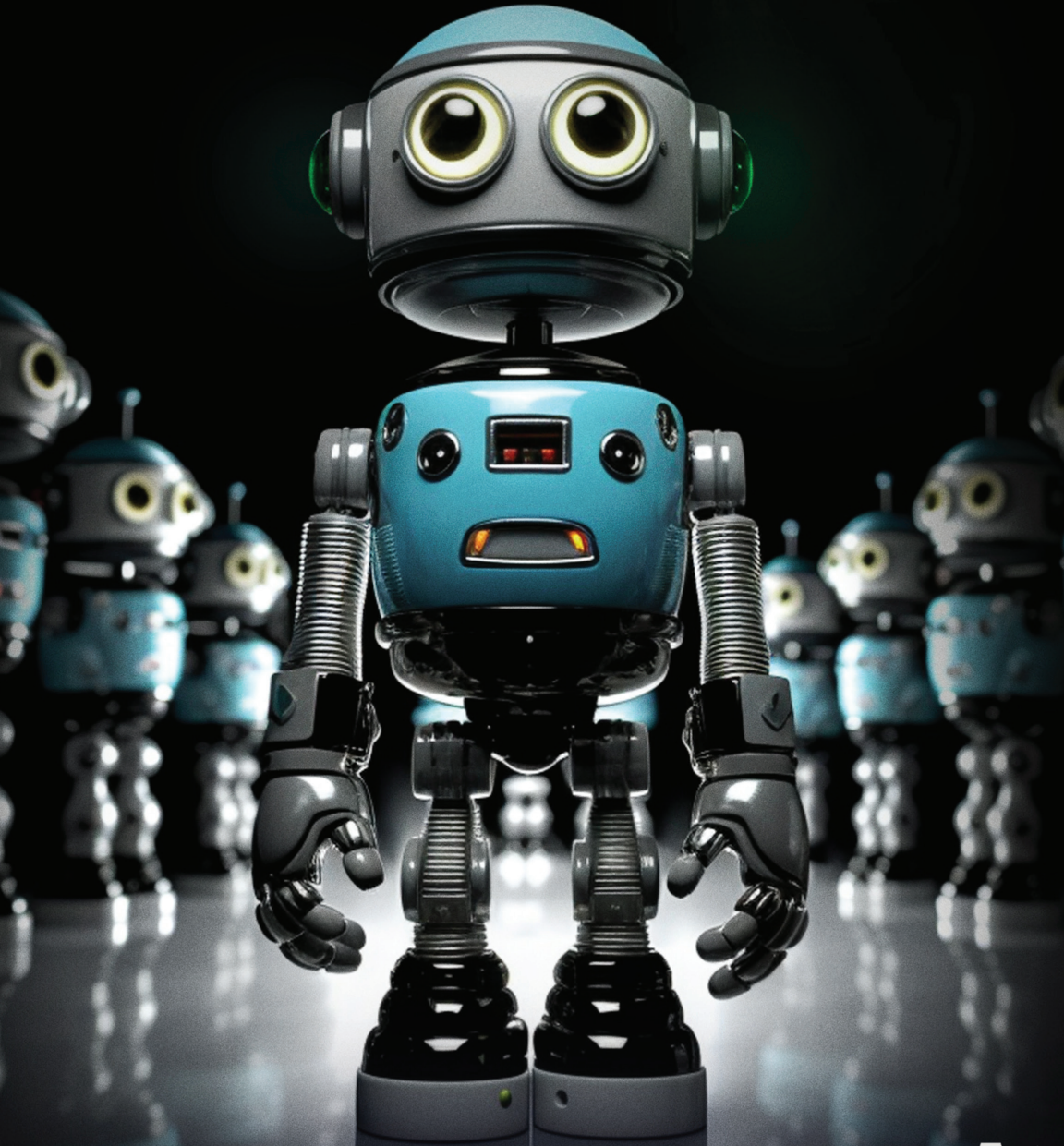


250+ POWERFUL PROMPTS OPTIMIZED FOR GPT-4

CHATGPT ADVANTAGE



IGOR POGANY



ChatGPT Advantage

**250 Powerful Prompts
Optimized for GPT -4**

IGOR POGANY

A| Advantage

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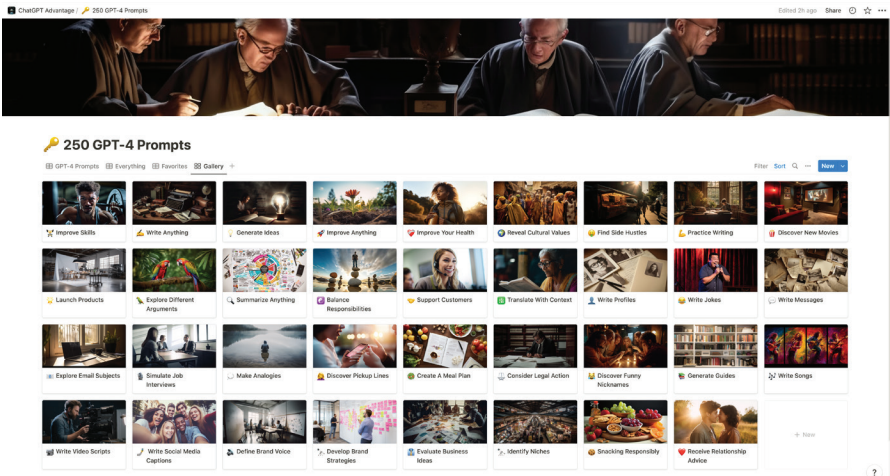
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Make sure to check out the **free Notion template** that comes with this E-Book:

<https://ai-advantage.notion.site/ChatGPT-Advantage-2cdc500f-800c4200a2ef4650464b20a1>



INTRODUCTION

Welcome to my e-book full of ChatGPT knowledge! This revolutionary technology can open a world of possibilities but many of them remain hidden. My hope is that with the prompts and styles contained in this e-book, you will have the tools to unlock your full potential and make the most of your life.

Overall, the e-book is designed to help you achieve your goals by providing you with prompts (the lines you type into ChatGPT), formulas and styles to enhance your natural abilities. I organized them into 7 categories:

- Productivity - Save time and increase your output
- Writing - Write almost anything
- Social - Improve your communication
- Health - Custom meal and workout plans
- Marketing - Boost Your Brand and Drive Results
- Entrepreneurship - Unleash Your Inner Innovator
- Entertainment - Just For Fun

I hope you find the information in this e-book useful. Let's dive right in.

