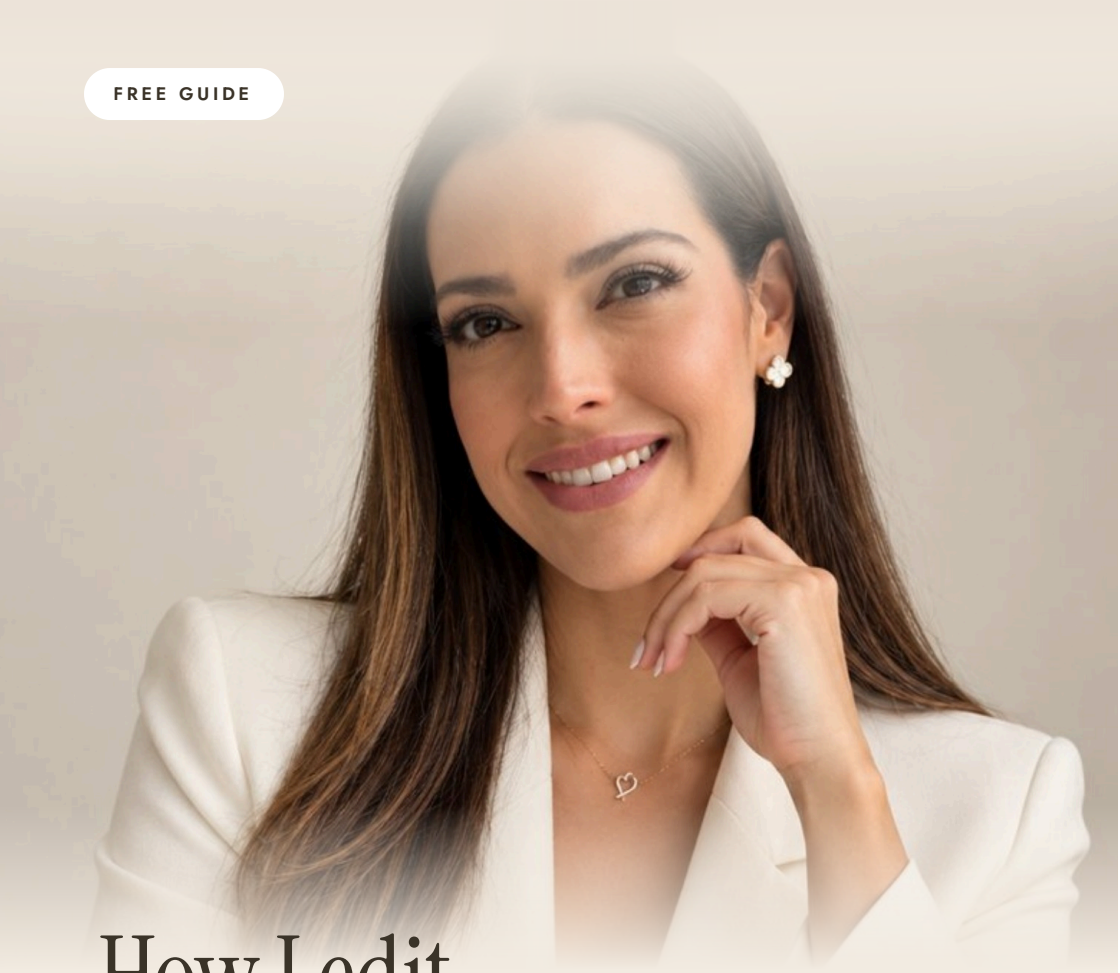
FREE GUIDE



How I edit my reels *with AI.*

You film. AI edits. Here's exactly how I do it, step by step, without opening CapCut or being "a tech person."

by Lily Alvarado

BEFORE WE START

Hi, I'm *Lily*

Less than a year ago, my account had 9 followers. Today we're over 250K across my platforms.

But in the beginning, I spent up to **3 hours editing a single reel**. At night, tired, while everyone was asleep.

I didn't lack ideas. I lacked time.

So I taught an AI to edit the way I do. Now I film, hand it my videos... and minutes later my reel is ready.



9	1.3M	250K+
followers a year ago	views on one reel	followers today

> *"AI isn't the magic. You are. AI just does the part that steals your time."*

HOW IT WORKS

Your reel in *3 steps*

That's really it. No complicated software, no losing your whole afternoon to editing.

1

FILM

On your phone, however it comes out. Pauses and mistakes included.

2

ASK

Give it your video and tell it what you want, in your own words.

3

POST

It hands you back a finished reel, in your style.

Filming tip: if you mess up, don't stop recording. Pause for a second and say the line again. The AI keeps your best take.

