

MAVERICK'S

CHATGPT

PROMPTING GUIDE

Master the art of AI prompting, from beginner to power user

Frameworks: PTCF, RISEN, CRISPE, and more
50 ready-to-use prompts by category
GPT-5.5 Instant, GPT-5.5 Thinking, Codex model guide
Pricing, features, and tools explained
Power techniques that 99% of users miss

Instagram: [@mavgpt](#) | TikTok: [@maverickgpt](#)

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Chapter 1: What Is ChatGPT and Why Does Prompting Matter?

ChatGPT is an AI platform built by OpenAI, now used by over 400 million people weekly. It can write, code, analyze data, generate images and video, browse the web, hold voice conversations, and take actions on websites on your behalf. But here is the thing most people miss: ChatGPT is only as good as the instructions you give it.

The difference between a generic, useless response and a perfectly tailored answer is not the model. It is your prompt. Vague input produces vague output. Every single time. This guide will teach you exactly how to fix that.

THE GOLDEN RULE

Vague input = vague output. Specific input = specific output. If ChatGPT gave you a bad answer, the first thing to check is whether your prompt was specific enough.

What You Will Learn

- **Part 1 (Chapters 1-4):** ChatGPT fundamentals: models, pricing, features, interface
- **Part 2 (Chapters 5-9):** Prompting mastery: frameworks, anatomy, chain-of-thought, advanced techniques
- **Part 3 (Chapters 10-11):** Real-world workflows, tips, tricks, and hidden features
- **Part 4 (Chapter 12):** 50 ready-to-use prompts organized by category

Chapter 2: ChatGPT Models: Which One Should You Use?

OpenAI runs multiple models simultaneously, each optimized for a different balance of speed, intelligence, and cost. Knowing which to use and when is the first step to better results.

GPT-5.5 Instant: The Default

Launched May 2026, GPT-5.5 Instant is the model everyone gets by default. It replaced GPT-5.3 Instant with 52.5% fewer hallucinations on high-stakes prompts, 30% less verbosity, and better personalization using your memory, past chats, and connected accounts. Use this for 80% of your daily work.

GPT-5.5 Thinking: The Reasoning Model

The flagship reasoning model for paid users. It thinks step-by-step through complex problems before answering, making it dramatically better at math, logic, scientific analysis, and multi-step coding. Available on Plus, Pro, and Business plans.

GPT-5.4 mini and GPT-5.3 Codex

GPT-5.4 mini is a smaller, faster reasoning model accessible to Free and Go users via the Thinking toggle. GPT-5.3 Codex powers the autonomous coding agent. Codex-Spark provides real-time IDE feedback. Note: older models (GPT-4o, o3, o4-mini) were retired in February 2026.

Model	Type	Best For	Plans
GPT-5.5 Instant	General	Everyday tasks, writing, chat	All (default)
GPT-5.5 Thinking	Reasoning	Complex logic, math, analysis	Plus, Pro, Business
GPT-5.4 mini	Fast reasoning	Moderate depth, speed	Free (toggle), Go, Plus+
GPT-5.3 Codex	Coding agent	Autonomous code projects	Plus, Pro, Business

TIP

Use GPT-5.5 Instant for everyday tasks. Switch to GPT-5.5 Thinking when you need step-by-step reasoning (math, logic, complex analysis). Use Codex for autonomous coding projects.

Chapter 3: Pricing Plans: Finding Your Fit

Plan	Price	Models	Key Features
Free	\$0/mo	GPT-5.5 Instant (limited) GPT-5.4 mini (toggle)	10 msgs/5hrs, basic image gen, GPT Store. Shows ads.
Go	\$8/mo	GPT-5.5 Instant (unlimited) GPT-5.4 mini	More messages, projects, tasks, custom GPTs. Shows ads.
Plus	\$20/mo	All + GPT-5.5 Thinking	Ad-free, Deep Research (10/mo), Sora, Codex, Agent Mode, Canvas, full voice, 40 Tasks/mo
Pro \$100	\$100/mo	All + GPT-5.5 Pro	5x Plus limits, unlimited Deep Research
Pro \$200	\$200/mo	All + GPT-5.5 Pro	20x limits, Sora 1080p (500/mo), personal finance
Business	\$25/user	All standard	Team workspace, SAML SSO, SOC 2, 60+ connectors