Much Love,

Igor

GUIDELINES

From the second I decided to write this e-book it was clear to me that including the following guidelines would be essential to get the most out of the following prompts, so read them carefully as one can easily get lost in the conversational flow ChatGPT provides.

Consider Privacy

Chatbots often collect and store personal data, so it's important to ensure that you only feed it data that you would also share in a typical social media post.

Be Transparent

When you use the outputs in your everyday life it's important to be upfront about the fact that you are using a chatbot. This helps with managing future expectations and allows yourself to maintain your self-respect. For example, I used ChatGPT extensively in the creation of this e-book, but besides the legal text and some of the examples, none of it was copy-pasted. See how this works? There is no shame in using freely available technology to your advantage. Just don't deceive others as this will always(!) catch up with you in unpredictable ways.

Plagiarism

AI detection software is being worked and improved on every day. So don't expect any of the blindly copy-pasted chatbot outputs to stand the test of time. Especially when it comes to critical pieces of work that you intend to build your life upon (such as a university thesis or a book). As of 2023 the best use-case for this technology is to kickstart your project or idea, so don't just blindly copy-paste without disclosing the use of AI tools. Take what it gives you and expand it with your own thoughts and ideas.

The Bias Is Real

Chatbots can often reflect the biases of their creators or the data they are trained on. It's essential to be aware of these biases and to use chatbots to improve and uplift your and others actions.

Personal Responsibility

It should go without saying that chatbots are not a replacement for human interaction and should not be used to exploit or manipulate others. AI can give you some amazing abilities and powers, but it's up to you to use them responsibly.

EXPLAINER

Explainer

Every consecutive page of this mini e-book features a new prompt consists of 3 basic sections:

Prompt - My favorite use-case that ask for a response from ChatGPT. Simply copy-paste this into the text field and hit enter

Formula - Customize the prompts to your own needs. Replace the word in square brackets with your very own and feel free to mix and match multiple formulas for unique results..

Example - Get inspired by some practical use-cases that are also copy-paste ready.

I also included a section for Follow-Up Prompts and Styles.

Follow-Up Prompts - Continue the conversation beyond your first request and achieve unique results. This is where most of the true powers of ChatGPT lies as the results usually improve by adding more context.

Styles - Include these in your prompts to customize your output into various styles and voices.

Most importantly, stay curious and keep experimenting with your approach. Getting results with ChatGPT is all about trial and error.

PRODUCTIVITY

GENERATE IDEAS

Prompt

Can you provide 8 ideas for a workshop about public speaking for introverts, focusing on building confidence, effective communication techniques, and overcoming stage fright, with interactive exercises and practice opportunities?

Formula

Can you provide [number] ideas for a [format] about [subject] for [target audience], focusing on [topics], with [additional context]?

Examples

Can you provide 5 ideas for a series of blog posts about sustainability for young adults, focusing on eco-friendly fashion, zero waste living, and renewable energy, with an emphasis on actionable tips?

Can you provide 3 ideas for a webinar about fitness for busy professionals, focusing on workout routines, nutrition, and rest and recovery, with a practical approach for incorporating fitness into a hectic schedule?

Can you provide 4 ideas for a podcast about mental health for college students, focusing on self-care,

therapy, and mindfulness, with a focus on maintaining balance during academic stress?

Can you provide 6 ideas for a YouTube series about cooking for beginner chefs, focusing on easy recipes, essential kitchen skills, and budget-friendly meal planning, with step-by-step instructions?

Can you provide 7 ideas for a newsletter about personal finance for recent graduates, focusing on budgeting, saving, investing, and managing student loans, with real-life examples and success stories?

Can you provide 10 ideas for an e-book about remote work for freelancers, focusing on productivity, time management, work-life balance, and networking, with advice from successful remote workers?

IMPROVE ANYTHING

Prompt

Can you provide suggestions for how I can improve my time management with the goal of increasing productivity and achieving a better work-life balance?

Formula

Can you provide suggestions for how I can improve [subject] with the goal of [objective]?

Examples

Can you provide suggestions for how I can improve this text: [insert text] with the goal of making it more engaging and concise for the reader?

Can you provide suggestions for how I can improve the search engine optimization on my blog about vegan food supplements with the goal of increasing organic traffic and reaching a wider audience?

Can you provide suggestions for how I can improve the user experience on my website with the goal of reducing bounce rate and increasing customer satisfaction?

Can you provide suggestions for how I can improve my presentation skills with the goal of engaging the audience and conveying information more effectively?

Can you provide suggestions for how I can improve my team's collaboration with the goal of enhancing communication, reducing misunderstandings, and completing projects more efficiently?

Can you provide suggestions for how I can improve my social media presence with the goal of increasing brand awareness and driving more engagement from my target audience?

Can you provide suggestions for how I can improve my email marketing campaigns with the goal of boosting open rates, click-through rates, and ultimately, conversions?

Can you provide suggestions for how I can improve my customer service with the goal of enhancing customer satisfaction, reducing response times, and increasing customer loyalty?

Can you provide suggestions for how I can improve my public speaking skills with the goal of overcoming stage fright, effectively delivering my message, and connecting with my audience?

Can you provide suggestions for how I can improve my work environment with the goal of fostering creativity, encouraging collaboration, and boosting employee morale and well-being?

GENERATE GUIDES

Prompt

Can you provide step-by-step instructions on how to start a vegetable garden at home, considering a small space and for first-time gardeners?

Formula

Can you provide step-by-step instructions on how to [subject], considering [context]?

Examples

Can you provide step-by-step instructions on how to make an HTTP request in JavaScript?

Can you provide step-by-step instructions on how to make a homemade face mask?

Can you provide step-by-step instructions on how to perform a basic oil change on a car?

Can you provide step-by-step instructions on how to prepare a budget spreadsheet, considering intermediate complexity and for personal finance management?

Can you provide step-by-step instructions on how to write a professional cover letter, considering a concise format and for job seekers in any industry?

Can you provide step-by-step instructions on how to set up a home Wi-Fi network, considering basic technical knowledge and for non-tech-savvy individuals?

