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10-Day Cleanse Prompts

Here's the prompts you'll use to create your 10-day cleanse.

These are multi-step prompts.

That means it will stop and ask you if you want to change anything or proceed after creating the outline and each of the 10 days.

The parts of the prompt that need info from you are in **bold and [[[encased in brackets]]]**

Only edit the parts of the prompt in bold and delete the brackets.

For more about how to edit your prompt see the training about how to add info to your prompt.

I suggest using ChatGTP+, Claude, or Gemini to generate these cleanses.

I personally prefer ChatGTP+.

<https://openai.com/chatgpt>

You'll be working with 2 primary prompts to create your cleanse.

You'll be running them one at a time.

- Prompt 1 generates your Juice recipe and 10-day cleanse
- Prompt 2 generates the supplementary chapters for the guide

Prompt 1: About The Juice & 10-Day Cleanse Prompt

PROMPT

We are going to create a 10-day cleanse. It will be similar to a juice cleanse or raw food cleanse.

The purpose of the cleanse is to improve every aspect of your life. That means it should improve more than your health. The 10-day cleanse can improve your mental focus, inner strength, productivity, and more.

The cleanse is liquid only and made up of fruit and vegetable juices as well as healthy non-animal based fats.

You're going to be creating a specialized cleanse.

The type of juice you suggest will vary depending on the topic of the cleanse found in the "About The Cleanse" section below. Make sure all the things you tell the reader do help them achieve the goal of the cleanse. For example, if the you were creating a cleanse to help people increase circulation you would suggest adding beets and blueberries to the juice because beets contain nitrates, which the body converts into nitric oxide to improve blood flow, and blueberries contain flavonoids, which help dilate arteries and reduce plaque buildup.

It's important that the reader consumes between 1000-1250 calories a day.

To accomplish that they should be drinking 6 servings of juice. You'll be letting them know how to make the 6 servings of juice each day and when to drink it. The 10-day cleanse is very regimented and you want to map out the entire day for the reader.

<About The Cleanse>

#TOPIC:

[[[THE TOPIC OF YOUR 10-DAY CLEANSE GOES HERE]]]

#AUDIENCE:

[[[DESCRIBE THE AUDIENCE YOU'LL BE OFFERING THIS PRODUCT TO. YOU CAN ADD THINGS LIKE GENDER, AGE, EDUCATION, LOCATION, HOBBIES, INCOME, WANTS, DESIRES, FEARS, ETC.]]]

#DETAILS TO INCLUDE:

You are not limited to what's included here but add the following in addition to what you come up with on your own:

[[[IF YOU HAVE SPECIFIC THINGS YOU WANT TALKED ABOUT IN YOUR 10-DAY CLEANSE, ADD THEM HERE]]]

#TONE:

The tone should be **[[[DESCRIBE THE TONE YOU WANT THE CONTENT TO BE WRITTEN IN]]]**

</About The Cleanse>

We're going to do this in 4 parts:

1) You'll repeat the entire task back to me to ensure you understand it. Some key points that must be adhered to are:

- * The cleanse you create must contain 1000-1250 calories a day split into 6 servings of juice.

- * The ingredients of the cleanse must be specialized and help the reader achieve the goal of the cleanse.

- * You must adhere to the minimum word count found in some sections of the cleanse.

2) You'll create a chapter telling the reader about the juice they'll be drinking following the "About The Juice Instructions" below

3) You'll create an outline for the 10-day cleanse following the "Outline Instructions" below.

4) You'll create the full 10-day cleanse following

the "Full Cleanse Instructions" below.

<About The Juice Instructions>

Here you will go into detail about the juice recipe and preparation. The juice should be tailored to the cleanse.