MAVERICK'S PICK

ChatGPT Plus at \$20/month. It unlocks 90% of what you need: GPT-5.5 Thinking, Deep Research, Canvas, Codex, Agent Mode, voice mode, and Sora. Step to Pro \$100 if you hit limits.

Chapter 4: ChatGPT's Full Feature Set

ChatGPT in 2026 is far more than a text chatbot. Here is everything it can do:

Memory

Remembers your preferences across conversations. Now shows which context (saved memories, past chats, Gmail) was used to personalize each response, with controls to edit or delete.

Vision

Upload any image and ChatGPT analyzes it. Extract text, interpret charts, debug UI, get feedback on designs.

Image Generation

ChatGPT creates and edits images natively. Accurate text rendering, inpainting, style transfer. Full commercial rights.

Custom GPTs

Build specialized AI assistants with custom instructions, knowledge files, and API actions. Share via the GPT Store.

Deep Research

Autonomous research agent. Browses 20-50+ sources, cross-references facts, produces cited reports in 3-10 minutes.

Advanced Voice

Real-time voice conversations with emotional tone, near-zero latency, camera sharing, screen sharing, and background mode.

Sora Video

Text-to-video generation. Plus: 50/mo at 480p. Pro: 500/mo at 1080p. Up to 20 seconds per clip.

Canvas

Side-by-side editor for writing and code. Suggest edits, adjust length/reading level, run code inline.

Agent Mode

ChatGPT opens a browser, navigates websites, clicks buttons, fills forms, and completes tasks on your behalf.

Codex

Cloud coding agent. Writes, tests, and debugs multi-file projects. Appshots, Goal mode, Computer Use on Windows.

Tasks

Schedule recurring automations. Connect to Gmail, Slack, Notion, GitHub. Plus: 40/mo. Pro: unlimited.

Projects

Organized workspaces with shared context, files, and custom instructions across conversations.

Sites (NEW)

Codex can create interactive, hosted websites and apps. Turn ideas into dashboards, planners, project boards, and lightweight tools you can share with a link.

Workspace Agents (NEW)

Team-level agents that own entire workflows, follow team processes, and can be shared across your organization.

Personal Finance (Pro \$200)

Connect financial accounts, see spending dashboards, and ask questions grounded in your financial data.

Voice Transcription (NEW)

ChatGPT can capture meetings and voice notes, transcribe them, summarize, and turn them into action items and project plans.

Connectors

Connect to 60+ external apps (Slack, Google Drive, SharePoint, GitHub, Salesforce) on Team and Enterprise plans.

Chapter 5: The Fundamentals of Great Prompting

A prompt is not just a question. It is a set of instructions that tells the AI who to be, what to do, what context to consider, and how to deliver the answer.

The PTCF Framework: Your Starting Point

The simplest and most effective prompting framework: Persona, Task, Context, Format. This gives ChatGPT the four things it needs to produce focused, high-quality output.

THE PTCF FRAMEWORK

P - PERSONA: Who should ChatGPT be?

"You are a senior financial analyst with 15 years of experience."

T - TASK: What should it do?

"Create a 30-day content calendar for Instagram with 3 posts/week."

C - CONTEXT: What background information?

"Our target audience is first-time homebuyers aged 28-40 in the US."

F - FORMAT: How should it deliver?

"Present as a comparison table with columns for Feature, Product A, Product B."

Persona changes the entire quality of the response. A prompt starting with "You are an experienced UX researcher" produces dramatically different output than the same question asked without a persona.

Task must be explicit. Say "write," "analyze," "compare," "create," "summarize," "critique," or "generate." The verb matters because it tells ChatGPT the exact type of output you expect.