Can you provide step-by-step instructions on how to bake a chocolate cake, considering a gluten-free diet?

Can you provide step-by-step instructions on how to install solar panels, considering a residential home in a cloudy region?

Can you provide step-by-step instructions on how to reduce plastic waste, considering a family with young children and a busy lifestyle?

SUMMARIZE ANYTHING

Prompt

Can you provide a 100-word summary of the history of Europe, considering a general audience?

Formula

Can you provide a [number]-word summary of [title], considering [target audience]?

Examples

Can you provide a 50-word summary of the TV show Two and a Half Men, considering general viewership?

Can you provide a 100-word summary of the basics of computer science, considering high school students?

Can you provide a 75-word summary of the differences between solar and coal energy sources, considering an environmentally conscious audience?

Can you provide a 30-word summary of the following text [insert text], considering it's for a social media post?

Can you provide a 60-word summary of the novel To Kill a Mockingbird, considering a book club discussion?

Can you provide a 40-word summary of the main principles of the Agile methodology, considering project managers unfamiliar with the approach?

Can you provide a 60-word summary of “The Lean Startup”, considering aspiring entrepreneurs?

Can you provide a 80-word summary of “Pride and Prejudice”, considering book club members?

Can you provide a 70-word summary of “The Innovator’s Dilemma”, considering business managers?

Can you provide a 100-word summary of “Crime and Punishment”, considering college literature students?

TRANSLATE WITH CONTEXT

Prompt

Can you translate the phrase “Bon appétit” in the context of a dinner party into Italian?

Formula

Can you translate “[phrase]” in the context of an [event] into [language]?

Examples

Can you translate the phrase “Congratulations” in the context of a graduation into German?

Can you translate the phrase “I am sorry” in the context of a wedding into Spanish?

Can you translate the phrase “Il faut cultiver notre jardin” into German?

Additional Examples: 4. Can you translate the phrase “Happy birthday” into Japanese?

Can you translate the phrase “Thank you for your hospitality” into French?

Can you translate the phrase “Best wishes” in the context of a farewell party into Russian?

IMPROVE SKILLS

Prompt

Can you suggest practical ways to learn or practice Python programming without taking a course or joining a community?

Formula

Can you suggest practical ways to learn or practice [specific skill] without taking a course or joining a community?

Examples

Can you suggest practical ways to improve your public speaking skills without taking a course or joining a community?

Can you suggest practical ways to learn basic financial management without taking a course or joining a community?

Can you suggest practical ways to develop your leadership skills without taking a course or joining a community?

Can you suggest practical ways to learn basic photography without taking a course or joining a community?

Can you suggest practical ways to improve your time management skills without taking a course or joining a community?

Can you suggest practical ways to improve your graphic design skills without taking a course or joining a community?

Can you suggest practical ways to learn a new language without taking a course or joining a community?

SUPPORT CUSTOMERS

Prompt

Act as a customer support assistant that is helpful, creative, clever, and very friendly. Now answer this email for our video production company:

Formula

Take on the role of a support assistant at a [type] company that is [characteristic]. Now respond to this scenario: [scenario]

Examples

Take on the role of a support assistant at a software development company that is innovative. Now respond to this scenario: A customer is reporting a bug in the latest version of your software.

Take on the role of a support assistant at a telecommunications company that is customer-focused. Now respond to this scenario: A client is struggling with poor signal quality and dropped calls.

Take on the role of a support assistant at a fashion retail company that is eco-conscious. Now respond to this scenario: A customer has concerns about the sustainability of your clothing materials.

Take on the role of a support assistant at a video game company that is story-driven. Now respond to this scenario: A player is experiencing a game-breaking glitch in the middle of a crucial story mission.

Take on the role of a support assistant at a travel agency that is luxury-oriented. Now respond to this scenario: A client wants to plan a last-minute, high-end vacation but has specific requirements for accommodations and activities.

Take on the role of a support assistant at a food delivery company that is focused on speedy delivery. Now respond to this scenario: A customer is upset that their order arrived late and cold.

Take on the role of a support assistant at an online education company that is dedicated to accessibility. Now respond to this scenario: A student is having difficulty accessing course materials due to a disability.

CONSIDER LEGAL ACTION

Prompt

Given that I was unfairly fired from my job, what legal action could I take?

Formula

Given that [event], what legal action could I take?

Examples

Given that my neighbor's tree fell on my property and caused damage, what legal action could I take?

Given that I was unfairly dismissed from my job without proper notice, what legal action could I take?

Given that I purchased a defective product that caused injury, what legal action could I take?

Given that my landlord has not returned my security deposit without providing a valid reason, what legal action could I take?

Given that my copyrighted work was used without my permission, what legal action could I take?

Given that I was involved in a car accident where the other driver was at fault, what legal action could I take?

SIMULATE JOB INTERVIEWS

Prompt

Simulate a high level interview for a position as a movie director by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Formula

Simulate a high level interview for a position as a [job title] by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Examples

Simulate a high level interview for a position as a Data Scientist by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Simulate a high level interview for a position as a User Experience Designer by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and

you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Simulate a high level interview for a position as a AI Engineer by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Simulate a high level interview for a position as a Digital Marketing Specialist by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Simulate a high level interview for a position as a E-commerce Specialist by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

Simulate a high level interview for a position as a Social Media Manager by asking questions as if you are a potential employer. In this scenario, I am taking the role of the employee and you ask increasingly hard questions to screen my competence, but only after I respond. Start by introducing yourself.

MAKE ANALOGIES

Prompt

Can you create an analogy for being overwhelmed?

Formula

Can you create an analogy for [concept]?

Examples

Can you create an analogy for explaining photosynthesis?

Can you create an analogy for understanding how a computer processor works?

Can you create an analogy for the concept of supply and demand in economics?

Can you create an analogy for the process of cell division?

Can you create an analogy for the theory of relativity?

Can you create an analogy for the concept of machine learning?

Can you create an analogy for the principle of buoyancy?

WRITING

WRITE ANYTHING

Prompt

Using descriptive language and luxury travelers as the target audience, write a magazine article for a boutique hotel in Bali, highlighting the stunning views, serene atmosphere, and personalized service offered by the property.

Formula

Using [writing style] and [target audience], write a [type of text] for the [subject] in [location], highlighting the [key benefits] offered by the [subject].

