FREE GIFT - KEEP THIS SAFE

100 VIRAL HOOKS

100 scroll-stopping opening lines for your videos -
just fill in the [brackets] and film

The first 3 seconds decide everything. Pick a hook, drop in your topic,
and say it in the first line of your video. Sorted by style.

From Bambi - The AI Life Upgrade

CURIOSITY

1. "Nobody talks about this [topic] trick"
2. "The [topic] secret they don't want you to know"
3. "I wish I knew this about [topic] sooner"
4. "This changed how I do [topic] forever"
5. "Here's what the experts won't tell you about [topic]"
6. "The real reason your [thing] isn't working"
7. "You've been doing [task] wrong this whole time"
8. "Watch what happens when you [action]"
9. "3 things about [topic] that feel illegal to know"
10. "This [topic] hack broke my brain"
11. "The [tool] feature nobody uses (but should)"
12. "Save this before it gets taken down"
13. "I tested [thing] so you don't have to"

BOLD CLAIM

14. "This will replace [old way] within a year"
15. "[Tool] just made [task] effortless"
16. "You don't need [expensive thing] anymore"
17. "I built [result] in [short time] with AI"
18. "This one prompt does the work of [X]"
19. "Stop paying for [thing]. Do this instead."
20. "AI can now do [surprising task]"
21. "This is the only [topic] video you need"
22. "[Number] minutes to [big result]"
23. "Delete [app]. This is better and free."
24. "Everyone will be doing this next year"
25. "This makes [hard thing] embarrassingly easy"

QUESTION

26. "What if you could [dream outcome] in minutes?"
27. "Still doing [task] by hand? Watch this."
28. "Why is nobody talking about [topic]?"
29. "Did you know AI can [surprising thing]?"
30. "Want to [outcome] without [pain]?"
31. "What would you do with [X] extra hours a week?"
32. "Are you still using [old tool]?"
33. "Ever wondered how people make [thing] so fast?"
34. "Can AI really [claim]? I tested it."
35. "What's stopping you from [goal]?"
36. "Which are you - [type A] or [type B]?"
37. "Guess how long this took to make with AI"

STORY

38. "6 months ago I couldn't [skill]. Now watch."
39. "I almost gave up on [thing] until this"
40. "My [person] didn't believe AI could do this"
41. "Storytime: how AI saved my [situation]"
42. "This one change fixed my [problem]"
43. "I was skeptical about [tool]. Then this happened."
44. "The day I found [thing], everything changed"
45. "From [bad state] to [good state] - here's how"
46. "Nobody taught me this, so I'm teaching you"
47. "I made the mistakes so you won't have to"
48. "Watch me go from [start] to [finish]"

HOT TAKE

49. "Unpopular opinion: [statement]"
50. "Hot take: [old advice] is dead"
51. "Stop listening to [common advice]"
52. "[Popular thing] is overrated. Here's why."
53. "This will annoy some people, but it's true"
54. "The [industry] doesn't want you to know this"
55. "Everyone's wrong about [topic]"
56. "You're wasting money on [thing]"
57. "'[Common belief]' just isn't true"
58. "Why I quit [popular thing]"
59. "The uncomfortable truth about [topic]"

RELATABLE / POV

60. "POV: you just discovered [thing]"
61. "Tell me you [trait] without telling me"
62. "Me explaining [topic] to my [person]"
63. "That feeling when [relatable moment]"
64. "If you [do X], this is for you"
65. "Every [type of person] needs to see this"
66. "You're not lazy - you just don't have [this]"
67. "This is your sign to finally [action]"
68. "For everyone who's tired of [pain]"
69. "Bookmark this for when you [situation]"

HOW-TO / LIST

70. "How to [outcome] in [timeframe]"
71. "[Number] ways to [goal] with AI"
72. "Do these [number] things before [event]"
73. "The [number]-step system for [result]"

74. "How I [result] using only free tools"
75. "[Number] AI tools that feel like cheating"
76. "Copy my exact process for [result]"
77. "The fastest way to [outcome]"
78. "[Number] prompts that change your [thing]"
79. "Turn [input] into [output] in 3 steps"
80. "How to [task] even if you're not techy"
81. "The only [number] tools you actually need"

WARNING / URGENCY

82. "Don't start [thing] until you watch this"
83. "Stop scrolling - this [topic] tip is gold"
84. "You're missing out if you don't know this"
85. "Before you [action], watch this first"
86. "This [tool] won't be free forever"
87. "Warning: [common thing] is costing you"
88. "Do NOT make this [topic] mistake"
89. "The thing everyone will regret ignoring"
90. "Screenshot this before you forget"
91. "Last chance to [action] the easy way"
92. "Trust me, you'll want this later"
93. "This is your wake-up call, [group]"

100 hooks. Never a boring opener again.

Want the full system - the tools, the skills, the automated business, and advanced AI video? It is all inside The AI Life Upgrade.

THE AI LIFE UPGRADE

Watch the free training to see how it all fits together.

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