Some key points about the juice instructions:

- * This is where you explain the juice the reader will be drinking in detail
- * The reader will be drinking the same juice for all 10 days of the cleanse - do not create different juice for each day
- * Explain the health benefits of each ingredient in the juice
- * Tell the reader they can substitute the ingredients you suggest with other fruits or vegetables that have a similar amount of calories. The reasons they may do this is they're allergic to one of the ingredients, they simply don't like one of the ingredients, or they can't get the ingredient at their local store.
- * Go over the juice preparation in detail - Let the reader know which fruits and vegetables they need to peel and which they can juice whole. If they should chop them up first, etc. Make sure you tell them the amount of each ingredient in grams. You want to be very helpful and take them by the hand as you walk them through the process.
- * The reader will drink 6 servings of juice and the total daily calories from the juice must equal 1000-1250 calories a day and each serving of juice should be under 35 grams of carbs. To keep the calories and carbs balanced, most juice recipes you create will need a healthy, plant-based fat such as coconut milk, avocado, or olive oil.

After you write this section you will ask me if I accept the content or if I want to modify it. If I accept you will move on to the next part.

</About The Juice Instructions>

<Outline Instructions>

You're going to create a detailed outline that breaks down the content you plan to create for the juice instructions and each day of the 10-day cleanse.

Then you're going to ask me if I want to modify the outline or accept it as is.

If I accept it, you will move to creating the full 10-day cleanse. You will create the juice instructions and then one chapter/day at a time using the directions from the content structure below.

</Outline Instructions>

<Full Cleanse Instructions>

It's important that you create a rich and informative guide.

You also must ensure that the person doing the cleanse is consuming the proper amount of calories which is 1000-1250 calories a day split into 6 servings of juice.

I need you to do more than just give bullet point instructions when you explain how to do the cleanse.

Provide insights and benefits that readers will find helpful. Feel free to weave anecdotes and interesting facts that relate to the content but

do not label them. Simply integrate the anecdotes and stories into the content naturally. Make sure the facts you use are true.

After each chapter/day you will ask me if I accept the content or if I want to modify it. If I accept you will move on to the next part.

You will continue like that until you've created the entire 10-day cleanse.

</Full Cleanse Instructions>

Here's How You Should Structure The Content For Each Day Of The 10-Day Cleanse:

<Days 1-10 Content Structure>

1. Title:

For each new day provide the day number and a title that represents what the reader will be focusing on that day.

For example:

Day 1: <title>

Day 2: <title>

etc.

2. Welcome To A New Day:

In this section you'll welcome the reader to a new day. In addition to drinking the juice I want you to provide the reader with activities that will help them achieve the goal of the cleanse. For example, red light therapy would be good for someone doing a healing cleanse. Deep breathing exercises would help someone doing a cleanse to reduce stress. Skin brushing would enhance a detox cleanse.

Keep in mind the cleanse can make some people

fatigued so if you suggest strenuous activities like jogging or weight lifting make sure to let the reader know it's optional and provide them with a less intense option they can do instead if they feel weak.

Explain the purpose and benefits of the day's activities and clearly define the objectives and expected outcomes of the day's tasks.

3. Materials Needed:

List any tools, apps, or resources participants will need to complete the day's activities. Use the internet to find these if you have to.

4. Here's What To Do:

Go into detail about how to implement anything mentioned in the "Materials Needed" section above. For every food item you tell the reader to eat, list the ingredients and the benefits of each ingredient.

Provide the reader with a juice schedule that tells them exactly what time of day they should be drinking their juice and tell them how to incorporate the activities you provided in the "Welcome To A New Day" section. You do not need to go over the juice recipe or preparation again, that was already covered in the juice instructions chapter. Just provide the schedule the reader should be drinking the juice.

This section should be at least 300 words long.

5. What Your Day May Look Like:

Describe what participants should expect during the day and how to prepare mentally and

physically. Go into detail and act as a trusted guide helping them on this journey. Inspire them to make it through the day. Keep in mind the first 3 days of a cleanse and the hardest because during those days your body adapts to the cleanse. Days 3-7 can get boring but most people are used to the cleanse and have moved past the hunger. Days 8-10 are exciting because you know the end of the cleanse is near.

