

The 6-Step Prompt Checklist

<input type="checkbox"/>	[task]	Clearly define your end goal	<p>More important</p> <p>↓</p> <p>Less important</p>
<input type="checkbox"/>	[context]	Tailor your responses	
<input type="checkbox"/>	[examples]	Mimic style, structure, tone	
<input type="checkbox"/>	[persona]	Embody a specific expertise	
<input type="checkbox"/>	[format]	Bullet points, markdown, table	
<input type="checkbox"/>	[tone]	Add layer of emotional context	

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1. Define the Task

The task tells ChatGPT the specific action you want it to take. Always start your prompt with the task to clarify your goal upfront. Use clear action verbs like "generate," "write," "analyze," etc to kick things off. Then explain the details of the task you need performed.

The task can be simple:

"Generate a three-month diet plan for me."

Or more complex:

"Summarize the key takeaways from the user feedback for my newsletter, focusing on areas for improvement. Then categorize all remaining feedback by order of priority."

Defining the task clearly and concisely is crucial for ChatGPT to understand your needs. It primes the model to provide the exact response you're looking for.

P.S. No need to say please and thank you to ChatGPT— it has no feelings!

[task]

SIMPLE TASK PROMPT
“**Generate** a three-month diet program”

COMPLEX TASK PROMPT
“**Analyze** the collected user feedback from my newsletter, **summarize** the top 3 takeaways with a focus on improvement, and **categorize** the rest based on importance”

- Always begin with an action verb like "generate," "write," or "analyze,"
- Be clear and concise to ensure the model understands your requirements.

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2. Provide Relevant Context

Context means giving ChatGPT key background details to tailor its response to your unique situation.

Some helpful questions for figuring out what context to include:

- What is the user's background?
- What does success look like?
- What is the setting/environment?

For example:

"I'm a 250 pound male aiming to lose 20 pounds of fat in three months. I only have time to cook meals once a week on Sundays for 2 hours. Provide a three-month diet plan to help me meet my goals within these constraints."

The context here shows ChatGPT your starting point and limitations, allowing it to suggest an appropriate diet plan.

Providing relevant context gives ChatGPT what it needs to offer useful, personalized responses instead of generic ones. The more details the better!

The diagram features a black background with a white-bordered box in the center. At the top center of the box is an orange rectangle containing the text "[context]". Below this, three numbered questions are listed: "1. What's the user's **background**?", "2. What does **success look like**?", and "3. What **environment** are they in?". The words "background", "success look like", and "environment" are highlighted in red, yellow, and blue respectively. Below the questions, a sample prompt is shown: "I'm a 250lbs male aiming to lose 20lbs of fat in three months. I only have time to cook meals once a week for 2 hours on Sundays. Provide a three-month diet program to assist me." Colored lines connect the questions to the prompt: a red line from "background" to "I'm a 250lbs male aiming to lose 20lbs of fat in three months.", a yellow line from "success look like" to "lose 20lbs of fat in three months.", and a blue line from "environment" to "I only have time to cook meals once a week for 2 hours on Sundays." A small "RR" logo is visible in the top right corner of the white box, and the URL "www.therundown.ai" is at the bottom right.

[context]

1. What's the user's **background**?
2. What does **success look like**?
3. What **environment** are they in?

User background Success looks like

"I'm a 250lbs male aiming to lose 20lbs of fat in three months.
I only have time to cook meals once a week for 2 hours on Sundays.
Provide a three-month diet program to assist me."

Environment

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3. Provide Examples

Including examples in your prompt gives ChatGPT a model to follow for style, structure, and tone.

For instance, you can paste an example job description when asking ChatGPT to draft one. It will mimic the patterns in the example you provide.

Example prompt:

- "You are a hiring manager needing to write a job description for a Marketing Manager role focused on brand awareness. Use this existing job description as an example format and style: [paste example]."

Now, ChatGPT can follow the structure of the example job posting to craft a tailored description using your context.

Note: Examples aren't always needed, but they guide ChatGPT to match the tone and formatting you want rather than give a generic response. Providing relevant examples when possible improves prompt results to match a certain style.

