

# 5 zero-skill AI prompts for TikTok content

Copy, paste, and let AI do the thinking. No experience needed. Built for complete beginners who want to start posting.

## How to use this

Open any free AI chat tool (ChatGPT, Claude or Gemini). Copy a prompt below, fill in the [square brackets] with your own topic, and paste it in. You will get usable ideas in seconds. Start with prompt 1, then work down. Post consistently and adjust as you learn what your audience responds to. Views depend on your niche, effort and consistency — treat these as a head start, not a shortcut.

### Prompt 1 — find video ideas in your niche

**COPY THIS PROMPT**

You are a short-form video strategist. My niche is [YOUR TOPIC]. Give me 15 TikTok video ideas that a total beginner can film on a phone. For each, give a one-line concept and why people would watch. Keep them simple and specific.

**Tip:** Use this first. Pick the 3 ideas you feel most comfortable filming and save the rest for later.

### Prompt 2 — write a scroll-stopping hook

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Write 10 opening lines (hooks) for a TikTok video about [YOUR IDEA]. Each hook must be under 8 words, spoken in the first 2 seconds, and make someone stop scrolling. Mix curiosity, a bold claim, and a relatable problem.

**Tip:** The hook is 80% of the job. Read all 10 out loud and keep the one that sounds most natural for you to say.

### Prompt 3 — turn an idea into a full script

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Write a 30-second TikTok script for this idea: [YOUR IDEA]. Structure it as: hook, 3 quick points, and a simple call to action. Use short spoken sentences. No jargon. Write it the way a real person talks, not an advert.

**Tip:** Film in one take. If you stumble, keep going — natural beats polished on short-form video.

### Prompt 4 — caption and hashtags that fit

**COPY THIS PROMPT**

Write a TikTok caption for a video about [YOUR IDEA]. Keep it under 150 characters, add one question to invite comments, and suggest 5 relevant hashtags — a mix of broad and niche. No hashtag spam.

**Tip:** Questions in captions drive comments, and comments help the video reach more people.

## Prompt 5 — turn one idea into a week of content

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Take this single topic: [YOUR TOPIC]. Break it into a 5-part TikTok series, one video per day. For each day give a title, a hook, and the one point it covers. Make each video work on its own but tease the next one.

**Tip:** A series keeps viewers coming back and makes filming easier — you plan once, film five times.

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## Want the full system?

These 5 prompts are a taste of Break Free OS — our step-by-step plan for building a simple online income with AI from zero. See it at **[breakfree.pro/affiliate](https://breakfree.pro/affiliate)**.

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