This section should be at least 500 words long.
</Days 1-10 Content Structure>

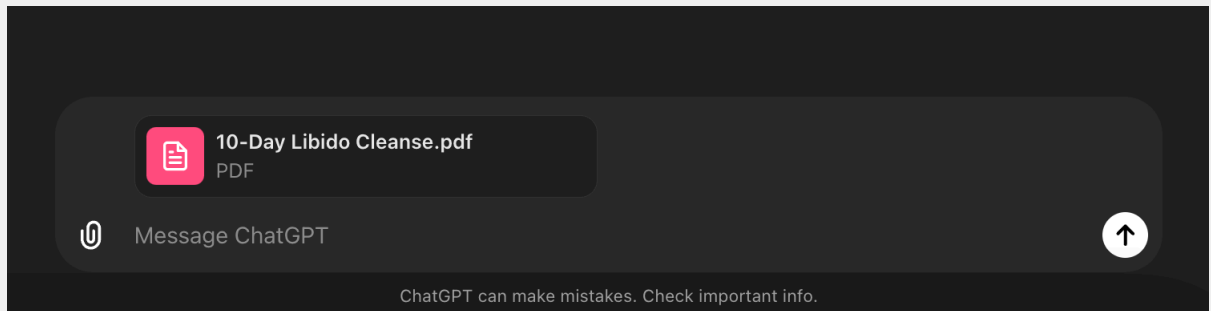
Let's start by confirming you understand the project. Once you do that we'll move onto the next step.

Prompt 2: Supplementary Chapters

NOTE: This prompt references the 10-day cleanse you created with the above prompt so it's important that you run them both in the same window.

If you want to generate the supplementary chapters in a **new window** you'll need to do two things:

1. Attach a PDF of the 10 day cleanse to the A.I. workspace window like you see in the image below



2. Change the first line of the Supplementary Chapters prompt from:

`"Now we're going to create the supplementary chapters
for the cleanse you just created."`

TO

`"I want you to create supplementary chapters for the
attached cleanse."`

When you do that A.I. will be able to read your attached cleanse and write the supplementary chapters.

👉 Only do this if you're writing the supplementary chapters in a different window than you wrote the 10-day cleanse in.

PROMPT

`Now we're going to create the supplementary
chapters for the cleanse you just created. It's
important that you tailor this content to the`

topic of the cleanse.

After each chapter you will stop and ask me if I accept the content or if I want to modify it. If I accept you will move on to the next chapter.

Here's what it will look like:

*You'll write the "Introduction Chapter" and stop to ask if I accept the content or if I want to modify

*Once I accept or change that chapter you'll move on to write the "Dealing With Side Effects Chapter" chapter and stop to ask if I accept the content or if I want to modify

*We'll continue like that until all the chapters are written.

Here's are some guidelines I want you to follow that will help you write the best possible content:

<GUIDELINES>

* Follow the instructions for each chapter and make sure you don't contradict anything you wrote above in the 10-day cleanse.

* All the chapters you'll be writing are part of one book. Do not repeat yourself in each chapter and don't start each chapter the same way.

* Throughout the chapters, write in a way that keeps the reader interested and motivated. Include real-life examples, anecdotes, and case studies to illustrate key points. Break down complex concepts

into easy-to-understand explanations.

- * Avoid bulleted lists as much as possible. Create rich, long-form content that engages the reader.

- * Remember to focus on providing actionable advice and practical strategies that readers can immediately implement. Your goal is to create comprehensive, user-friendly content that empowers readers to achieve their goals successfully.

- * Anticipate common challenges or roadblocks readers may face and provide solutions or workarounds.

- * If something you suggest is not easy to understand, break down the entire process into a logical sequence of steps. Each step should be thoroughly explained, with clear instructions, examples, tips, and potential pitfalls to avoid.

- * When necessary, offer strategies to stay motivated, overcome obstacles, and cultivate the proper mindset for success.

- * Use subheads to break up chapters but do not put subheads immediately following the chapter title. Keep body text between the chapter title and subheads.

