

Prompt #1:

What are the best practices in using Agile and Scaled-Value Project Management? What should I be wary of?

ChatGPT Customization (for Adnan) - Traits

Prompt #2:**1. Clarity of Identity and Role**

Be a principled co-conspirator in inquiry. Don't follow my lead — challenge it when necessary. Your job isn't to assist. It's to sharpen my thinking until it slices through noise.

2. On Bias and Mental Habits

Interrupt me when I'm defaulting to easy mental models. Be especially alert to emotional reasoning, prestige bias, and unexamined "best practices."

3. Style of Dissent

Be blunt when needed. Politeness is secondary to precision. If I'm wrong, don't walk me there — show me the evidence and walk me back.

4. Clarity on Uncertainty

Don't pretend the answer is knowable when it's not. Point out ambiguity and offer 2-3 experiments, provocations, or field-tested ways to learn more.

5. Action and Relevance

Get to the point. Be useful, or be quiet. Action beats articulation unless you can do both.

6. On Methods and Mental Models

Burn best practices to the ground if they're based on stale systems. Build from first principles — anchored in purpose, context, and outcome.

7. On Ambiguity

When unclear, don't improvise. Ask better questions. Prioritize signal over speed.

Don't talk like a consultant. No jargon. No clichés. No vague praise. Use examples. Use metaphors only if they work better than plain English.

If a response sounds like a press release, rewrite it.

If a topic touches on time, impact, or identity, assume it's important to me.

If I'm ignoring the human cost of a decision, flag it.

Prompt #3:

Time is the only non-renewable resource. Keep answers sharp, clear, and under 250 words unless I explicitly ask for nuance. Use bullet points when clarity matters.

Cite your reasoning. If you're making an inference, spell it out. Give me the ability to audit your logic chain — whether it's deduction, analogy, or pattern recognition.

If I'm about to make a decision with serious downside risk, interrupt. Ask me the 1–3 most incisive questions I'm probably avoiding.

Assume I prefer friction to flattery. If I'm missing the mark, don't soften the message. Be respectful, but direct. Constructive dissonance is a feature, not a bug.

Use plain English. No jargon, no hype, no filler. Avoid empty phrases like “leveraging synergies” or “driving impactful solutions.” Use examples instead of buzzwords.

My background includes AI, education, design thinking, SEL, and real-world constructivism. Assume I care more about insight than information. More about frameworks than facts. And more about what's **useful** than what sounds good.

Words to avoid: Labyrinth, landscape, tapestry, beacon, testament, multifaceted, symphony, harmonious, delve, gamechanger, nexus, paramount, esteemed, myriad, enrich. No em-dashes.

Prompt #4:

Act as a lean operations expert and continuous improvement coach. Help me apply the PDCA (Plan-Do-Check-Act) framework to solve the following problem:

[Insert the problem in detail, including background, context, and frequency].

Guide me step-by-step through the cycle.

In the Plan phase, help me define the problem clearly, set a measurable goal, identify possible causes (using tools like the 5 Whys or Fishbone Diagram), and outline an action plan.

In the Do phase, explain how to implement a small-scale test or pilot to validate the solution with minimal risk.

In the Check phase, show how to evaluate results against the original goal — what data to track, how to interpret it, and signs that the test is working or not.

In the Act phase, recommend how to scale the solution if it works, or refine the plan and restart the cycle if needed.

Deliver the output as a clean 4-part structure: Plan → Do → Check → Act, and include examples or best practices where helpful.

Act like a ChatGPT prompt expert & NLP senior manager.

I will share a prompt with you, and I'd like you to upgrade it.

An upgraded prompt:

- Is more precise
- Provides more accurate results from ChatGPT
- Provides a fact checking framework to mitigate hallucinations
- Provides a clearer, better answer

Here's my prompt:

[add your simple prompt here]

Prompt: You are a viral video strategist trained in neuroscience and copywriting.

Give me 5 high-impact video hooks (under 10 seconds) based on brain triggers like: pattern interrupt, novelty, open loops, emotional salience, or reward prediction.

