More content. Still your voice.

Turn one real source into a small set of platform-specific posts. Lock the facts, plan the angles, then draft and check. Use your own notes or AI assistant; no paid pack is needed.

01 Set the brief

Audience _____ **Topic / offer** _____

Platforms _____ **Goal** _____

Hard constraints _____

Your source / file _____

02 Lock the source facts

Write the thesis, exact facts and a locator: paragraph, page or verified time. Preserve names, numbers and limits.

Thesis + locator

Proof / exact number + locator

Constraint / objection + locator

03 Keep what sounds like you

Pull exact words and concrete scenes from the source before you paraphrase. Keep quoted words accurate.

Quote / recurring phrase + locator

Specific scene / detail + locator

Your usual CTA / real offer

04 Map the content before drafting

Choose moments with a clear payoff, enough context to stand alone, and specific detail. Starter scope: 2 LinkedIn + 3 X posts; change the channels if needed.

Idea + source locator	Platform	Distinct angle	Hook	Payoff	CTA
	LinkedIn				
	LinkedIn				
	X				
	X				
	X				

05 · Draft only the mapped assets

Keep the source facts and voice cues. Adapt the structure to each platform. If two hooks or angles match, merge or rewrite before drafting. For optional clips, use verified HH:MM:SS only; mark unverified times **Needs review**. For text-only sources, skip clips.

06 Run the quality gate

Check every box only after reviewing the drafts. An unchecked item means revise before publishing.

- ☐ Every name, number and date traces to the source, or an estimate is clearly labeled.
- ☐ Each asset has a distinct angle and hook.
- ☐ Generic filler and empty engagement prompts are removed.
- ☐ Clip times are verified, marked Needs review, or not applicable. Unverified clips are held back.
- ☐ No invented results, client counts or unsupported guarantees.
- ☐ The format fits its platform; it keeps my actual voice cues.
- ☐ Visuals have useful alt text; video clips have captions where needed, or no media is used.

Reviewed by _____ Date _____

Use a video, audio recording or text source you can access. Verify the transcript before extracting facts. This is a planning worksheet, not a scheduler or a guarantee of engagement. Save full drafts and verified clip times in the CSV content map or your own document.

Method source: https://lingmirage.com/stop-ai-slop-repurpose-one-video-into-multi-platform-posts-that-still-sound-like-you/