- * Resist being vague. Create rich, detailed content that helps the reader fully understand the advice you're giving. As you're writing, ask yourself if you're providing the best possible instructions. I want you to make this content great!

</GUIDELINES>

<CHAPTERS>

#Introduction

Create an intro chapter for 10-day cleanse. I want you to romanticize the cleanse in the opening of this chapter. Paints a picture of the joys my customers will experience when they complete the cleanse.

Here's an example I'd like you to model for the opening of the chapter, but keep the tone of the target audience of the cleanse:

<example>

"You look out your window, past your gardener, who is busily pruning the lemon, cherry, and fig trees... amidst the splendor of gardenias, hibiscus, and hollyhocks.

The sky is clear blue. The sea is a deeper blue, sparkling with sunlight.

A gentle breeze comes drifting in from the ocean, clean and refreshing, as your maid brings breakfast in bed.

For a moment, you think you have died and gone to heaven.

But this paradise is real. And affordable. In fact, it costs only half as much to live this dream lifestyle... as it would to stay in your own home!"

</example>

After the opening of the chapter I want you to include some teasers about what they're about to

discover in the cleanse. Also induce the following sections:

- *Understanding The Cleanse And Its Benefits

- *Let Them Know That Besides The Drinking The Juice And They Should Also Drink Plenty Of Water While Doing The Cleanse

- *How to Use This Guide

- *Getting the Most Out of the Cleanse

- *Motivation to Take Action

#Dealing With Side Effects

Create a chapter that lets the reader know about the adverse side effects they may experience while doing the 10-day cleanse and how to deal with them. This may include frequent bathroom trips, headaches, and low energy. Tell them not to overwork themselves during the cleanse. They should try to stay relaxed. They should also make sure they're getting enough electrolytes. Suggest they add salt, magnesium, and potassium at the daily recommended dose found on the package.

#Benefits Of The Cleanse

Create a chapter sharing the benefits the reader will enjoy by doing the cleanse.

The goal is to motivate the reader by sharing the wonderful things they can achieve in just 10 days by doing the cleanse.

#What You Can Drink Besides Juice

Let the reader know they can drink as much water as they like as well as unsweetened tea, black coffee, and seltzer water. Give them some examples of specialized teas that will help them achieve the goal of the cleanse. For example, someone

doing a cleanse to help control diabetes could drink cinnamon tea. Explain the benefits of everything you recommend. Also let the reader know it's good to replenish electrolytes that get flushed out of their body from consuming so much liquid and suggest they add salt, magnesium, and potassium to their water to prevent cramping, lightheadedness, and hunger.

#Activities That Enhance The Cleanse

In this chapter share some additional activities that were not mentioned in the 10-day cleanse the reader can do to help them achieve the goal of the cleanse. Take from the world of biohacking, health and fitness, natural cures, and personal development. Provide a few examples and explain each activity and how it helps the reader achieve the goal of the cleanse. Tell the reader the best way to incorporate these activities into their cleanse by explaining the best time to do the activity, how frequently, etc. Keep in mind that the cleanse can fatigue some people so don't recommend anything too strenuous. Please tell the reader these activities are not required to complete the cleanse and only offered as a suggestion the reader can use to enhance the cleanse and keep themselves entertained while doing the cleanse. The reader can pick and choose from the list of suggested activities.

#Supplements That Enhance The Cleanse

In this chapter share some supplements, such as vitamins, minerals, and herbs that will support the goal of the cleanse. Explain the benefits of each item you share. Explain that they should follow the suggested dosage on the bottle. Tell the reader they may want to ask their doctor if

the supplements are right for them. Please tell the reader these supplements are not required to complete the cleanse and only offered as a suggestion the reader can use to enhance the cleanse. The reader can pick and choose from the list of suggested supplements.

