

# PRANK YOUR BOSS

*The exact prompts to put your boss (or anyone) into a hike they never went on, and send the receipt straight to their inbox.*

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## SOUND DESIGN

🎵 *Native nature audio (built into the prompt)*

## THE TREND ■ OVERVIEW

# SEND THE RECEIPT. WATCH THEM PANIC.

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It's a Tuesday. Your boss is supposedly working from home. You generate a fifteen-second video of him hiking up a mountain trail, turning back over his shoulder, laughing into the camera. You forward it to him with two words: "nice hike?"

Welcome to the most fun AI prank of the year. The same identity-locking technique that powers viral fan-cam content, repurposed for chaos. Works on bosses. Works on partners. Works on the one friend who says they're sick every Friday.

This guide gives you the exact three-prompt stack. ChatGPT for the two reference stills. Higgsfield Seedance 2.0 for the video. No song needed, the natural hiking audio is baked into the prompt.

## 🎵 SOUND DESIGN

### Native nature audio

*Don't overlay music. The prompt is built to generate ambient hike sounds: footsteps on dirt, birdsong, wind through leaves, distant bush atmosphere. It sells the realism. Send it raw.*

## THE WORKFLOW ■ THREE STEPS

# THE PROCESS

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*Three prompts. Two tools. One unsuspecting victim. Fifteen seconds to turn a sick day into a confession.*

## 01 Grab a reference photo of your target

Get a clear, front-facing photo of the person you want to prank. Their LinkedIn headshot, an Instagram post, a casual photo from the team Slack, anything where their face is visible and well-lit. Upload it into ChatGPT.

This is your identity anchor. The clearer the photo, the more convincing the prank.

## 02 Generate the two reference stills

In the same ChatGPT thread, paste in **Prompt 01: The Walk Away** to generate the first still (target hiking up the trail, viewed from behind). Then, in the same chat, paste in **Prompt 02: The Look Back** for the second still (target turning back, laughing at the camera).

Save both. They're your **@image\_1** and **@image\_2** for the next step.

## 03 Bring it to life in Higgsfield

Go to **Higgsfield** → Select Video → choose **Seedance 2.0**. Upload **image 1 first** (becomes **@image\_1**) then **image 2 second** (**@image\_2**). Order matters. Paste in **Prompt 03: The Video Brief**. Generate. Download. Send to your boss with zero context.

### MISS AI PRO TIPS

- The prank works best when the location is plausible. Stick to a local-looking bush trail, not Everest.
- Use the cleanest reference photo you can get, and stay in the same ChatGPT thread for both stills. Grainy photos and new chats both break the identity lock.
- Send via the channel with the fastest reaction. Slack DM hits harder than email. iMessage hits harder than Slack.
- Have your follow-up ready. "JK, it's AI" lands better fifteen seconds after, not immediately.

THE PROMPTS ■ COPY PASTE READY

# THE THREE PROMPTS

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*Drop these into the tools as written. The two ChatGPT prompts build your reference stills. The Higgsfield prompt ties them into the final video.*

## How to use each prompt:

1. Select all text inside the grey box.
2. Copy and paste into the tool listed at the top of the page.
3. Upload your reference image (Prompt 01 needs the original photo, Prompt 02 stays in the same thread, Prompt 03 needs both generated stills uploaded to Higgsfield).
4. Generate.

## PROMPT 01 ■ THE WALK AWAY

**TOOL: CHATGPT ■ OUTPUT: 1 IMAGE (VERTICAL 9:16, VIEW FROM BEHIND) ■ REFERENCE: PHOTO OF YOUR TARGET**

### COPY FROM HERE

Use the uploaded reference image as the identity reference for the person. Keep the person exactly the same as in the reference image. Preserve their face, facial structure, eye shape, nose, lips, skin tone, hair color, hairstyle, body type, proportions, and overall identity. They should clearly look like the same real person from the reference image, not a different model.

Place this person naturally hiking in the bush or hiking up a scenic mountain trail. The setting should feel outdoorsy, realistic, and candid, like an Instagram Story photo someone casually posted while on a hike.

The person should be wearing realistic hiking or activewear clothing, such as a fitted athletic top, lightweight jacket, leggings or hiking shorts, trail shoes, and a small backpack. Their outfit should look natural and practical, not overly posed or fashion-shoot styled.

They should be standing or walking on a dirt hiking trail surrounded by native bush, trees, rocks, greenery, and mountain scenery. Add natural sunlight, soft shadows, and a realistic outdoor atmosphere. The person can be slightly sweaty or windblown, as if they have been hiking for a while.

Make the image feel candid and believable, like it was taken on a phone by a friend or captured as a spontaneous Instagram Story moment. The person should not look overly posed. Their expression should feel natural, relaxed, and happy, like they are genuinely enjoying the hike.

Style: hyper-realistic, natural phone camera photo, Instagram Story aesthetic, candid outdoor lifestyle shot, realistic lighting, realistic skin texture, no AI beauty filter, no cartoon look, no overly polished commercial photography.

Important realism rules:

- Keep the same person from the reference image
- Do not change their face
- Do not change their body type
- Do not change their ethnicity or skin tone
- Do not make them look like a different model
- Avoid overly perfect influencer posing
- Avoid fake-looking AI skin
- Make it feel like a real photo taken during a hike

Composition: vertical 9:16 Instagram Story format, view from behind the person as they walk along the trail. The person should be the main subject, but the hiking trail and bush/mountain background should also be visible. Slight natural motion blur or phone-camera realism is okay.

