

Pregnancy Shoots

Using Pinterest for Inspiration

A consistent portrait collection, shaped by personal inspiration.

THE WORKFLOW

REAL REFERENCE > APPROVED MASTER
PINTEREST INSPIRATION > CONTROLLED VARIATION

A practical companion for building prompts, reviewing images and keeping a consistent series. Includes reusable templates and worked practice briefs.

One master. Many possibilities.

Create a cohesive pregnancy portrait concept series while keeping the subject recognisable and the approved styling consistent.

01 / Gather the real reference

Start with the photograph of the actual home, room or person. This is the source of truth for what must stay recognisable.

02 / Build the master

Tell the assistant your goal, reference roles and non-negotiables. Ask it to write one complete master prompt, with clearly named variable sections.

03 / Test and approve

Generate a first image in your chosen image tool. Compare it with the real reference. Correct drift before approving the master text and a baseline image.

04 / Add Pinterest inspiration

Upload the inspiration image into the conversation. State exactly what you like about it. A pin supplies selected visual ideas; it does not replace the real reference.

05 / Build a variation

Ask for a short list of proposed changes first. Approve that list, then request a complete standalone prompt that repeats the locks and changes only the approved sections.

06 / Generate, inspect, save

Run the variation with the same reference order. Inspect the actual result, make targeted corrections and save the prompt with the image you approved.

Use this guide: references 03 / master 04 / approval 05 / inspiration 06 / visual references 07-10 / worked examples 11-12 / collections 13 / corrections 14 / checklist 15.

Give every image one job.

Attach the actual image where the tool can see it. A saved link or filename alone is not a visual reference.

Image 1 / Identity and body

A clear, recent photograph of the actual adult subject. This controls identity, complexion and current pregnancy silhouette.

Image 2 / Approved wardrobe

The agreed outfit or fabric reference. It controls clothing only and must not replace the subject or body.

Image 3 onward / Pinterest

Assign pose, setting, light or framing separately. Do not borrow the inspiration model's face, body or pregnancy shape.

Choose a usable identity reference

Use a clear face and body view with even light. Avoid beauty filters and heavy shadows that obscure the features you need to retain.

Agree on coverage

Write the exact outfit, neckline, sleeve, fit and fabric coverage. Do not let an inspiration image introduce unapproved exposure or a different outfit.

Name the feeling

Choose concrete cues: soft window light, a relaxed standing pose, a neutral studio or a calm coastal setting.

Start with what must stay.

Fill the bracketed fields and remove any optional reference you are not using. Keep image numbering consistent.

ASK YOUR PROMPT ASSISTANT

Help me build a master prompt for this project. Use my real reference as the source of truth. Separate LOCKED DETAILS from VARIABLE SECTIONS. Ask only about missing details that would change the result. Return one complete prompt ready for my image tool, plus a short baseline review checklist.

MASTER PROMPT TEMPLATE

Create a photorealistic pregnancy portrait concept of the adult subject in Image 1. Image 1 controls identity and current body proportions. Preserve the adult subject's recognisable face, age, complexion, hair and current body proportions, including the pregnancy silhouette shown in Image 1. Do not slim, enlarge or reshape the body or bump. Keep exactly one adult unless additional named subjects are explicitly approved. Preserve the approved wardrobe and coverage. Image 2 controls the approved wardrobe only: [describe outfit and coverage]. Baseline setting: [setting]. Pose: [relaxed, comfortable stance]. Hands: [clear placement]. Lighting: [direction and softness]. Framing: [portrait crop and camera height]. Render natural skin texture, believable anatomy, realistic fabric and contact shadows. Pinterest images may influence only named pose, setting, light or framing variables. Do not copy the inspiration model's identity, physique or pregnancy shape. No extra people, duplicated limbs, distorted hands, text or watermarks. Output one [aspect ratio] portrait. Keep the result as an AI-created portrait concept until visually reviewed and approved.