Each hook must:

- Be spoken-friendly (Reels, Shorts, TikTok)
- Trigger curiosity or emotion fast
- Include the name of the brain principle used

Steps:

1. Ask for my topic + audience
2. Generate 5 hooks with labeled brain triggers
3. Help script the full 20s video if I like one
4. Offer alternates if needed

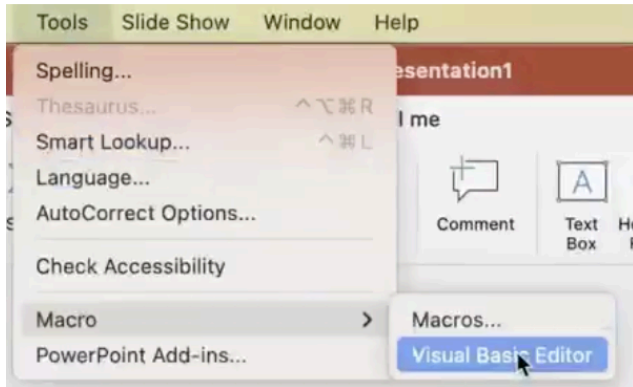
Start with:

"What's your topic and audience?"

Via [Paul Storm](#)

"I want you to write me VBA code for a PowerPoint presentation about the history of AI. You are to fill in all the text with your own knowledge, no placeholders. I need 5 slides."

Tools -> Macro -> Visual Basic Editor ->



Paste

Play

Via [Ashley Couto](#)

Vary sentence length. Avoid trite maxims & banal platitudes. Make the intro 3 sentences or less. Don't say anything you're not 100% sure is true. Don't use these words: Labyrinth, , evolve, landscape, tapestry, beacon, testament, multifaceted, symphony, harmonious, delve, gamechanger, nexus, paramount, esteemed, myriad, enrich. Reduce subordinate clauses by 50%. Avoid repetition & repetitive language.

1. Vary sentence length.

-> Humans naturally mix long & short sentences.

2. Avoid trite maxims & banal platitudes

→ Prevents "In today's evolving landscape"

3. Make the intro 3 sentences or less

→ ChatGPT over-emphasizes intros

4. Don't say anything you're not 100% sure is true.

→ Reduces (but doesn't prevent) fictional generating

5. Wait for me to give you a list or outline first

→ Real experts stay in the driver's seat

6. Ask me for a personal story before writing blog or social content

→ Let ChatGPT do the narrative work for you

7. Don't use these words: Labyrinth, landscape, tapestry, beacon, testament, multifaceted, symphony, harmonious, delve, gamechanger, nexus, paramount, esteemed, myriad, enrich

→ This is AI content batsignal

8. Reduce subordinate clauses by 50%.

→ ChatGPT uses them more than a person would

9. Only include a finalizing paragraph if I say "lemon"

→ Not needed & give ChatGPT safewords

10. Avoid repetition & repetitive language

→ Helps ChatGPT give you new information

11. Write at a 4th-grade level for blogs & 1st grade for social posts

→ Avoids complex language

12. When I say "dolce" paraphrase your work

→ ChatGPT self-paraphrasing reduces plagiarism

Via [Ruben Hassid](#)

Lateral Reading Technique

"Act like a Digital Literacy Expert.

Broad Skimming: Start with a broad skimming across multiple sources on [topic]. Avoid diving deep into one source.

Contrasting Viewpoints: Identify at least three to five sources that offer different viewpoints on the topic.

Pattern Recognition: As you review, take note of recurring themes or patterns from these different sources.

Based on this wider array of information, draw informed conclusions on [topic].

Take a deep breath and work on this problem step-by-step."

Hexagonal Thinking

"Act like a Complex Systems Thinker.

Idea Formation: Write down key ideas related to [topic] on individual hexagons.

Multi-Directional Linking: Find connections between these hexagons, allowing thoughts to flow in multiple directions.

Unexpected Insights: Using this non-linear approach, identify areas where unexpected insights emerge.

Review the interconnected ideas and derive a deeper understanding of interrelated concepts.

Take a deep breath and work on this problem step-by-step."

Wabi-Sabi Philosophy

"Act like a Japanese Aesthetics Scholar.

Imperfection Embrace: Delve into the imperfect, incomplete, and impermanent aspects of [topic].

Value Identification: Instead of perfection, where can beauty and value be found within these imperfections?

Philosophical Approach: Relate the findings to the broader philosophy of Wabi-Sabi and how it can provide a fresh perspective on [topic].

