

THE ZERO DOLLAR

BUSINESS BLUEPRINT

How to Use ChatGPT to Build a Real Business From Scratch With \$0

Find the Idea • Map the First 7 Days • Land Your First Customer
The 4 Core Prompts • 10 Bonus Prompts • Ready to Copy & Paste

2026 Edition • Updated April 2026

Can ChatGPT Actually Build You a Business?

What happens when you ask ChatGPT to build you a real business from scratch with \$0? I tried this and it actually worked. Not theory, not motivation, an actual working business plan that I could execute starting the same day.

The magic is in the sequence. Most people ask ChatGPT one vague question about business ideas and get generic advice back. When you chain the right prompts together, ChatGPT turns into a full co-founder. It picks the business, plans the first week, anticipates where you will quit, and writes your opening sales message for you.

HOW TO USE THIS GUIDE

Run the **4 core prompts** in order, in one continuous chat. Do not skip around. Each one feeds the next. Once you finish the core four, go to the bonus prompts and pick whatever fits where you are stuck. For best results, turn on ChatGPT Memory in settings so it can pull from what it already knows about you.

IMPORTANT

If ChatGPT gives you a generic answer, it is because you have not given it enough context on yourself. Before prompt 1, spend 2 minutes telling it about your skills, your time, your network, and what you have tried before. The more it knows, the sharper the plan.

The 4 Core Prompts

Run these four in order, in the same chat. This is the sequence that actually produces a working plan instead of generic advice.

1. Find the Business You Can Actually Start

Most people quit before they start because they pick a business that needs money or skills they do not have. This prompt forces ChatGPT to pick something you can actually do today.

COPY THIS PROMPT:

"I have \$0 to invest. Based on everything you know about me, what is the single most realistic business I can start today using only my time and skills I already have?"

2. Get the Exact First 7 Days

Ideas are cheap. Execution is where most people die. This prompt turns the concept into a day-by-day playbook you can start tomorrow morning.

COPY THIS PROMPT:

"Give me the exact first 7 days. Day by day, what do I need to do, who do I need to contact, and what does success look like by day 7?"

3. Predict How You Will Fail

Every business dies in the first 30 days for 2 or 3 predictable reasons. This prompt surfaces yours before they happen and gives you a backup move for each one.

COPY THIS PROMPT:

"What are the 3 most likely reasons this fails in the first 30 days and what do I do the moment each one happens?"

4. Write the Exact First Message

The hardest thing is sending the first message. This prompt writes it for you. Copy it, send it today, get a paying customer.

COPY THIS PROMPT:

"Now write me the exact first message I need to send today to get my first paying customer. Make it impossible to say no."

10 Bonus Prompts to Keep Going

Once you have finished the 4 core prompts, these take you deeper. Use them to price, promote, scale, and handle the stuff that always comes up after day 7.

5. Price It Right the First Time

Pricing is where most beginners underpay themselves. Let ChatGPT do the research.

COPY THIS PROMPT:

"What should I charge for this? Give me 3 price tiers, explain who each tier is for, and tell me which one I should lead with given that I am brand new."

6. Write the First 10 Posts for My Brand

Content is how you get found for free. This prompt gets you a full 10-post runway so you never stare at a blank screen.

COPY THIS PROMPT:

"Write me the first 10 social posts I need to publish for this business. Mix hooks, teaching, personal story, and soft pitches. Make them feel human, not corporate."

7. Name the Business

Ninety percent of the names you will come up with are forgettable. Let ChatGPT brainstorm for you and then sharpen the best ones.

COPY THIS PROMPT:

"Give me 15 business name ideas. Mix clever, simple, and punchy. Avoid cringe AI name patterns. Then pick your top 3 and tell me why each one works."

8. Find My First 20 Customers

You need a specific list, not a vague audience. This prompt builds the list.

COPY THIS PROMPT:

"Tell me exactly where my first 20 customers are hanging out right now. Name specific subreddits, Facebook groups, Slack communities, local spots, or platforms. Then tell me the best way to show up in each one without being spammy."

9. Handle the First No

Your first rejection will sting. This prompt preps the exact reply that keeps the door open instead of burning the lead.

COPY THIS PROMPT:

"Write me the exact reply to send when my first potential customer tells me no or ghosts me. Keep it warm, not needy, and leave the door open for later."

10. Build an Irresistible Offer

A good offer does most of the selling for you. This prompt stress-tests yours.

COPY THIS PROMPT:

"Here is my current offer: [describe it]. Rewrite it so it feels irresistible. Add a clear outcome, a time frame, a guarantee, and remove every word that creates hesitation."

11. Create a Simple 1-Page Website

You do not need a designer. ChatGPT can write every word your site needs.

COPY THIS PROMPT:

"Write me the full copy for a 1-page website for this business. Include a headline, subhead, 3 benefits, a short about section, testimonials placeholder, pricing, FAQ, and a call to action. Keep it clear, not clever."

12. My Daily 30-Minute Operating System

Most solo founders waste hours on the wrong work. This prompt builds a tight 30-minute daily routine that moves the business forward.

COPY THIS PROMPT:

"Build me a 30-minute daily operating system for this business. Tell me exactly what to do each day to grow, broken into 3 short blocks. Keep it dead simple so I will actually do it."

13. The First \$1,000 Plan

Forget six figures. Your first real milestone is \$1,000. This prompt maps it out.

COPY THIS PROMPT:

"Based on this business and my current reality, give me the exact fastest path to my first \$1,000. How many customers, at what price, through what channel, by when."

14. Find the Hidden Second Product

Most one-product businesses fail because they stop there. This prompt finds the natural next thing to sell to the same customer.

COPY THIS PROMPT:

"Once I have my first 10 paying customers, what is the natural second product or offer I should add next? It should take very little extra work and solve the next problem they will have after buying from me."

PRO MOVE

After every single answer ChatGPT gives you, ask this one follow up: *"Now pressure test that. Where is this weak? What am I missing? What would someone who has done this 100 times change?"* This one follow up turns average advice into expert advice.

Quick Reference

All 14 prompts in one list. Run them in order or pick whatever you need.

#	Prompt
1	Find the business I can actually start today
2	Map out the exact first 7 days
3	Predict the 3 ways this fails in 30 days
4	Write the exact first sales message
5	Price it right the first time
6	Write my first 10 social posts
7	Name the business
8	Find my first 20 customers
9	Handle the first no
10	Build an irresistible offer
11	Write my 1-page website copy
12	My 30-minute daily operating system
13	The path to my first \$1,000
14	Find the hidden second product

WANT MORE GUIDES LIKE THIS?

I drop new AI workflows, skills, and prompts in my resource hub every week. Check it out and subscribe to my newsletter at mavcpt.ai.

The idea is free. The execution is the business.