

Lesson 2: Train your AI Brain in Chat

Copy and paste these into ChatGPT, Gemini or Claude. Swap the bracketed parts for your own details, then keep the ones that work. The fun ones at the end are where people usually fall in love with this.

Ready-to-use prompts

Prompt 1

Train my brain. From now on, here is everything you need to know about me so your answers fit me perfectly. My name is [your name]. I work as a [your role] and I help [your audience] do [the transformation you create]. My biggest current goal is [your goal]. My preferred tone is [warm / direct / funny / professional / casual]. I like short answers with bullet points, and I never want [something you hate, e.g. corporate jargon, long paragraphs, vague advice]. When you answer, sound like a smart friend who knows my business and my goals. Got it?

Prompt 2

Now help me write a [LinkedIn post / email / offer / social caption] for [topic]. Use what you know about me and keep my tone.

Prompt 3

Summarize my AI brain back to me in one sentence so I know you understood it.

Prompt 4

Suggest 3 ways I can use this brain prompt this week to save time or make money.

Play with it — the fun prompts

These are the ones people screenshot and send to their friends. Run them for the joy of it — you'll learn faster when you're laughing.

Fun 1

Be my hype-man assistant. Wake me at 7:30 am with a 3-line pep talk, my top 3 tasks, and the weather.

Fun 2

Turn my messy day into a spa-menu style schedule with fun names for each block.

Fun 3

End of day: ask me 3 questions, then write a one-paragraph 'episode recap' of my day like a TV show.

Follow-ups that make any answer better

- Make it shorter.
- Make it friendlier and less formal.
- Put it in a table.
- Give me 3 more options, more different from each other.
- Explain it like I'm brand new to this.
- What did you assume? Ask me 3 questions before you rewrite it.

Troublemaker follow-ups (use these for fun)

- Explain this to me like I'm 8, then like I'm a skeptical CEO.
- Give me the version you'd write if you were showing off.
- Now make it 20% funnier without losing the point.
- What's the boldest version of this idea? Don't play it safe.
- Pretend you're my biggest fan. Now pretend you're my harshest critic. Give me both takes.

My own prompts to save