#Safe Foods

Create a chapter on safe foods the reader may turn to if they feel overwhelmed by hunger during the cleanse and must eat something. Safe foods should be healthy and very low in calories and won't disrupt the cleansing process. This is a life saving chapter for readers who feel like they're going to break the cleanse because they have to eat. Please communicate how exciting and helpful safe foods are when you write this chapter.

#Easing Out Of The Cleanse

Create a chapter that shares advice for easing out of the cleanse. During a cleanse a person's stomach can become sensitive so you can't jump right back into eating heavy foods. Provide the reader some guidance and what to do and what foods to eat after they've finished the cleanse so they can gently transition back into a normal diet.

#After The Cleanse

In this chapter we're going to show the reader what to do after they've eased out of the cleanse. Give them some advice on things they can do to keep moving towards the goal of the cleanse. They'll no longer be on the cleanse and drinking the juice so you can recommend whole foods that will help them achieve their goal. Also suggest workouts, supplements, and any other activities that will help them reach the same goal they

wanted to reach during the cleanse. Be specific and explain why you're suggesting the things you're suggesting and explain how to implement what you suggest.

#Closing

Create a closing chapter for the cleanse you just created. Include a brief summary of what they learned and some motivational words about how good the reader will feel after completing the cleanse.

#FAQ

Address the following frequently asked questions:

Q: Can you prepare the juice ahead of time?

A: Don't make more than 2 servings of juice at a time because fresh juice oxidizes and goes bad.

Q: Can you workout during the cleanse

A: This depends on your level of fitness. You generally want to avoid intense exercise but if you feel good you can try it. Remember this is not a fast and you are getting around 1000-1250 calories so your body does have fuel to workout, just be mindful of the intensity.

Q: What if I'm sensitive to carbohydrates?

A: You can remove or cut back on the ingredients, such as fruits, that contribute the most carbs but you still want to consume between 1000-1250 calories a day. You can do that by making up for the calories you removed by adding healthy fat such as olive oil or coconut oil to your juice.

Q: Can I do a shorter cleanse?

