DIGITAL WORLD PULSE

PRACTICAL IMAGE WORKFLOW

ChatGPT Images for Blogs and Pinterest

Turn one photo into a blog cover, three pins and a GIF.

Exact prompts, generated examples and a real correction you can reproduce.

1 REFERENCE / 5 OUTPUTS

Open the guide ›



Contents

Choose any entry to jump straight to the page.

SET UP AND CREATE

03 The five visual outputs

04 The reference photo

05 Save and reuse the reference

06 Build a reusable brief

07 The 16:9 blog cover

08 Pin 1: One Photo, Five Visuals

09 Pin 2: Same Mug, New Scene

10 Pin 3: From Still to GIF

11 Pin titles, descriptions and alt text

AUDIT, REPAIR AND PUBLISH

12 Audit the product identity

13 Try a native GIF in ChatGPT

14 Inspect a real GIF loop

15 The draft that changed the mug

16 Repair the product identity

17 Export for blog and Pinterest

18 Four prompts to adapt

19 Your prepublish checklist

20 Final thoughts and sources

COMPANION EXAMPLES

The ZIP contains the starter PNG, all five outputs, before and after images, and prompts.txt.

The five visual outputs

One source image. Five jobs for the same fictional product.

Start with a generated studio photo of a fictional ivory mug. OpenAI introduced Images 2.6 on November 4, 2026, with GIF creation and improved consistency across edits. This project tests the still image workflow and includes a playable loop.

OpenAI release notes

01	**Blog cover**	**16:9 landscape**	Room for an article headline.
02	**Pin 1**	**2:3 portrait**	Introduce the one photo workflow.
03	**Pin 2**	**2:3 portrait**	Show a new setting with the same mug.
04	**Pin 3**	**2:3 portrait**	Introduce the motion example.
05	**GIF loop**	**1:1 animation**	A subtle push in and back out.

WHAT WAS TESTED

The stills and repair are generated examples made for this guide. The downloadable loop was rendered from one of those stills. The named reference and native GIF workflows are documented separately.

The reference photo

Use the supplied source image, or start with a clear photo of your own product.



00-blue-rim-mug-reference.png

IDENTITY TO PRESERVE

Body

Warm ivory ceramic with sparse dark speckles.

Rim

One narrow cobalt blue band around the lip.

Handle

One cobalt D shape on the viewer’s right.

Shape

One short cylinder with the full base visible.

PROMPT USED TO CREATE THE FICTIONAL REFERENCE

```
Create a square 1:1 studio product photo of one short cylindrical ceramic mug. It has a
matte warm ivory body with sparse charcoal speckles, one narrow cobalt blue band around the
rim, and one cobalt blue D-shaped handle on the viewer's right. Show the whole mug at a
three-quarter front angle on a seamless light gray background. Use soft daylight and a small
natural contact shadow. No text, logos, other objects, steam, hands, or border.
```

Save and reuse the reference

This page follows the documented workflow in ChatGPT Images.

01 Upload the original PNG

Use the clean studio photo, rather than a finished pin with text or a tinted scene.

02 Give the image a name

Ask ChatGPT to save the uploaded photo as a reference. Choose a short name you can type later.

03 Call it back in another chat

Type @ followed by its saved name, then add the destination and the identity details to protect.

SAVE THIS REFERENCE

```
Save this uploaded image as a reference named BlueRimMug.
```

REUSE IT IN A NEW CHAT

```
Create a 16:9 blog cover with @BlueRimMug on the right. Keep its ivory body, blue rim and
blue handle.
```

If saving is unavailable, attach the same PNG to each request. That is how the stills in this guide were generated.

OpenAI Help: Save and reuse a reference photo

Build a reusable brief

Give the product rules once, then replace the scene and output format.

REFERENCE	Tell the model which image defines the product.
PRESERVE	List the visible details that must stay fixed.
CHANGE	Name the scene, camera, background or lighting you want to vary.
OUTPUT	Ask for one image, a target ratio and exact text only if needed.

REUSABLE OPENING FROM THE WORKED EXAMPLES

```
Use the attached image as the product reference. Keep one short cylindrical mug, its warm
ivory speckled body, its single thin cobalt blue rim band, and its cobalt blue D-shaped
handle on the viewer's right.
```

EXAMPLE CONTINUATION

For the blog cover, ask for a wide scene and a quiet left side. For a pin, ask for a vertical crop and a single headline. The mug rules remain the same.

