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Welcome

This prompting system will generate a 10 day cleanse for any niche you desire.

Of course, some niches are better suited for a cleanse than others, but you're by no means limited to health niches.

With this prompt you can tap into niches like spiritually, personal development, and even business with something like a 10-day productivity cleanse.

You can offer your cleanses as stand alone products, upsells, or to bulk up your other products.

Where To Find Your Prompts

If you want to skip right to the prompts you'll use to generate your 10-day cleanses, you'll find them in the "Prompts That Generate Your 10-Day Cleanse" PDF.

Which A.I. Tool Should You Use?

I used ChatGTP+ for the example shown in this guide.

That's what works best for creating these 10-cleanses at the moment.

<https://openai.com/chatgpt/>

Claude and Gemini don't follow the prompt instructions as well.

Keep in mind that A.I. is rapidly changing.

Claude and Gemini could become better at creating these cleanses overnight with one update.

But as of right now ChatGTP+ is what I suggest you use.

Why People Like Cleanses



A quick search through Amazon shows us how popular cleanses are.

People love them!

The appeal of cleanses is simple: You're delivering massive benefits to your customers in just a few days.

A cleanse is not a permanent lifestyle change.

You do it. Get the benefits. And it's over.

People like that.

About This Prompt:

This is a multi-step prompt.

It's not hard to use but it is more advanced than most of the simple prompts you'll find online.

"Multi-step" means the prompt breaks down the task into smaller steps to generate the final output.

In this case the prompt will first create an outline of your cleanse and ask if you approve of the outline or if you'd like to add anything to it.

If you approve the outline A.I. will go on to start generating your cleanse.

If you make any changes A.I. will regenerate the content with your added changes.

The prompt generates your cleanse one day/chapter at a time and gives you the opportunity to review the day/chapter and modify it if you like.

If you approve, just type proceed and it will move on to the next day.

Why not generate the entire 10-day cleanse in one shot?

I know that's tempting.

As someone who doesn't like extra work I'd love to feed A.I. a prompt and have it churn out a ready-to-sell info-product.

But when you spend a lot of time with A.I. you learn how stubborn it gets when you ask it to create long documents.

Generating one day/chapter of your cleanse at a time creates long and informative content.

It's also good to look things over as you're creating your cleanse rather than creating the entire thing and finding out something is wrong.

Especially if you use a pay as you go A.I. tool.

After you're done generating the 10-day cleanse content you'll move on to the following supplementary chapters:

- Introduction Chapter
- Dealing With Side Effects Chapter
- Benefits Of The Cleanse Chapter
- What You Can Drink Besides Juice Chapter
- Activities That Enhance The Cleanse Chapter
- Supplements That Enhance The Cleanse Chapter
- Safe Foods Chapter
- Easing Out Of The Cleanse Chapter
- After The Cleanse Chapter
- Closing Chapter
- FAQ

These supplementary chapters add a ton of value to your products.

The "Safe Foods" chapter is something many customers have emailed and thanked me for over the years. In fact, just adding that chapter and mentioning it in the sales letter double conversion for one of my 10-day cleanse products.

How You'll Structure Your 10-Cleanse

Once you generate all your content you should structure it in your word doc in the following order:

- Introduction Chapter
- Dealing With Side Effects Chapter
- Benefits Of The Cleanse Chapter
- What You Can Drink Besides Juice Chapter
- Activities That Enhance The Cleanse Chapter
- Supplements That Enhance The Cleanse Chapter
- Safe Foods Chapter
- **About The Juice Chapter + 10-Day Cleanse**
- Easing Out Of The Cleanse Chapter
- After The Cleanse Chapter
- Closing Chapter
- FAQ

