

DFY Challenge Prompts

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About These DFY Audience Insights

These are audience insights for 25 lucrative niches.

You can add these insights to the prompt that creates your challenge products.

How To Use These DFY Audience Insights:

If you've played around with the prompts that create challenges you know that you have to add your own audience insights so that AI can create a product tailored to your customers.

To make my prompting system as easy as possible, I created these done for you audience insights you can copy and paste into the prompt. This lets you start generating info-products as fast as possible.

Using these DFY audience insights is easy:

We'll start by looking at the prompt you'll be add these audience insights into:

PROMPT 1: Creating The Outline & Days Of The Challenge

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This is a multi-step prompt that creates a multi-day challenge.

The purpose of this challenge is to improve people's lives in a short period of time with a structured challenge where each new day builds off the previous day and moves the reader towards their goal.

<about the challenge>

Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:
[[[SAY HOW LONG YOU WANT YOUR CHALLENGE TO LAST]]]

#TOPIC:
[[[GIVE THE TOPIC OF THE CHALLENGE]]]

#GOAL:
[[[EXPLAIN THE GOAL, WHAT YOU WANT THE READER TO ACCOMPLISH]]]

#AUDIENCE:
[[[DESCRIBE THE AUDIENCE: PROVIDE DEMOGRAPHIC DATA (AGE, GENDER, ETC.) AS WELL AS WANTS, FEARS, LIKES, DISLIKES, 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 CONTENT YOU WANT ADDED TO YOUR CHALLENGE ADD IT HERE]]]

#TONE:
[[[DESCRIBE THE TONE YOU WANT USED WHEN A.I. WRITES YOUR CHALLENGE. EXAMPLE: MASCULINE, LOVING, DIRECT, SPEAK TO THEM LIKE AN OLD FRIEND, ETC.]]]

</about the challenge>
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The parts of that prompt in BOLD are where you have to supply your own info.

These DFY audience insights fill out all those parts with the exception of these two:

#NUMBER OF DAYS IN THE CHALLENGE:

#DETAILS TO INCLUDE:

The number of days is up to you. I suggest making your challenges between 7-30 days long.

The details to include is where you can provide info you want in the challenges you create.

Let's walk through filling out the prompt using one of the DFY audience insights for creating a "Side Hustle Challenge"

Here's what we'll be adding to the above prompt:

Side Hustle Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Side Hustle Challenge

#GOAL: Help the reader:

- Start and grow a side business.
- Identify viable side hustle ideas.
- Balance side hustle with full-time job.
- Develop time management and productivity skills.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 20-45 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Entrepreneurship, innovation, networking Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Motivated to increase income and achieve financial freedom. Pains/Embarrassments: Frustrated by lack of progress or time to dedicate to side projects. Seeking Solutions: Efficient ways to start and grow a side hustle without sacrificing personal life. Causes of Problems: Time constraints, lack of initial capital, balancing multiple responsibilities. Additional Insights: They value independence, creativity, and the potential for extra income. </psychographics>

#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:

#TONE: Motivational: Inspire readers to take action and pursue their side hustle dreams. Practical: Provide clear, actionable steps and strategies. Encouraging: Support readers in overcoming challenges and staying committed. Optimistic: Highlight the potential benefits and successes of side hustles. </about the challenge>

Here's what the finished prompt looks like.

I made it 21 days long and told AI to add something about flipped goods in the Facebook marketplace in the "Details To Include" part.

Everything else was copy & pasted from the DFY audience insights.

<about the challenge>

Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:
21

#TOPIC:
Side Hustle Challenge

#GOAL:
**Start and grow a side business.
Identify viable side hustle ideas.
Balance side hustle with full-time job.
Develop time management and productivity skills.**

#AUDIENCE:
<demographics> **Gender: Mix of men and women Age Range: Primarily 20-45 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Entrepreneurship, innovation, networking Income: Low to middle income** </demographics>

<psychographics> **Feelings about the Topic: Motivated to increase income and achieve financial freedom. Pains/Embarrassments: Frustrated by lack of progress or time to dedicate to side projects. Seeking Solutions: Efficient ways to start and grow a side hustle without sacrificing personal life. Causes of Problems: Time constraints, lack of initial capital, balancing multiple responsibilities. Additional Insights: They value independence, creativity, and the potential for extra income.** </psychographics>

#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:

Include a section on flipping used goods on Facebook Marketplace.

