

DAY 1

# MAKE MY CLONE CHALLENGE



Sophia The Robot

# MAKE MY CLONE CHALLENGE

1

[www.CloneDay1.com](http://www.CloneDay1.com)

[www.CloneDay1.com](http://www.CloneDay1.com) ← coming soon - but this will be the HUB where they go for all their notes and all

2

[www.MakeMyClone.ai/vip](http://www.MakeMyClone.ai/vip)

[www.MakeMyClone.ai/vip](http://www.MakeMyClone.ai/vip) ← Upgrade to VIP for Lifetime replay access + extra VIP Q&A hours

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[www.MakeMyClone.ai/group](http://www.MakeMyClone.ai/group)

[www.MakeMyClone.ai/group](http://www.MakeMyClone.ai/group) ← Facebook group, come join us for your homework and prizes

# Day 1 workbook

(December 8, 2025)

## WELCOME TO DAY 1

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Your Name: \_\_\_\_\_

Today's Date : \_\_\_\_\_:

**My #1 Goal for Today:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_:

**Why I'm Here (My Biggest Pain Point):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_:

# SESSION 1: THE **SUPER AGENT** **CLONE** ARCHITECTURE

## THE FOUR CLONES: THE BIVV METHOD

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**B:** \_\_\_\_\_

**I:** \_\_\_\_\_

**V:** \_\_\_\_\_

**V:** \_\_\_\_\_

**Why this order?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SESSION 1: THE SUPER AGENT CLONE ARCHITECTURE

## CLONE #1: YOUR BRAIN

What does the brain clone contain?

- -----
- -----
- -----
- -----
- -----

Why is this the foundation?

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-----  
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## CLONE #2: YOUR IMAGE

What problem does this solve?

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-----  
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# THE THREE BRAIN METHODS

## Method #1: Custom ChatGPT

**Best used for:**

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**Analogy:**

It's like a \_\_\_\_\_ in your brain.

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## Method #2: Claude Projects

**Best used for:**

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**Analogy:**

It's like a \_\_\_\_\_ in your brain.

**Key features:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# THE THREE BRAIN METHODS

## Method #3: UgenticIQ

**Best used for:**

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**Analogy:**

It's like a \_\_\_\_\_ in your brain.

**Key advantage over other methods:**

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# YOUR REFLECTION

Which brain method will you start with? Why?

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Which brain method will you start with? Why?

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# SESSION 2: CUSTOM GPT WITH MOLLY MAHONEY

## CUSTOM GPT USE CASES

Specific tasks I want to automate with Custom GPTs:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## MOLLY'S FREE CUSTOM GPT

What does it help you do?

\_\_\_\_\_  
\_\_\_\_\_

How will you use it?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# SESSION 3: BUILDING YOUR BRAIN WITH **CLAUDE PROJECTS**

## WHAT IS CLAUDE?

Claude is a \_\_\_\_\_

How is it different from ChatGPT?

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-----  
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## CLAUDE PROJECTS VS CUSTOM GPT

Custom GPT is best for:

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Claude Projects is best for:

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-----  
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# SESSION 3: BUILDING YOUR BRAIN WITH **CLAUDE PROJECTS**

## Step 1: Audio Recording

Tool used: \_\_\_\_\_

What to talk about:

-----  
-----  
-----  
-----

## Step 2: Transcribe & Upload

Where does it go in Claude?:

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## Step 3: Ask Claude to Review

The question to ask:

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-----

**What does Claude do next?**

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## **Step 4: Answer Questions**

**How to answer Claude's questions:**

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## **Step 5: Repeat Until Ready**

**How do you know when the brain is ready?**

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# CLAUDE LIMITATIONS & WORKAROUNDS

## Limitation #1: Usage Limitations

The solution:

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## Limitation #2: Chat Limits

The workaround:

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## Limitation #3: Memory Across Chats

The workaround: :

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# CLAUDE ARTIFACTS

**What are Artifacts?**

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**How to use them:**

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## YOUR REFLECTION

**What project will you create in Claude first?**

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**What context will you give Claude about this project?**

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# SESSION 4: BUILDING YOUR BRAIN WITH UGENTIC IQ

## THE BRAIN HIERARCHY

Custom ChatGPT = \_\_\_\_\_

Claude Projects = \_\_\_\_\_

UgenticIQ = \_\_\_\_\_

\_\_\_\_\_

## KEY DIFFERENCES

Custom GPT limitations:

\_\_\_\_\_  
\_\_\_\_\_

Claude Projects limitations:

\_\_\_\_\_  
\_\_\_\_\_

UgenticIQ advantages::

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# THE AUTOMATED INTERVIEW PROCESS

## Step 1: Dump Everything In

What can you upload?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How far back does it scan?

\_\_\_\_\_

\_\_\_\_\_

## Step 2: Hit Process

What does UgenticIQ look for?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Step 3: Answer Personalized Questions

How are the questions generated?