Context is where most prompts fail. You need to provide the relevant background: who the audience is, what the situation involves, what has already been tried, what the goals are.

Format specifies the output structure: a numbered list, a table, a paragraph, a JSON object, a script, a markdown document.

Chapter 6: Anatomy of a Perfect Prompt

THE 6 COMPONENTS OF A PROFESSIONAL PROMPT

1. ROLE - Sets expertise level

"You are a senior content strategist with 10 years in B2B SaaS marketing."

2. CONTEXT - Background and situation

"I run a project management startup targeting mid-level managers."

3. TASK - The specific ask

"Write a 500-word blog post announcing this feature."

4. FORMAT - Output structure

"Short paragraphs (3 sentences max). Include a compelling headline."

5. CONSTRAINTS - Boundaries and limits

"Tone: conversational but professional. No jargon. No bullet points."

6. SELF-CHECK - Quality assurance

"Before delivering, verify: Does it match the tone? Is it under 500 words?"

The Self-Check: The Secret Weapon

Adding a self-evaluation step is the single most underrated prompting technique. When you tell ChatGPT to verify its own output before delivering it, the quality jumps significantly. Examples: "Before delivering, verify that every claim is supported by the context I provided." "Check that the output matches the requested format exactly." "Mark any statements that are assumptions rather than facts."

Chapter 7: Advanced Frameworks

The RISEN Framework

Role, Input, Steps, Expectation, and Narrowing. Best for complex, multi-step tasks where you need to guide ChatGPT through a specific process. The Steps component is the key addition over PTCF, and Narrowing lets you add creative constraints.

RISEN EXAMPLE

Role: You are a startup advisor specializing in go-to-market strategy.

Input: We're launching a B2B SaaS tool. Target: SMBs 10-50 employees. Budget: \$10K/month.

Steps: 1) Identify 3 ideal customer segments. 2) For each, define the pain point and messaging. 3) Recommend 2 acquisition channels with estimated CAC.
4) Create a 90-day launch timeline.

Expectation: A strategic GTM document I can present to investors.

Narrowing: Focus only on organic and content-led channels. No paid ads.

The CRISPE Framework

Capacity/Role, Relevant Insight, Instruction/Statement, Style/Personality, and Play/Experiment. What makes CRISPE unique is the Personality component (define exact tone) and the Experiment component (encourage multiple options). Best for creative work, copywriting, and branding where tone and style are critical.

Chain-of-Thought Prompting

The simplest yet most powerful advanced technique. Add "Let's think step by step" to your prompt and ChatGPT activates its reasoning mode, breaking the problem into intermediate steps. Dramatically reduces errors on math, logic puzzles, and complex analysis.

CHAIN-OF-THOUGHT EXAMPLE

I have a business that generates \$50K/month in revenue. My fixed costs are \$20K, variable costs are 30% of revenue, and I want to hire 2 new employees at \$4K each.

Let's think step by step: what is my monthly profit after the new hires, and at what revenue level do I break even if I add a third hire?

Chapter 8: Power Techniques That 99% of Users Don't Know

The "Ask Me Questions First" Technique

Instead of front-loading context, add: "Before you start, ask me any questions you need so I can give you more context." ChatGPT asks 10-15 targeted questions, then produces dramatically better output because it had all the context it needed.

The Iterative Refinement Cycle

Great outputs rarely come from the first prompt. Draft your prompt, evaluate the response, identify what is missing, refine your instructions, and re-prompt. Most professionals go through 3-5 iterations. This is normal and expected.

Few-Shot Examples

Provide 2-3 examples of what you want. ChatGPT is extremely good at pattern matching, so showing it examples is often more effective than describing what you want in words.

Negative Instructions

Tell ChatGPT what NOT to do. "Do not use jargon." "Do not start with 'In today's fast-paced world.'" "Do not use bullet points." "Do not exceed 200 words." Negative constraints sharply reduce generic, AI-sounding patterns.