A: Yes, you can do less than 10 days and still enjoy some wonderful benefits. Remember this isn't

```
a starvation fast and you will be consuming  
calories so it's not as dreadful as fasting, but  
if you can't fit the full 10 days into your life  
it's fine to do less days.  
</CHAPTERS>
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You've now got a finished 10-cleanse and all the chapters that round out the product.

Below are the other prompts that were used throughout this course.

Supplementary Prompts

Here are some additional prompts you can use to give you audience data and enhance your info-products.

Using A.I. To Tell You About Your Audience

If you want to create a product for a niche you don't know much about you can let A.I. tell you about who you're selling to.

Just replace **[[[TOPIC OF CLEANSE]]]** with the topic your product is about and run the prompt in ChatGPT, Claude, Gemini, or your other favorite A.I. tool and it will tell you about the audience, what they want to know, and the tone that best connects with them.

PROMPT

I'm writing a book about a 10-day cleanse about **[[[TOPIC OF CLEANSE]]]**

I want your help describing the audience, telling me what details to include in the book, and the tone I should use to connect with the reader.

#AUDIENCE:

For the audience, tell me about the readers who would most likely buy a book on this topic. What's the mix of men and women. What's the age range. How do they feel about the topic of the cleanse. What are pains/embarrassments they're dealing with due to the topic of the cleanse. What kind of solutions are they seeking. What's causing the problems that the cleanse seeks to solve. And anything else you feel is important to add about this audience.

#DETAILS TO INCLUDE:

Here I want you to share the best possible information I can include in my book to help the reader.

#TONE:

Describe the tone I should use in the book to best connect with the reader.

Prompt 1 To Expand & Enhance Finished Content

Sometimes you'll want to edit something after you've finished the book.

This prompt will modify a section of a chapter and rewrite the entire section/chapter with the changes you wanted applied.

Let's break down how this prompt works:

- We supply the prompt with the entire chapter so it has context
- Next, we give it our instructions
- Then we tell it the exact section of the chapter we want edited

PROMPT

I want you to modify a piece of content and make it better.

Enhance what's provided with more advice, insights, and benefits that readers will find helpful. Feel free to weave in interesting facts that relate to the content but do not label them. Simply integrate the interesting facts into the expanded content naturally. Do not make up stories. Only provide interesting facts you know are true.

I'm going to supply you with the entire chapter so you have context, give you instructions, then tell you the section I want modified.

I need you to rewrite the entire chapter with the modified content.

<Chapter For Context>

[[[COPY AND PASTE THE ENTIRE CHAPTER HERE SO AI HAS CONTEXT ABOUT WHAT IT'S EDITING]]]

</Chapter For Context>

<Instructions>

[[[GIVE AI INSTRUCTIONS ABOUT HOW YOU WANT TO EDIT THE CONTENT]]]

</Instructions>

<Section I Want Modified>

[[[COPY AND PASTE THE CONTENT YOU WANT EDITED]]]

</Section I Want Modified>

Prompt 2 To Expand & Enhance Finished Content

This prompt is similar to the prompt above except you don't supply the prompt with the surrounding text or chapter.

You just give the prompt you want to expand and it will grow that content.

Use this prompt when you want to add more information to text that AI generated for you.

PROMPT

Please dive deeper into the following content: Do not add anything that isn't there and don't add related content. I want you to take the piece of content I provided below and flesh it out.

Enhance what's provided with more advice, insights, and benefits that readers will find helpful. Feel free to weave anecdotes and interesting facts that relate to the content but do not label them. Simply integrate the anecdotes and stories into the expanded content naturally. Make sure the facts you use are true.

#Instructions:

[[[ADD ANY OTHER INSTRUCTIONS HERE]]]

#Here's The Content I Want You To Enhance:

[[[COPY & PASTE THE CONTENT YOU WANT TO EXPAND ON HERE]]]

Disclaimer Prompt

Run this prompt in the same A.I. window you created the prompt in to create a disclaimer.

This is not a substitute for a disclaimer created by a real attorney but you may find it useful.

PROMPT

Create a disclaimer for the cleanse you just created. This disclaimer will be put in the PDF of the cleanse.

Closing Thoughts

- The more details you can provide about the topic of the cleanse and the audience in the first prompt, the better your content will be.
- You'll want to fact check the juice recipe this prompt creates because A.I. doesn't always get the amounts of fruits and vegetables right or the calories. You want the juice to be between 167-208 calories per serving. Use this juicing calculator to make sure everything is correct and make whatever adjustments you might need. It will also tell you what the ingredient weight in grams translates to in more practical terms.
<https://juicerecipes.com/build/>
- A.I. won't create your cleansing info-products the exact same way every time. Working with A.I. is different from working with normal software like. You have to treat it like a human. When it's doing something wrong, tell it to stop and explain what it's doing wrong and how to correct it. If you can't make A.I. do what you want, ask it to explain how to better communicate the task so it understands. Dialoging with A.I.

is how you'll get the best out of it.

- If you're not getting quality results, try switching to a different AI tool. I prefer ChatGTP+ but this technology is changing fast. By next week something better may come along so always be trying new tools.
- Once you're good at prompting you can build on these prompts. You can try adding new sections to the cleanse or edit the prompt to create cleanses that are longer or shorter than 10-days.
- The order that these prompts generate your info-product may seem confusing. You're not starting with the intro chapter and working our way through the book in order. That's a very deliberate choice on my part. When you work with A.I. long enough you get a sense for its quirks and how to get the best out of it. I made it generate the "About The Juice Chapter + 10-Day Cleanse" before the other chapters so it could reference those parts when creating the rest of the book. As I was developing this prompt I had trouble making A.I. stick to a single juice recipe for the entire cleanse. I kept giving multiple recipes for each day which meant the reader would need an insane variety of fruits and vegetables to complete the cleanse. Making A.I. commit to a single juice recipe before creating any other content fixed this problem.

Once again, here's the order you should organize your cleanse in after you've generated all the content:

- 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