ONE USEFUL BOUNDARY

Ask for a single composition. Produce the three pins in separate requests so each can be checked and exported on its own.

The 16:9 blog cover

A wide frame with room to add an article headline outside the image.



Generated output • 1,600 × 900 px • 01-blog-cover.png

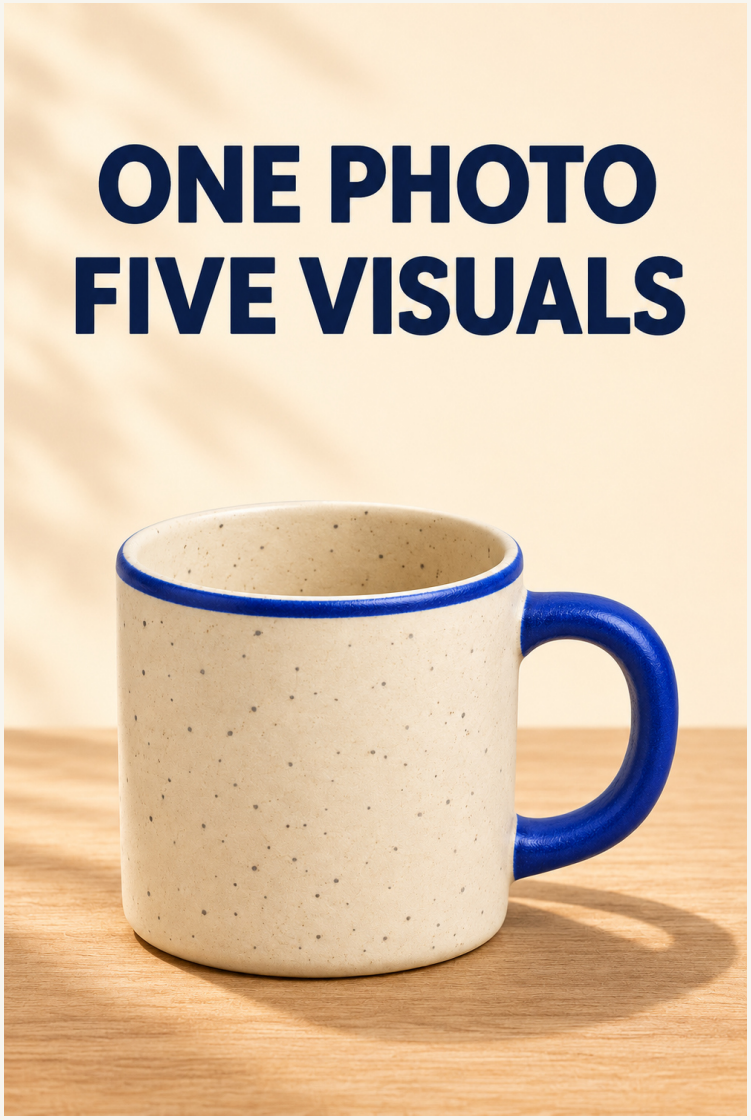
EXACT PROMPT USED

```
Use the attached image as the product reference. Keep one short cylindrical mug, its warm ivory speckled body, its single thin cobalt blue rim band, and its cobalt blue D-shaped handle on the viewer's right. Create a 16:9 landscape blog cover. Place the complete mug in the right third on a warm oak tabletop, with soft window light from the right. Leave the left half calm, with an uncluttered pale cream wall for a headline added later. The handle and rim must fit inside the frame. No text, logo, people, extra mugs or watermark.
```

The full mug and blue handle fit on the right. The empty wall on the left leaves room for a headline.

Pin 1: One Photo, Five Visuals

Hook: tell readers how much they can create from one source.



Generated output • 1,000 × 1,500 px

EXACT PROMPT USED

```
Use the attached image as the product reference. Keep one short cylindrical mug, its warm ivory speckled body, its single thin cobalt blue rim band, and its cobalt blue D-shaped handle on the viewer's right. Create one portrait 2:3 Pinterest pin with a bright warm cream background. Put the entire mug in the lower half on a light oak counter, with soft morning shadows. Set a large bold dark navy headline in the upper half, exactly: ONE PHOTO / FIVE VISUALS. The slash indicates a line break and should not appear. Keep the words and mug within safe margins. No other words, border, logo or collage.
```

OBSERVED RESULT

The headline reads clearly on cream. Morning light warms the ivory body; the narrow blue rim and full right handle are visible.