Role-Stacking

Assign multiple roles: "You are a marketing strategist who also has a background in behavioral psychology and data analytics." This creates more nuanced output that draws from multiple domains simultaneously.

Perspective Shifting

"Analyze this business decision from the perspective of the CEO, the CFO, and the head of product. What would each recommend and why?" Reveals blind spots.

Output Contracts

Tell ChatGPT exactly what the output must contain, and what constitutes failure. "The output MUST include: a title, 3 subheadings, at least one data point per section, and a CTA. If any of these are missing, flag it and revise."

Temperature Control via Phrasing

For factual output: "Be precise and factual. Do not speculate." For creative output: "Be creative and unconventional. Surprise me with unexpected angles."

Chapter 9: Good Prompts vs. Bad Prompts

Bad Prompt	Good Prompt
Write me an email.	Act as a senior copywriter. Write a follow-up email to a client who hasn't responded in 2 weeks. Tone: professional but warm. Under 100 words.
Tell me about marketing.	You are a digital marketing strategist. Create a 30-day social media plan for a new coffee shop targeting 25-35 year olds. Include platform, post type, and caption.
Help me with my resume.	Review my resume (attached). I'm applying for a Senior PM role at a Series B SaaS startup. Highlight gaps, suggest improvements, and rewrite weak bullet points using the XYZ formula.
Explain Python.	I'm a beginner who knows HTML/CSS. Explain Python variables, lists, loops, and functions using analogies to web development. Include one code example per concept.

The Specificity Spectrum

Level	Example	Quality
Vague	"Write about AI."	Generic, surface-level
Somewhat specific	"Write a blog post about AI in healthcare."	Better, but still broad
Specific	"Write a 500-word blog post about how AI is reducing diagnostic errors in radiology. Audience: hospital administrators. Cite 2 examples."	Focused and useful
Highly specific	"You are a healthcare technology journalist. Write a 500-word article about how AI-powered radiology tools reduced diagnostic errors by 30% at Mount Sinai in 2025. Audience: hospital CIOs evaluating AI investments. Conversational tone, no jargon."	Professional grade

TIP

Move your prompts as far right on this spectrum as possible. The more specific you are, the less ChatGPT has to guess.

Chapter 10: Real-World Workflows

Weekly Content Creation

Tools: ChatGPT Plus, Custom GPT, Canvas

Create a Custom GPT loaded with your brand guidelines and voice examples. Each week, prompt it with your topic and let it draft posts, emails, and scripts. Use Canvas for long-form editing. Use the iteration cycle to refine each piece before publishing.

Deep Market Research

Tools: ChatGPT Plus, Deep Research, Projects

Create a Project for your research topic. Use Deep Research to have ChatGPT search, read, and synthesize from dozens of sources. It produces a cited report you can use directly. Then chat within the project to drill deeper or create executive summaries.

Code Development

Tools: ChatGPT Plus, Codex Agent, Canvas

Describe what you want to build. Use Codex to write the code, then switch to Canvas for side-by-side editing. Ask ChatGPT to write tests, review for bugs, and add documentation.

Meeting Preparation

Tools: ChatGPT Plus, Memory, Vision

Upload agendas and relevant documents. Use "Ask me questions first" to help ChatGPT understand the context. Then prompt it to prepare talking points, anticipate objections, and draft proposals.

Automated Daily Briefings

Tools: ChatGPT Plus, Tasks, Web Search

Set up a recurring Task that runs every morning. ChatGPT searches the web for industry news, summarizes the top stories, and delivers a briefing before your first meeting of the day.

Agent-Powered Research and Action

Tools: ChatGPT Plus/Pro, Agent Mode

Use Agent Mode to browse websites, compare prices, fill out forms, and take multi-step actions. Ask it to research 3 competitors, then open a doc and create a comparison slide deck.