#TONE:
Motivational: Inspire readers to take action and pursue their side hustle dreams. Practical: Provide clear, actionable steps and strategies. Encouraging: Support readers in overcoming challenges and staying committed. Optimistic: Highlight the potential benefits and successes of side hustles

</about the challenge>

Online Course Creation Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Online Course Creation Challenge

#GOAL: Help the reader:

- Develop and sell online courses.
- Understand market needs and course topics.
- Design engaging and effective course content.
- Implement marketing strategies to attract students.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-55 years old Education Level: College-educated, professionals, entrepreneurs Location: Global, with a focus on English-speaking countries Hobbies: Teaching, content creation, technology Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Eager to share knowledge and expertise; motivated by the potential for passive income.

Pains/Embarrassments: Unsure about how to start, overwhelmed by the technology and marketing aspects. Seeking Solutions: Practical steps to create, launch, and market an online course. Causes of Problems: Lack of knowledge about online course platforms, marketing strategies, and content

creation. Additional Insights: They value flexibility, independence, and the potential to impact others through education. </psychographics>

#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:

#TONE: Inspirational: Encourage readers to believe in their ability to create and sell courses. Practical: Offer step-by-step guidance and actionable tips. Supportive: Reassure readers that they can overcome technical and marketing challenges. Empowering: Motivate readers to take control of their income and teaching passion. </about the challenge>

Side Hustle Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Side Hustle Challenge

#GOAL: Help the reader:

- Start and grow a side business.
- Identify viable side hustle ideas.
- Balance side hustle with full-time job.
- Develop time management and productivity skills.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 20-45 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Entrepreneurship, innovation, networking Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Motivated to increase income and achieve financial freedom. Pains/Embarrassments: Frustrated by lack of progress or time to dedicate to side projects. Seeking Solutions: Efficient ways to start and grow a side hustle without sacrificing personal life. Causes of Problems: Time constraints, lack of initial capital, balancing multiple responsibilities. Additional Insights: They value independence, creativity, and the potential for extra income. </psychographics>

#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:

#TONE: Motivational: Inspire readers to take action and pursue their side hustle dreams. Practical: Provide clear, actionable steps and strategies. Encouraging: Support readers in overcoming challenges and staying committed. Optimistic: Highlight the potential benefits and successes of side hustles. </about the challenge>

Freelancing Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Freelancing Challenge

#GOAL: Help the reader:

- Launch a freelancing career.
- Identify marketable skills and niches.
- Build a portfolio and attract clients.
- Manage freelance projects and finances.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 22-40 years old Education Level: College-educated or specialized skills training Location: Global, with a focus on digital nomads and remote workers Hobbies: Writing, graphic design, programming, digital marketing Income: Varied, from low to high depending on experience and clients </demographics>

<psychographics> Feelings about the Topic: Excited about the freedom and flexibility of freelancing. Pains/Embarrassments: Concerned about inconsistent income and finding clients. Seeking Solutions: Practical advice on starting, growing, and sustaining a freelance career. Causes of Problems: Lack of experience in freelancing, difficulty in self-marketing, managing work-life balance. Additional Insights: They value independence, flexibility, and the ability to work on diverse projects. </psychographics>

#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:

#TONE: Encouraging: Motivate readers to start and succeed in freelancing. Practical: Offer detailed steps and real-life examples. Supportive: Provide reassurance and tips for overcoming common challenges. Empowering: Emphasize the benefits and potential of a freelance career. </about the challenge>

Passive Income Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Passive Income Challenge

#GOAL: Help the reader:

- Develop streams of passive income.
- Understand different passive income opportunities.
- Implement strategies for earning passive income.
- Achieve financial independence.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-50 years old Education Level: College-educated, professionals, entrepreneurs Location: Global, with a focus on English-speaking countries Hobbies: Investing, entrepreneurship, personal finance Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Eager to achieve financial freedom and reduce reliance on active income. Pains/Embarrassments: Frustrated by financial constraints and lack of passive income knowledge. Seeking Solutions: Practical and effective passive income strategies. Causes of Problems: Lack of understanding of passive income opportunities, initial capital, and risk management. Additional Insights: They value financial security, independence, and the ability to generate income passively. </psychographics>

