



ASTRA_v2.mp4

edited with Astra

THE FULL WORKFLOW · ASTRA

Edited by AI in After Effects

How an AI agent cut my talking-head reel inside After Effects: rough cut, subtitles, timing and motion graphics. My input was a script, three reference videos and one prompt.

CREATOR

@by.jadla

AGENT

GPT-6 Astra or Claude

EDITOR

After Effects + Higgsfield

What you are about to build

OVERVIEW

You record. The agent edits. You direct the result like you would direct a human editor, with short, specific notes.

STAGE 1

Connect. Give the AI agent access to After Effects through the Higgsfield plugin. Check that it can actually see your project.

STAGE 2

Brief. Script, raw clip, three reference reels and one prompt. That is the whole input.

STAGE 3

Direct. Watch the first pass and give notes by time range. Fix the hook first.

STAGE 4

Render. Export straight from After Effects. No second encode.

What you need

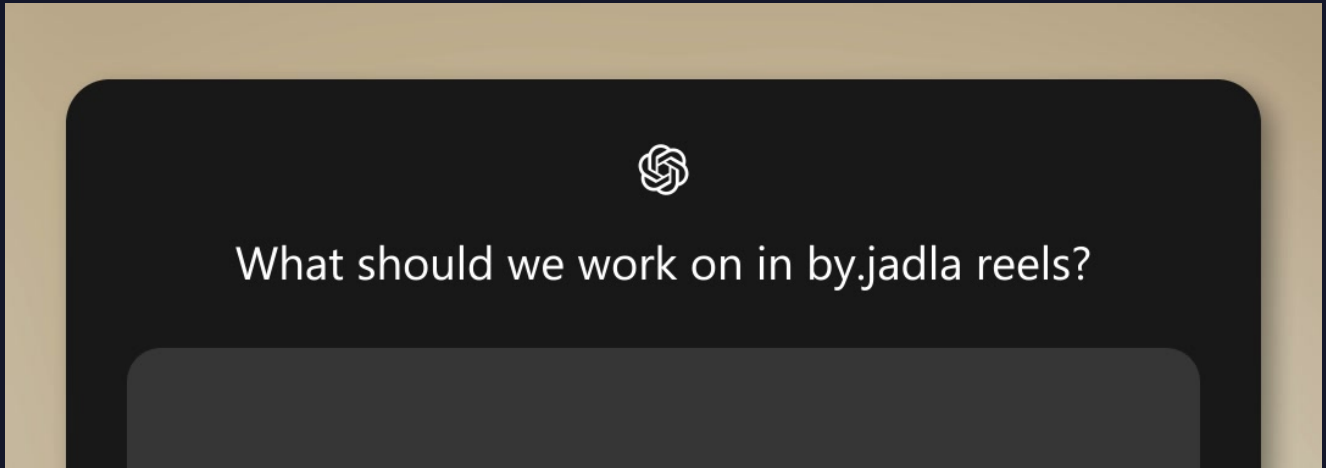
- **One talking-head take** with clean audio. A lav or clip-on mic matters more than the camera.
- **Your script** as a text file. The agent uses it to check the transcript word by word.
- **Three reference reels** whose editing style you want: caption style, pace, graphics.
- **After Effects** and a **Higgsfield** account with the After Effects plugin installed.
- An **AI agent that can drive the plugin**. GPT-6 Astra in the ChatGPT desktop app works, and so does Claude. The plugin is the bridge, the agent is your choice.

Test the connection before you brief it. Ask the agent to name your open project and list its compositions. If it cannot, it is not connected to After Effects yet. An image or video plugin alone does not give it access to your editor.

1 The brief

AGENT · CHAT

Attach the script, the raw clip and the three references. Then paste the prompt below and replace the brackets. One prompt. Everything the agent needs to know is in it.



Script file, three references, one prompt. This is the whole input.

PASTE THIS

Edit this talking-head reel in After Effects. Work in a new project version and keep everything editable.

INPUT. Raw clip: [CLIP]. Script: [SCRIPT FILE]. References: [3 REELS]. Take the caption style, pace and graphics density from the references. Never copy their content.

1. CHECK. Name the open project, then confirm the clip's resolution, frame rate and length. Transcribe the audio and compare it with my script. If a word is unclear, ask me. Do not guess.
2. ROUGH CUT. Keep the best take of every sentence. Remove every pause, breath and repeated line. If two sentences say the same thing, keep the stronger one.
3. FRAME. 1080 x 1920, 9:16. Normalise the exposure and colour so every cut matches.
4. CAPTIONS. One word at a time, timed to when it is spoken. Pick up to 5 key words and make them large hero titles with a small accent word above them.
5. MOTION GRAPHICS. Every sentence gets a visual that shows what I am saying: the app, the chat, the timeline, the result. Something new appears every 1 to 2 seconds. Animate the camera into and out of each graphic.
6. SOUND. Short whoosh and click accents on hero words and graphic entrances, mixed under my voice.
7. CTA. At "comment" show a comment card with my keyword [KEYWORD], and end on it.

Render a preview of the first 5 seconds first. Wait for my notes before you build the rest.

2 Direct the first pass

NOTES

The first pass will be about 80 percent there. The last 20 percent is direction. Name the time range, what is wrong and what you want instead. These are the notes that made the biggest difference on my reel.

THE HOOK IS TOO WEAK

The first 5 seconds are too weak. Add more motion graphics and camera animation in 0 to 5 s: a push-in or pull-back on me, and the first graphic within the first 2 seconds. Show the result or the tool immediately. Do not use a dark full-frame insert. It reads as a black frame.