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How can you answer?

- ---
- ---
- ---

### Step 4: Analyze Again

What happens if you need more info?

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What happens when you're done?

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# YOUR REFLECTION

**Will you use UgenticIQ? Why or why not?**

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**What will you train your brain clone on first?**

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# SESSION 5: CREATING YOUR IMAGE CLONE

## THE 5 PRINCIPLES OF IMAGE CLONING

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**Principle #1: Great Lighting:**

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**Principle #2: Multiple Angles**

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**Principle #3: Facial Expression Variety**

**Examples:**

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- ---
- ---
- ---

# SESSION 5: CREATING YOUR IMAGE CLONE

## Principle #4: Body Position Variety

### Examples:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Principle #5: Shot Variety

### Examples:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## COMMON MISTAKES TO AVOID

### Don't do this:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# SESSION 5: CREATING YOUR IMAGE CLONE

## IMAGE CLONING TOOLS

Tools mentioned:

- -----
- -----
- -----

## YOUR REFLECTION

How many usable photos of yourself do you currently have?

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What's stopping you from doing a photoshoot?

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How will image cloning solve this problem for you?

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# SESSION 6: VOICE CLONE SETUP

## THE TOOL: ELEVENLABS

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Why ElevenLabs?

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Monthly cost: \$

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## PROFESSIONAL VS INSTANT CLONE

Instant Clone:

- ---
- ---

Professional Clone: (This is what you want)

- ---
- ---
- ---

# SESSION 6: VOICE CLONE SETUP

## SCRIPT EDITING TIPS

To make your voice sound more natural:

- Use \_\_\_\_\_ for pauses
- Use \_\_\_\_\_ for emphasis
- Use \_\_\_\_\_ for energy
- Add \_\_\_\_\_ for longer pauses
- Use \_\_\_\_\_ for interruptions

## VOICE QUALITY REALITY CHECK

Current voice cloning quality: \_\_\_\_\_% to \_\_\_\_\_%

What it gets right:

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What's still being perfected:

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# SESSION 6: VOICE CLONE SETUP

## YOUR REFLECTION

How important is voice quality to you? (1-10) \_\_\_\_\_

What will you use your voice clone for?

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-----  
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When will you set up ElevenLabs?

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# SESSION 7: VIDEO CLONE METHODS

## TWO PATHS TO VIDEO CLONES

### Path A: Image-to-Video

Quality: \_\_\_\_\_% to \_\_\_\_\_% effective

Best for:

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### Path B: Video-to-Video

Quality: \_\_\_\_\_% effective

Best for:

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# CHOOSING YOUR PATH

Budget scenario? → Use

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Want the best? → Use

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# THE TOOL STACK

Image-to-Video & Video-to-Video:

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JSON Prompting for images:

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Direct image generation:

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# VIDEO-TO-VIDEO: THE 8 RULES

1. -----

2. -----

3. -----

4. -----

5. -----

6. -----

# YOUR REFLECTION

Which path will you start with? (Image-to-Video or Video-to-Video)

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Why?

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What's your first video clone going to say?

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# TODAY'S HOMEWORK

## CREATE YOUR VIDEO CLONE

Deadline: \_\_\_\_\_

### Requirements:

Must use YOUR voice (ElevenLabs clone)	<input type="checkbox"/>
Must have YOUR face	<input type="checkbox"/>
Can be Image-to-Video OR Video-to-Video	<input type="checkbox"/>
Topic doesn't matter (just DO IT)	<input type="checkbox"/>
Post in Facebook Group	<input type="checkbox"/>

## YOUR COMMITMENT

I will create my video clone by:

\_\_\_\_\_

My video will be about:

\_\_\_\_\_

\_\_\_\_\_

# DAY 1 WRAP-UP

## YOUR IDENTITY DECLARATION

Fill in the blank and say it out loud:

"I am an \_\_\_\_\_"

What this means for your future:

-----  
-----  
-----  
-----  
-----  
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## YOUR BIGGEST TAKEAWAYS FROM DAY 1

Top 3 insights:

1. -----  
-----  
2. -----  
-----  
3. -----  
-----

# DAY 1 WRAP-UP

## YOUR ACTION PLAN

### Before tonight's Evening Party (7 PM ET):

Set up ElevenLabs account	<input type="checkbox"/>
Set up HeyGen account	<input type="checkbox"/>
Join Facebook Group	<input type="checkbox"/>
Start building my first clone	<input type="checkbox"/>

### Before tomorrow (Day 2):

Complete video clone homework	<input type="checkbox"/>
Post clone in Facebook Group	<input type="checkbox"/>

# FINAL REFLECTION

How do you feel right now?

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What limiting belief did you break today?

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What are you most excited about?

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How will you overcome it?

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What's your #1 fear or concern?

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