[examples]

Examples allow ChatGPT to mimic the style, structure, and tone of anything.

"You're a hiring manager in a marketing team responsible for writing the job description for a marketing manager job opening.

Your team primarily focuses on increasing brand awareness for Netflix's advertising platform to acquire new partners.

Draft the job description using the format of this existing job description below: [paste example]."

💡 Research shows that including examples can significantly enhance the output quality.

4. Assign a Persona (Optional)

Persona is an optional step in the framework that allows ChatGPT to embody a specific character or expertise. Imagine it as having instant access to an expert relevant to your task.

For instance, if you're injured in a sport — this expert might be a physical therapist with over 20 years of experience. Or, if you're a job seeker, that person might be a hiring manager looking to fill a position on your team.

For example:

"Respond as a physical therapist with 20 years of experience and suggest a 2-month rehab program for my tennis elbow injury."

Or

"Act as a hiring manager at a major company and give me a list of likely interview questions to prepare for."

Pro tip: You can even ask ChatGPT to mimic famous people, using for example, this prompt: "Rewrite this passage in Shakespeare's style."

Adopting a persona gives ChatGPT a lens to write through. This can enrich its responses with domain knowledge or an interesting voice.

Keep in mind it's an optional prompt element, but can take outputs to the next level. The key is giving enough context and examples for ChatGPT to adopt the persona successfully.

[persona]

Persona is about embodying a specific character or expertise in ChatGPT.

Example prompts:

For injury rehab: "You are a physical therapist specializing in athlete recovery. Generate me a 2-month program that helps me recover from my tennis elbow."

For job seekers: "You are a hiring manager at a Fortune 500 company. Ask me 20 questions to will help me prepare for my future job interviews."

Pro tip:

You can get ChatGPT to respond as specific famous individuals.
Prompt example: "Rewrite this blog post in the style of Eminem."

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5. Specify the Format

You can also guide the structure of ChatGPT's response by specifying a format in your prompt.

Do you want a table, bullet points, or a paragraph? Specify this in your prompt.

For example:

"Summarize the key reader feedback points from my newsletter in a table format with columns for original feedback, priority level, and difficulty to address."

This tells ChatGPT you want a table output rather than paragraphs or bullet points.

Some other formats ChatGPT can generate:

- Email

- Bullet list
- Code blocks
- Markdown
- Dialogue

Specifying a format upfront ensures the output matches your needs. If you don't indicate a format, ChatGPT will default to a paragraph response. Being explicit allows you to get creative with the structure!

[format]

EXAMPLE: ANALYZING READER FEEDBACK

"I've collected reader feedback for my newsletter after dozens of responses for improvement.

Output in a table with headers: original feedback, priority, and level of difficulty.
Here's the feedback: [paste feedback here]"

In addition to **tables**, other common formats that ChatGPT can generate flawlessly are **bullet points**, **email format**, **code blocks**, **paragraphs**, and **markdown**.

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6. Set the Tone

The tone sets the mood of the output. You can specify whether you want a casual, formal, witty, or enthusiastic output directly in ChatGPT.

Sometimes, it can be hard to describe a specific tone that you want to include. But no worries, there's a prompt if you're stuck on that, too.

To get the perfect tone for your prompt, just describe your feelings:

"I'm drafting an email to a new team. I want to sound professional but not too cringe. Suggest 5 tones I can use for my draft."

Now, select your favorite tone from the list and input it into your full prompt.

Example prompts:

1. "Use a casual tone of voice"
2. "Use a formal tone of voice"
3. "Give me a witty output"
4. "Show enthusiasm"
5. "Sound pessimistic"

Specifying a tone gives ChatGPT guidance to match the emotional context you need. This makes the language natural and appropriate for the situation.

[tone]

EXAMPLES OF TONE

1. "Use a **casual tone** of voice"
2. "Use a **formal tone** of voice"
3. "Give me a **witty output**"
4. "Show **enthusiasm**"
5. "Sound **pessimistic**"

Tone adds a layer of emotional context to the response. It ensures that the content meets your informational needs and resonates with the intended audience's emotions and expectations.