#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:

#TONE: Informative: Provide detailed explanations and examples. Motivational: Inspire readers to take action towards financial independence. Practical: Offer actionable steps and strategies. Optimistic: Highlight the long-term benefits and successes of passive income. </about the challenge>

Couponing Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Couponing Challenge

#GOAL: Help the reader:

- Save money with coupons.
- Learn effective couponing strategies.
- Maximize savings on groceries and essentials.
- Develop a habit of smart shopping.

#AUDIENCE: <demographics> Gender: Primarily women Age Range: Primarily 25-55 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Shopping, budgeting, frugal living Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Excited about saving money and finding deals. Pains/Embarrassments: Frustrated by high grocery bills and lack of couponing knowledge. Seeking Solutions: Practical tips and strategies for effective couponing. Causes of Problems: Lack of knowledge about where to find and use coupons. Additional Insights: They value frugality, budgeting, and the satisfaction of saving money. </psychographics>

#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:

#TONE: Practical: Provide clear and actionable couponing tips. Encouraging: Motivate readers to embrace couponing as a lifestyle. Supportive: Offer reassurance and tips for overcoming challenges. Empowering: Highlight the significant savings and benefits of couponing. </about the challenge>

Meal Prep Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Meal Prep Challenge

#GOAL: Help the reader:

- Save money through meal prepping.
- Plan and prepare healthy meals.
- Develop efficient meal prep routines.
- Improve overall nutrition and lifestyle.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 20-45 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Cooking, fitness, healthy living Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Motivated to save money and eat healthier. Pains/Embarrassments: Struggle with meal planning and managing time. Seeking Solutions: Practical advice on efficient meal prepping. Causes of Problems: Lack of time, planning skills, and knowledge about healthy meal options. Additional Insights: They value convenience, health, and cost-effectiveness in their meal choices. </psychographics>

#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:

#TONE: Practical: Provide clear and actionable meal prep tips. Encouraging: Motivate readers to adopt meal prepping. Supportive: Offer reassurance and

solutions for common challenges. Empowering: Highlight the benefits of meal prepping for health and finances. </about the challenge>

Thrifting Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Thrifting Challenge

#GOAL: Help the reader:

- Save money by buying second-hand.
- Find unique and valuable items.
- Develop thrifting skills and strategies.
- Promote sustainable shopping habits.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-35 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Shopping, fashion, sustainability Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Excited about finding unique items and saving money. Pains/Embarrassments: Overwhelmed by where to start and how to find good deals. Seeking Solutions: Practical tips and strategies for successful thrifting. Causes of Problems: Lack of knowledge about thrifting locations and techniques. Additional Insights: They value sustainability, creativity, and cost-effectiveness in their shopping habits. </psychographics>

#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:

#TONE: Inspirational: Encourage readers to enjoy the thrill of thrifting.

Practical: Provide actionable thrifting tips and strategies. Supportive: Offer reassurance and tips for overcoming common challenges. Eco-Friendly: Emphasize the environmental benefits of thrifting. </about the challenge>

Minimalist Living Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Minimalist Living Challenge

#GOAL: Help the reader:

- Save money by living minimally.
- Declutter their home and life.
- Focus on what truly matters.
- Achieve a simpler, more intentional lifestyle.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-50 years old Education Level: College-educated Location: Urban and suburban areas Hobbies: Organization, sustainability, personal growth Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Motivated to simplify life and reduce stress. Pains/Embarrassments: Overwhelmed by clutter and consumerism. Seeking Solutions: Practical steps to declutter and embrace minimalism. Causes of Problems: Accumulation of unnecessary items,

societal pressure to consume. Additional Insights: They value simplicity, mindfulness, and environmental sustainability. </psychographics>

#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:

#TONE: Calm and Reassuring: Encourage readers to take small steps towards minimalism. Practical: Provide actionable decluttering tips and strategies. Supportive: Offer reassurance and tips for overcoming challenges. Mindful: Emphasize the mental and emotional benefits of minimalism. </about the challenge>