WHAT TO COPY

Use the top half for the headline and keep the mug complete below it. Check the longest line at feed width.

Pin 2: Same Mug, New Scene

Hook: show how a different scene can still look like the same product.



Generated output • 1,000 × 1,500 px

EXACT PROMPT USED

```
Use the attached image as the product reference. Keep one short cylindrical mug, its warm ivory speckled body, its single thin cobalt blue rim band, and its cobalt blue D-shaped handle on the viewer's right. Create one portrait 2:3 Pinterest pin. Put the mug below center on a muted lavender pedestal against a dusk-blue studio wall. Use soft side lighting; keep the mug ivory even against the blue background. Set large ivory text in the top third, exactly: SAME MUG / NEW SCENE. The slash means a line break, not a character. No other text, logo, extra mug, collage or border.
```

OBSERVED RESULT

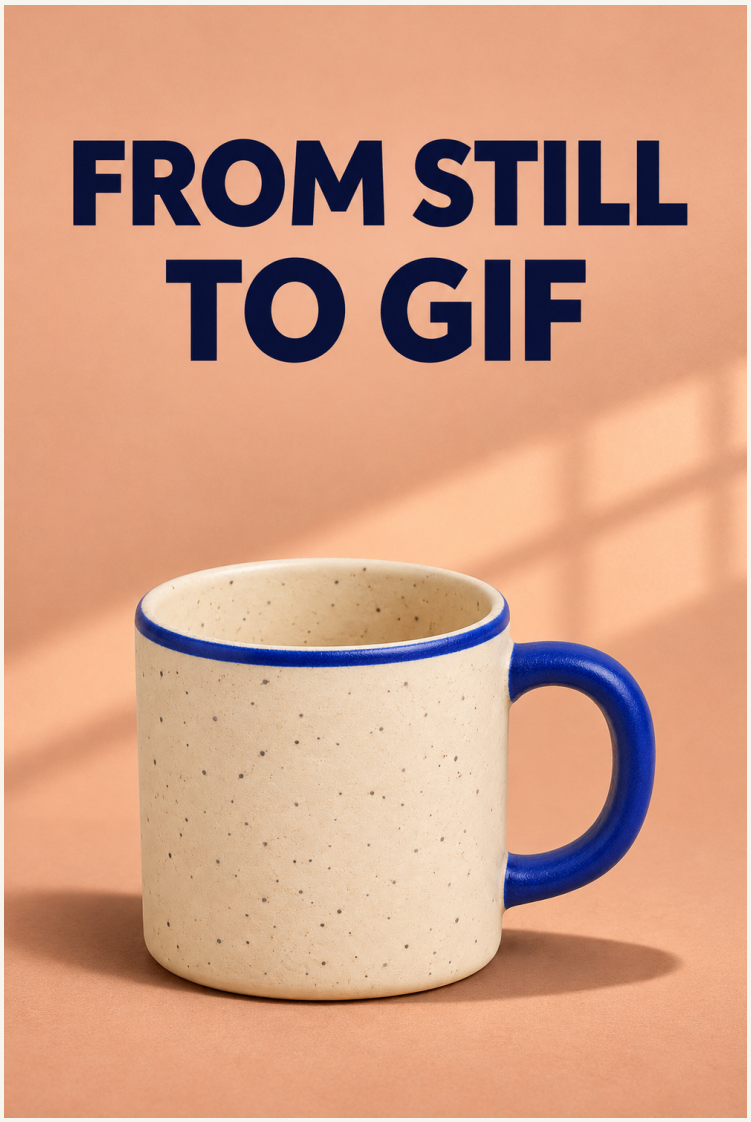
The wall and pedestal changed, while the mug remains speckled ivory with a blue rim and right handle.

WHAT TO COPY

Describe the background separately from the mug. A blue set is a scene choice; the mug body stays ivory.

Pin 3: From Still to GIF

Hook: preview the motion lesson with a static pin.



