

Lesson 2: Train your AI Brain in Chat

Fill this in during the workshop so you leave with work you can actually reuse. Write in your own words — short is fine.

What I want out of this lesson

Goals for this lesson

- ☐ Explain what an 'AI brain' is: a master prompt that gives Chat your context, goals, and style.
- ☐ Collect the facts that make every answer better: your role, audience, tone, and current projects.
- ☐ Write and save one 'Train my brain' prompt you can paste at the start of any chat.
- ☐ Test it with a real request and see the difference between a generic and a trained answer.

Exercise: Write your AI brain prompt

About 30 minutes.

1. Open Chat, Gemini, or Claude and start a fresh conversation.

2. Paste the 'Train my brain' prompt below and fill in the blanks with your real details.

3. Send it. Then ask a simple question you actually need help with today.

4. Notice how the answer already sounds like it knows you.

5. Now open a brand-new chat without the brain prompt and ask the same question.

6. Compare the two answers. Which one is more useful? Which one sounds more like you?

7. Save the brain prompt somewhere easy to copy: your Notes app, a Google Doc, or a custom GPT.

What I built today (keep this)

Paste or rewrite the best output you got. This is the thing you reuse.

My best prompt from this lesson

One thing I'll do with this in the next 7 days