The editable companion file includes this template for easy copying. Image tools do not guarantee exact preservation: approve the rendered baseline, not just the wording.

Make the master dependable.

Generate one simple baseline before adding a collection of inspiration images.

- ☐ Face, hair, complexion and age remain recognisable.
- ☐ Pregnancy silhouette and body proportions match the reference.
- ☐ Wardrobe and coverage match the approved choice.
- ☐ Hands and arms have plausible positions and anatomy.
- ☐ The baseline feels natural before adding more scenes.

KEEP A SMALL APPROVAL RECORD

Master: M01
Original reference: [filename]
Approved baseline: [filename]
Locked details: [short list]
Allowed variables: Comfortable pose; hand placement; background; lighting; framing; approved fabric movement; small props.
Decision: approved / revise

Respect the current silhouette

Use pose and styling inspiration without importing the pin model's body. If the subject prefers a different stance or coverage, that preference takes priority.

When a master changes

If a locked detail genuinely needs to change, create M02 deliberately and test it. Do not overwrite M01 with an experimental variation.

Turn a pin into variables.

Upload one useful pin first. Tell the assistant what you like, then review its interpretation before requesting the final prompt.

COPY INTO THE CONVERSATION

I am uploading a Pinterest inspiration image as Image [number]. Treat it as inspiration only. My approved master is pasted below. First describe the visible qualities that are relevant to this project. Separate them into: KEEP FROM MASTER, PROPOSED VARIABLES, DO NOT COPY and UNCERTAIN. For each proposed variable, name the visual evidence in the pin and explain which master section would change. Do not guess hidden details. Do not change locked details. Wait for my approval of the variable list. Once approved, return one complete standalone generation prompt containing the unchanged locks, the exact reference-role map and the approved variables. Do not return only a short add-on. MASTER: [paste approved master]. WHAT I LIKE: [describe the specific details]. WHAT I DO NOT WANT: [list exclusions].

VARIABLES THAT SUIT THIS GUIDE

Comfortable pose; hand placement; background; lighting; framing; approved fabric movement; small props.

Use several pins without mixing their roles

Number every upload and assign one job to each. For conflicting directions, choose one or make separate variations.

Keep the source with the decision

Save the pin link or original creator link with your notes. Record exactly what you borrowed. Follow the image tool's upload requirements; avoid sharing unrelated personal details in screenshots.

PINTEREST TO PROMPT / YOUR SUPPLIED INSPIRATION

Let the light lead.

Use these supplied portraits to select visual ideas. Keep your own identity references and approved styling in control of each new prompt.



SOFT COASTAL LIGHT

A quiet ocean background, warm light through the hair and hands resting around the bump create a calm portrait.

Borrow the lighting and setting mood. Keep the actual subject recognisable; a hat or different dress is a separate wardrobe choice.



GOLDEN MEADOW LIGHT

Backlit grasses, a softly blurred background and a gentle body turn give the portrait warmth and depth.

Use the background and light as variables. Preserve the approved face, glasses, body proportions and bump shape.

Ask: "Extract only my selected pose, setting or lighting ideas. Keep identity, body proportions and approved coverage locked. Show the variables before writing the full prompt."

PINTEREST TO PROMPT / YOUR SUPPLIED INSPIRATION

Choose the styling deliberately.

Use these supplied portraits to select visual ideas. Keep your own identity references and approved styling in control of each new prompt.



TEXTURE & SOFT COLOUR

A pale embellished gown and muted beach colours create a delicate, coordinated portrait.

Use the palette or fabric detail only when selected. Confirm the exact neckline, sleeves and coverage before changing the approved outfit.



A CLOSER PORTRAIT

A downward gaze, hands framing the bump and warm sunset light draw attention to expression and texture.

Treat the closer framing and gaze as separate variables. Exposed-bump styling needs explicit approval; preserve natural skin texture and anatomy.

Ask: "Extract only my selected pose, setting or lighting ideas. Keep identity, body proportions and approved coverage locked. Show the variables before writing the full prompt."

