FREE GIFT · BENJAMIN HÜBNER

Long Video Moment Finder

Your long videos already hold your next Shorts. Paste one transcript into the AI chat you use every day, and this prompt hands back the best moments with timestamps, cut points, a hook line and a title for each.

Why this works

Every stream, podcast, webinar, course lesson or long YouTube video has a few moments that land on their own: a tip, a surprise, a strong opinion, a story with an ending. Short-form viewers find you through those moments, and a good clip sends people back to the long video and your channel.

Finding them is the slow part. Scrubbing through an hour of footage for the best 30 seconds takes longer than the cut itself. A transcript turns that search into reading, and an AI chat reads the whole transcript in one go.

> **What you need:** one long video with a transcript, and any AI chat (Claude, ChatGPT or Gemini). No extra software, no clip credits.

Step 1: Get the transcript with timestamps

- **Any YouTube video:** open the video, expand the description and click **Show transcript**. Select the whole transcript panel, copy it and keep the timestamps in.
- **Your own YouTube video:** in YouTube Studio, open **Subtitles**, pick the video and download the caption file (.srt). You can attach that file to the chat as it is.
- **Zoom calls, webinars, podcasts:** most recording and podcast tools (Zoom cloud recordings, Riverside, Descript and others) export a transcript file. Use the format with timestamps (.srt, .vtt or a text file with times).
- **Video files on your computer:** a free transcription tool such as Whisper makes an .srt file offline.

Step 2: Run the prompt

1. Open a new chat in Claude, ChatGPT or Gemini.
2. Copy the prompt from the next page (or from `moment-finder-prompt.txt` in the download) and paste it in.
3. Paste the transcript right below it, or attach the .srt file. Send.

Video longer than about two hours? Split the transcript into two halves and run each half in its own chat.

Step 3: Cut your top three

1. Start with the three moments under **"Post these 3 first"**.

2. Jump to the start timestamp in your editor (CapCut, Descript, Premiere, the YouTube Shorts editor or your phone). The quoted first and last words show you the exact cut.
3. Crop to vertical, add captions, and put the hook line on screen in the first second.
4. Use the title from the table, link the long video, and post.

> **Check every clip before you post:** watch it once as a stranger would. If it needs the video around it to make sense, add the context sentence the AI pointed out, or skip that clip.

The prompt

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You are a short-form video editor. Below this prompt I will give you the transcript of one of my long videos (a YouTube video, livestream, podcast, webinar, course lesson or call). It has timestamps.

Your job: find the moments that work as stand-alone Shorts, Reels or TikToks, and tell me exactly where to cut.

STEP 1 - Read the whole transcript first. Then write two lines:
- What the video is about, in one sentence.
- Who would stop scrolling for a clip of it.

STEP 2 - Find up to 10 moments. A good moment:
- makes sense to a stranger who never saw the rest of the video,
- has one clear payoff: a tip, a surprise, a strong opinion, a number, a mistake, a story with an ending, or a before-and-after,
- runs 15 to 59 seconds. Mark each one as SHORT (under 30 seconds) or LONG (30 to 59 seconds).
Leave out greetings, intros, sponsor parts, "like and subscribe", and anything that needs the screen to make sense ("as you can see here"), unless the words alone carry it.

STEP 3 - For each moment, give me:
1. Rank and a 3-word label
2. Start and end timestamp, taken from the transcript and written as m:ss (h:mm:ss past one hour), plus the length in seconds
3. First words and last words of the clip, quoted exactly, so I can find the cut in my editor
4. Type: tip / surprise / opinion / number / mistake / story / before-after
5. Hook line for the screen in the first second: 8 words or fewer, true to what the clip shows
6. Title: 60 characters or fewer, written for someone who has the problem the clip solves
7. Why it stands alone: one sentence
8. Trim note: words to cut at the start (filler, "so", a half sentence) or a point where I can tighten it

Put moments 1 to 10 in a table first (rank, timestamps, length, type, hook), then the full details below the table.

RULES
- Use only timestamps and words that are in the transcript. Never invent a timestamp, a quote or a number.
- If a moment needs one sentence of context from earlier in the video, say which sentence and give its timestamp.
- If the transcript has fewer than 10 strong moments, give fewer and say so. Five strong moments beat ten weak ones.
- Rank by how fast a stranger gets the payoff, then by how strong the payoff is.

STEP 4 - End with:
- "Post these 3 first:" and your top 3, each with one sentence why.
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- Three things I can ask you next: for example captions for a moment, 5 more hook lines for moment 1, or a description with hashtags.

Here is the transcript:
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Follow-up asks that work well

Stay in the same chat and paste any of these after the first answer:

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Write 5 more hook lines for moment 1, each 8 words or fewer.
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Write burned-in captions for moment 2, max 5 words per line, with line breaks where I should cut.
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Write a Shorts description for moment 3: 2 sentences, a line that points to the full video, 3 hashtags.
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Find 5 more moments, only from the second half of the transcript.
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Which two moments could I post on the same day as part 1 and part 2?
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Your task for tonight

1. Pick your best long video from the last year, the one people commented on.
2. Run the Moment Finder on its transcript.
3. Cut and schedule the top three. That's three new Shorts from a video you already made.

Track it: note which clip type each Short was (tip, surprise, story...). After two weeks, YouTube Studio shows you which types keep people watching on your channel. Ask the Moment Finder for more of those.

Questions? Join the community: bensbonusoffers.netlify.app/whatsapp
More free tools: imdominator.com
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