



FREE GUIDE · MOTION PROMPT

Escape the 200-View Jail

The 3 steps that took this account from zero followers to 292K-view videos.

Followers don't decide reach anymore. The story does. TikTok, Instagram, and YouTube now audition every video with a small test audience — which means your next post competes on quality, not on follower count. Here are the three steps that decide whether it wins.

STEP 1

Hook in 3 seconds. Hold to 70%.

Viewers must stay past the 5-second mark to count as a quality view, and the completion bar for breakout distribution now sits around 70%. Open inside the tension — never with a greeting. Put the hook on screen in the first frame, keep a new visual or beat landing every 2–4 seconds, and cut every second of dead air. Your retention graph is the only review that matters: fix the biggest drop-off point first.

STEP 2

Build for the send.

The heaviest vote a viewer can cast is sending your video to a friend — Instagram weights DM sends several times more than likes, and TikTok ranks shares and saves above likes too. So engineer the “you have to see this” moment: the detail in the story so surprising that keeping it to yourself feels wrong. End on a payoff that demands discussion, or a cliffhanger that earns the follow.

STEP 3

Pass the audition.

Every upload gets tested with a few hundred viewers in the first 30–90 minutes — regardless of your follower count. Post when your audience is actually awake, reply to every early comment, and read the data at 2 hours, 24 hours, and 7 days. And protect your eligibility: no cross-platform watermarks, no reposts, no engagement bait, no graphic detail — and if you use AI visuals, label them. The label costs nothing; hiding it can cost the account.



THIS IS THE SURFACE

The full system goes deeper.

These three steps will move your numbers. The Motion Prompt Method — the complete 10-page system — gives you all five plays: the story-first framework, the AI filmmaking workflow, the velocity game, the followership engine, the 2026 algorithm playbook, and the 30/60/90 plan to run it all.

THE MOTION PROMPT METHOD · \$19.99

Get the complete Method.

Every play, every framework, every number explained — the exact system behind videos that passed 250K views from a zero-follower start.

WANT IT BUILT WITH YOU, 1-ON-1? bookings@motionpromptmedia.com

TIKTOK · INSTAGRAM @MOTIONPROMPT · YOUTUBE @MOTIONPROMPTCINEMA

Now you have the steps. You have to act.