Digital Detox Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Digital Detox Challenge

#GOAL: Help the reader:

- Disconnect from digital devices.
- Reconnect with the real world.
- Improve mental health and well-being.
- Develop healthier technology habits.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-40 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Technology, social media, personal development Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Concerned about overuse of digital devices. Pains/Embarrassments: Feeling stressed and overwhelmed by constant connectivity. Seeking Solutions: Practical ways to reduce screen time and improve well-being. Causes of Problems: Dependence on digital devices for work, social interaction, and entertainment. Additional Insights: They value mental health, mindfulness, and real-world connections.

</psychographics>

#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:

#TONE: Supportive: Reassure readers that they can manage without constant digital connectivity. Encouraging: Motivate readers to take breaks from screens. Practical: Provide actionable tips for reducing screen time. Empowering: Highlight the benefits of a digital detox. </about the challenge>

Mindfulness Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Mindfulness Challenge

#GOAL: Help the reader:

- Practice yoga, meditation, or affirmations.
- Develop mindfulness and presence.
- Reduce stress and anxiety.
- Improve overall mental health.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-55 years old Education Level: College-educated Location: Urban and suburban areas Hobbies: Yoga, meditation, self-improvement Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Eager to improve mental well-being and reduce stress. Pains/Embarrassments: Struggle with staying present and managing stress. Seeking Solutions: Practical mindfulness practices to incorporate into daily life. Causes of Problems: Busy lifestyles, work pressures, and constant distractions. Additional Insights: They value mental clarity, peace, and personal growth. </psychographics>

#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:

#TONE: Calming: Encourage readers to find peace and presence in their daily lives. Supportive: Offer reassurance and guidance for developing mindfulness. Practical: Provide clear and actionable mindfulness practices. Inspirational: Motivate readers to embrace mindfulness for better mental health. </about the challenge>

Superfood Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Superfood Challenge

#GOAL: Help the reader:

- Incorporate nutrient-rich superfoods into their diet.

- Improve overall health and wellness.
- Discover new and healthy recipes.
- Boost energy and vitality.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 20-45 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Cooking, nutrition, healthy living Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Excited to improve health through diet. Pains/Embarrassments: Struggle to find and incorporate superfoods into meals. Seeking Solutions: Practical advice and recipes for using superfoods. Causes of Problems: Lack of knowledge about superfoods and their benefits. Additional Insights: They value health, nutrition, and the benefits of whole foods. </psychographics>

#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:

#TONE: Educational: Provide information on the benefits of superfoods. Inspirational: Encourage readers to try new and healthy foods. Practical: Offer actionable tips and recipes. Supportive: Reassure readers that incorporating superfoods can be easy and enjoyable. </about the challenge>

Self-Love Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Self-Love Challenge

#GOAL: Help the reader:

- Build self-esteem and inner confidence.
- Practice self-care and self-compassion.
- Develop a positive self-image.
- Enhance mental and emotional well-being.

#AUDIENCE: <demographics> Gender: Primarily women Age Range: Primarily 18-40 years old Education Level: High school to college-educated Location: Global Hobbies: Self-improvement, wellness, mindfulness Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve self-esteem and self-worth. Pains/Embarrassments: Struggle with self-doubt and negative self-talk. Seeking Solutions: Practical steps and exercises for building self-love. Causes of Problems: Societal pressures, past experiences, and negative self-perceptions. Additional Insights: They value personal growth, mental health, and positive affirmations. </psychographics>

#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:

#TONE: Empathetic: Show understanding and compassion for the readers' struggles. Encouraging: Motivate and inspire readers to believe in themselves. Supportive: Offer a reassuring and supportive voice. Positive: Maintain a hopeful and optimistic outlook. </about the challenge>

Gratitude Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Gratitude Challenge

#GOAL: Help the reader:

- Express gratitude to their partner daily.
- Strengthen their relationship through appreciation.
- Foster a positive and loving environment.
- Enhance emotional connection and intimacy.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-50 years old Education Level: High school to college-educated Location: Global Hobbies: Relationships, self-improvement, mindfulness Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Eager to improve their relationship and express love. Pains/Embarrassments: Struggle to consistently show appreciation and gratitude. Seeking Solutions: Practical ways to express gratitude and strengthen their bond. Causes of Problems: Busy lifestyles, lack of communication, and taking each other for granted. Additional Insights: They value love, connection, and the positive impact of gratitude on relationships. </psychographics>

#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:

#TONE: Warm and Loving: Create a positive and affectionate atmosphere. Encouraging: Motivate readers to consistently express gratitude. Supportive: Offer reassurance and tips for overcoming challenges. Inspirational: Highlight the benefits of gratitude for a stronger relationship. </about the challenge>

Secret Acts of Kindness Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Secret Acts of Kindness Challenge

#GOAL: Help the reader:

- Surprise people with secret kind gestures.
- Spread positivity and kindness.
- Improve their own happiness and well-being.
- Foster a culture of compassion and empathy.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-55 years old Education Level: High school to college-educated Location: Global Hobbies: Volunteering, community service, self-improvement Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Excited to make a positive impact and spread kindness. Pains/Embarrassments: Feel disconnected or unappreciated in their community. Seeking Solutions: Practical ideas for performing secret acts of kindness. Causes of Problems: Busy lifestyles, lack of opportunities to give back. Additional Insights: They value compassion, community, and the joy of helping others. </psychographics>

#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:

#TONE: Positive: Create an uplifting and inspiring atmosphere. Encouraging: Motivate readers to perform acts of kindness. Supportive: Offer reassurance and ideas for overcoming challenges. Empathetic: Emphasize the emotional benefits of spreading kindness. </about the challenge>

Photography Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Photography Challenge

#GOAL: Help the reader:

- Take a photo daily.
- Improve their photography skills.
- Capture and appreciate the beauty around them.
- Develop a creative eye and storytelling ability.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-40 years old Education Level: High school to college-educated Location: Global Hobbies: Photography, art, travel Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve their photography skills and capture moments. Pains/Embarrassments: Struggle with finding inspiration and improving technique. Seeking Solutions: Practical tips and daily prompts for photography. Causes of Problems: Lack of practice, inspiration, and technical knowledge. Additional Insights: They value creativity, visual storytelling, and the ability to capture memories. </psychographics>

#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:

#TONE: Creative: Encourage artistic expression and creativity. Practical: Provide actionable photography tips and prompts. Inspirational: Motivate

readers to see and capture beauty in everyday life. Supportive: Offer reassurance and guidance for overcoming challenges. </about the challenge>

Drawing Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Drawing Challenge

#GOAL: Help the reader:

- Draw something every day.
- Improve their drawing skills and techniques.
- Explore different styles and mediums.
- Develop a daily creative habit.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 15-35 years old Education Level: High school to college-educated Location: Global Hobbies: Art, drawing, painting Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve their drawing skills and creativity. Pains/Embarrassments: Struggle with finding inspiration and improving technique. Seeking Solutions: Practical tips and daily prompts for drawing. Causes of Problems: Lack of practice, inspiration, and technical knowledge. Additional Insights: They value creativity, artistic expression, and the joy of creating. </psychographics>

#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:

#TONE: Creative: Encourage artistic expression and creativity. Practical: Provide actionable writing tips and prompts. Inspirational: Motivate readers to develop a daily writing habit. Supportive: Offer reassurance and guidance for overcoming challenges. </about the challenge>

DIY Craft Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: DIY Craft Challenge

#GOAL: Help the reader:

- Create a new DIY project each day.
- Improve crafting skills and creativity.
- Explore different crafting techniques and materials.
- Develop a daily creative habit.

