ChatGPT Master Prompt List:

Give ChatGPT an Identity – Make ChatGPT that expert.

Define your Objective – Be specific as to what it is you want to know about, (TMI).

• **Example:** I want help being healthier the typical way someone would ask is create a healthy meal plan and exercise routine for the week.

• **Prompt to ChatGPT:** [You are an expert nutritionist, health coach and personal trainer. Use your knowledge of exercise science, nutrition advice, supplements, and other relevant factors in order to create a plan suitable for me.] Objective: {I am a 34 year old fit male. My goal is to lose some weight while focusing on increasing muscle mass. I would also like to optimize for longevity. Write me a meal plan and exercise routine for the week.} Press Enter and wait for the response from ChatGPT.

Refine – ChatGPT remembers your conversations. You can go back and refine your prompts to get more specific answers.

• Explain this like I'm 5 years old.
• Compile this into an actionable list.
• Summarize this into a tweet.
• Write this in the perspective of:
• Make this more formal/informal.
• Add some humor/sarcasm.
• Format this as a table, bullet points, etc.

Cases:

• Writing: essays, copy, scripts, texts, etc.
• Recommendations: products, books, etc.
• Brainstorm: businesses, titles, prompts, etc.
• Coding: write and troubleshoot code.
• Summarize: books, lectures, articles, etc.
• Health, mental health, exercise.
• Recipes.
• Lists: groceries, shopping, etc.
• Replace Google.