Examples

Using a casual writing style and targeting young adults, write a blog post for the new eco-friendly coffee shop in downtown, highlighting the sustainable practices and unique flavors offered by the coffee shop.

Using a professional writing style and targeting business executives, write a press release for the upcoming tech conference in San Francisco, highlighting the networking opportunities and expert speakers offered by the event.

Using a persuasive writing style and targeting parents of young children, write a brochure for the Montessori preschool in the local neighborhood, highlighting the child-centered approach and nurturing environment offered by the school.

Using a narrative writing style and targeting adventure seekers, write a travel article for the hidden gem hiking trails in Colorado, highlighting the breathtaking views and challenging terrains offered by these trails.

Using an informative writing style and targeting health-conscious individuals, write a newsletter for the recently launched organic grocery store in the city, highlighting the wide variety of fresh produce and locally-sourced products offered by the store.

Using a descriptive writing style and targeting art enthusiasts, write an exhibition catalog for the contemporary art exhibit in the local gallery, highlighting the innovative techniques and thought-provoking themes offered by the showcased artworks.

Using a concise writing style and targeting busy professionals, write a product description for the latest time management app, highlighting the customizable features and productivity-boosting tools offered by the app.

EXPLORE DIFFERENT ARGUMENTS

Prompt

Can you write an argument for the use of AI in universities from multiple diverse perspectives. Before you do so, state the characteristics of the various characters?

Formula

Can you write an argument [for/against][subject] from multiple diverse perspectives. Before you do so, state the characteristics of the various characters?

Examples

Can you write an argument for universal basic income from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

Can you write an argument against nuclear power from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

Can you write an argument for veganism from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

Can you write an argument against homeschooling from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

Can you write an argument for the use of artificial intelligence in the job market from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

Can you write an argument against the privatization of water resources from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

Can you write an argument for space exploration from multiple diverse perspectives? Before you do so, state the characteristics of the various characters.

EXPLORE EMAIL SUBJECTS

Prompt

Generate 10 email subject lines for a payment reminder to my tenant, using persuasive language.

Formula

Generate [number] email subject lines for [type of email] to [target audience], using [style] language.

Examples

Generate 3 email subject lines for an architectural project delivery to my boss, using formal language.

Generate 5 email subject lines for an invitation to a kids' birthday party, using friendly language.

Generate 7 email subject lines for a promotional email about a new fitness program to gym members, using informal language.

Generate 4 email subject lines for a follow-up email to potential clients after a networking event, using semi-formal language.

Generate 6 email subject lines for a confirmation email to attendees of a charity event, using friendly language.

WRITE PROFILES

Prompt

Write a LinkedIn profile for Sarah, highlighting her expertise in project management and her collaborative and driven personality in a way that is likely to attract potential employers, using appropriate language and tone.

Formula

Write a [type of profile] for [subject], highlighting their [interests/personality] in a way that is likely to attract [audience], using appropriate language and tone.

Examples

Write a dating profile for John, highlighting his adventurous and free-spirited personality in a way that is likely to attract like-minded individuals, using appropriate language and tone.

Write a portfolio profile for a freelance graphic designer, highlighting their creativity and attention to detail in a way that is likely to attract potential clients, using appropriate language and tone.

Write a professional summary for a software developer, highlighting their technical skills attract potential employers, using appropriate language and tone.

Write an artist bio for a painter, highlighting their unique artistic style and inspiration in a way that is likely to attract potential buyers and gallery owners, using appropriate language and tone.

Write a personal statement for a graduate school application, highlighting the applicant's academic achievements and career aspirations in a way that is likely to attract admissions committees, using appropriate language and tone.

Write an executive summary for a business plan, highlighting the unique value proposition and market potential of the proposed product or service in a way that is likely to attract potential investors, using appropriate language and tone.

WRITE SONGS

Prompt

Write a pop song about the challenges of growing up, incorporating elements of electronic dance music and using catchy hooks and relatable lyrics to capture the emotions and experiences of adolescence.

Formula

Can you write a [type of song] about [subject], [additional details]?

Examples

Write a love ballad about your partner, incorporating elements of pop and R&B music and using metaphors and imagery to convey the depth of your emotions.

Write a protest song about a social issue that is important to you, incorporating elements of hip-hop and using powerful lyrics and a catchy chorus to rally support for your cause.

Write a country song about your experiences growing up in a rural area, incorporating elements of bluegrass and using storytelling techniques and vivid descriptions to bring the setting to life.

Write a rock song about the power of friendship, incorporating elements of punk and using driving guitar riffs and energetic lyrics to convey the intensity of the bond between friends.

Write a jazz song about the beauty of nature, incorporating elements of swing and using improvisation and rich harmonies to capture the complexity and diversity of the natural world.

Write a folk song about your family's heritage, incorporating elements of Americana and using traditional instruments and vocal harmonies to convey the history and culture of your ancestors.

Write a blues song about heartbreak and loss, incorporating elements of soul and using raw vocals and expressive guitar solos to convey the pain and sadness of the experience.

WRITE SOCIAL MEDIA CAPTIONS

Prompt

Can you come up with engaging captions for this image of a subway car talking about my daily commute through New York?

Formula

Can you come up with [adjective] captions for this [media] of [subject] for [target audience]?

Examples

Can you come up with humorous captions for this photo of a cat wearing sunglasses for cat lovers?

Can you come up with inspirational captions for this video of a successful entrepreneur for aspiring business owners?

Can you come up with educational captions for this infographic of the solar system for middle school students?

Can you come up with romantic captions for this painting of a couple strolling by the beach for people celebrating anniversaries?

Can you come up with witty captions for this meme of a famous movie scene for movie enthusiasts?

Can you come up with motivational captions for this poster of a marathon runner for fitness enthusiasts?

Can you come up with nostalgic captions for this collection of vintage advertisements for people interested in retro design?

Come up with 2 editorial articles for a newspaper that include quotes from public officials.

WRITE MESSAGES

Prompt

Come up with 5 social media posts for Twitter that include statistics about internet adoption.

Formula

Come up with [number] [type of text] for [platform] that include [type of reference].

Examples

Come up with 3 blog articles for a health and wellness website that include references to recent studies on the benefits of meditation, while also incorporating original content such as guided meditations or personal reflections on the practice.