Chapter 11: Tips, Tricks, and Hidden Features

1. You can upload entire folders. ChatGPT processes them all and maintains context across every document.
2. Memory is editable. Go to Settings > Personalization > Memory to view, edit, or delete anything ChatGPT remembers. Memory sources now show what context was used.
3. Custom instructions still matter. Settings > Personalization > Custom Instructions gives you persistent formatting and behavior rules for every conversation.
4. Projects organize everything. Create separate projects for different clients, topics, or workflows.
5. Canvas is a game changer for editing. For any long-form writing, open Canvas and edit collaboratively.
6. You can share conversations. Click the share icon to generate a link.
7. Use temporary chats for privacy. Conversations are not saved and not used for training.
8. ChatGPT can analyze code screenshots. Upload a screenshot and it reads, explains, and debugs the code.
9. Agent Mode can browse and act on the web. Select it from the model dropdown to have ChatGPT navigate websites and complete tasks.
10. Personal finance is built in (Pro). Connect your financial accounts for spending analysis.

Common Mistakes to Avoid

Being too vague: "Help me with my project" is the worst prompt you can write. Be specific.

Context dumping: Pasting huge amounts of text without telling ChatGPT what matters. Add: "Focus on X and Y."

Not iterating: Accepting the first response as final. Always refine.

Ignoring the model selector: Using GPT-5.5 Instant for complex reasoning, or GPT-5.5 Thinking for simple questions, wastes quality or money.

Forgetting Custom GPTs: If you do the same type of task repeatedly, build a Custom GPT for it.

Chapter 12: 50 Ready-to-Use Prompts

Copy, paste, and customize. Each one uses the techniques from this guide: specific roles, clear context, defined format, and actionable output.

Productivity

#1

PRODUCTIVITY

Morning Planner

"You are my personal productivity coach. Based on these tasks [list tasks], create an optimized daily schedule. Assign time blocks, group similar tasks, identify my most important task, and include 2 break periods. Format as a time-blocked table from 8am to 6pm."

#2

PRODUCTIVITY

Meeting Summarizer

"Summarize the following meeting notes into a structured brief. Include: 1) Key decisions made, 2) Action items with owner and deadline, 3) Open questions that need follow-up, 4) A one-sentence executive summary. [Paste meeting notes]"

#3

PRODUCTIVITY

Email Inbox Zero

"You are a professional communications expert. I have 15 unread emails to respond to. For each email I describe, draft a response that is professional, concise (under 100 words), and matches the appropriate tone. Ask me to describe each email one at a time."

#4

PRODUCTIVITY

Weekly Review

"Act as my accountability coach. Ask me these questions one by one and compile my answers into a structured weekly review: 1) What were your 3 biggest wins? 2) What did not go as planned? 3) What did you learn? 4) Top 3 priorities for next week? 5) One habit to improve?"

#5

PRODUCTIVITY

Goal Breakdown

"I want to achieve [goal] within [timeframe]. Break this down into monthly milestones, then break the first month into weekly tasks. For each task, estimate the time required and identify dependencies. Present as a project timeline."

#6

PRODUCTIVITY

Decision Matrix

"I need to decide between [Option A] and [Option B]. Create a weighted decision matrix with at least 8 criteria relevant to this type of decision. Score each option 1-10 on each criterion. Calculate weighted totals and provide a clear recommendation with reasoning."

#7

PRODUCTIVITY

Delegation Helper

"I am a [role] with these tasks on my plate: [list]. Identify which tasks I should do myself, which I should delegate, and which I should eliminate. For tasks to delegate, suggest the ideal person/role and a brief for them."

#8

PRODUCTIVITY

Focus Session Designer

"Design a 90-minute deep work session for me. I need to [task]. Include: a 5-minute warmup ritual, clear start/stop times for each sub-task, one micro-break placement, and an end-of-session review prompt."

Writing

#9

WRITING

Blog Post Generator

"You are a content strategist. Write a 700-word blog post about [topic]. Target audience: [describe]. Tone: conversational but authoritative. Structure: compelling hook (no cliches), 3 subheadings, practical examples, and a CTA to [action]. Do not start with 'In today's...'"

