

Lesson 6: Your 30-Day Plan

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

Sort these prompts into categories and name each one: [paste].

Prompt 2

Design a simple 30-day plan to [goal], with weekly milestones and a 5-minute daily habit.

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

Turn my 30-day plan into a video game: 4 levels, a boss fight each week, and a reward for beating it.

Fun 2

Write the text message I'll send on day 30 to the person who doubted me. Keep it classy.

Fun 3

Be my accountability coach with zero patience. Ask what I did today and call out my excuses.

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
