

Disclaimer:

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Challenge Creation Prompts

This isn't some wimpy 40 word prompt that spits out a sad little info-product.

This is a robust prompting system.

You'll be using multiple prompts to build the best possible info-products.

Let's break down how it works.

The first two prompts are doing the heavy lifting:

PROMPT 1: Generates the outline for your Challenge and all the days of the Challenge. (This is the prompt you'll add your product info to)

PROMPT 2: Generate the supplementary chapters for your Challenge. Things like the intro and closing chapters, and a chapter on optimized nutrition specific to the challenge.

I've also included prompts that edit and enhance your content, and a prompt that gives you audience insights.

How To Structure The Content Of Your Challenge:

Once you've generated all your content using those 2 prompts you should structure the content in the following order:

1. Introduction Chapter (*created by PROMPT 2*)
2. Optimized Nutrition Chapter (*created by PROMPT 2*)
3. The Days Of Your Challenge (*created by PROMPT 1*)
4. Closing Chapter (*created by PROMPT 2*)

Remember To Add Your Product Details To The Prompt

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.

PROMPT 1: Creating The Outline & Days Of The Challenge

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>

We're going to do this in 2 parts:

- * First, you'll create a brief outline.
- * Second, you'll create the full challenge.

<outline instructions>

You're going to create a brief outline of the entire challenge. You don't have to go into great detail here. Just map out each day of the challenge.

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 challenge.

</outline instructions>

<full challenge instructions>

Here is where you'll expand on the outline using the directions from the content structure section below.

I need you to be detailed when creating the full challenge.

Do not just write lists of bullet points. I need you to take the reader by the hand and guide them through this challenge. That means you have to explain everything, give detailed instructions, and share how the things you suggest benefit the reader.

Insert helpful stories told from the second person point of view and anecdotes that pertain to the challenge at your discretion.

After each 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 day.

It should look like this:

Complete Day 1 - ask if I accept the content or want to modify it. If I modify it you'll rewrite the content and apply the change and ask me again if I want to accept the content or want to modify it. Once I accept you'll move on to day 2.

You will continue like that completing one challenge day at a time until you've created the

entire challenge.

</full challenge instructions>

The challenge should be designed to meet the following objectives:

<objectives>

Make sure the goals you give for the challenge are Specific, Measurable, Achievable, Relevant, Time-bound.

Our goal is to inspire and motivate the reader into completing the challenge, and help them overcome any obstacles they may encounter along the way.

The challenge should be flexible enough to accommodate varying schedules and personal commitments, with options for customization to personal preferences and needs.

</objectives>

How To Structure The Content For Each Day Of The Challenge:

<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. Today's Goal:

Explain the purpose and benefits of the day's challenge and clearly define the objectives and what participants should expect and how to prepare mentally and physically. Minimum Word Count: This section should be at least 200 words long.

3. Materials Needed:

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

4. Here's What To Do:

This is the main section for each day of the challenge. In this part lay out exactly what you want the reader to achieve today's goal. Walk them through what the day might look like and share any potential pitfalls they may encounter. Offer advice on integrating daily tasks into various schedules. Minimum Word Count: This section should be at least 450 words long.

5. Daily Motivation:

Share motivational quotes, success stories, or inspirational messages each day to boost morale and encourage persistence. Use the internet to find these motivational materials if you have to.

</content structure>

Before we begin, please repeat the entire task back to me to ensure you understand it and affirm that you'll adhere to the minimum word counts found in parts of the "content structure" section.

After you do that we can move on to the outline.

PROMPT 2: Creating The Supplementary Chapters

Now we're going to create the supplementary chapters for the challenge you just created. It's important that you tailor this content to the topic of the challenge and use the same tone that was supplied to you in the challenge instructions.

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 "Optimized Nutrition 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 Challenge.

- * 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 the Challenge. I want you to excite the reader in this introduction. Open by painting a picture of the joys the reader will experience when they complete the challenge.

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 challenge:

<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 challenge. Also induce the following sections:

- *Understanding the Challenge

- *Exciting Benefits The Reader Will Achieve By Doing The Challenge

- *How to Use This Guide

- *Getting the Most Out of the Challenge

- *Motivation to Take Action

#Optimized Nutrition:

Please write an optimized nutrition chapter that will help the reader perform their best during this challenge. The food and supplements you suggest should be tailored to meet the goals of the challenge. Include a section about food and a section about supplements. Give a detailed explanation about why you're suggesting each food and supplement and share the benefits of each item you suggest.

#Closing:

Please write a closing chapter for the challenge 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 challenge.

</CHAPTERS>

Supplementary Prompts

Here are some additional prompts you can use to enhance your info-products.

Prompt To Expand A Section or Chapter

This prompt will take a large piece of content and grow it.

Here's how it works:

1. Where it says **[[[ADD ANY OTHER INSTRUCTIONS HERE]]]** can add any additional details you wanted added to the content you're expanding. If you don't have any additional details to add just delete that instruction text.
2. Replace **[[[COPY & PASTE THE CONTENT YOU WANT TO EXPAND ON HERE]]]** with the text you want expanded and run the prompt.

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.

[[[ADD ANY OTHER INSTRUCTIONS HERE]]]

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

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

Prompt To Expand A Small Section Of Text

Sometimes you'll want to expand a single thought or sentence contained in a larger piece of content.

Doing that can sometimes change the context and make it hard to drop back into the larger piece of content you took it from.

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

Here's how it works:

1. In the part of the prompt below that says **[[[COPY AND PASTE THE ENTIRE CHAPTER HERE SO AI HAS CONTEXT ABOUT WHAT IT'S EDITING]]]** copy and paste entire chapter OR the text surrounding the content you want to expand so the prompt has context
2. Next, we give it our instructions by telling the prompt what you want where it says **[[[GIVE AI INSTRUCTIONS ABOUT HOW YOU WANT TO EDIT THE CONTENT]]]**. If you don't have any specific instructions you can just type "expand the content and make it more detailed"
3. Then we tell it the exact section of the chapter we want edited by pasting it in the prompt where it says **[[[COPY AND PASTE THE CONTENT YOU WANT EDITED]]]**.

PROMPT

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

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>

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 **[[[HOW MANY DAYS YOU WANT THE CHALLENGE TO LAST, TOPIC OF CHALLENGE, AND ANY OTHER DETAILS YOU CAN PROVIDE]]]** with the number of days, 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.

For example: 14-day imposter syndrome challenge that helps people overcome self-doubt and understand that they deserve success.

PROMPT

I'm creating a digital product that's a **[[[HOW MANY DAYS YOU WANT THE CHALLENGE TO LAST, 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.

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 Challenges you create make great stand alone products you can sell or give away to build your list.

If you want to turn your Challenge into a medium ticket or high ticket item you can create video content for each day of the challenge and to turn it into a multimedia product.

If you're new to prompting and confused by how to run the prompts, check out the training I did on how to create a 10-Cleanse with A.I. that was included with this Challenge creation training.

It follows a similar system for generating and enhancing content and I go into more detail on how everything works.