

The Mobile AI Workflow *Stack.*

*Build your entire AI content stack from
your phone — in 30 minutes a day.*

6

TOOLS

90

MINUTES

7

DAYS OF CONTENT

\$0

TO START

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AI Toolbox Daily · Soft Healer · Bunnie Whisper

INSIDE THIS BRIEF

- 01 The shift
- 02 The stack
- 03 The 90-min workflow
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ONE OF SEVEN SYSTEMS FROM

THE AI CREATOR SKILLS VAULT

the operating system for AI directors

Your AI workflow is stuck in 2023.

Most creators still treat AI like a desktop app — open the tool, sit at the laptop, generate, save, post later. That model is breaking.

The frontier just moved. Anthropic shipped Claude Code on mobile. OpenAI rolled Sora to phones. Adobe wired Firefly into every Express app. Audiences scroll Threads and TikTok at 11pm — not 9am at a desk.

The creators who win the next 24 months treat AI like a continuous, ambient assistant. Not a session.

WHAT THIS MEANS FOR YOU

Stop building workflows around your desk. Build them around your phone — because that's where your ideas, attention, and audience already live.

Every step now lives on your *phone*.

The six-tool stack. Pick one per role and lock it in.

#	STEP	MOBILE TOOL	USE
01	CAPTURE	Apple Notes · Granola	<i>Voice memo or quick idea — zero friction</i>
02	EXPAND	ChatGPT mobile · Claude mobile	<i>Generate 5 hooks + 3 prompt drafts in a tap</i>
03	GENERATE	Midjourney mobile · Sora mobile	<i>Hero image or 15-sec video, on-bus or in-bed</i>
04	EDIT	Adobe Express · Captions	<i>Quick cuts, captions, color, export-ready</i>
05	POST	Threads · IG · TikTok	<i>Native first. Schedulers are optional now</i>
06	TRACK	Stan · Buffer mobile	<i>Analytics + next-week scheduling, single dashboard</i>

Total time per task once the stack is set: under 90 minutes.

30 minutes of *thinking*. 60 minutes of *shipping*.

One morning. One week's worth of content.

DECISION · 30 MIN

30:00

01 Niche angle

Pick your angle of the day in one line. ('Sora is changing storytelling.')

02 Trend hijack

Open Threads, save 3 trending aesthetics. Pick one that fits your world.

03 Choose formula

Cinematic, Soft Healer, or Viral — match angle to formula.

04 Hook draft

Write the post hook before generating. Hook leads visual, not the other way.

EXECUTION · 60 MIN

60:00

01 Generate hero

Run formula → hero image or 15-sec video. Stop after 3 variations.

02 Edit + caption

Adobe Express or Captions. Add hook overlay. Export.

03 Post + repurpose

Post primary channel. Schedule 2 spinoffs (carousel + Reel) for the week.

04 Capture lead

Add 1 CTA line that points to your free PDF / waitlist / product.

THE COMPOUND

Repeat this 5 days a week. By Friday you have a month of content + a list of paying leads.

Three formulas. Three taps. Three pieces of content *by lunch.*

Copy any of these into Midjourney, Sora, or Flux. Watch what changes.

01 THE CINEMATIC FORMULA

Best for: mood-driven brand visuals + viral Threads posts

A woman in a vintage trench coat walking slowly across a rain-soaked Tokyo street at dusk, shot on 35mm wide lens at hip level, low rim lighting from neon signs, dense atmospheric fog, hair lifting in the wind, lonely and contemplative, cinematic film still in the style of Wong Kar-wai.

02 THE SOFT HEALER FORMULA

Best for: faceless brand worlds + healing/aesthetic niches

A small white bunny resting on a moss-covered moonstone, surrounded by floating dandelion seeds, soft lavender and cream palette with fine grain texture, petals drifting slowly downward, in the style of a hand-painted picture book.

03 THE VIRAL THREADS FORMULA

Best for: save-worthy single-image posts with caption space

An astronaut sitting cross-legged on a rooftop with a Tamagotchi in one hand, sunset Tokyo skyline, centered framing with negative space at top for text overlay, melancholic but absurdly cute, in the style of an editorial concept poster.

This is *1 of 7* systems. The other 6 live *inside*.

● 01	Prompt Formula Vault	LOCKED
● 02	Visual Framework Systems	LOCKED
● 03	Cinematic Scene Systems	LOCKED
● 04	AI Storytelling Templates	LOCKED
● 05	Workflow Automation Systems	✓ YOU JUST READ A PREVIEW
● 06	Content Hook Vault	LOCKED
● 07	Monetization Playbooks	LOCKED

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Build the system now. Compound from here.

— Christie