PINTEREST TO PROMPT / YOUR SUPPLIED INSPIRATION

Keep the connection natural.

Use these supplied portraits to select visual ideas. Keep your own identity references and approved styling in control of each new prompt.



A SHARED MOMENT

The partner stands behind the subject, with a gentle shared gaze and hands resting around the bump.

For a couple portrait, provide both identity references and name each person. Specify whose hands go where and check every hand in the result.



CLOSE & CONNECTED

A close composition and foreheads meeting create an intimate moment in warm evening light.

Borrow the interaction without blending faces. Keep each person recognisable, retain their approved clothing and inspect hands and contact points.

Ask: "Extract only my selected pose, setting or lighting ideas. Keep identity, body proportions and approved coverage locked. Show the variables before writing the full prompt."

PINTEREST TO PROMPT / YOUR SUPPLIED INSPIRATION

Give the scene room.

Use these supplied portraits to select visual ideas. Keep your own identity references and approved styling in control of each new prompt.



FULL-LENGTH TOGETHER

A wider beach view shows both people, their feet, the soft sand and movement in the dress.

Request space around both figures and believable contact with the ground. Keep the agreed number of people and approve any garment movement.



A PORTRAIT IN THE LANDSCAPE

A full-length figure sits within a frame of dune grasses, with the sea and warm sky behind.

Borrow the setting and wider composition. Preserve the actual subject, approved outfit and bump proportions; check that the hem and feet remain visible.

Ask: "Extract only my selected pose, setting or lighting ideas. Keep identity, body proportions and approved coverage locked. Show the variables before writing the full prompt."

Soft window-light portrait

A hypothetical Pinterest description, followed by a complete prompt template. Fill the bracketed personal details before use.

WHAT YOU LIKE ABOUT THE PIN

The hypothetical pin shows a side-lit neutral room, a relaxed profile stance and one hand above the bump.

COMPLETE VARIATION PROMPT

Create a photorealistic pregnancy portrait of the actual adult subject in Image 1. Image 2 controls only the approved outfit: [insert outfit and coverage].

Preserve the adult subject's recognisable face, age, complexion, hair and current body proportions, including the pregnancy silhouette shown in Image 1. Do not slim, enlarge or reshape the body or bump. Keep exactly one adult unless additional named subjects are explicitly approved. Preserve the approved wardrobe and coverage.

Image 3 controls light and general pose direction only. Do not borrow unrelated details from the inspiration images.

Place the subject near a softly lit window in a quiet neutral interior. Use a comfortable three-quarter standing pose with one relaxed hand above the bump and the other resting naturally at the side. Preserve the existing pregnancy silhouette and the approved outfit and coverage.

Render realistic textures, natural light and physically plausible perspective. No invented people, distorted anatomy or geometry, text, interface elements or watermarks. Output one [aspect ratio] image. This is a new variation of the approved concept; inspect it against the original references before approval.

The worked Pinterest descriptions in this guide are hypothetical practice briefs. No actual pins were supplied for these examples, and no generated outcomes are presented as validated results.

Quiet coastal scene

A hypothetical Pinterest description, followed by a complete prompt template. Fill the bracketed personal details before use.

WHAT YOU LIKE ABOUT THE PIN

The hypothetical pin shows a muted shoreline, soft evening light and gently moving fabric. You want that setting with the same subject and outfit.

COMPLETE VARIATION PROMPT

Create a photorealistic pregnancy portrait of the actual adult subject in Image 1. Image 2 controls only the approved outfit: [insert outfit and coverage].

Preserve the adult subject's recognisable face, age, complexion, hair and current body proportions, including the pregnancy silhouette shown in Image 1. Do not slim, enlarge or reshape the body or bump. Keep exactly one adult unless additional named subjects are explicitly approved. Preserve the approved wardrobe and coverage.

Image 3 controls coastal setting and colour mood only. Do not borrow unrelated details from the inspiration images.