Come up with 2 press releases for a tech company that include quotes from industry experts.

Come up with 10 email newsletters for a nonprofit organization that include stories from beneficiaries.

Come up with 3 white papers for a financial institution that include analysis of industry trends.

Come up with 6 product descriptions for an e-commerce website that include reviews from satisfied customers.

WRITE VIDEO SCRIPTS

Prompt

Can you write a super engaging YouTube script outline draft on the topic of artificial general intelligence in the creative industry?

Formula

Write a video script that [goal], exploring the topic of [subject] [additional context].

Examples

Write a video script that educates viewers on climate change, exploring the topic of greenhouse gases and their impact on global temperatures.

Write a video script that entertains and informs, exploring the topic of ancient Egyptian culture and the construction of the Great Pyramid of Giza.

Write a video script that motivates people to adopt a healthier lifestyle, exploring the topic of exercise and its benefits on mental and physical health.

Write a video script that raises awareness about ocean pollution, exploring the topic of plastic waste and its effects on marine life.

Write a video script that demystifies artificial intelligence, exploring the topic of machine learning and its applications in various industries.

Write a video script that encourages viewers to practice mindfulness, exploring the topic of meditation and its positive effects on stress reduction.

Write a video script that celebrates diversity, exploring the topic of cultural exchange and the importance of embracing different perspectives in a global society.

PRACTICE WRITING

Prompt

Develop a plot development exercise for intermediate-level writers that involves creating a story outline, with a focus on improving story structure and pacing.

Formula

Develop a [writing technique] exercise for [skill level] writers that involves [specific task], with a focus on improving [aspect of writing].

Examples

Develop a dialogue exercise for beginner-level writers that involves writing a conversation between two characters, with a focus on improving natural-sounding dialogue.

Develop a worldbuilding exercise for advanced-level writers that involves creating a detailed setting description, with a focus on improving sensory details and world consistency.

Develop a sensory writing exercise for beginner-level writers that involves writing a paragraph description of a setting, with a focus on improving sensory detail usage.

Develop a character dialogue exercise for intermediate-level writers that involves writing a conversation between two characters with opposing viewpoints, with a focus on improving conflict and tension.

Develop a editing exercise for advanced-level writers that involves rewriting a paragraph for clarity and concision, with a focus on improving precision and flow.

Develop a poetry exercise for beginner-level writers that involves writing a free-verse poem, with a focus on improving imagery and figurative language usage.

SOCIAL

REVEAL CULTURAL VALUES

Prompt

In western society, is it generally considered better to be rich or powerful?

Formula

In [society/culture], is it generally considered better to be [characteristic] or [characteristic]?

Examples

In American society, is it generally considered better to be extroverted or introverted?

In Japanese culture, is it generally considered better to be humble or boastful?

In Scandinavian society, is it generally considered better to be individualistic or collectivistic?

In Chinese culture, is it generally considered better to be traditional or modern?

In Indian society, is it generally considered better to be spiritual or materialistic?

In Brazilian culture, is it generally considered better to be formal or informal?

In British society, is it generally considered better to be reserved or outspoken?

RECEIVE RELATIONSHIP ADVICE

Prompt

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: How might I suggest my spouse and I work through conflicts and improve our understanding of one another's perspectives?

Formula

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: [relationship problem], taking into account the role and responsibility of each partner, the emotional and psychological impact of the problem, and the strategies for improving communication and trust?

Examples

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: jealousy, taking into account the role and responsibility of each partner, the emotional and psychological impact of the problem, and the strategies for improving communication and trust?

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: financial disagreements, taking into account the role and responsibility of each partner, the emotional and

psychological impact of the problem, and the strategies for improving communication and trust?

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: lack of intimacy, taking into account the role and responsibility of each partner, the emotional and psychological impact of the problem, and the strategies for improving communication and trust?

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: differing parenting styles, taking into account the role and responsibility of each partner, the emotional and psychological impact of the problem, and the strategies for improving communication and trust?

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: work-life balance, taking into account the role and responsibility of each partner, the emotional and psychological impact of the problem, and the strategies for improving communication and trust?

Act as a relationship coach. What would you recommend if I asked you for advice on the following issue: trust issues due to past infidelity, taking into account the role and responsibility of each partner, the emotional and psychological impact of the problem, and the strategies for improving communication and trust?

BALANCE RESPONSIBILITIES

Prompt

How can I effectively balance my busy work life and make time for self-care?

Formula

How can I effectively balance my [responsibilities] and make time for self-care?

Examples

How can I effectively balance my work responsibilities and make time for self-care?

How can I effectively balance my family responsibilities and make time for self-care?

How can I effectively balance my academic responsibilities and make time for self-care?

How can I effectively balance my financial responsibilities and make time for self-care?

How can I effectively balance my social responsibilities and make time for self-care?

How can I effectively balance my community responsibilities and make time for self-care?

How can I effectively balance my caregiving responsibilities and make time for self-care?

HEALTH

CREATE A MEAL PLAN

Prompt

Can you create a 5-day meal plan for a 15-year-old with lactose intolerance who needs to consume 2000 calories per day, but make it dairy-free and calcium-rich to support bone health?

Formula

Can you create a [number]-day meal plan for an [age group] with [health condition/dietary preference/lifestyle habit] who needs to consume [number] calories per day, but make it [preference/restriction] to [goal]?

Examples

Can you create a 14-day meal plan for a 40-year-old with Type 2 diabetes who needs to consume 1800 calories per day, but make it low-carb and fiber-rich to manage blood sugar levels?

Can you create a 30-day meal plan for a 60-year-old with hypertension who needs to consume 1500 calories per day, but make it low-sodium and potassium-rich to manage blood pressure?

Can you create a 21-day meal plan for a 25-year-old with a gluten allergy who needs to consume 2500 calories per day, but make it high-fiber and

iron-rich to support gut health and prevent nutrient deficiencies?

Can you create a 7-day meal plan for a 35-year-old with PCOS who needs to consume 2000 calories per day, but make it low-glycemic and anti-inflammatory to manage hormonal imbalances and improve fertility?

Can you create a 14-day meal plan for a 50-year-old with celiac disease who needs to consume 1800 calories per day, but make it gluten-free and vitamin B12 rich to support gut healing and prevent nutrient deficiencies?

