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A.I. Challenge Creation SYSTEM

Please Note:

This Challenge Creation prompt follows the same methodology as the 10-Day Cleanse prompt you also received with your purchase.

To keep this training as lean as possible I didn't repeat what was shown in the 10-Day Cleanse training over here.

If you feel overwhelmed, jump over to the 10-Day Cleanse training where I spend much more time walking you through everything.

After you go through the 10-Day Cleanse training, this Challenge creation prompt will be a piece of cake to run.

Welcome

This prompt will let you enter any niche with an A.I. generated challenge.

Why challenges instead of an ebook or a course?

Challenges are specifically designed to be quick wins.

We're talking 7 to 30 days of focused action, perfectly sized for busy lives and instant gratification. People want fast results and with the challenges this prompting system creates, you can give that to them.

With this challenge prompt you can zero in on any niche you want and have a desirable product you can sell or give away to collect leads.

I'm talking about things like:

- A 14-day challenge to help older men get laid on dating apps
- A 21-day local SEO challenge for small business owners
- A 30-day challenge to overcome imposter syndrome

These laser-focused programs give your audience a clear path to success, in a timeframe that feels achievable.

They'll see progress fast, get hooked on the momentum, and guess what? They'll be hungry for more of what you've got to offer.

I developed a killer prompt system that takes the heavy lifting off your shoulders. You tell it the topic and give it a few other details about the challenge you want to create and A.I. will create your challenge.

About Challenge Creation System:

The Challenge Creation System is a collection of prompts that will provide you with audience insights, generate a Challenge info-product, and edit and enhance that product.

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

The two prompts that will be generating the Challenge and the supplementary chapters are multi-step prompts.

"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 challenge 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 challenge.

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

The prompt generates your challenge 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/chapter.



How Long Should Your Challenges Be

I suggest making your challenge between 7-30 days.

You can make them longer or shorter if you like, but if you make them longer you'll start getting repeat content.

For example day 45 might be almost identical to day 12.

And the main benefit of a challenge is that it gives your customer fast results. Lose lose that marketing angle when your challenges are longer than 30 days.



Building Your Challenge In Layers

The best way to create rich, detailed content with AI is by working in layers.

Think of it like painting a car. You need layers of primer, paint, and clear coat to get show-car quality results.

So we start with the outline, that's the base coat or primer.

Then we generate the challenge, that's like the main coat of paint.

Finally, we pick the parts of the challenge we want to expand on. That's like the clear coat that makes the car shine.

Why not generate everything in one shot?

When you work with A.I. long enough you'll discover that it's stubborn. It really doesn't like generating long content.

And A.I. is lazy.

Even when you box it in with clever prompts that "force" it to write long content it starts scaling back as you create more content.

Creating info-products in layers lets us work around A.I.'s natural laziness and stubbornness.

The prompt will generate one challenge day at a time and after each day ask if you want to modify anything.

I use this for small tweaks I want to make to the content.

You can also go back and enhance and expand on content after you've created your challenge using editing and enhancing prompts I'm also giving you.

My workflow for creating a challenge looks like this:

1. Create the outline
2. Create the challenge
3. Create the supporting chapters (intro, closing, etc)
4. Enhance on the challenge

After I create the challenge and supporting chapters, I copy and paste it into a word doc to keep things organized.

When the A.I. content is moved to a word doc I play around with the formatting so it looks prettier and I go through looking for content I want to enhance.

We'll use separate prompts for editing and enhancing the content. (the "editing and enhancing" prompts are found at the end of this guide)

As I'm tinkering around with the final product formatting and editing and enhancing the Challenge, I also like to hand edit things to add a human touch to my products.

I don't write entire chapters or anything like that.

I just inject a little personality into the product to make it my own.

Yes, it takes a little more time.

But spending an extra 30-60 minutes enhancing your ebook so it's not some generic pile of garbage is a great use of your time because 40 crappy ebooks will make you zero dollars.

One great ebook can make you rich.

Take the extra time to make your ebooks 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.

Adding Project Info To The Challenge Creation Prompt

This part is important.

Here is where you'll be editing the prompt to tell A.I. about your product and the audience you're writing to.

First let's walk through each part of the prompt that needs to be edited, then I'll show you how I filled it out for an example project.

