

LESSON 2

Train your AI Brain in Chat

Teach Chat who you are, what you want, and how you sound. Build a single 'AI brain' prompt you paste once so every answer feels like it already knows you.

Duration: 45 minutes

What you'll walk away with

- 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.

Run of the lesson

Part 1 · 5 min — Your AI has amnesia

Why most answers feel generic — and how a brain prompt fixes it in one paste.

Part 2 · 10 min — What goes in the brain

Your background, who you serve, your goals, your voice, and what you never want.

Part 3 · 8 min — The training prompt

Write the exact words that turn Chat into your personalized assistant.

Part 4 · 15 min — Do it

Paste the brain prompt, ask a real question, and compare the before and after.

Part 5 · 7 min — Save it forever

Store your brain prompt in your notes, a doc, or a custom GPT so it never disappears.

Exercise: Write your AI brain prompt (30 min)

1. Open Chat 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.

Copy-paste prompts

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

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

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

Reflection

- What part of your brain prompt made the biggest difference in the answer quality?
- Where will you keep your brain prompt so you actually use it every day?

Takeaway

Train your AI once, then every answer is already in your voice, your context, and your goals.