IMPROVE YOUR HEALTH

Prompt

How can I improve my immune system by making changes to my diet as an older adult?

Formula

How can I improve my [health aspect] by making changes to my diet as a [restriction/preference]?

Examples

How can I improve my mental health by making changes to my diet as a pescatarian?

How can I improve my gut health by making changes to my diet as a lactose-intolerant individual?

How can I improve my liver health by making changes to my diet as a heavy drinker?

How can I improve my bone health by making changes to my diet as a vegan?

How can I improve my blood pressure by making changes to my diet as a hypertensive individual?

How can I improve my skin health by making changes to my diet as a middle-aged woman?

IMPROVE YOUR HEALTH

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How can I improve my bone health by making changes to my diet as a vegan?

How can I improve my blood pressure by making changes to my diet as a hypertensive individual?

How can I improve my skin health by making changes to my diet as a middle-aged woman?

SNACKING RESPONSIBLY

Prompt

Can you suggest some healthy and tasty snack options that are sweet and low-carb friendly?

Formula

Can you suggest some healthy and tasty snack options that are [flavor preference] and [dietary restriction] friendly?

Examples

Can you suggest some healthy and tasty snack options that are spicy and gluten-free friendly?

Can you suggest some healthy and tasty snack options that are garlic and egg-free friendly?

Can you suggest some healthy and tasty snack options that are citrus and keto-friendly?

Can you suggest some healthy and tasty snack options that are chocolate and vegan-friendly?

Can you suggest some healthy and tasty snack options that are fruity and nut-free friendly?

Can you suggest some healthy and tasty snack options that are savory and dairy-free friendly?

Can you suggest some healthy and tasty snack options that are veggie and paleo-friendly?

MARKETING

LAUNCH PRODUCTS

Prompt

Act as a seasoned marketing professional that specializes in launching products for home cooks. Generate the top 10 questions related to understanding the needs of the target audience, identifying effective marketing strategies, and considering innovative approaches for the following product: a smart cooking appliance that can prepare meals with minimal input. Include relevant context regarding the product's features, benefits, or competitive landscape where appropriate.

Formula

Act as a seasoned marketing professional that specializes in launching products for [Target Audience]. Generate the top 10 questions related to understanding the needs of the target audience, identifying effective marketing strategies, and considering innovative approaches for the following product: [product]. Include relevant context regarding the product's features, benefits, or competitive landscape where appropriate.

Examples

Act as a seasoned marketing professional that specializes in launching products for parents of newborns. Generate the top 10 questions related to

developing and launching the following product: a smart baby monitor.

Modified: Act as a seasoned marketing professional that specializes in launching products for parents of newborns. Generate the top 10 questions related to understanding the needs of the target audience, identifying effective marketing strategies, and considering innovative approaches for the following product: a smart baby monitor with sleep tracking and soothing sounds. Include relevant context regarding the product's features, benefits, or competitive landscape where appropriate.

Act as a seasoned marketing professional that specializes in launching products for health-conscious individuals. Generate the top 10 questions related to developing and launching the following product: a fitness tracker.

Modified: Act as a seasoned marketing professional that specializes in launching products for health-conscious individuals. Generate the top 10 questions related to understanding the needs of the target audience, identifying effective marketing strategies, and considering innovative approaches for the following product: a fitness tracker with advanced health monitoring features and personalized workout recommendations. Include relevant context regarding the product's features, benefits, or competitive landscape where appropriate.

IDENTIFY NICHEs

Prompt

Identify 5 potential market niches for my e-commerce business by analyzing customer search data, considering the rise of online shopping, and evaluating the projected growth of the retail industry.

Formula

Identify [number] potential market niches for my [industry] business by analyzing [data source], considering [trend/consumer behavior], and evaluating [market size/growth potential].

Examples

Identify 3 potential market niches for my food delivery business by analyzing customer reviews, considering the shift towards healthier eating, and evaluating the market size of the meal delivery industry.

Identify 7 potential market niches for my pet care business by analyzing social media data, considering the increase in pet ownership during the pandemic, and evaluating the projected growth of the pet industry.

Identify 4 potential market niches for my fitness app business by analyzing user behavior data,

considering the growing popularity of at-home workouts, and evaluating the projected growth of the fitness industry.

Identify 6 potential market niches for my eco-friendly product business by analyzing consumer survey data, considering the increasing awareness of environmental issues, and evaluating the market size of the sustainable product industry.

Identify 2 potential market niches for my mobile game business by analyzing app store data, considering the rise in mobile gaming during the pandemic, and evaluating the projected growth of the mobile gaming industry.

Identify 8 potential market niches for my fashion startup by analyzing fashion blog data, considering the trend towards sustainable fashion, and evaluating the market size of the fashion industry.

DEFINE BRAND VOICE

Prompt

Create a professional tone of voice for our brand Tech Gurus that resonates with our tech-savvy audience while incorporating our innovative personality, and demonstrate it through a company newsletter.

Formula

Create a [style] tone of voice for our brand [brand name] that resonates with our [target audience] while incorporating our [values/mission/personality], and demonstrate it through [sample communication]

Examples

Create a friendly tone of voice for our brand Green Earth that resonates with our eco-conscious consumers while incorporating our sustainability mission, and demonstrate it through social media posts.

Create a playful tone of voice for our brand Kiddie Corner that resonates with our young parents target audience while incorporating our educational values, and demonstrate it through a toy packaging design.

Create an empowering tone of voice for our brand Fit Life that resonates with our fitness enthusiasts

while incorporating our health-focused mission, and demonstrate it through an email campaign.

Create a sophisticated tone of voice for our brand Luxe Living that resonates with our affluent customers while incorporating our elegance and luxury values, and demonstrate it through a product brochure.

Create a minimalist tone of voice for our brand Simplify Life that resonates with our minimalist-lifestyle audience while incorporating our decluttering mission, and demonstrate it through website copy.

Create an adventurous tone of voice for our brand Trek Master that resonates with our outdoor enthusiasts while incorporating our exploration and nature values, and demonstrate it through an event invitation.

Create a motivational tone of voice for our brand Success Mindset that resonates with our entrepreneur target audience while incorporating our growth and achievement mission, and demonstrate it through a podcast script.