If you're entering a market you're not familiar with, don't worry, I also included a prompt that will tell you about any audience.

HERE'S WHAT TO EDIT:

When you look at the full Challenge creation prompt you find a section enclosed on <about the challenge> tags with 6 parts that allow you to add information about the type of challenge you want to create.

I screen capped that section of the prompt below:

<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>

I supplied notes inside the prompt that are **bold** and **[[[encased in brackets]]]**.



Make sure you delete those notes before running the prompt.

Here are more detailed instruction on how to edit the prompt:

1. **NUMBER OF DAYS IN THE CHALLENGE**

This one is easy. Just say how many days you want your challenge to last: 7, 14, 21, 30, or whatever.

2. **TOPIC**

Tell the prompt the topic of your challenge. For example: "how to become a better photographer challenge" or "how to become more stylish"

3. **GOAL**

Provide details about the goal or goals you want the reader to achieve. For example: "I want to help the reader overcome shyness so they can do better in their career and dating" or "I want the reader to get better at copywriting so they can quit their job and work from home without having to worry about money."

4. **AUDIENCE**

Give as many details about your audience as you can. Are they mainly men, women, or evenly mixed? Tell how old they are, what they like and don't like, what motivates them, etc.

5. **DETAILS TO INCLUDE**

A.I. will create the entire challenge but this section lets you add any content you personally want included. You can leave this blank if you don't want to add anything.

6. **TONE**

This tells A.I. the tone of the writing. You want the tone to match the

audience of the challenge. For example: If you created a 21-day challenge about becoming a better bear hunter you'd want a masculine tone because your audience would be mostly conservative men. If you wanted a 14-day challenge about becoming a better astrologer you'd have a feminine tone because the typical reader is going to be female.

To demonstrate how to edit the prompt to add info about your project we'll use the example of a "14 Days To Become The Main Character" challenge.

A main character is someone who is popular and successful so the audience for this challenge will be shy guys who are afraid to put themselves out there and take what they want.

Here's how I would fill in this section out for our example 14 Days To Become The Main Character challenge.

#NUMBER OF DAYS IN THE CHALLENGE:

14

#TOPIC:

14 Days To Become The Main Character challenge

#GOAL:

I want to help shy guys become more confident in social settings, such as dating, and in their career.

#AUDIENCE:

The audience is young men. They often live in large cities. They spend a lot of time online on social media sites and typically don't have many friends or mentors in real life. They want

friendship from guys their age, mentorship from established peers in their field, and love and companionship from women.

#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:

One day of the challenge should focus on starting combat sports training such as boxing, muay thai, or Brazilian JiuJitsu.

#TONE:

Friendly and sympathetic but also stern. I want you to whip these guys into shape and motivate them to make a change.

Audience Intel Prompt To Fill Out The “about the challenge” Section

If you want to create a product for a niche you don't know much about you can let A.I. give you audience information.

This prompt will give you the info to fill in the following parts of the <about the challenge> sections of the Challenge creation prompt:

#GOAL

#AUDIENCE:

#DETAILS TO INCLUDE:

#TONE:

You'll obviously need provide the #NUMBER OF DAYS IN THE CHALLENGE:
and #TOPIC: on your own.

How To Run The Audience Intel Prompt

Just replace `[[[TOPIC OF CHALLENGE AND ANY OTHER DETAILS YOU CAN PROVIDE]]]` with the topic, and any other details you can provide, about your product and run the prompt in ChatGTP, Claude, Gemini, or your other favorite A.I. tool.

This prompt will give you some nice insights about the audience that will help you create better products for them.

PROMPT

I'm creating a digital product that's a `[[[TOPIC OF CHALLENGE AND ANY OTHER DETAILS YOU CAN PROVIDE]]]`

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

#GOAL

Provide details about the goal or goals the reader wants to achieve. Help me understand why they'd want to take a challenge like this.

#AUDIENCE:

For the audience, tell me about the readers who

would most likely buy a product on this topic. Give me the demographic data: What's the mix of men and women? What's the age range? And any other demographic data you can provide. Then tell me about the inner world of the typical reader: How do they feel about the topic of the challenge. What are the pains/embarrassments they're dealing with due to the topic of the challenge. What kind of solutions are they seeking? What's causing the problems that the challenge seeks to solve. And anything else you feel is important to add about this audience.