Generated output • 1,000 × 1,500 px

EXACT PROMPT USED

```
Use the attached image as the product reference. Keep one short cylindrical mug, its warm ivory speckled body, its single thin cobalt blue rim band, and its cobalt blue D-shaped handle on the viewer's right. Create one portrait 2:3 Pinterest pin. Show the complete mug in the lower half on a dusty apricot set with one diagonal window shadow. Leave a plain warm upper area for large bold dark navy text: FROM STILL / TO GIF. Use two lines and do not render the slash. Keep the handle clearly visible. No arrows, icons, logos, collage or other words.
```

OBSERVED RESULT

The apricot set warms the scene. The mug remains ivory, the blue details stay visible and the headline is spelled as requested.

WHAT TO COPY

Use the pin to introduce the GIF lesson. Share the actual animation separately from this still image.

Write the pin copy

Use the title to promise a benefit and the alt text to describe what is visible.

PIN 1

Turn One Photo Into Five Visuals

Description: See how one mug photo becomes a cover, three pins and a short GIF.

Alt: Ivory mug with a blue rim on an oak counter below the words One Photo Five Visuals.

PIN 2

Keep the Same Product in a New Scene

Description: Use one reference image to change the set while keeping the product recognizable.

Alt: Ivory mug with a blue handle on a lavender pedestal beneath the words Same Mug New Scene.

PIN 3

From Still Photo to Looping GIF

Description: Start with a still image and learn how to make a simple camera move.

Alt: Blue rimmed ivory mug in an apricot studio beneath the words From Still to GIF.

Alt text is for readers who cannot see the image. Describe the visible subject and meaningful words.

Audit the product identity

Look at the image before you accept it. A good layout can still show the wrong product.

Compare each result with the original PNG. Check the silhouette first, then the glaze, rim and handle. For a real product listing, approve any material difference against the actual item.

01	**Blog cover**	The full mug and blue handle fit on the right. The empty wall on the left leaves room for a headline.
02	**Pin 1**	The headline reads clearly on cream. Morning light warms the ivory body; the narrow blue rim and full right handle are visible.
03	**Pin 2**	The wall and pedestal changed, while the mug remains speckled ivory with a blue rim and right handle.
04	**Pin 3**	The apricot set warms the scene. The mug remains ivory, the blue details stay visible and the headline is spelled as requested.

CHECK A SECOND TIME AT 320 PIXELS

Shrink the exported pin to about 320 px wide. Read the headline and make sure the rim and handle remain visible. This is a legibility check, not a platform guarantee.

Try a native GIF in ChatGPT

Use this workflow if GIF creation has reached your account.

01 Upload the still

Attach 05-mug-loop-source.png. The still leaves space around the mug for a gentle camera move.

02 Describe one movement

Choose what moves, what stays fixed and how the end should meet the beginning.

03 Open and review the GIF

Check two or three repeats. If the generated GIF is available, open it to adjust playback speed or download it.

PROMPT TO TRY IN CHATGPT

```
Turn the attached still into a smooth looping GIF. Push in gently about 4%, then pull back
to the starting view. Keep the mug, blue rim, blue handle, ivory glaze, background and
lighting unchanged. No new text, steam or objects. Aim for about three seconds with no
visible jump at the loop.
```

The prompt above is a recipe to try. The GIF in the companion kit was rendered separately from the same generated still.

OpenAI Help: Create and edit a GIF

Inspect a real GIF loop

The animation is included in the companion ZIP; this page shows one of its frames.



Actual frame 19 from 05-mug-loop.gif

MEASURED OUTPUT

Frame size
432 × 432 px

Duration
3.0 seconds

Frames
36

File size
1,517.0 KB

Playback
Repeats continuously

HOW THIS FILE WAS MADE

The supplied GIF uses a smooth center zoom from 100% to 104% and back toward 100%, rendered from one generated still. The mug stays in the same position in the scene. The changing crop creates the movement.

Open 05-mug-loop.gif to see the motion. The matching source still and the prompt that made it are in the ZIP.

The draft that changed the mug

A deliberately loose color request turned the ivory mug blue.



Generated output • 1,000 × 1,500 px

EXACT TEST PROMPT

```
Use the attached reference as a starting point.
Create one vertical 2:3 editorial photo of the
mug on a plinth for a blue themed Pinterest
campaign. Make the entire composition cobalt
blue with dramatic side lighting. No words,
logos or extra objects.
```

OBSERVED RESULT

The side and interior both turned cobalt. The right handle survived, but the reference product's ivory glaze did not.

WHAT TO COPY

Separate the color of the set from the color of the product. The plinth may be cobalt; the ceramic body should stay ivory.