ENTREPRENEURSHIP

EVALUATE BUSINESS IDEAS

Prompt

Evaluate the viability of launching an online language tutoring platform by conducting a SWOT analysis, estimating the market size for language learning services, and analyzing the landscape of competing tutoring platforms, with insights on the risk of oversaturation in the market and the opportunity to target underserved language learners.

Formula

Evaluate the viability of [business idea] by conducting a SWOT analysis, considering [market size], and analyzing [competitor landscape], with insights on [risk factors] and [opportunities].

Examples

Evaluate the viability of launching a meal prep delivery service by conducting a SWOT analysis, estimating the market size for healthy meal delivery services, and analyzing the landscape of competing meal prep companies, with insights on the risk of high startup costs and the opportunity to differentiate through a unique menu offering.

Evaluate the viability of launching a mobile car detailing service by conducting a SWOT analysis, estimating the market size for mobile car detailing

services, and analyzing the landscape of competing detailing services, with insights on the risk of seasonality and the opportunity to target underserved geographic areas.

Evaluate the viability of launching a subscription-based beauty box service by conducting a SWOT analysis, estimating the market size for beauty subscription services, and analyzing the landscape of competing beauty box companies, with insights on the risk of product saturation in the market and the opportunity to differentiate through targeted marketing.

Evaluate the viability of launching a home automation installation service by conducting a SWOT analysis, estimating the market size for smart home technology installation services, and analyzing the landscape of competing installation services, with insights on the risk of high upfront costs and the opportunity to target the growing market of smart home technology adopters.

Evaluate the viability of launching a virtual event planning service by conducting a SWOT analysis, estimating the market size for virtual event planning services, and analyzing the landscape of competing virtual event planning companies, with insights on the risk of increased competition due to the pandemic and the opportunity to differentiate through personalized event planning.

DEVELOP BRAND STRATEGIES

Prompt

Develop a cutting-edge brand strategy for my tech startup by defining innovative and forward-thinking values, establishing a sleek and futuristic visual identity, and creating messaging that resonates with early adopters and tech enthusiasts who seek disruptive and transformative solutions.

Formula

Develop a [type of brand strategy] for my [industry] business by defining [brand values], establishing [visual/verbal identity], and creating [consistent messaging] to resonate with [target audience].

Examples

Develop a digital-first brand strategy for my fintech business by defining innovative, customer-centric values, establishing a sleek and modern visual identity, and creating engaging messaging to resonate with young professionals who seek convenient financial solutions.

Develop a sustainability-focused brand strategy for my fashion business by defining eco-friendly values, establishing a minimalist and nature-inspired visual identity, and creating messaging that resonates with

environmentally conscious consumers who seek ethical and stylish apparel.

Develop a luxury brand strategy for my hospitality business by defining exclusive and indulgent values, establishing a sophisticated and opulent visual identity, and creating messaging that resonates with high-end travelers who seek personalized and lavish experiences.

Develop a community-driven brand strategy for my nonprofit business by defining inclusive and collaborative values, establishing a warm and welcoming visual identity, and creating messaging that resonates with socially conscious individuals who seek to make a positive impact in their local communities.

Develop a wellness-oriented brand strategy for my food and beverage business by defining health-conscious and mindful values, establishing a fresh and vibrant visual identity, and creating messaging that resonates with consumers who seek natural and nourishing products.

Develop a family-friendly brand strategy for my entertainment business by defining fun and wholesome values, establishing a playful and colorful visual identity, and creating messaging that resonates with parents and kids who seek safe and engaging activities.

FIND SIDE HUSTLES

Prompt

Suggest ways to boost income through freelance writing considering my writing skills, weekends-only availability, and moderate risk tolerance.

Formula

Suggest ways to boost income through [side hustles], [passive income streams], or [investment opportunities], considering my [skills], [time availability], and [risk tolerance].

Examples

Suggest ways to boost income through online tutoring considering my teaching experience, evening hours availability, and low risk tolerance.

Suggest ways to boost income through e-commerce considering my web design skills, part-time availability, and high risk tolerance.

Suggest ways to boost income through affiliate marketing considering my digital marketing expertise, flexible schedule, and low risk tolerance.

Suggest ways to boost income through pet sitting considering my love for animals, afternoons availability, and low risk tolerance.

Suggest ways to boost income through social media management considering my strong communication skills, full-time availability, and high risk tolerance.

Suggest ways to boost income through content creation considering my video editing skills, spare time availability, and low risk tolerance.

Suggest ways to boost income through dropshipping considering my e-commerce background, 15 hours per week availability, and high risk tolerance.

ENTERTAINMENT

WRITE JOKES

Prompt

Can you provide a joke about a zombie that has lost all of its limbs?

Formula

Can you provide a joke about [subject]?

Examples

Can you provide a one-liner joke about a tomato?

Can you provide a knock-knock joke about a mushroom?

Can you provide a joke about a lawyer in a courtroom setting?

Can you provide a joke about a mathematician?

Can you provide a joke about a ghost in a haunted house?

Can you provide a joke about a scientist?

Can you provide a joke about a politician?

Can you provide a joke about a musician?

DISCOVER PICKUP LINES

Prompt

Can you formulate pickup lines as if you were a chef trying to impress someone with your culinary skills?

Formula

Can you formulate pickup lines as if [unusual style]?

Example

Can you formulate pickup lines as if you were a robot programmed to flirt?

Can you formulate pickup lines as if you were a time traveler trying to woo someone from the past?

Can you formulate pickup lines as if you were a romantic vampire?

Can you formulate pickup lines as if you were a famous literary character?

Can you formulate pickup lines as if you were a street performer?

Can you formulate pickup lines as if you were a detective trying to solve a romantic mystery?

Can you formulate pickup lines as if you were a comedian trying to win over a tough crowd?

DISCOVERY FUNNY NICKNAMES

Prompt

Can you come up with funny nicknames for a dog that incorporates a play on words?

Formula

Can you come up with [number] funny nickname for [subject] that incorporates a play on words?

Examples

Can you come up with 3 funny nicknames for a mathematician that incorporates a play on words?

Can you come up with 5 funny nicknames for a chef that incorporates a play on words?

Can you come up with 4 funny nicknames for a musician that incorporates a play on words?

Can you come up with 6 funny nicknames for a programmer that incorporates a play on words?