Copy > Paste > *Style*

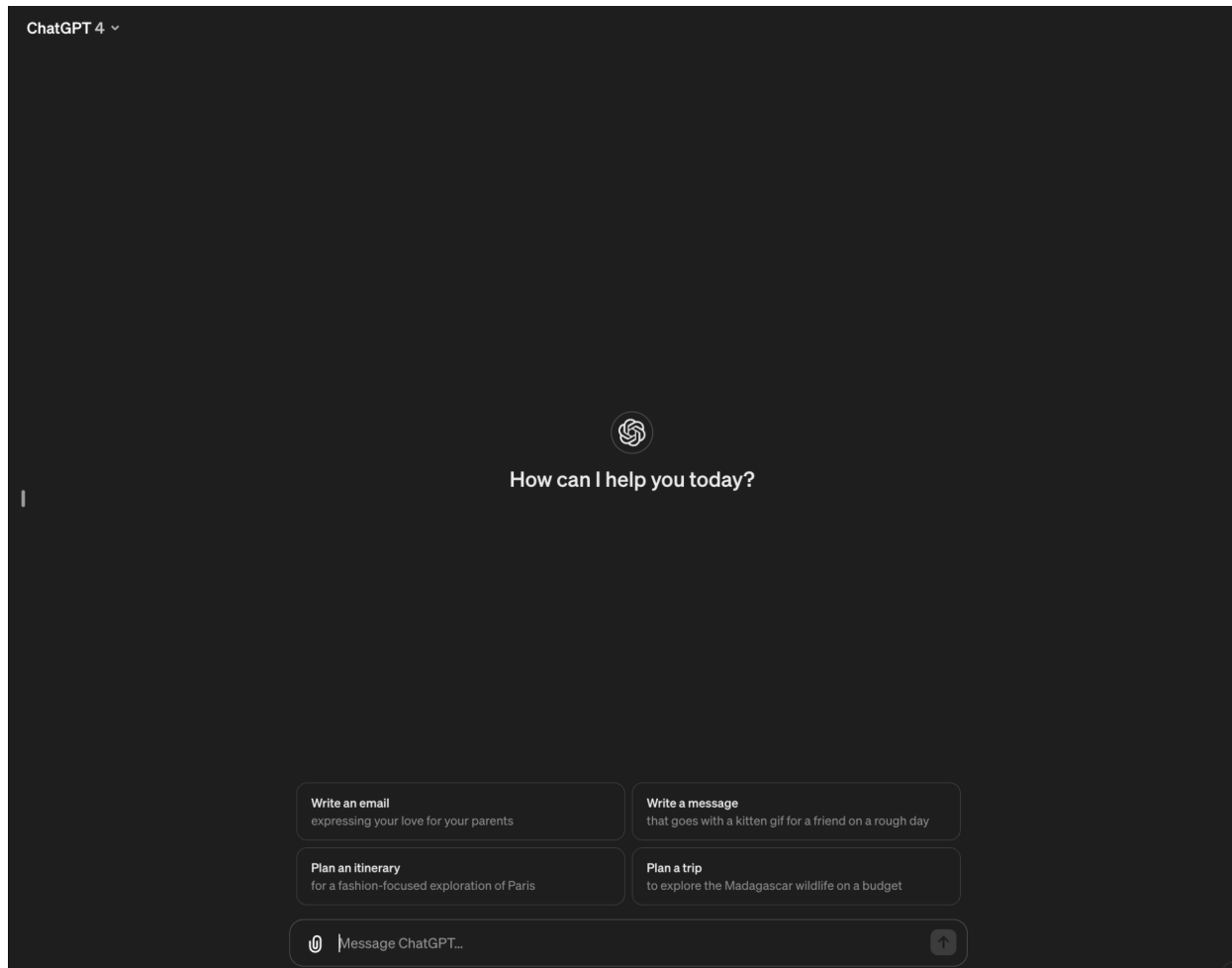
Once A.I. is finished you just have to copy and paste everything into your word processor of choice and style the content with headlines, subhead, bullet points, nice fonts, etc. to make it look pretty.

Create Your Product In One Work Area

You'll want to create your entire 10-day cleanse product in one A.I. work area.

What I mean by that is the A.I. work area where you generate content.

The ChatGTP work area looks like this:



You do this because A.I. will be referencing content it already created to create other content.

For example, we generate the closing chapter after we generate the 10 day cleanse.

If you open a separate screen to generate the closing chapter A.I. won't know what it's writing a closing chapter for.

So do everything in the same work area in the order I lay out for you.

My Methodology For Creating The Best Possible Info-Products

I want to go over the steps you should take to create high-quality info-products.

You're going to build your eBook in layers.

Each layer makes the product you create better.

I think of this process like painting a car. First you lay down the primer, then the paint, and finish it off with clearcoat to make it shine.

My process for creating high quality ebooks is 3 phases:

Phase #1: You generate all the content with the "About The Juice & 10-Day Cleanse Prompt" and "Supplementary Chapters Prompt"

Phase #2: You go through and enhance and expand on the parts of the eBook that need additional information with the "Prompt To Enhance and Expand Content."

Phase #3: You get old school and add a human touch to your product by giving it a quick hand edit to clean up little things and add your personality to the product.

Is this harder than the A.I. content creation system other A.I. coaches teach?

Yes, it is.

But those guys are teaching people how to create forgettable, C-level products.

I'm showing you how to create impactful, A-level products.

Take the extra time to make your products great.

Troubleshooting

Sometimes A.I. won't do what you want.

For example, it might not stop generating content at the end of every day/chapter to ask if you want to modify the content like it was prompted to.

The solution is simple: You just tell it to stop doing the thing you don't want it to do and give it instructions on what you want.

You'll find that working with A.I. is like dealing with a child in a lot of ways.

- You have to speak to it in simple language.
- It doesn't always listen
- When it doesn't listen you'll get the best results by sitting it down patiently explaining what you want