Use a calm coastal background with muted sand and sea tones, soft evening light and only gentle movement in the approved garment. Keep the subject in a stable relaxed standing pose. Preserve face, body, bump shape and coverage. No dramatic wind, wet fabric or extra people.

Render realistic textures, natural light and physically plausible perspective. No invented people, distorted anatomy or geometry, text, interface elements or watermarks. Output one [aspect ratio] image. This is a new variation of the approved concept; inspect it against the original references before approval.

The worked Pinterest descriptions in this guide are hypothetical practice briefs. No actual pins were supplied for these examples, and no generated outcomes are presented as validated results.

Explore without losing the thread.

A scene variation is a child of the approved master. It does not become the next master by default.

ASK FOR A SMALL, CONTROLLED SET

Keep MASTER [version] unchanged. Create three proposed variations from the uploaded inspiration images, with one clear visual idea per variation. For each, list its reference image, changes, locks and potential conflicts. Do not merge contradictory pins. Wait for my selections. Then write each selected variation as a complete standalone prompt with all locks and reference roles repeated. Label them A, B and C. Do not let a later variation silently become the new master.

A / Start with one change

Take the first approved variable and test it on its own. Keep the same reference order and baseline locks.

B / Change a different section

Return to the same approved master and try another variable. Compare the results against the original, not just against each other.

C / Combine only approved ideas

Combine two successful variables when they are compatible. If the combined result drifts, return to the simpler version.

SAVE A MATCHED SET

M01_master.txt + original reference files
M01_A_prompt.txt + M01_A_result.png
M01_B_prompt.txt + M01_B_result.png
M01_C_prompt.txt + M01_C_result.png
Keep pin links, rejected details and approval notes beside the files.

Change only what failed.

Name a visible defect and the approved details that must stay. A broad rewrite can introduce new problems.

The inspiration has a different body

Extract the light, framing or mood. Reject its body shape and pregnancy proportions.

The pin uses different clothing

Keep the approved outfit. Treat a wardrobe change as a separate request needing a new approved wardrobe description.

Hands merge with the bump

Ask for a simpler, relaxed hand position and a local correction. Do not regenerate the face to solve a hand problem.

TARGETED CORRECTION TEMPLATE

Use the approved image [filename] as the edit base. Correct only [specific defect and location]. Preserve all other approved details, the composition and the existing reference-role map. The required correction is [observable result]. Do not redesign unrelated areas. If a local edit is supported, confine the change to [region]. Return one precise correction prompt, then tell me what to inspect in the resulting image.

If repeated attempts change locked details, stop promoting those results. Return to the original references, simplify the scene or use a controlled local editing workflow.

PINTEREST TO PROMPT / YOUR NEXT IMAGE

Prepare. Generate. Inspect.

Complete this small brief before starting the next variation, then check the actual image before saving it as approved.

IDENTITY AND CURRENT BODY REFERENCE

APPROVED OUTFIT AND COVERAGE

COMFORTABLE POSE AND HAND PLACEMENT

PINTEREST DETAIL TO BORROW AND DETAILS TO REJECT

LIGHT, SETTING AND CROP FOR THIS VARIATION

MASTER VERSION AND APPROVED RESULT FILENAME

FINAL IMAGE CHECK

- ☐ Compare facial features with Image 1 at full size.
- ☐ Check body and bump proportions without beauty reshaping.
- ☐ Count fingers and inspect wrists, arms and hand contact.
- ☐ Check fabric coverage, transparency and seams.
- ☐ Check ground contact, shadows and body balance.
- ☐ Confirm the intended number of people and consistent wardrobe.

Build the master once.

Use inspiration to direct a variation, then inspect what the image tool actually made.

YOUR REPEATABLE ROUTINE

Choose the real reference.
Write and test the master.
Approve what must stay.
Upload a focused inspiration image.
Approve the variable list.
Paste a complete standalone prompt.
Inspect, correct and save the result.

The pin sets the direction.
Your approved reference keeps the project yours.

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Practical creative guide series / Edition 1
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