

Steps to Video Making

1. Decide what you want to produce

- a. Topic
 - i. From your niche
 - ii. Specific emotion: fear, depression, anxiety, self-esteem, etc
 - iii. What an EmRes session like?
- b. Where Do You want to post?
 - i. YouTube Short < 60 sec
 - ii. InstaReels < 90 sec
 - iii. Tiktok < 3 min
 - iv. Everything else, unlimited time. But less likely to be "scrolled thru"

2. Develop Script

Speech Length	Slow (100 wpm)	Average (130 wpm)	Fast (160 wpm)
1 minute	100 words	130 words	160 words
5 minutes	500 words	650 words	800 words
10 minutes	1,000 words	1,300 words	1,600 words

- a. Write your own from scratch or use some other AI software (ChatGPT and the like)
- b. Use InVideo AI
 - i. Write or Snag words on your topic, similar to the word counts suggested above

3. InVideo AI

- a. Click **"Create New +"** (top right corner of screen)
- b. Choose type of Video
 - i. Script to Video—creates video with EXACTLY your words/from your script
 - ii. YouTube Short—creates video about 60 seconds long, uses AI to reduce or expand the script you give it.
- c. Paste in your script
- d. Options/Settings
 - i. 1 - Narrator: Female/Male, Accent/Clear American Voice
 - ii. 4 – Use IStock or not
- e. Click **"Continue"**
- f. Click **"Generate A Video"**
- g. Be patient....
- h. Select Audience, Look/Feel, Platform (YouTube/YouTube Shorts)
- i. Click **"Continue"**
- j. Be patient....

k. Listen-Watch | Edit | Repeat

The video has three editable components at this point: Media, Script and Music. The script is broken into small segments. Each segment has a video segment associated with it. This *length of the video* is also visible on this screen—next to the volume slider.

- i. To make changes, click **"EDIT"**
 1. First, fix/alter script segments: click **"Edit Script"**

The script is broken into "chapters" followed by text segments.

 - Text segments are shown on the left.

On the right are

 - "Media"=what AI used to find the video it used and
 - "Narrator"=what AI used to invoke the narration and
 - sometimes a "Text"= words/titles that will appear over the video (not the subtitles of the spoken text).
 - a. Change/alter/delete any of these items. To delete entire text segment, remove all text by erasing it and all components on right by clicking into them and using the "trash" button.
 - b. Click **"Apply Changes"** when complete.
 - c. **There is no UNDO**, if you want to "go back", click **"Discard"** and start over.
 - d. Be patient....

2. Next fix/alter video segments: click **"Edit Media"**

a. Select Video segment, see script snippet that is associated with that video segment

b. **MyMedia** >>

i. **Upload Media**: your own video and pictures

ii. **Search**

1. Type in search words, scroll down to select video

2. Hover over video to screen

3. Click Replace

4. Scroll back up to see "replaced video" on top of original video

iii. Delete "replaced video" by clicking on small "X" in top right of Video segment.

3. Another tool **"Generate"**

Give AI a command to edit the video.

a. Type instruction like "reduce video to less than 60 seconds". Click **"Generate"**

b. Be patient... see if it works

I. Download

i. When satisfied with the video, click the **Download** button, save to your hard drive. It's now available to upload to where-ever.

ii. Tip: watch the video from your hard drive. Oddly, this change in venue give your brain a "different perspective" and you will catch "flaws" you didn't see before.

m. Trouble Shooting

i. Reduce video length to less than 60 seconds >> Generate

ii. Unequal Sound Volume—sound fades in/out during video play

1. Edit Script segment that has the issue, regenerate. Hint. If you like the script and don't really want to change it permanently—just take out a word, "generate" then edit the same segment by putting the word back, and generate again.

iii. Remove generated chapter titles

1. Edit Script, remove the Text components on the right side with the trash button.