

THE 100-IDEA SHEET

5 steps to find a hundred content ideas in one sitting.

You never need to stare at a blank page. Start with who you help, make a list of what they search for, then collect videos worth remaking in your own words. Remake the idea, never the video.

THE 5 STEPS

1. Write who you help in one sentence.
2. Ask ChatGPT for the 50 short phrases that person is most likely to search.
3. Search each phrase on TikTok and sort by most liked, if your app shows that filter.
4. Collect the links to videos worth remaking in your own words.
5. Keep going until you have 100 links, then pick 10 to film this week.

THE CHATGPT REQUEST (COPY AND FILL IN)

PASTE THIS

I help [WHO YOU HELP] with [WHAT YOU HELP THEM WITH].

List the 50 short phrases (two or three words each) that this person is most likely to type into a search bar.

Group them by problem. Do not repeat any. Do not add numbers or claims.

ChatGPT cannot see real search numbers, so treat the list as a starting point and check it against what you see on TikTok.

100-LINK TRACKER (COPY THIS PAGE FOR MORE ROWS)

#	Search phrase	Link	What I will say differently
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

PICK 10 TO FILM THIS WEEK

Idea	Film on	Posted?
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Use your own words, your own examples and your own face. Never copy someone else's video or script. Educational only. Results vary by business and by account. No views, sales or income results promised.

100 ideas ready. Now find people to make them for.

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