WHAT YOU NEED

A computer (Mac or Windows), the Claude desktop app and a paid Claude plan. Your phone to film. That's all.

THE QUESTION I GET THE MOST

You don't need to know *what to say*

"But what words do I use?" None in particular. There are three ways to edit, and none of them need editing or tech skills.

1 · AUTOPILOT

"Edit my reel."

That's it. It watches your video, picks the template, colors and effects that fit, and sends it back finished. You say "love it" or ask for a change.

2 · PHOTO MENU

"I'll choose."

It opens a menu with pictures. You tap the template, colors and extras you like, just like choosing a filter on Instagram.

3 · YOUR OWN WORDS

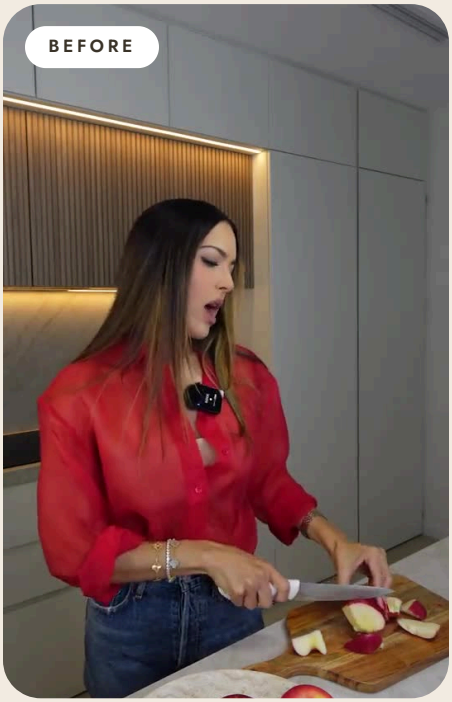
"Move the captions up and change the hook."

Once you know what you want, just say it like you would to a friend helping you edit. If it doesn't understand, it asks.

A REAL EXAMPLE

Before & *after*

One of my own reels (in Spanish). On the left, what I filmed. On the right, what the AI gave me back.





WHAT I FILMED

22 seconds with pauses, "umms" and repeated lines.

WHAT I GOT BACK

10 seconds: no pauses, with zooms, captions and animations.

...and I didn't open a single editing app.

THE FIRST THING TO KNOW

What AI does... and *what you do*

It cuts everything that isn't you talking, so your reel is shorter, clearer and easier to watch to the end.



↑ the AI cuts what you don't need

AI DOES

- ✓ Cuts silences and filler words
- ✓ Picks your best take
- ✓ Adds captions in your font
- ✓ Adds your title and colors
- ✓ Adds music and effects

YOU DO

- ✦ Your idea and your story
- ✦ Your energy on camera
- ✦ Decide what you like
- ✦ Give the final yes
- ✦ Post... and sell

You direct. AI edits.

COPY THESE

5 prompts so it edits *like you*

TO CLEAN IT UP

"Cut the silences and filler words, but never cut a word in half."

Goodbye "umms," without sounding robotic.

FOR YOUR MISTAKES

"If I repeated a line, keep only the best take."

Film without fear of messing up.

FOR YOUR CAPTIONS

"Use 2–3 word captions and highlight the key word in my color."

Short captions read better on a phone.

FOR THE HOOK

"Keep the reel's title pinned at the top the whole time."

The title decides whether they stay or scroll.

FOR THE MUSIC

"Add soft background music, always quieter than my voice."

Your voice is the star.

BEFORE YOU POST

Your *1-minute* checklist

- [ ] Can you read the title in the first second?
- [ ] Do I start talking right away, no "hi guys"?
- [ ] Are the captions short and easy to read?
- [ ] Does no cut chop off a word?
- [ ] Is the music quieter than my voice?
- [ ] Are the colors and font my brand's?
- [ ] Do I end with one clear action (comment, follow, save)?
- [ ] Do I look and sound like me?

If you said yes to everything... post it.

The perfect reel doesn't exist. The one you post does.

THIS IS JUST THE BEGINNING

You're on the list for *my editor*

This guide shows you what's possible. Doing it well, in your style and without getting lost in the tech, is another thing.

That's why I built my own AI reel editor, the one I use for my reels every day. It's coming in English soon.

- ✦ You film, AI edits your reel
- ✦ Cuts, captions, hook and your colors
- ✦ Made for people who aren't "tech people"
- ✦ Short lessons, step by step

You'll hear first

Because you're on the list, I'll email you before anyone else, with a special launch price. Check your inbox (and Promotions) so you don't miss it.

With love, Lily