

TASTE TRAINING



FILMARTIST
STUDIO



Scroll Slowly. Feel Deeply.

Our Goal

To rediscover your emotional fingerprint — **your taste** — through what moves you visually. No theory, no design jargon. Just your honest reactions.

By the end, you'll have your **3 Taste Words** and your first **Visual DNA sketch** — a soft portrait of who you are right now.

STEP 1 — SCROLL WITH AWARENESS

5–10 min

Open your camera roll, saved posts, or social feed. Start scrolling slowly — no swiping on autopilot.

Whenever you stop, ask:

Why did I pause here? What feeling did this image give me — even for a second?

Save **6–8 posts** that pull you in. Don't chase perfection. *Follow your body* — warmth, curiosity, awe, comfort, tension — whatever comes up.

Optional: explore similar images on [same.energy](#) to expand your collection.

STEP 2 — NAME THE FEELING

5 min

Lay out your 6–8 images side by side. *Look at them as if they're all whispering something in the same language.*

For each one, write **one word** or **short phrase** describing its emotional tone. It can be simple, like:

soft · bold · lonely · cinematic · warm · chaotic · sacred

Now look for repetition. Which 3 words keep showing up, even in different forms?

These are your **Taste Words** — the coordinates of your emotional world.

Deliverable

My 3 Taste Words are ____, ____, and _____. They feel like_____ (one short sentence).

Example:

"My 3 words are soft, cinematic, and free. They feel like walking alone at sunset, calm but alive."

STEP 3 — The AI Echo

10 min

Pick **one** of your 3 taste words. You don't need to know prompt engineering — just describe the feeling like you'd describe a movie scene to a friend.

Example prompts:

1. *"A photo that feels calm and slow, with soft light and film texture."*
2. *"Futuristic neon reflections, high energy, night mood."*
3. *"Old photo style, warm light, gentle blur, 2000s memory."*

Tip: Describe the **mood**, not the **object**. AI doesn't mirror what you see — it mirrors what you **feel**.

Try these beginner tools:

1. *Nanobanana.ai*
2. *Ideogram.ai*

3. Bing Image Creator

Pick your favorite 1–2 generated images.

“This feels like me because ____.” “This doesn’t feel like me because ____.”

Behind the Scenes — How AI Reads Your Words

When you type a prompt like “a dreamy portrait in soft pink light,” the AI doesn’t *understand* the words like you do. It turns each word into numbers that represent meaning — a map of relationships between concepts.

Then, starting from noise, it *sculpts* an image that matches the tone of your words. It can simulate a feeling, but it can’t feel it — that’s your job.

So don’t worry if your first results look off. This is just the beginning of learning to communicate with a machine.

In later classes, we’ll go deeper into how to translate emotion into prompts and build your own AI language of taste.

STEP 4 — YOUR VISUAL DNA SKETCH

10 min

Now let’s translate your feelings into simple visual codes.

Now, take a screenshot of your moodboard (the images you saved in Step 1–2). Upload it to **ChatGPT** with this message:

Now let’s translate my moodboard into simple visual codes.

Element	Your Expression
Color Spine	___ + ___ + accent ___
Texture Bias	___ (matte / glossy / natural / synthetic / grainy)
Shape Rhythm	___ (calm / asymmetric / structured / chaotic)
Emotional Core	___ (peaceful / bold / nostalgic / dreamy / raw)

Now, Ask it to help you interpret the images and describe your **Color Spine**, **Texture Bias**, **Shape Rhythm**, and **Emotional Core**.

What you'll receive is your **Taste Card** — a soft visual fingerprint of who you are right now.

The Outcome

You've just mapped the first layer of your emotional aesthetic — *the quiet story your attention has been trying to tell*.

You now have:

- your 3 Taste Words
- your first Visual Taste Card

Post it on your feed or in your Are.na channel → That's your first Taste Statement.



FILMARTIST
STUDIO