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Bringing It All Together

After going through each step of the prompting framework, here is an example prompt bringing all the key elements together:

"I want you to write a [NUMBER]-word [WRITING TYPE] about [THIS SPECIFIC TOPIC] for me, written in a tone that is [DESCRIBE TONE].

The text should be tailored to [SPECIFIC TARGET READER, GIVE CONTEXT].

It should be formatted with [PROVIDE FORMATTING INSTRUCTIONS]

Like this:

[EXAMPLE FORMAT]

The purpose of this text is to [WHAT THE TARGET OUTCOME IS FOR YOU].

For context, I am a [WHAT YOU DO, GIVE CONTEXT] looking to [YOUR GOAL]."

With practice, you'll get comfortable combining the framework

pieces in creative ways tailored to your needs. Start simple, then

build up to more complex prompts as you gain experience.

The key is providing clear instructions so ChatGPT can assist you

effectively. Practice and experimentation will make perfect!

Recap

- How ChatGPT works and generates responses
- Key principles for writing effective ChatGPT prompts
- A step-by-step framework to optimize prompts

ChatGPT Cheat Sheet Download the HD version [here](#).

CHATGPT CHEAT SHEET

CURRENT BEST CHATGPT PLUGINS

<p>AskTheCode Provide a GitHub repository URL, and ask about any aspect of the code. Developer only. \$ 15</p>	<p>Smart Slides Smart Slides AI powered tool for rapid presentation generation. Add text, images and get AI to do the rest. Developer only. \$ 15</p>	<p>BrowserOp Browse dozens of websites in one single. Fetch information more efficiently. Developer only. \$ 15</p>
<p>Sembot Manage your Search Engine Marketing. Get keywords reports, CPC, domain visibility, SEO trends and more. Developer only. \$ 15</p>	<p>Chat With Your Data Conversational analysis over your databases and spreadsheets. Developer only. \$ 15</p>	<p>TaskM Manage your projects and tasks. Quickly create tasks, and mark them as done. Developer only. \$ 15</p>
<p>Rephrase AI Use Rephrase AI to convert text into various tones. Developer only. \$ 15</p>	<p>PlanitApp A design assistant that enables marketing professionals. Developer only. \$ 15</p>	<p>Planit Get your tailored website plan and definitions for power Website Coach. Planit. Developer only. \$ 15</p>
<p>TheBemobot Bring things from memory. Store files, take information. Record it in other chats with your information on demand. Developer only. \$ 15</p>	<p>There's An AI For T... Find the right AI tools for any use case. Search the world's largest database of AI tools. Developer only. \$ 15</p>	<p>Ping Task Assistant Add your own TODOs, pins and shortcuts to manage Website Coach. Planit. Developer only. \$ 15</p>
<p>Sembot Manage your Search Engine Marketing. Get keywords reports, CPC, domain visibility, SEO trends and more. Developer only. \$ 15</p>	<p>Chat With Your Data Conversational analysis over your databases and spreadsheets. Developer only. \$ 15</p>	<p>TaskM Manage your projects and tasks. Quickly create tasks, and mark them as done. Developer only. \$ 15</p>
<p>Quick News Digest Discover what news related to you. Chat with your interests on demand. Developer only. \$ 15</p>	<p>Zapier Connect with over 3000+ apps like Google Sheets, Email, HubSpot, Salesforce, and thousands more. Developer only. \$ 15</p>	<p>ScholarAI Uncover what research recently search. Access peer-reviewed papers, explore scientific PDFs, and learn references. Developer only. \$ 15</p>
<p>Rephrase AI Use Rephrase AI to convert text into various tones. Developer only. \$ 15</p>	<p>PlanitApp A design assistant that enables marketing professionals. Developer only. \$ 15</p>	<p>Planit Get your tailored website plan and definitions for power Website Coach. Planit. Developer only. \$ 15</p>
<p>TheBemobot Bring things from memory. Store files, take information. Record it in other chats with your information on demand. Developer only. \$ 15</p>	<p>There's An AI For T... Find the right AI tools for any use case. Search the world's largest database of AI tools. Developer only. \$ 15</p>	<p>Ping Task Assistant Add your own TODOs, pins and shortcuts to manage Website Coach. Planit. Developer only. \$ 15</p>
<p>Sembot Manage your Search Engine Marketing. Get keywords reports, CPC, domain visibility, SEO trends and more. Developer only. \$ 15</p>	<p>Chat With Your Data Conversational analysis over your databases and spreadsheets. Developer only. \$ 15</p>	<p>TaskM Manage your projects and tasks. Quickly create tasks, and mark them as done. Developer only. \$ 15</p>
<p>Quick News Digest Discover what news related to you. Chat with your interests on demand. Developer only. \$ 15</p>	<p>Zapier Connect with over 3000+ apps like Google Sheets, Email, HubSpot, Salesforce, and thousands more. Developer only. \$ 15</p>	<p>ScholarAI Uncover what research recently search. Access peer-reviewed papers, explore scientific PDFs, and learn references. Developer only. \$ 15</p>

