EVERY SHOT A POLAROID

What would you pin to the fridge?



THE LESSON

This code turns any real moment into a faded instant photo: soft focus, teal shadows, warm skin, light leaks. On its own, about half the images come out without the white frame. **One phrase at the start of the prompt fixes that.**

THE FRAME PHRASE

```
vintage Polaroid instant photo with a thick white frame border,
```

STARTER PROMPT

```
vintage Polaroid instant photo with a thick white frame border, [SUBJECT] [DOING WHAT], [WHERE], [LIGHT / TIME OF DAY] --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```

WHAT WE LEARNED

- Put the frame phrase first. Leave it out and you get the colours without the Polaroid.
- Don't ask this code for signs on V7: it can't spell. For text, add --v 8.2 and --sw 100.
- MJ takes liberties: straw hat into cowboy hat, radio into camera, convertible dropped for a close-up.



01

COVER: THE DRIVE-IN

This SREF can't spell on V7. On --v 8.2 with --sw 100 the screen read cleanly.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, a 1960s drive-in theater at dusk seen from the back seat of a convertible, a couple in the front seats, the huge movie screen ahead showing in bold white lettering filling the whole screen, "MIDJOURNEY CHRONICLES" on the top line and "EP. 27" large below it, the whole screen fully visible in the frame --chaos 5 --ar 4:5 --stylize 400 --sref 774884368 --sw 100 --no credits, small print, fine print, billing block, watermark, signature, logo, repeated text, duplicate letters, cropped sign --v 8.2
```



02
GRANDPA LAUGHING

The cleanest example of the look: soft focus, warm skin, teal shadows.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, an old man laughing on a wooden porch in a small Mexican town, straw hat, afternoon sun --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```



03
THE BENCH KISS

MJ added the drink on the table. Small liberties make it feel like a real snapshot.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, an elderly couple kissing on a park bench in Mexico City, pigeons around them, soft morning light --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```



04
YOUNG COUPLE

For a close kiss MJ dropped the convertible to the background. The frame still holds.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, a young couple kissing on the hood of an old convertible in a beach parking lot at sunset --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```



05
THE SURF WALK

Back view, light leaks, long shadow: pure summer 1979.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, three friends in bikinis walking along the shoreline carrying a surfboard, golden hour --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```



06
TWO FRIENDS

Even with the frame phrase, close-ups sometimes come out full-bleed. Rerun if you need the border.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, two young women in retro bikinis laughing on beach towels, sunglasses, a portable radio, bright midday sun --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```



07
THE RED PICKUP

The SREF fades the red without killing it.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, a teenager proudly leaning on a faded red 1980s pickup truck in a suburban driveway, summer evening --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```



08
KIDS IN THE WAVES

Motion blur and splash: it reads like a real family photo.

PROMPT

```
vintage Polaroid instant photo with a thick white frame border, a group of kids running into the sea holding hands, beach towels and a striped umbrella behind them, bright afternoon --chaos 12 --ar 4:5 --stylize 400 --sref 774884368
```

YOUR TURN

Make a Polaroid of a moment you'd pin to the fridge. A person, a place or a pet from your life.

Post it below with the prompt. Bonus: run the same prompt with and without the frame phrase and post the pair.

NEXT

Ep. 28: Magic Green.