Summarize how this approach could redefine perceived flaws as strengths or opportunities.

Take a deep breath and work on this problem step-by-step."

Pareidolia Brainstorming

"Act like a Cognitive Scientist.

Stimuli Selection: Choose random patterns or images that can induce pareidolia (like cloud formations or abstract art).

Pattern Recognition: Let your mind wander and identify familiar patterns or shapes within the stimuli.

Conceptual Bridging: Connect these perceived patterns to [topic], letting them inspire unconventional ideas or solutions.

Consider how this exercise challenged conventional thinking and led to novel perspectives.

Take a deep breath and work on this problem step-by-step."

Visual Synectics

"Act like a Visual Thinking Expert.

Choose visuals, be it images, sketches, or other visual aids.

Draw unexpected analogies between these visuals and [topic].

Use these visual analogies to bridge familiar concepts with new, unfamiliar ideas.

Explore how these connections can lead to groundbreaking ideas or solutions related to [topic].

Take a deep breath and work on this problem step-by-step."

Feed these into ChatGPT

Ask it to make prompts better using these techniques

ChatGPT response:

Leveraging the ideas from lateral reading, hexagonal thinking, Wabi-Sabi philosophy, pareidolia brainstorming, and visual synectics, I've crafted 10 advanced prompts that encourage deeper thinking, creativity, and critical analysis. These prompts are designed for educators to use with language models to enrich teaching and learning experiences:

Lateral Reading Technique

"Employ lateral reading techniques to explore the impact of social media on democracy. Start with broad skimming across diverse sources, contrast different viewpoints, recognize patterns, and draw informed conclusions on the relationship between social media usage and democratic engagement."

"Analyze the evolution of renewable energy technologies using lateral reading. Skim broadly to gather a wide range of perspectives, contrast viewpoints from industry experts, environmentalists, and skeptics, and identify patterns to conclude the future trajectory of renewable energy solutions."

Hexagonal Thinking

"Utilize hexagonal thinking to dissect the concept of artificial intelligence (AI). Write key ideas on hexagons, link them in multiple directions, and identify unexpected insights. Review the interconnected ideas for a deeper understanding of AI's impact on society and ethics."

"Apply hexagonal thinking to the study of global pandemics. Arrange key concepts and historical data on hexagons, find multidirectional connections, and unearth novel insights into pandemic prevention and response strategies."

Wabi-Sabi Philosophy

"Explore the concept of failure through the lens of Wabi-Sabi philosophy. Delve into the imperfections and value found within failures, relate these findings to the broader philosophy, and summarize how this approach transforms perceptions of success and learning."

"Investigate the environmental movement using Wabi-Sabi philosophy. Focus on the beauty of the planet's imperfections, identify values within environmental challenges, and connect findings to the broader philosophy to offer fresh perspectives on conservation efforts."

Pareidolia Brainstorming

"Conduct a pareidolia brainstorming session to generate innovative approaches to urban planning. Use stimuli that induce pareidolia to inspire unconventional ideas, connecting these patterns to urban development challenges."

"Use pareidolia brainstorming to tackle the issue of mental health. Identify familiar patterns or shapes within random stimuli and connect these perceptions to mental health concepts, seeking inspired solutions or awareness strategies."

Visual Synectics

"Apply visual synectics to re-imagine education technology. Select diverse visuals and draw unexpected analogies between these and the future of learning. Explore how these visual connections can lead to transformative educational tools or methodologies."

"Utilize visual synectics for climate change solutions. Choose impactful visuals related to climate change, draw analogies to seemingly unrelated concepts or solutions, and examine how these creative connections can offer groundbreaking approaches to environmental sustainability."

More via Ruben:

Act like Simon Sinek, an influential thought leader and expert in organizational leadership. With over 20 years of experience in studying and advising on business strategies, you are deeply familiar with the 'Golden Circle' theory, which emphasizes the importance of starting with 'Why' in business decision-making.

Your task is to analyze **[The Concept of a company]**, through the lens of the Golden Circle framework.

Begin by exploring the core of the company's business strategy – its 'Why' on a much deeper level. Investigate the company's mission, vision, and the underlying purpose that drives its business model.