#DETAILS TO INCLUDE:

Tell me what the typical reader wants to know about the topic of this challenge. I'm looking for the main goals as well as little things that people outside this niche may not know.

#TONE:

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

Just so you can see the prompt in action I ran it for our example "14 Days To Become The Main Character" challenge.

Here's the prompt I ran that with my topic and a little info about the project edited in:

SAMPLE PROMPT

I'm creating a digital product that's a "14 Days To Become The Main Character" challenge. This will help shy guys gain confidence.

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

#GOAL

Provide details about the goal or goals the reader wants to achieve. Help me understand why they'd want to take a challenge like this.

#AUDIENCE:

For the audience, tell me about the readers who would most likely buy a product on this topic. Give me the demographic data: What's the mix of men and women? What's the age range? And any other demographic data you can provide. Then tell me about the inner world of the typical reader: How do they feel about the topic of the challenge. What are the pains/embarrassments they're dealing with due to the topic of the challenge. What kind of solutions are they seeking? What's causing the problems that the challenge seeks to solve. And anything else you feel is important to add about this audience.

#DETAILS TO INCLUDE:

Tell me what the typical reader wants to know about the topic of this challenge. I'm looking for the main goals as well as little things that people outside this niche may not know.

#TONE:

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

Here's what AI generated with that prompt:

A.I. OUTPUT

Goal

The goal of the “14 Days To Become The Main Character” challenge is to help shy guys build confidence, develop social skills, and ultimately feel more comfortable and assertive in social situations. By the end of the challenge, participants should be able to:

- Exhibit more confidence in social interactions.
- Reduce anxiety in social settings.
- Develop a stronger sense of self-worth and self-esteem.
- Feel empowered to take on leadership roles and be more proactive in their lives.

Audience

Demographic Data

- **Gender:** Predominantly male, as the product specifically targets shy guys.
- **Age Range:** Primarily 18-35 years old, but could extend to men up to 45 who are seeking to improve their confidence.
- **Location:** Mostly urban and suburban areas where social interactions are frequent.
- **Education Level:** High school diploma to college degree.
- **Employment Status:** Students, early-career professionals, and mid-career individuals.

Inner World

- **Feelings about the Topic:** Many feel overwhelmed by social anxiety and lack of confidence. They might feel invisible or overlooked in social settings and struggle with initiating conversations or standing out in a crowd.

- **Pains/Embarrassments:** They often feel embarrassed by their inability to confidently express themselves or take the lead in social situations. This might lead to feelings of loneliness, isolation, or frustration.
- **Solutions They Seek:** They are looking for practical, actionable steps to overcome shyness and build confidence. They want techniques that can be easily integrated into their daily lives to gradually transform their social persona.
- **Causes of the Problems:** These issues can stem from a variety of sources, including past negative social experiences, low self-esteem, lack of practice in social settings, or even mild social anxiety disorders.

Details to Include

- **Daily Challenges:** Each day should have specific tasks designed to gradually push participants out of their comfort zones, such as initiating a conversation with a stranger, making eye contact, or speaking up in a group setting.
- **Confidence-Building Exercises:** Include exercises that help build self-esteem, such as positive affirmations, visualization techniques, and body language tips.
- **Social Skills Development:** Tips on active listening, engaging storytelling, and effective communication.
- **Mindset Shifts:** Teach participants how to reframe negative thoughts and adopt a more positive, assertive mindset.
- **Progress Tracking:** Tools or worksheets to help participants track their progress and reflect on their experiences.

Tone

The tone should be encouraging, supportive, and empowering. Use a conversational and relatable style to make the reader feel understood and motivated. Key elements of the tone include:

- **Empathy:** Acknowledge the challenges they face and validate their feelings.

- **Positivity:** Focus on the positive outcomes and the potential for growth.
- **Encouragement:** Provide regular encouragement and celebrate small wins.
- **Practicality:** Offer clear, actionable advice that is easy to follow.
- **Inspirational:** Share success stories and motivational quotes to inspire and uplift.

By combining these elements, the “14 Days To Become The Main Character” challenge can effectively guide shy guys towards greater confidence and social success.

You can see that’s a nice rundown on who would buy a “14 Days To Become The Main Character” challenge info-product.