Repair the product identity

Attach the failed draft as image A and the original product photo as image B.



Generated output • 1,000 × 1,500 px

EXACT CORRECTION PROMPT

```
Image A is the blue draft. Image B is the
product reference. Edit image A only. Restore
the outside and inside of the mug to the matte
warm ivory ceramic with sparse dark speckles
seen in image B. Keep one thin cobalt blue band
at the rim and the cobalt blue D-shaped handle
on the right. Keep image A's camera, portrait
2:3 framing, mug placement, cobalt plinth, and
blue background. Use neutral light on the mug
so its ivory color reads correctly. Do not add
words, logos, objects, or a second mug.
```

OBSERVED RESULT

The mug is ivory again, including its interior. The rim and handle are blue, and the draft's plinth, framing and blue backdrop remain.

WHAT TO COPY

If your editor offers a selection tool, highlight the mug body and interior. Check the rim and handle after the edit as well.

Export for blog and Pinterest

Verify the final files. Requested dimensions and exported dimensions can differ.

FILE FROM THE EXAMPLE KIT	DIMENSIONS	FILE SIZE
01-blog-cover.webp	1,600 × 900 px	**95.3 KB**
01-blog-cover.png	1,600 × 900 px	**1,533.6 KB**
02-pin-one-photo-five-visuals.png	1,000 × 1,500 px	**1,622.8 KB**
03-pin-same-mug-new-scene.png	1,000 × 1,500 px	**1,683.9 KB**
04-pin-from-still-to-gif.png	1,000 × 1,500 px	**1,709.4 KB**
05-mug-loop.gif	432 × 432 px	**1,517.0 KB**

BLOG COVER

Keep the PNG as a master. The example WebP is under 100 KB; check the title area and edges after compression.

PINTEREST PINS

The three PNGs were exported separately at 1000 × 1500 px, a 2:3 ratio. Open the final files at phone width before uploading.

Pinterest image specifications

Four prompts to adapt

Replace the bracketed details with your own subject. These are variations to try.

A / LEAVE ROOM FOR COPY

```
Using [reference], create one 16:9 cover with [subject] on the right. Preserve [identity details]. Keep the left half quiet and free of text.
```

B / MAKE A NEW PIN

```
Use the same reference. Create one 2:3 image in [scene]. Preserve [identity details]. Use only this headline: [exact words]. Keep the full subject visible.
```

C / EDIT ONE REGION

```
Edit only [region] to restore [reference detail]. Keep the camera, crop, background, typography and all other product details. Do not add objects.
```

D / REFINE MOTION

```
Use [approved still]. Make a subtle [one movement] loop. Keep the product shape, color and background fixed. Return smoothly to the starting view.
```

Attach the original reference whenever the exact product matters. The edited pin or GIF frame can guide composition, but the source photo defines the product.

Your prepublish checklist

Run these checks on the exported files, not just the generation preview.

01

Check identity

Compare the rim, handle, body color and silhouette with the source. Reopen the repair page if one of them changed.

02

Check the frame

Verify 16:9 for the cover and 2:3 for each pin. Look for a clipped handle, headline or useful empty space.

03

Check the words

Read each headline at phone width. Use a distinct title, description and alt text for every pin.

04

Check the loop

Watch the GIF repeat. Look for a sudden jump, unexpected crop, or a shift in what the product looks like.

05

Check the post

Preview the cover in your site layout, test the destination link and keep the original PNG and prompts together.

For an actual product, check the final result against the item you sell before publishing.

Final thoughts

One clear reference can support several visual ideas.

Start with a source that shows the details you need to preserve. Make one visual at a time and give it a specific job. When something changes, compare it to the reference and request one focused correction.

REPRODUCE THE EXAMPLE

Open the companion ZIP. Start with 00-blue-rim-mug-reference.png, then follow prompts.txt. The cover, pins, repair and GIF are already there for you to compare.

DOCUMENTATION CHECKED 12 NOVEMBER 2026

OpenAI: Introducing Images 2.6
Release overview and the introduction of GIFs.

OpenAI Help: Images in ChatGPT
Reference reuse, GIF availability and the selection editor.

Pinterest: Image specifications
Recommended 2:3 dimensions for standard image ads.

W3C: Informative images
Use text alternatives to convey important visual information.

The mug is fictional. Generated stills and the bundled animation were made for this worked example.