#10

WRITING

Email Cold Outreach

"Write a cold outreach email to [person/role] at [company type]. I offer [product/service] that solves [problem]. Keep it under 120 words, personalize the opening line, and end with a low-friction CTA (not 'book a call'). Tone: confident but not pushy."

#11

WRITING

LinkedIn Post Creator

"Write a LinkedIn post about [topic/lesson]. Use the hook-story-insight-CTA structure. Opening line must stop the scroll. Max 200 words. No hashtags in the body. Add 3-5 relevant hashtags at the end. Write in first person, conversational tone."

#12

WRITING

Cover Letter Customizer

"Rewrite my cover letter for a [job title] position at [company]. Highlight how my experience in [your experience] directly addresses their requirements for [key requirements from job posting]. Keep it to one page, professional tone."

#13

WRITING

YouTube Script Writer

"Write a 10-minute YouTube video script about [topic]. Structure: strong hook (first 15 seconds), problem setup, solution walkthrough with 3 key points, and a compelling outro with CTA. Include timestamps and suggested B-roll notes."

#14

WRITING

Product Description

"Write a product description for [product] targeting [audience]. Include: a headline (under 10 words), 3 benefit-focused bullet point (not features), a paragraph explaining the transformation the customer gets, and an urgency-driven CTA."

#15

WRITING

Newsletter Template

"Create a weekly newsletter template for [niche/industry]. Include: a subject line formula, a personal intro section, 3 curated insights with commentary, one actionable tip, and a conversation starter question. Length: 500-700 words."

#16

WRITING

Press Release

"Write a press release announcing [news]. Include: a compelling headline, a strong lead paragraph (who, what, when, where, why), 2 supporting paragraphs with quotes from [spokesperson], boilerplate about [company], and media contact information. Follow AP style."

Business

#17

BUSINESS

SWOT Analysis

"Conduct a comprehensive SWOT analysis for [business/product]. For each quadrant, provide at least 5 specific points based on the context I provide. Then create an action plan: 2 strategies to leverage strengths, 2 to address weaknesses, 2 to capture opportunities, and 2 to mitigate threats. Context: [provide details]."

#18

BUSINESS

Pitch Deck Outline

"Create a detailed outline for a 12-slide investor pitch deck for [business]. Include suggested content for each slide: Problem, Solution, Market Size, Business Model, Traction, Team, Competition, Go-to-Market, Financials, Ask, Timeline, and Vision. Base it on: [provide details]."

#19

BUSINESS

Competitive Analysis

"Analyze [competitor 1, 2, 3] as competitors to my business [describe]. For each, identify: pricing strategy, target audience, key differentiators, weaknesses, and market positioning. Then identify gaps in the market that none of them are addressing. Present it as a comparison matrix."

#20

BUSINESS

Customer Persona

"Create a detailed customer persona for [product/service]. Include: demographics, psychographics, goals, frustrations, typical day information sources, objections to buying, and the trigger event that makes them search for a solution. Make it specific enough that I could picture this person."

#21

BUSINESS

Pricing Strategy

"You are a pricing strategist. Help me price [product/service]. My costs are [details], target market is [describe], and competitors charge [ranges]. Recommend 3 pricing models (with pros/cons of each), suggest a specific price point with justification, and outline an A/B testing plan."

#22

BUSINESS

OKR Generator

"Generate quarterly OKRs for a [team/department] at a [company type]. Create 3 Objectives, each with 3-4 measurable Key Results. Each KR should have a specific metric, target number, and baseline. Include a suggested check-in cadence and risk factors."

#23

BUSINESS

Contract Reviewer

"Review the following contract and identify: 1) Any clauses that are unusually favorable to the other party, 2) Missing protections I should negotiate for, 3) Ambiguous language that could be interpreted against me, 4) Standard vs non-standard terms. Note: This is for informational purposes; I will consult a lawyer. [Paste contract]"

#24

BUSINESS

Business Plan Executive Summary

"Write a one-page executive summary for [business]. Include: the problem we solve, our solution, target market with TAM/SAM/SOM estimates, revenue model, current traction, competitive advantage, team highlights, and funding ask with use of proceeds. Make it compelling enough to get a meeting."