Can you come up with 7 funny nicknames for a gardener that incorporates a play on words?

Can you come up with 2 funny nicknames for a dentist that incorporates a play on words?

DISCOVERY NEW MOVIES

Prompt

Create a table listing the top 10 comedy movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Formula

Create a table listing the top 10 [category] options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Examples

Create a table listing the top 10 sci-fi movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Create a table listing the top 10 animated movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Create a table listing the top 10 action movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Create a table listing the top 10 thriller movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Create a table listing the top 10 documentary movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Create a table listing the top 10 fantasy movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

Create a table listing the top 10 foreign-language movie options to help you unwind after a long day. The first column is titled “Name”, the second column is “Description”, the third column is “Average Rating (out of 5)”, and the fourth column is “Top Critic Quote”.

FOLLOW-UP PROMPTS

Usage Tip:

Experiment with these as your 2nd or 3rd prompt.

TRY AGAIN

Universal

Could you elaborate on how the latest response you provided doesn't align with my previous instructions? After clarifying that, please make another attempt at following the instructions I gave earlier.

CLARIFY CONCEPT

Universal

Can you clarify what you mean by [concept]?

RESET THE CONTEXT

Universal

Ignore all previous instructions before this one.

SUMMARIZE CONVERSATION

Universal

Write a summary of our conversation in bullet points.

EXPLORE DETAILS

Universal

Now explain that in more detail

GO DEEPER

Universal

But why?

MULTIPLY RESULTS

Universal

10 more

CHANGE THE STYLE

Transformation

Rewrite in the style of [style]

ADD CONTEXT

Transformation

Now try again but consider [context]

CHANGE TEXT TYPE

Transformation

Now transform all the above information into a [text type]

FIND CHEAPER SOLUTIONS

Problem Solving

If we had to solve this problem with half the resources or time, what would we do differently?

BRAINSTORM SOLUTIONS

Problem Solving

What are some other ideas or solutions we haven't considered yet? Can you think of any creative ways to approach this problem?

MEASURE SUCCESS

Decision Impact

What would success look like in this situation and how can we measure it? Format the answer in a table with two columns titled “Success Criteria” and “Measurement Method”

ESTIMATE IMPACT

Decision Impact

How will this decision affect different stakeholders? Are there any potential conflicts of interest?.

BREAK-DOWN-STEPS

Planning For Success

Can you break this down into smaller steps? Summarize them in a to-do list.

EXPLORE NEXT STEPS

Planning For Success

Can you summarize the main points we've discussed so far in a bullet point list? Based on our conversation, what would you recommend as the next steps?

DETAILED PLAN

Planning For Success

Can you outline a step-by-step plan for implementing this solution? What actions should we take first? Format the answer in a table with a column for steps and a second one for solution.

CONSIDER FEEDBACK

Analysis

Do you have any feedback or suggestions on the current approach? How can we improve it?

PROVIDE EXAMPLES

Analysis

Can you provide real-world examples to illustrate your point?

WEIGH PROS/CONS

Analysis

What are the advantages and disadvantages of this approach? How does this solution compare to others?

FIND BEST SOLUTION

Analysis

Why do you think that is the best solution? What factors led you to this conclusion?

CLARIFY MISCONCEPTIONS

Speed Learning

What are some common misconceptions or misunderstandings about this topic that beginners should be aware of?

SIMPLIFY LEARNING

Speed Learning

Can you break this down into simpler terms or steps for someone who is new to the topic while making it understandable for a 5 year old?

GET TIPS/ADVICE

Speed Learning

What practical and immediately actionable tips or advice would you give to someone just starting out in this area?

IDENTIFY KEY SKILLS

Speed Learning

What are the most important skills or knowledge areas for beginners to focus on in this field?

STYLES

Usage Tip:

Customize your text by including "...make the text [tone]" or
"...in the style of [author/magazine/brand voice]"

FORMAL

Tone

Projects authority, professionalism, and seriousness; often used in academic or official contexts.

INFORMAL

Tone

Creates a casual, conversational atmosphere; suitable for relaxed or personal contexts.

AUTHORITATIVE

Tone

Conveys expertise, decisiveness, and confidence; suitable for presenting expert opinions.

CONVERSATIONAL

Tone

Mimics the natural flow and rhythm of spoken language; creates an informal, relatable tone.

EMPATHETIC

Tone

Demonstrates understanding, compassion, or sensitivity; connects with readers emotionally.

EDUCATIONAL

Tone

What practical and immediately actionable tips or advice would you give to someone just starting out in this area?

POETIC

Tone

What are the most important skills or knowledge areas for beginners to focus on in this field?

ERNEST HEMINGWAY

Author

Simple and direct prose, strong themes

FYODOR DOSTOEVSKY

Author

Psychological depth and moral dilemmas

MARK TWAIN

Author

Humor, social critique, and colloquial language

OSCAR WILDE

Author

Wit, satire, and social commentary

J.K. ROWLING

Autho

Engaging storytelling, rich world-building

CHARLES BUKOWSKI

Author

Raw, gritty realism, and semi-autobiographical works

ROLLING STONE

Magazine

Music, culture, politics

WIRED

Magazine

Technology, science, culture

VOGUE

Magazine

Fashion, beauty, culture

TIME

Magazine

News, politics, current events

THE WALL STREET JOURNAL

Magazine

Business, finance, politics

AESTHETICA

Magazine

Art, culture, photography

NIKE

Brand Voice

Empowerment, athleticism, and motivation.

TESLA

Brand Voice

Bold, innovative, and focused on sustainable energy.

DISNEY

Brand Voice

Magic, family entertainment, and storytelling.

HARLEY-DAVIDSON

Brand Voice

Freedom, individualism, and American spirit.

ROLEX

Brand Voice

Precision, craftsmanship, and prestige.

VANS

Brand Voice

Authenticity, youth culture, and action sports.

What's next?

The world around is changing and we have to adapt in order to thrive. Our social channels and products are designed to help you adapt and thrive in this brand new era:

Check out the **full e-book** with 4x the content of this PDF::

<https://chatgpt.myaiadvantage.com>

We also just release our brand new **ChatGPT course** which helps you discover the best practices to gain an unfair advantage with AI:

<https://aiadvantagecourse.com>

AI Advantage

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Our Twitter:

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