

ONE TASK A DAY / FIVE STAGES / YOUR CREATIVE PORTFOLIO

30-Day AI Creative Challenge

Aim for 20-30 minutes a day; allow extra time for video and final edits.

Save each result and prompt. Tick the box when you have the daily output.

Miss a day? Continue where you stopped. Progress matters more than speed.

DAYS 01-06 / PROMPTING & IMAGES

☐ 01 / Choose your creative theme

Pick a product, business or personal project. Use Bonus 3 to describe one image you want to create.

Done: A completed brief with subject, setting and style.

☐ 02 / Generate your first image

Use your brief to write a prompt and generate one image. Save both the prompt and result.

Done: One image and its original prompt.

☐ 03 / Change only the lighting

Reuse Day 2. Ask for soft light, then dramatic light, while keeping the subject and framing.

Done: Two lighting versions with one sentence comparing them.

☐ 04 / Explore the camera

Create a close-up and a wide shot of your subject. Use Bonus 1 for framing vocabulary.

Done: Two images showing different framing.

☐ 05 / Create a cinematic portrait

Describe a person, setting, lighting and mood. Use a fictional subject or your own reference photo.

Done: One portrait with a clear cinematic mood.

☐ 06 / Refine your strongest image

Choose Days 2-5's strongest result. Name one problem, correct it and compare the versions.

Done: Before-and-after images plus the refinement prompt.

Use a PDF reader that supports forms to tick and save, or print this workbook. Keep each day's files in a folder named Day 01, Day 02 and so on.

DAYS 07-12 / PRODUCTS & FLYERS

Turn images into designs

Build on your images. Use a design editor for precise text and layout.

☐ **07 / Create a product photograph**

Generate a clean image of your chosen product. Use one surface, simple lighting and a quiet background.

Done: One product image with the product clearly visible.

☐ **08 / Make room for a message**

Rework Day 7 so the product sits on one side and the other side has clean space for text.

Done: One advertising visual with usable empty space.

☐ **09 / Build a product flyer**

Place Day 8 in a design editor. Add a headline, a real or clearly fictional offer and a call to action.

Done: One exported flyer with readable text.

☐ **10 / Design an event flyer**

Choose a real or fictional event. Add its title, date, venue and booking information to a clear layout.

Done: One event flyer with all essential details.

☐ **11 / Create a second format**

Adapt either flyer to a vertical story layout. Reposition text and images rather than stretching them.

Done: One 9:16 version with unclipped, readable text.

☐ **12 / Polish and review**

Check spelling, spacing, contrast and alignment. View both flyers at phone size and improve the weaker one.

Done: One revised flyer and a note on three improvements.

Toolkit: Bonus 1 for visual vocabulary; Bonus 2 for adaptable prompts; Bonus 5 for image and design tools.

DAYS 13-18 / RETOUCHING & REVERSE PROMPTING

Edit and analyse visuals

Keep what matters, change what needs work, and study the choices behind a visual.

☐ **13 / Retouch a portrait naturally**

Use your own or a permitted portrait. Improve exposure or a temporary blemish while preserving identity and texture.

Done: Original and edited portraits saved side by side.

☐ **14 / Replace a background**

Change only the background of a portrait or product photo. Check edges, light direction and contact shadows.

Done: One convincing background replacement.

☐ **15 / Decode a reference**

Choose a reference image. Use Bonus 4 to describe its composition, lighting, colour, texture and mood.

Done: A completed visual analysis in your notes or worksheet.

☐ **16 / Make an original variation**

Use Day 15's observations. Change the subject and setting while keeping two visual qualities you admire.

Done: A new prompt and one original generated image.

☐ **17 / Compare two tools**

Try the same image brief in two tools from Bonus 5, using available free access where possible.

Done: Two results with notes on control, quality and effort.

☐ **18 / Build a before-and-after panel**

Choose your best edit from Days 13-14. Place the original and edited result together and label the change.

Done: One comparison panel ready to show a viewer.

If a second tool is unavailable on Day 17, compare two prompt variations in your current tool and record what changed.

DAYS 19-24 / VIDEO & AUDIO

Direct motion and sound

Keep each shot simple. Save credits by planning before generating.

☐ **19 / Write a video prompt**

Use Bonus 1's video formula. Specify one subject action, one camera move and a mood for a short clip.

Done: One focused video prompt and a starting image if needed.

☐ **20 / Animate a still image**

Animate one of your images with a small, natural movement. Keep the camera still for this first attempt.

Done: One short clip; check for changes to faces and objects.

☐ **21 / Try a camera movement**

Use the same subject in a new clip with a slow push-in or orbit. Keep the action simple.

Done: A second clip and a note comparing the camera choices.

☐ **22 / Create a voiceover**

Write a short script for your theme. Record it yourself or use text-to-speech; check names and pronunciation.

Done: A clear voiceover of roughly 10-15 seconds.

☐ **23 / Explore background music**

Describe mood, instruments and tempo. Generate a music idea or select a suitable licensed track.

Done: One saved track or link, with its usage terms noted.

☐ **24 / Assemble a short video**

Combine your clips and voiceover in a video editor. Add music only if its usage terms allow your intended use.

Done: One 10-15-second draft with balanced audio and readable text.

If video or audio credits run out, create a storyboard or animate stills in your editor. Use your own voice and licensed audio as needed.

DAYS 25-30 / YOUR FINAL CREATIVE PROJECT

Finish a mini campaign

Reuse your best work. Bring it together into one consistent message.

☐ **25 / Write the campaign brief**

Choose one product or service, its audience, one benefit and a call to action. Reuse your earlier theme if useful.

Done: A short brief for one flyer and one 15-second video.

☐ **26 / Create the campaign visual**

Generate or refine a main image for the brief. Choose a consistent colour palette, lighting style and mood.

Done: One main image plus your final image prompt.

☐ **27 / Design the campaign flyer**

Add the headline, benefit and call to action to Day 26's image. Keep the message focused.

Done: One finished flyer matching the campaign brief.

☐ **28 / Build the campaign video**

Plan three short scenes. Combine generated clips, still images or both, with consistent colours and messaging.

Done: A complete 15-second video draft.

☐ **29 / Review and export**

Check text, facts, visual consistency, audio, watermarks and asset permissions. Correct issues, then export.

Done: Final flyer and video, checked after export.

☐ **30 / Show your progress**

Collect your strongest work, including the final campaign. Compare Day 2 with Day 26 and write what improved.

Done: A folder of five favourite pieces and three lessons learned.

You finished the challenge. Keep practising: choose one skill to improve next, and repeat the most useful tasks with a new theme.