IT DRAGS

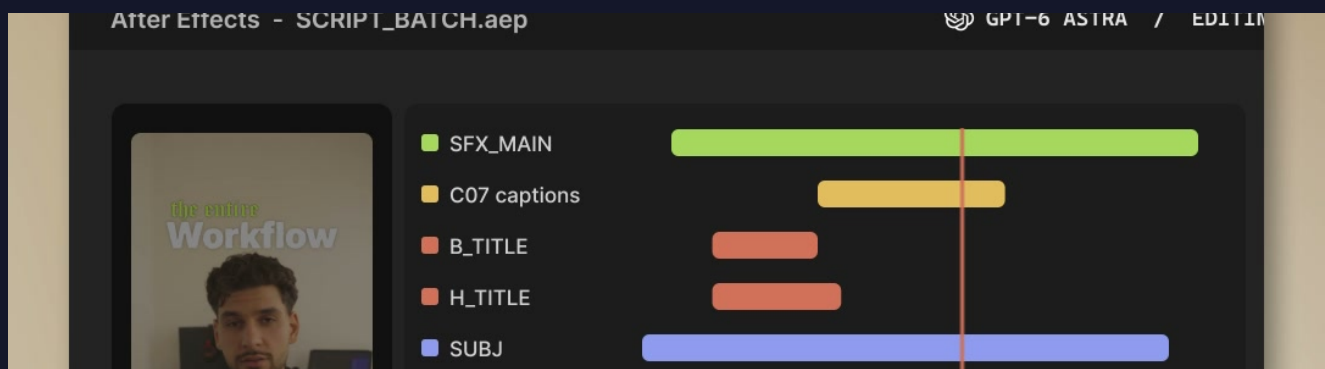
Tighten the pace. Shorten every remaining pause to at most 3 frames. Sentence [N] repeats the hook, so cut it. Rebuild the captions and graphics on the new timing.

A GRAPHIC DOES NOT MATCH THE WORDS

Between [START] and [END] I talk about [THING], but the graphic shows [OTHER]. Replace it with a graphic of [THING]. Keep the timing and the camera move.

FINAL CHECK

Check every caption against the audio and list any mismatch. Check that no caption covers my face or a graphic. Then show me a contact sheet with one frame per second.



The agent builds the timeline in After Effects: cut, matte, captions, titles, graphics, sound.

The agent follows rules better than taste. Give it rules. These are the ones behind my reels.

- **Show what you say.** Every sentence gets a visual: a photo, a UI, a result. If you say "script", the viewer sees the script.
- **Payoff in the first 3 seconds.** The result or the tool comes before the explanation. Talking head alone at the start loses viewers.
- **A new beat every 1 to 2 seconds.** Graphic, zoom, title, cut. Something changes all the time.
- **One word per caption.** Keep it centred and under the face. Only the key words become big titles.
- **No pauses.** Cut them all. A 30-second recording often becomes a 25-second reel.
- **The result sits behind you at the end.** During the CTA, cut yourself out and put the finished result behind you.

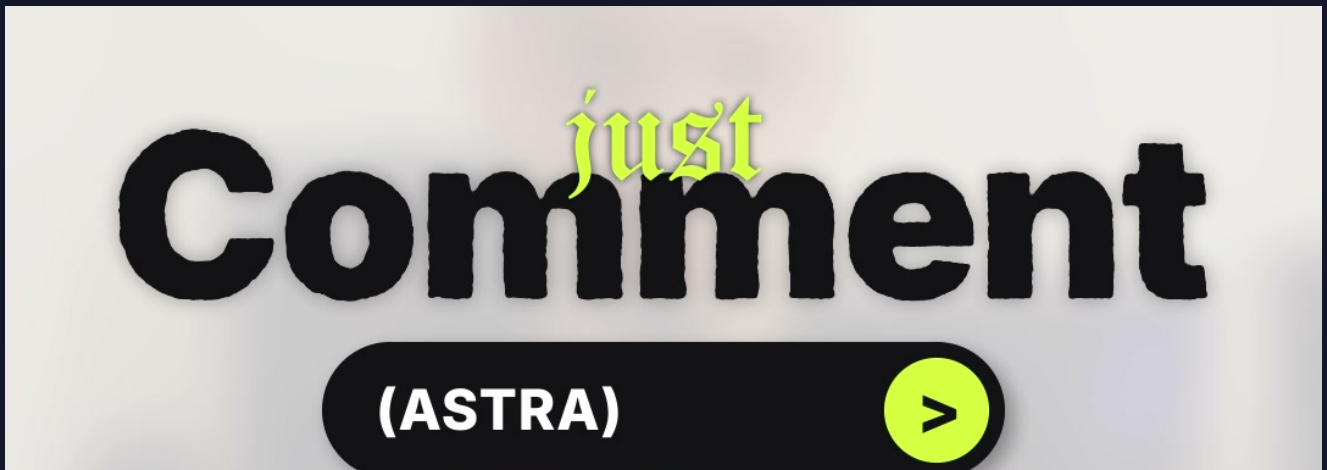
Render: the settings I post with

- Render **directly from After Effects**. No second encode in another app, because every encode costs quality.
- **H.264, 1080 × 1920**, the frame rate of your footage, **about 40 Mbit/s**, AAC 48 kHz audio.
- Instagram: Settings → Data usage and media quality → **Upload at highest quality** on.
- TikTok: switch on **Allow high-quality uploads** when you post.

NOW EDIT YOUR OWN

Your turn.

Record one take, write one prompt and give three notes. Keep editing like a director, not like an operator. Your first reel will take longer. By the third, the prompt is a template.



Made by [@by.jadla](#) on Instagram & TikTok. Tag me when you post yours.
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