## PROMPT 02 ■ THE LOOK BACK

**TOOL: CHATGPT (SAME CHAT AS PROMPT 01) ■ OUTPUT: 1 IMAGE (VERTICAL 9:16, LOOKING BACK) ■ REFERENCE: THREAD CONTINUITY**

### COPY FROM HERE

Now generate a second image of the same person from the previous still, keeping every detail of their identity, clothing, hairstyle, body type, and environment exactly the same. This must clearly look like the same real person and the same hike, not a different person or a different trail.

In this image, the person has just turned back over their shoulder mid-step and noticed that their friend behind them is taking a photo. Capture the candid moment of them looking back toward the camera, laughing or smiling in a playful, cheeky way, as if they have just caught their friend in the act of filming.

Composition: vertical 9:16 Instagram Story format. The person should be at roughly the same distance from the camera as in the previous still, only with their head and upper body rotated back toward the lens. Keep the hiking trail and bush/mountain background visible behind them.

Pose and expression: head and upper torso turned back over one shoulder, eye contact with the camera, a natural laugh or playful smile. Body language should feel mid-stride and spontaneous, not posed. The expression should read as "haha, you caught me," not as a deliberate portrait pose.

Lighting and atmosphere: keep the same natural sunlight, soft shadows, and outdoor environment from the previous image. Same time of day, same weather, same trail.

Style: hyper-realistic, natural phone camera photo, Instagram Story aesthetic, candid outdoor lifestyle shot, realistic lighting, realistic skin texture, no AI beauty filter, no cartoon look, no overly polished commercial photography.

Important realism rules:

- Keep the same person from the previous image
- Keep the same outfit, shoes, backpack, and accessories
- Keep the same hairstyle
- Keep the same trail and background scenery
- Do not change the time of day or lighting
- Do not make them look like a different model
- Avoid overly perfect influencer posing
- Avoid fake-looking AI skin
- Make it feel like a real candid phone shot from a hike

## PROMPT 03 ■ THE VIDEO BRIEF

**TOOL: HIGGSFIELD SEEDANCE 2.0 ■ OUTPUT: 15S VERTICAL VIDEO (9:16) ■ REFERENCE: BOTH STILLS**

### COPY FROM HERE

Use @image\_1 as the starting pose, body position, camera angle, and general composition reference. This is the view from behind, with the person walking ahead on the trail.

Use @image\_2 as the key action, expression, and turning-back reference. This is the moment the person is walking away from the camera and their friend is videoing from behind, they turn their head and upper body back to look over their shoulder, look toward the camera, and laugh and smile naturally.

Keep the model exactly the same in both positions and throughout the entire video. Preserve their face, facial structure, eye shape, nose, lips, skin tone, hair color, hairstyle, body type, proportions, clothing, and overall identity. They must clearly look like the same real person in every frame, not a different model.

Create a realistic 9:16 vertical video that feels like an Instagram Story or TikTok clip filmed casually on a phone.

Scene: two friends are out on a hike in the mountains. The camera point of view is from the friend walking behind the subject and filming them naturally from the back. The setting is a scenic bush trail or mountain walking path. Keep the scenery the same as @image\_1 and @image\_2, do not change the environment. Keep the outdoor background natural, realistic, and consistent with the references. Keep the outfit and overall styling the same.

Action sequence: the person begins by walking away from the camera, matching the pose and framing from @image\_1. They are ahead of the camera, walking naturally along the trail. After a moment, they notice that their friend behind them is filming. They then turn back over their shoulder, matching the action and feeling of @image\_2. As they turn around, they look at the camera and laugh or smile in a cheeky, playful, candid way, like they have just caught their friend filming them.

Camera movement: the camera should feel handheld and natural, as if a friend is filming while walking. Use subtle phone-camera motion, not overly cinematic movement. As they turn around and laugh, the camera gently zooms in slightly toward their face, but only a little. The zoom should feel subtle and natural, just enough to capture the expression more clearly.

Audio: include natural ambient hiking sounds. Footsteps on dirt and gravel, birdsong, wind moving through leaves, distant bush atmosphere, the faint rustle of clothing and the backpack. Keep the audio realistic and immersive, like a real phone video filmed outdoors. No music, no voiceover, no sound effects.

Mood and style: candid, playful, natural, relaxed, outdoorsy, and realistic. It should feel like a genuine moment between two friends on a hike, not a posed shoot. The person should look happy, cheeky, and spontaneous.

Important rules:

- Use @image\_1 for the walking-away setup and body positioning
- Use @image\_2 for the turning-back action and laughing expression
- Keep the same person consistent across the whole video
- Keep the same clothing and hairstyle
- Keep the same background feel and hiking environment
- Keep the camera POV as the friend filming from behind
- Make the motion realistic and smooth
- Avoid AI-style facial morphing or identity drift
- Avoid influencer posing or exaggerated expressions
- No voiceover, no text on screen, no heavy effects
- Make it feel like a real phone video

## LAST THING

# NOW SEND IT.

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This is the formula. The version that lands is the one timed perfectly: sent the moment your boss claims to be in a meeting, or just after your partner says they're at the gym. Use this power responsibly. Or don't. Tag me when you post the screenshot of their reaction.



## Stay curious. Build loud.

*Miss AI*

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