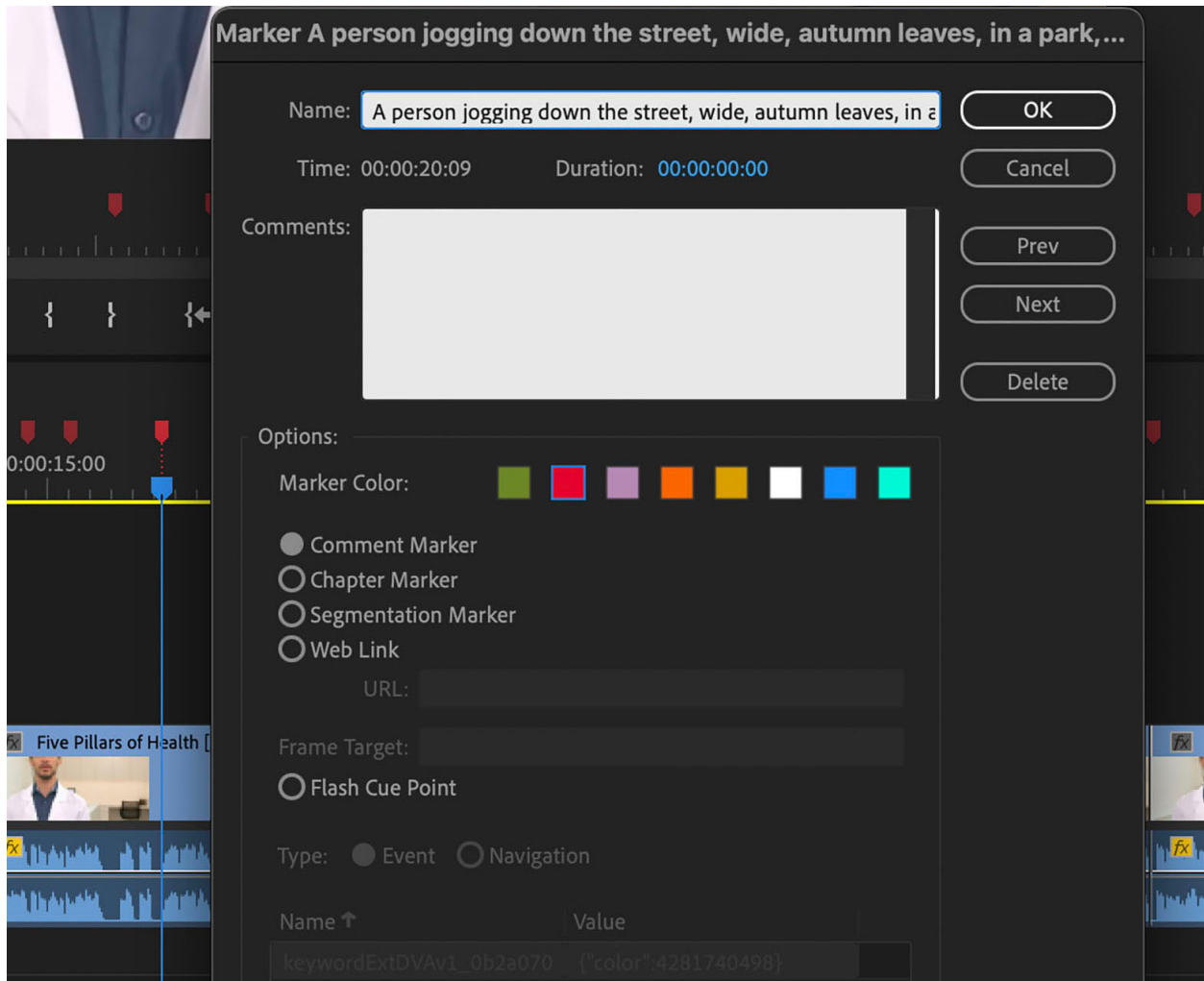


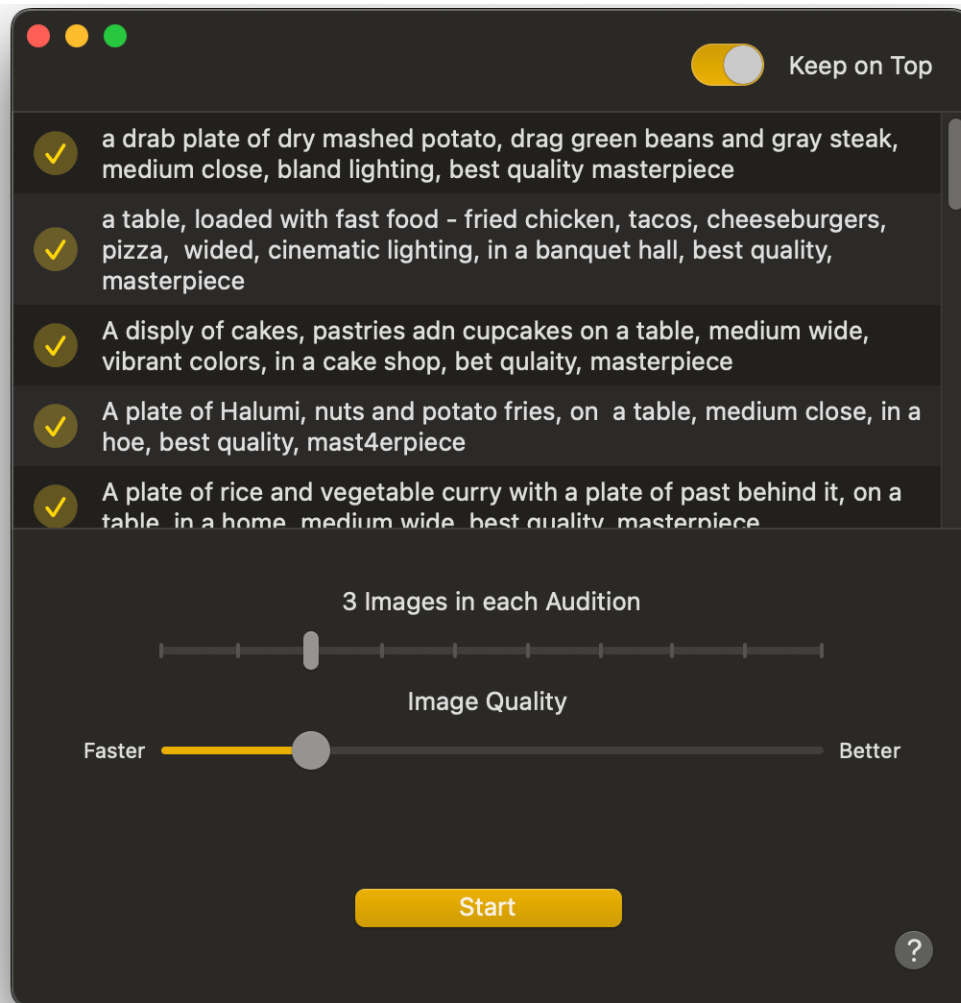
Premiere Pro workflow:

- Add red markers to your sequence where you want to add an image. Sequence markers appear along the top of your sequence instead of being inside clips. The marker name is used as the text prompt for AI image generation by Stable Diffusion. English is currently the only language supported.
 - Working with markers: <https://helpx.adobe.com/premiere-pro/using/markers.html>
 - **Tip:** Markers can also be listed and edited in the Markers panel.



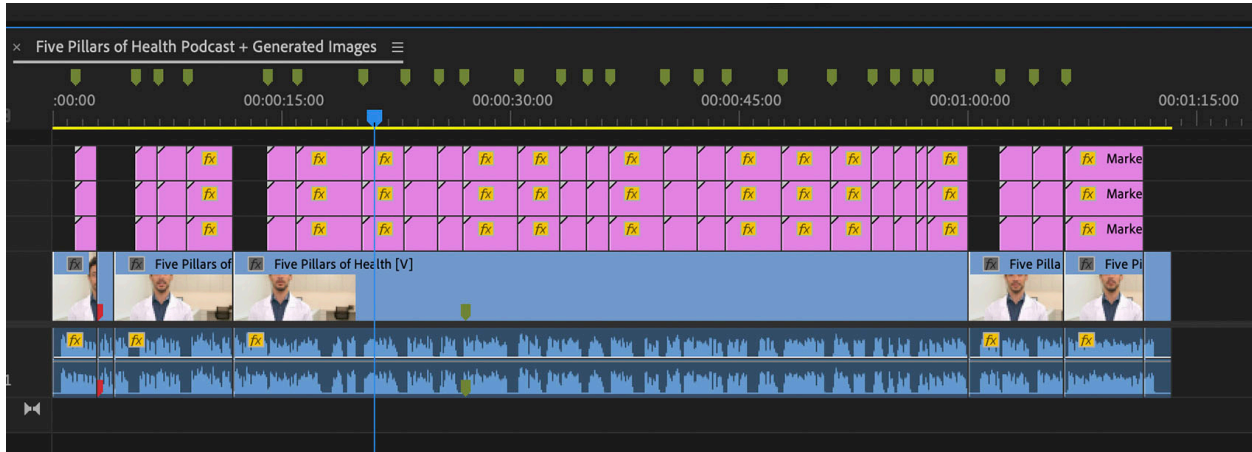
- (Optional) For control over the generated image duration, add a sequence marker after the red marker. The duration of the images is from the red marker to the next marker in the sequence, or to the end of the clip.
- With the sequence active, choose File > Export > Final Cut Pro XML... and name and save the file.
- Drag-and-drop the .xml file into Picture This... (or use File > Open... open the file)
- Text prompts (marker names) are listed in the table. You can turn off text prompt check marks, so image generation won't happen for those prompts. And you can edit text prompts to correct spelling and make changes.

- Set options for image generation: the number of images to be generated for each prompt, and the image quality.
- Click the Start button to start image generation.
 - Image generation can be slow. The more images to be generated, and the higher the chosen image quality, the longer the process will be. Generation speed depends on the GPU cores of your Mac's Apple Silicon processor.
 - **Important:** You can continue to work on other sequences in Premiere Pro, but do not make changes to the sequence that you sent to Picture This...



- Picture This... creates a new XML for Import, which contains a new sequence with video tracks containing generated images at each marker point.
 - The new video tracks contain the chosen number of image alternates generated for the text prompt in the marker.
 - The duration of the image runs from the marker to the next sequence marker, or to the clip.
 - The sequence marker is changed from red to green.
 - **Tip:** Images are generated as squares and are scaled to twice the largest dimension of your Project, so you can zoom in to 200% without compromising quality. You can zoom and

position the image for optimal composition using the normal Inspector controls for Scale and Position. These can be animated by setting Keyframes for Scale and/or Position.



- To refine a text-to-image prompt: open the marker, edit the prompt, and change the marker color back to red, before exporting XML for Picture This... again.