Learning

#25

LEARNING

Concept Explainer

"Explain [complex concept] as if I am a [skill level: beginner/intermediate/advanced]. Use 3 real-world analogies, provide one concrete example I can try myself, and end with 3 questions I should be able to answer if I understood correctly. If my skill level is beginner, avoid jargon entirely."

#26

LEARNING

Study Plan Creator

"Create a 4-week study plan for learning [subject]. I can dedicate [X hours/week]. Current level: [describe]. Include: weekly objectives, specific resources (books, courses, videos), practice exercises, and a mini-project to complete by the end. Format as a weekly calendar."

#27

LEARNING

Socratic Tutor

"I want to learn about [topic]. Instead of explaining it to me, teach me using the Socratic method. Ask me questions that guide me to discover the concepts myself. Start with foundational questions and progressively increase complexity. Correct my misunderstandings gently."

#28

LEARNING

Book Summarizer

"Summarize the key ideas from [book title] by [author]. Include: the central thesis in 1 sentence, the 5 most important concepts, 3 actionable takeaways I can implement today, and a critical analysis of the book's strengths and weaknesses. Format for a busy reader who has 5 minutes."

#29

LEARNING

Skill Assessment

"I want to assess my current level in [skill]. Ask me 10 progressively harder questions about [skill], starting from basics to advanced. After each answer, rate my understanding and explain what I got right or wrong. At the end, give me an overall assessment and a targeted improvement plan."

#30

LEARNING

Language Practice Partner

"You are a [language] conversation partner. Have a natural conversation with me in [language]. My level is [beginner/intermediate/advanced]. After every 3-4 exchanges, gently correct any grammar or vocabulary mistakes I made. Adjust difficulty based on my responses. Start with a casual greeting."

Health

#31

HEALTH

Meal Planner

"Create a 7-day meal plan for [dietary preference]. Budget: \$[X]/week for [X] people. Include breakfast, lunch, dinner, and 2 snack. Provide a consolidated grocery list sorted by store section and a Sunday meal prep schedule to batch-cook as much as possible."

#32

HEALTH

Workout Program

"Design a [X]-week fitness program. Goal: [lose weight/build muscle/general fitness]. I can work out [X] days per week for [X] minutes. Equipment: [gym/home/bodyweight]. Include warm-up, main workout, and cool-down for each day. Progressive overload built in."

#33

HEALTH

Habit Tracker Setup

"Help me build a habit tracking system for these 5 habits I want to develop: [list habits]. For each habit, define: the smallest possible version (2-minute rule), a specific trigger/cue, the reward, and how to handle missed days. Then create a 30-day tracking template."

#34

HEALTH

Sleep Optimization

"I currently sleep [X hours] per night and wake up feeling [describe]. Analyze my current routine: [describe bedtime routine]. Suggest a science-backed evening routine with specific times, a bedroom environment checklist, and a 2-week sleep experiment can try."

#35

HEALTH

Stress Management Plan

"I am experiencing stress from [sources]. Create a personalized stress management plan with: 3 daily micro-practices (under 5 minutes each), 2 weekly longer practices, 1 monthly reset activity, and specific triggers for when I should escalate to professional help."

Creative

#36

CREATIVE

Social Media Content Calendar

"Create a 30-day content calendar for [platform]. My niche: [describe]. Include: post type (carousel, reel, story, text), topic, caption draft, best posting day/time, and hashtag set. Mix educational (40%), entertaining (30%), and promotional (30%) content."

#37

CREATIVE

Brand Voice Guide

"Help me define a brand voice for [business]. Analyze these 3 examples of content I like: [paste examples]. Then create a brand voice document with: personality traits (3 adjectives), tone do's and don'ts, vocabulary preferences, sentence structure guidelines and 3 example paragraphs in the defined voice."