#AUDIENCE: <demographics> Gender: Primarily women Age Range: Primarily 18-45 years old Education Level: High school to college-educated Location: Global Hobbies: Crafting, DIY projects, home decor Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve crafting skills and creativity. Pains/Embarrassments: Struggle with finding inspiration and improving technique. Seeking Solutions: Practical tips and daily prompts for crafting. Causes of Problems: Lack of practice, inspiration, and technical

knowledge. Additional Insights: They value creativity, artistic expression, and the joy of creating. </psychographics>

#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:

#TONE: Creative: Encourage artistic expression and creativity. Practical: Provide actionable crafting tips and prompts. Inspirational: Motivate readers to develop a daily crafting habit. Supportive: Offer reassurance and guidance for overcoming challenges. </about the challenge>

Networking Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Networking Challenge

#GOAL: Help the reader:

- Expand their professional network.
- Improve networking skills and strategies.
- Build meaningful professional relationships.
- Enhance career opportunities and growth.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-50 years old Education Level: College-educated professionals Location: Urban and suburban areas Hobbies: Networking, professional development, career growth Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Eager to expand their network and career opportunities. Pains/Embarrassments: Struggle with finding networking opportunities and improving skills. Seeking Solutions: Practical tips and strategies for effective networking. Causes of Problems: Lack of confidence, networking opportunities, and strategic approach. Additional Insights: They value career growth, professional relationships, and the benefits of a strong network. </psychographics>

#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:

#TONE: Professional: Provide expert advice and strategies. Encouraging: Motivate readers to take action and network effectively. Supportive: Offer reassurance and tips for overcoming networking challenges. Inspirational: Highlight the benefits and success stories of effective networking. </about the challenge>

Home Workout Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Home Workout Challenge

#GOAL: Help the reader:

- Exercise at home using bodyweight exercises.
- Improve fitness and health.
- Develop a consistent workout routine.
- Achieve personal fitness goals.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-50 years old Education Level: High school to college-educated Location: Global Hobbies: Fitness, health, home workouts Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve fitness and health. Pains/Embarrassments: Struggle with finding time and space to work out. Seeking Solutions: Practical tips and routines for effective home workouts. Causes of Problems: Lack of time, equipment, and motivation. Additional Insights: They value fitness, health, and the convenience of working out at home. </psychographics>

#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:

#TONE: Motivational: Inspire readers to stay committed to their fitness goals. Practical: Provide actionable workout tips and routines. Supportive: Offer reassurance and tips for overcoming challenges. Encouraging: Highlight the benefits of consistent home workouts. </about the challenge>

Going Green Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Going Green Challenge

#GOAL: Help the reader:

- Make their life and home environmentally friendly.
- Adopt sustainable practices and habits.

- Reduce their carbon footprint.
- Promote eco-friendly living.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 25-50 years old Education Level: High school to college-educated Location: Global Hobbies: Sustainability, eco-friendly living, environmental activism Income: Middle to high income </demographics>

<psychographics> Feelings about the Topic: Motivated to live sustainably and reduce environmental impact. Pains/Embarrassments: Struggle with finding practical ways to go green. Seeking Solutions: Practical tips and strategies for sustainable living. Causes of Problems: Lack of knowledge about eco-friendly practices and products. Additional Insights: They value environmental sustainability, health, and the benefits of green living. </psychographics>

#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:

#TONE: Inspirational: Encourage readers to adopt sustainable practices. Practical: Provide actionable tips and strategies for eco-friendly living. Supportive: Offer reassurance and guidance for overcoming challenges. Empowering: Highlight the positive impact of green living on the environment. </about the challenge>

Empathy Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Empathy Challenge

#GOAL: Help the reader:

- Develop empathy through daily activities.
- Improve their understanding of others' feelings.
- Enhance their emotional intelligence.
- Build stronger relationships.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-45 years old Education Level: High school to college-educated Location: Global Hobbies: Personal development, relationships, psychology Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve their emotional intelligence and relationships. Pains/Embarrassments: Struggle with understanding and connecting with others. Seeking Solutions: Practical tips and activities for developing empathy. Causes of Problems: Lack of practice, self-awareness, and emotional understanding. Additional Insights: They value compassion, emotional intelligence, and the benefits of empathy in relationships. </psychographics>

#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:

#TONE: Empathetic: Show understanding and compassion for the readers' struggles. Encouraging: Motivate readers to develop empathy. Practical: Provide actionable tips and activities. Supportive: Offer reassurance and guidance for overcoming challenges. </about the challenge>

Creativity Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something### Creativity Challenge <about the challenge> Below you'll find information about the challenge I want you to create. If you have any

questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Creativity Challenge

#GOAL: Help the reader:

