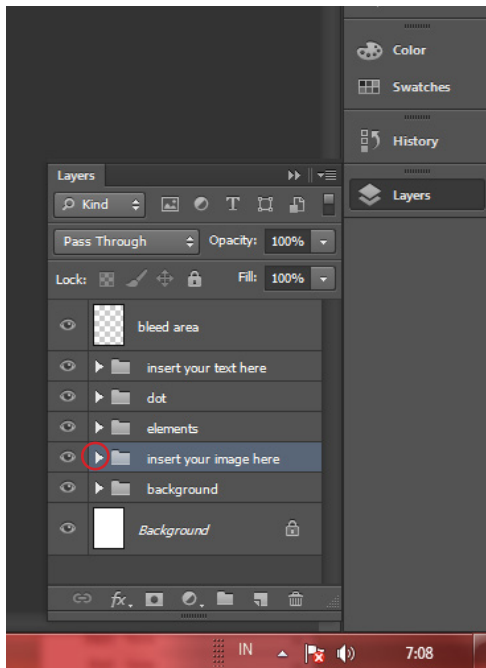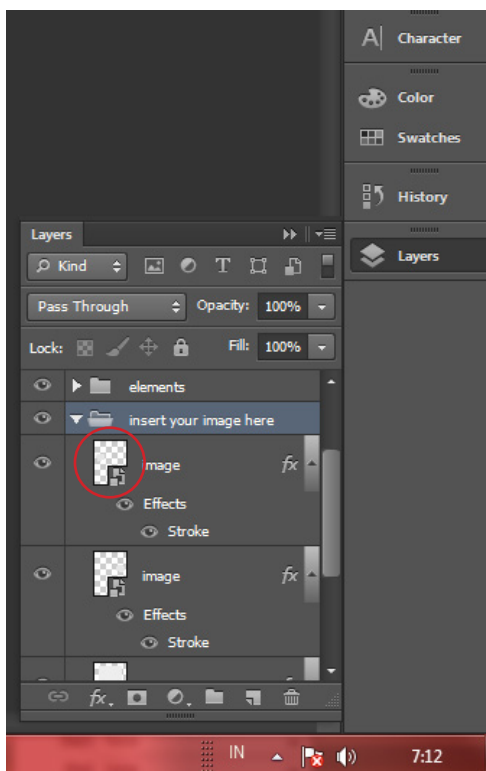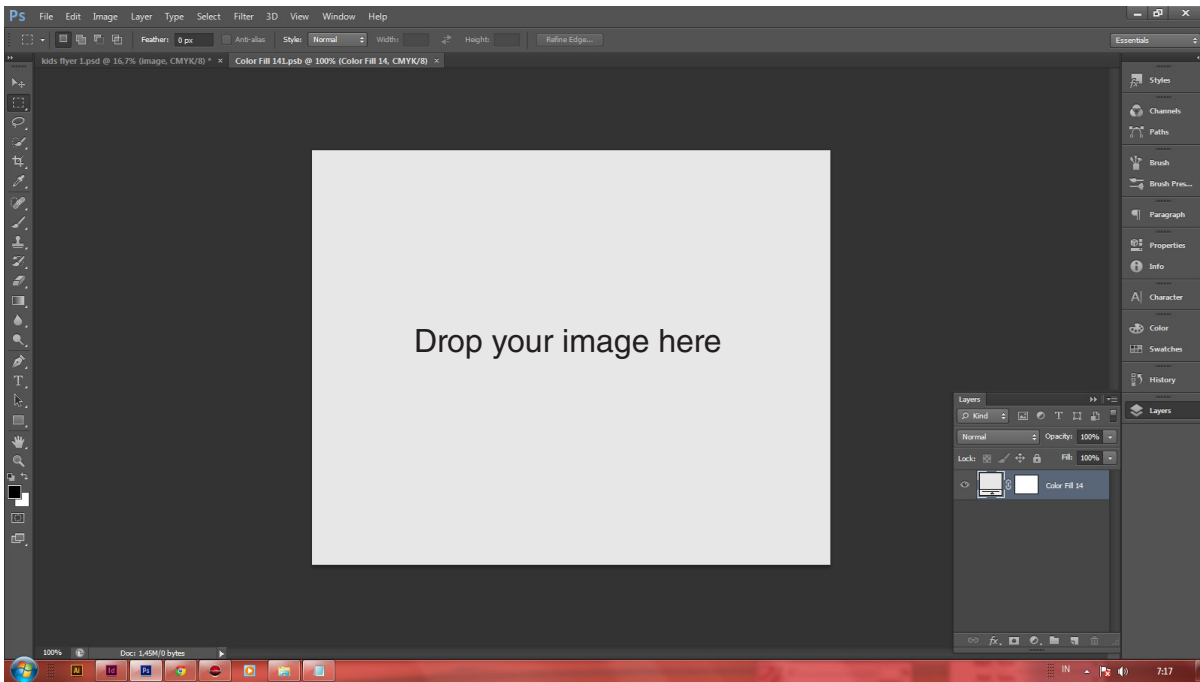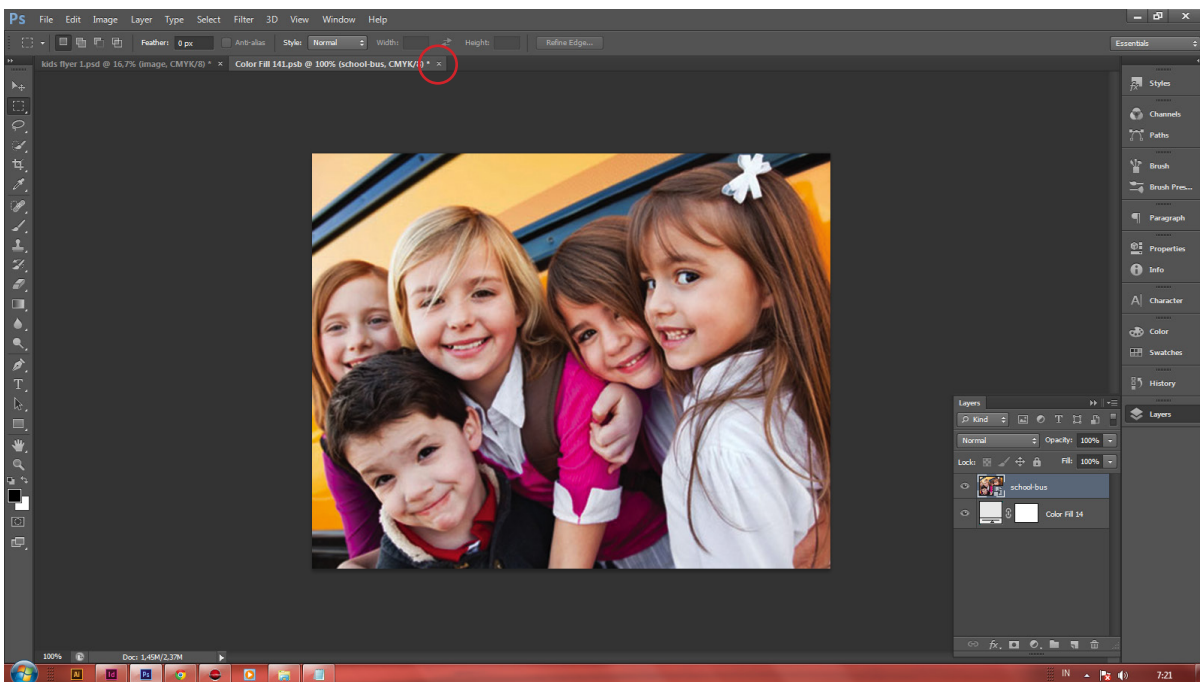1. Click on the folder (insert your image here)

2. Double click on the smart object you want to change with your image

3. It will open a new blank page, drop your image here. and make sure your image fill the page

4. Click Ctrl+S/ Command+S to save the file, and then close the page

5. Done