#38

CREATIVE

Video Script (Short-Form)

"Write a 60-second TikTok/Reels script about [topic]. Structure: pattern-interrupt hook (first 2 seconds), problem statement, 3 quick tips with visual cues, and a CTA. Include on-screen text suggestions and transition notes. Tone: energetic and authentic."

#39

CREATIVE

Image Prompt Generator

"I need images for [project]. Generate 5 detailed image generation prompts I can use with ChatGPT. Each prompt should specify: subject, composition, lighting, color palette, mood, and style. Make each one visually distinct from the others."

#40

CREATIVE

Podcast Episode Planner

"Plan a podcast episode about [topic]. Include: an attention-grabbing title, a 3-sentence episode description, a detailed outline with timestamps, 5 discussion questions, 2 potential guest suggestions with why they would be interesting, and a closing CTA."

Career

#41

CAREER

Resume Bullet Rewriter

"Rewrite these resume bullet points using the XYZ formula (Accomplished [X] as measured by [Y] by doing [Z]). Make each one quantifiable with specific metrics. Current bullets: [paste bullets]. Target role: [describe]."

#42

CAREER

Interview Prep Coach

"I have an interview for [role] at [company]. Act as the interviewer and ask me 10 likely questions. After each of my answers, rate 1-10 and give specific feedback on content, delivery, and what was missing. Then suggest a stronger answer using the STAR method."

#43

CAREER

Salary Negotiation Script

"I received an offer for [role] at \$[X]. I want \$[Y]. Help me negotiate: provide 3 market data points supporting my ask, write an email counter-offer, create a phone script for the negotiation call, and define my walk-away number with reasoning."

#44

CAREER

LinkedIn Profile Optimizer

"Review my LinkedIn profile [paste sections]. I want to attract [type of opportunities]. Rewrite my headline (max 120 chars), About section (max 300 words), and top 3 experience descriptions. Use keywords that recruiters in [industry] search for."

#45

CAREER

Career Transition Plan

"I am currently a [current role] and want to transition to [target role]. Create a 6-month plan including: skills gap analysis, specific courses/certifications to get, networking strategy (who to reach out to and what to say), portfolio projects to build, and a timeline with milestones."

Finance

#46

FINANCE

Budget Creator

"Analyze my monthly income (\$[X]) and these expenses: [list]. Create a budget using the 50/30/20 rule. Identify where I am overspending, suggest 5 specific cuts with estimated savings, and create a monthly budget template I can follow."

#47

FINANCE

Investment Research

"Research [investment/asset class] for me. Cover: current market conditions, historical performance (5-year and 10-year), key risks, tax implications, how it fits into a diversified portfolio, and whether it makes sense for someone with [describe situation]. Note I will verify with a financial advisor."

#48

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Tax Deduction Finder

"I am a [job type/freelancer/business owner] earning \$[X]/year. Walk me through every tax deduction I might be eligible for. Ask me questions about my situation to identify ones I am missing. Create a checklist of documents I need to gather before filing."

#49

FINANCE

Side Income Evaluator

"I have [X hours/week] and [skills]. Evaluate 5 side income opportunities for me. For each: estimated monthly income, startup costs, time to first dollar, difficulty level, and scalability potential. Rank them by ROI on my time and recommend the best starting point."

#50

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Financial Goal Planner

"I want to save \$[X] in [timeframe]. My current monthly income is \$[Y] and expenses are \$[Z]. Create a savings plan with: monthly targets, specific expense cuts, potential income boosts, milestone checkpoints, and what to do if I fall behind. Include a visual progress tracker format."

Start Prompting Like a Pro

You now have the frameworks, the techniques, and 50 ready-to-use prompts. Pick one prompt, open ChatGPT, paste it in, and see the difference that specificity makes.

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Drop "PROMPTS" in the comments for this full guide.