HOW TO MAKE CHATGPT WRITE LIKE YOU

Act as a tone analyzer. Analyze the writing style and tone of [extract]. Create a description of the style and tone, so we can recreate more text in that style. Don't take any context or information from the "extract" below. The extract shared in this prompt is ONLY for tone analysis purposes.

Don't take any content or information from the abstract below. The abstract shared in this prompt is ONLY for analysis purposes.

Example: The author's writing style in this text is concise, informative and uses a journalistic tone. They maintain a smooth flow throughout the text. They use precise and clear language.

- Format: Bullet pointed list
- Extract = [Insert Here]
- Using the analyzed tone, rewrite [text].
- Text = [Insert Here]



HOW TO LEARN ANYTHING FASTER

Break down [topic] into smaller, easier-to-understand parts. Use analogies and real-life examples to simplify the concept and make it more relatable.

I need help organizing my study time for (subject). Can you create a study schedule for me, including breaks and practice exercises?

What are the most important facts, dates, or formulas related to (topic)? Help me create a memorization technique to remember them easily.

Compare and contrast (concept 1) and (concept 2) to better understand their similarities and differences. Use examples to illustrate your points.

ADVANCED TECHNIQUES

- Temperature
- PROMPT SHAPING
- STACKING
- GUIDED EXPLORE
- TREE OF THOUGHT
- FEEDBACK LOOP
- CONTRASTIVE
- ADD EXAMPLES

ROLE PLAYING

- Act like Alex Hormozi
- Act like a book character
- Act like an SEO specialist
- Act like a human
- Act like Bill Gates
- Act like a Pro Copywriter
- Act like Elmer
- Act like Elon Musk
- Act like a College Professor
- Act like a Famous Historian

LEARNING

- "You are now a X"
- Summarize X
- Like a 5th grader
- Plagiarism Checker
- X Teacher
- Writing Tutor
- Career Counsellor
- Translator
- Therapist
- Personal Trainer
- Travel Guide
- Financial Assistant
- Mentor
- Best friend
- AI Girlfriend

EXTENSIONS

- ChatGPT + Internet
- WebChatGPT
- ChatGPT + Email
- ChatGPT + Twitter
- ChatGPT + Twitter
- TwitterAI
- ChatGPT + PDF
- Ask Your PDF
- ChatGPT + Shopify
- Speedy Marketing
- ChatGPT + Website
- Website Performance
- ChatGPT + Automations
- Engler
- ChatGPT + Internet
- WebChatGPT

VOCABULARY

- Inputs
- Text or Comments
- Outputs
- ChatGPT's response
- Training
- Programming ChatGPT
- Generative AI
- Capable of creating
- OpenAI
- ChatGPT creator
- Prompts
- What you provide ChatGPT

WRITING

- "Write in X style"
- Naive
- Informal
- Persuasive
- Descriptive
- Visual
- Humorous
- Narrative
- Formal
- Confrontational
- Inspirational
- As a rapper
- Rude
- Funny
- Genius

PLUGINS

- Expedia
- FiscalNote
- Instacart
- KAYAK
- Klarna
- Milo
- OpenTable
- Shopify
- Speak
- Wolfram
- PromptPerfect
- Scholar AI
- SpeechKit

CURRENT BIGGEST CHATGPT COMPETITOR CHATBOTS

