatar would visually express who I am, how I serve others, and the values I bring, such as [insert your values here].

Use facial expression, posture, clothing, colors, background, lighting, energy, and mood to reflect my authentic brand. Make the description polished, professional, human, aspirational, and aligned with my statement.

My name is [your name].

My Authentic Brand Statement is:

[Insert your Authentic Brand Statement here]

Write a detailed visual description of me as my elevated, authentic, superpower self. Make it realistic and connected to who I am, while showing more confidence, presence, alignment, and impact.

3. Continue refining the avatar description through a back-and-forth conversation with the AI until it feels accurate and aligned with you.

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