

YOUR ACTION PLAN

Your First AI Avatar Video

Make one short HeyGen video that looks and sounds like you.

Your first AI avatar needs three things: your look, your voice, and a script. This guide walks you through one path—HeyGen's video Digital Twin—so you finish with a short talking video, about 10 to 20 seconds, before you build anything bigger.

WHAT YOU'LL NEED

- ☐ A HeyGen account. Sign up at <https://www.heygen.com> and check which avatar and voice features your plan includes before paying for anything
- ☐ A phone or webcam, a quiet room, even lighting, and a clean background for your recording
- ☐ One short script of your own—two or three sentences is plenty for the first test

STEP 1

1 Record footage worth copying

Your recording gives the avatar its starting performance, not just your face—so this step decides how good the result can be.

1. In HeyGen, start creating a video Digital Twin and read the filming guidance shown for your account first. It currently recommends at least one uninterrupted two-minute speech. Requirements can differ by plan and avatar option, and what's on screen beats any tutorial—including this one.
 2. Set up even lighting, a quiet room, and a clean background. Look into the lens and speak naturally, with some expression. Let your hands move without repeatedly covering your face.
 3. Record the version of yourself you'd actually want appearing in your videos. If you record a tired, flat delivery, don't expect the software to discover your sparkling personality in the upload folder.
- ☐ Done when: you have a take you'd be happy to watch back—clear audio, steady framing, natural delivery.

Heads up: Use your own likeness and your own recordings—footage you have the rights to, with no other people or sensitive material in frame. Before uploading, check HeyGen's current terms (linked below) on how your footage is stored and deleted.

STEP 2

2 Upload and prove it's you

HeyGen needs your footage plus proof that the person in it agreed to this.

1. Upload your recording through the Digital Twin setup and follow the submission steps shown.
2. Record the separate consent video exactly as instructed, reading the script HeyGen provides.
Someone else's face is not a shortcut—the consent step exists to prove the person in the footage agreed.

- ☐ Done when: HeyGen has accepted your footage and consent video, and your avatar shows as available or in progress. Wait for it to finish before moving on.

STEP 3

3 Give it your voice

Start with HeyGen's built-in voice setup before adding any other tool.

1. Follow the voice setup shown for your avatar. Depending on your setup, the voice may come from your uploaded footage or need a separate recording—follow what HeyGen shows, use your own voice, and complete any required verification. Keep the audio clean: no music, other speakers, or echoing room.
2. Listen to a short sample. Does it sound like the way you speak, or like someone reading your biography at an awards ceremony? Pay attention to your name, unusual words, and the rhythm of a normal sentence.

- ☐ Done when: you've played a voice sample and it sounds like you on a good day. ElevenLabs is an optional upgrade for later—skip it for now.

STEP 4

4 Make one short video

Ten to twenty seconds. Not your entire course introduction.

1. Open HeyGen's video editor, select your avatar and voice, and paste in a short script. Two or three sentences is the whole job.
2. No script handy? Use this first test: "Hey, this isn't actually me filming this. It's my AI avatar. I wrote the script, gave it my voice, and it created the video."
3. Listen to the voice preview where available, then generate the video. You may wait while HeyGen verifies your setup and renders—no need to turn that waiting time into a longer script.

- ☐ Done when: the video has finished rendering and you can play it start to finish.

STEP 5

5 Review it three ways

1. Watch once for the look: does the face look recognizably like you, with no odd lip-sync glitches?
Watch once for the voice: is it intelligible, and does it say your name and unusual words correctly?
Watch once for the message: are the words accurate and something you'd actually say?
2. If something's off, fix the cheapest thing first: tighten the script for wording problems, adjust the voice for pronunciation, and only re-record footage when the look itself is wrong. Change one thing at a time and generate again—changing three at once tells you nothing.
3. Before sharing, review the final cut yourself and disclose that it's AI-generated where your audience would reasonably want to know. Your avatar is a performer; you're still the director.

YOU'RE DONE WHEN...

You're done when you have one short video that looks like you, sounds like you, and says something you wrote. Save it, and only then consider the cinematic upgrades.

OFFICIAL SETUP & HELP

[HeyGen Help Center — avatar setup, filming, and voice instructions](#)

[HeyGen Terms of Service — how your footage is handled](#)