FREE GIFT · FROM THE $47 AI REEL EDITING SYSTEM

copy, paste, post!

THE FREE REEL SCRIPT + CAPTION PROMPT

Write Your Reel Scripts and Captions with Claude

ONE PROMPT. CLAUDE WRITES YOUR REEL.

Paste in your topic or transcript and get a **teleprompter script**, a **timed on-screen caption outline** and the **post caption**, in about a minute.

Free. Copy-and-paste. Beginner-friendly.

FROM TIA COLLIS · @thetiacollis

- Teleprompter script
- Timed on-screen outline
- Post caption + hashtags

step one

COPY THIS PROMPT

Fill in the [orange brackets] once, save it as a note, then paste it in for every Reel.

You are my Instagram Reel caption writer. I'm [your name], and I help [your audience] with [your topic]. My voice is [warm / direct / funny / faith-based, etc.].

Here is my Reel's topic or transcript:
[PASTE TOPIC OR TRANSCRIPT HERE]

The video is about [15 / 30 / 45] seconds long.

Give me three things:

1. TELEPROMPTER SCRIPT
Write the word-for-word script I'll read on camera, in my voice, sized for the video length. Use plain spoken sentences in short paragraphs, with no timestamps, emojis, hashtags, or stage directions, so I can copy and paste it straight into my teleprompter. If I pasted a transcript, tighten it instead of starting over.

2. TIMED ON-SCREEN CAPTION OUTLINE
Break the Reel into timestamps that match the script. For each one, give me:
• The time range (e.g. 0-3s)
• The exact on-screen text, kept to 8 words or fewer
• What I should be doing or showing on camera

Use this structure for both the script and the outline:
• **0-3s: HOOK.** Stop the scroll with a bold claim, question, or "stop doing this" statement
• **3-10s: PROBLEM.** Name what my viewer is struggling with
• **10-25s: VALUE.** The tip, story, or insight, split into short lines
• **Last 5s: CTA.** One clear action, like "Comment [WORD] and I'll send it"

3. POST CAPTION
Write the caption that goes under the Reel:
• Line 1: a hook that's different from the video hook
• 2-3 short lines expanding on the video
• A one-line CTA
• 5 relevant hashtags

Keep everything conversational, with short lines and no jargon. Don't use the words "game-changer" or "unlock."

how to use it

1. Save the prompt in your notes app with your details filled in.
2. For each new Reel, paste in your topic or transcript.
3. Change the length (15, 30 or 45 seconds) to match your video.

step two

WHAT YOU GET BACK

A sample for a 30-second Reel about editing with Claude. Yours will match your topic and voice.

TELEPROMPTER SCRIPT (copy and paste into your prompter)

Stop editing your Reels by hand. I used to spend hours in an editing app just to add captions.
Now I film the video, hand it to Claude, and it adds the captions, headlines and sound for me. Done before my coffee gets cold.
Want the exact prompt? Comment EDIT and I'll send it to you.

0-3s	**HOOK** **Stop editing Reels by hand.**	On camera: Look straight at the camera
3-10s	**PROBLEM** **Hours in an editing app?**	On camera: Sigh and close the laptop
10-25s	**VALUE** **Film it. Hand it to Claude.** **Captions, headlines, sound.** **Done while you make coffee.**	On camera: Show the finished Reel playing
25-30s	**CTA** **Comment EDIT for the free prompt**	On camera: Point at the comment button

POST CAPTION

I used to spend hours editing one Reel.
Now I film it and Claude does the rest.
Comment EDIT and I'll send the prompt. #reelsediting #aitools #contentcreator #mompreneur

script, outline and caption: done. now for the fun part...

SEE HOW GOOD YOUR REELS CAN LOOK

Turn the page for the full picture

ONE-TIME PAYMENT · INSTANT ACCESS · BEGINNER-FRIENDLY

THE $47 AI REEL EDITING SYSTEM

now that you've made your Reels...

WANT THE EASY WAY TO EDIT THEM?

I teach exactly this **step by step**, and I built everything for you so you can just **copy and paste!**

- Animated captions, headlines and sound effects
- Your logo end card, built in
- 10-step setup guide + copy-and-paste prompt
- No editing app. No hours at your laptop.

$47 one-time payment
instant access

GET INSTANT ACCESS · $47

Requires a paid Claude plan and the free Claude desktop app (Mac or Windows).

no editing app needed!



Big headline above your head

One word at a time on screen

Your logo at the end