- Engage in daily activities that increase creativity.
- Explore different forms of creative expression.
- Develop a consistent creative habit.
- Boost problem-solving skills and innovation.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-45 years old Education Level: High school to college-educated Location: Global Hobbies: Art, writing, music, design, innovation Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to enhance their creativity and explore new forms of expression. Pains/Embarrassments: Struggle with creative blocks and lack of inspiration. Seeking Solutions: Practical tips and activities to boost creativity. Causes of Problems: Lack of practice, fear of failure, and limited exposure to new ideas. Additional Insights: They value innovation, artistic expression, and the benefits of a creative mindset. </psychographics>

#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:

#TONE: Inspirational: Encourage readers to explore their creative potential. Practical: Provide actionable tips and activities to boost creativity. Supportive: Offer reassurance and guidance for overcoming creative blocks. Encouraging: Motivate readers to develop a consistent creative habit. </about the challenge>

Overcoming Procrastination Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Overcoming Procrastination Challenge

#GOAL: Help the reader:

- Improve their ability to get things done.
- Develop time management and productivity skills.
- Reduce procrastination habits.
- Achieve personal and professional goals.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-50 years old Education Level: High school to college-educated Location: Global Hobbies: Self-improvement, personal development, productivity Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Frustrated with their tendency to procrastinate and eager to improve productivity. Pains/Embarrassments: Struggle with meeting deadlines and achieving goals. Seeking Solutions: Practical strategies and tips to overcome procrastination. Causes of Problems: Lack of motivation, poor time management, and distractions. Additional Insights: They value efficiency, personal growth, and the satisfaction of completing tasks. </psychographics>

#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:

#TONE: Practical: Provide actionable tips and strategies to overcome procrastination. Encouraging: Motivate readers to take action and stay

committed. Supportive: Offer reassurance and guidance for overcoming challenges. Empowering: Highlight the benefits of improved productivity and goal achievement. </about the challenge>

Dating App Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Dating App Challenge

#GOAL: Help the reader:

- Get better at meeting people on dating apps.
- Improve profile and photos.
- Develop effective communication skills.
- Increase chances of meaningful matches.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-35 years old Education Level: High school to college-educated Location: Urban and suburban areas Hobbies: Socializing, dating, technology Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to find meaningful connections and improve their dating life. Pains/Embarrassments: Frustrated with lack of matches and unsuccessful conversations. Seeking Solutions: Practical tips for improving their dating app experience. Causes of Problems: Poor profile presentation, ineffective communication, and lack of strategy. Additional Insights: They value social connections, love, and the potential for meaningful relationships. </psychographics>

#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:

#TONE: Encouraging: Motivate readers to improve their dating app profiles and interactions. Practical: Provide actionable tips and strategies for success. Supportive: Offer reassurance and guidance for overcoming challenges. Positive: Emphasize the potential for finding meaningful connections.
</about the challenge>

Writing Challenge

<about the challenge> Below you'll find information about the challenge I want you to create. If you have any questions or you're not clear about something ask me before you start to generate the challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

#TOPIC: Writing Challenge

#GOAL: Help the reader:

- Write a short story or journal entry daily.
- Improve writing skills and creativity.
- Develop a consistent writing habit.
- Explore different writing styles and genres.

#AUDIENCE: <demographics> Gender: Mix of men and women Age Range: Primarily 18-50 years old Education Level: High school to college-educated Location: Global Hobbies: Writing, reading, storytelling Income: Low to middle income </demographics>

<psychographics> Feelings about the Topic: Eager to improve writing skills and express creativity. Pains/Embarrassments: Struggle with writer's block and finding time to write. Seeking Solutions: Practical tips and daily prompts

for writing. Causes of Problems: Lack of practice, inspiration, and confidence in writing. Additional Insights: They value creativity, self-expression, and the joy of storytelling. </psychographics>

#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:

#TONE: Creative: Encourage artistic expression and creativity. Practical: Provide actionable writing tips and prompts. Inspirational: Motivate readers to develop a daily writing habit. Supportive: Offer reassurance and guidance for overcoming challenges. </about the challenge>