

My Mobile Vlog and Blog Workflow

The simplest and most powerful workflow I've found combines **video, audio, and writing** seamlessly. It's about capturing thoughts in the moment and turning them into meaningful content.

Step 1: Record Your Visual Diary

Just use a **GoPro Mini**, go for a walk in nature (or wherever), and speak out loud. Think of it as a **visual diary**, almost like you're taking notes or writing, but instead, you're speaking into the camera.

Treat it like **Marcus Aurelius' meditations**—a personal journal of your thoughts.

"Treat video and audio like public meditations, and just speak your mind."

This process is freeing. Just let your ideas flow naturally and document your thoughts in real time.

Step 2: Transfer and Export

Once you've recorded your video:

1. **Connect your GoPro to your phone via Bluetooth.**
2. Use the **GoPro Quick app** to transfer the file directly.
3. Export the file at **720p**.

Why 720p?

- It saves space.
 - It allows for fast upload times.
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Step 3: Generate a Transcript

Here's where it gets streamlined:

1. Upload your video to **YouTube**.
2. Open the video in the **Safari browser** and request the desktop site by clicking the button at the bottom-left of the URL.
3. Access the **transcript** under the video description.
4. Copy and paste the full transcript into ChatGPT with this prompt:

"Take this transcript and make a blog post in markdown code, but keep it in my voice as close as possible, as close to the transcript as possible. Use headings, bold text, italics, lists, and blockquote my best quotes."

This is surprisingly effective. The blog post is almost entirely in your voice, saving time and effort.

Step 4: Post to Your Website

Once the blog post is ready, **copy and paste it onto your website**.

1. Buy a domain with your name on **Bluehost.com**.
2. Install the **Astra theme** using **WordPress.org**.
3. Treat your blog as a **personal diary**, constantly evolving like a stream of becoming.

For added functionality, use the **iA Writer app** to export your blog post as a PDF and upload it alongside the post.

Why This Workflow Works

This process combines video, audio, and written content, creating a **powerful way to write**—almost like you're writing out loud.

"Video and audio are the most powerful tools we can wield as creators."

Even as I'm writing this, I'm speaking into my iPhone microphone using iA Writer. It's fast, intuitive, and natural.

Final Tips

If you want to start a YouTube channel, **disable likes and comments** to keep it simple. Focus on your personal website blog as your main hub for everything.

"Your blog is a personal diary—always changing, always evolving."

Feel free to try this workflow out and see how it transforms your content creation process!