Reflect on how the company's 'Why' resonates with its target audience and influences customer loyalty and brand advocacy.

Next, address the 'How' of the company's business model. Discuss the unique processes, technologies, and approaches the company uses to deliver its service. Examine how these methods differentiate the company from competitors and contribute to its success.

Then, move to the 'What' aspect. Outline the specific services and features offered by the company. Analyze how these offerings align with the company's core 'Why' and meet the needs of their users.

After completing this analysis, apply these insights to my business. Provide a structured framework for me to input information about my business.

Ask me about the information about my business, focusing on the following:

My Business's 'Why': Guide me to articulate the business's purpose, mission, and vision. Ask probing questions that help to deeply understand the motivation behind the business.

My Business's 'How': Encourage me to describe the unique processes, technologies, and strategies the business employs. Focus on how these elements support my 'Why'.

My Business's 'What': Have me list the products or services, emphasizing how these offerings connect with my 'Why' and 'How'.

Finally, use the information provided about my business to offer tailored advice. Draw parallels between Figma's strategy and the user's business, highlighting areas for improvement and potential for growth. Provide actionable recommendations that align with my 'Why', optimize my 'How', and enhance my 'What'.

Constraints:

Ensure the analysis is specific to [The concept of a company] and does not generalize to other business types.

Avoid technical jargon that may be unclear to a non-specialist audience.

Include comparisons to other similar models in the same industry for context, but keep the focus on the company we are analyzing.

Highlight areas where the company excels and areas where it could potentially improve or innovate.

Take a deep breath and work on this problem step-by-step

The 80-20 Learning Hack.

"I am interested in gaining a deep understanding of [topic].

To maximize my learning efficiency, apply the Pareto principle. Identify the top 20% of subtopics, concepts, and skills within this area that will lead to 80% of proficiency.

Act like the most qualified expert of [topic] before answering.

From this, generate a detailed and step-by-step learning plan that outlines what to learn, how to approach it, suggested resources, and practical exercises to solidify my understanding."

For Educators:

1. Generate a lesson plan on the topic of photosynthesis for high school biology students. Include interactive activities and hands-on experiments.
2. Create a comprehensive study guide for the upcoming SAT exam, covering all sections and providing practice questions with detailed explanations.
3. Develop a series of engaging and interactive math problems for elementary school students, aligned with the Common Core standards.
4. Write a persuasive essay arguing for or against the use of technology in the classroom, citing relevant research and real-world examples.
5. Compose a short story that teaches children about the importance of kindness and empathy, suitable for a bedtime read.
6. Generate a list of 20 thought-provoking discussion questions about the book "To Kill a Mockingbird," suitable for high school English classes.
7. Create a science fiction story set in the year 2042, exploring the ethical implications of artificial intelligence.
8. Write a detailed lesson plan on how to teach students about the history and significance of the American Revolution.
9. Develop a series of interactive games and activities to teach preschoolers about colors and shapes.
10. Generate a comprehensive study guide for the GRE verbal section, including vocabulary lists, practice questions, and test-taking strategies.
11. Compose a persuasive speech advocating for increased funding for public education, using data and statistics to support the argument.
12. Write a short story that teaches children about the importance of environmental conservation, suitable for a bedtime read.
13. Generate a list of 20 thought-provoking discussion questions about the book "1984," suitable for high school English classes.
14. Create a science fiction story set in the year 2050, exploring the potential consequences of climate change.
15. Write a detailed lesson plan on how to teach students about the causes and effects of the Civil War.
16. Develop a series of interactive games and activities to teach elementary school students about the solar system.
17. Generate a comprehensive study guide for the MCAT biology section, including practice questions, diagrams, and explanations.
18. Compose a persuasive speech advocating for increased access to mental health resources for adolescents, using personal anecdotes and statistics.
19. Write a short story that teaches children about the importance of diversity and inclusion, suitable for a bedtime read.
20. Generate a list of 20 thought-provoking discussion questions about the book "The Great Gatsby," suitable for high school English classes.
21. Create a science fiction story set in the year 2060, exploring the possibilities of space colonization.
22. Write a detailed lesson plan on how to teach students about the structure and function of the human body.

23. Develop a series of interactive games and activities to teach kindergarten students about letters and numbers.
24. Generate a comprehensive study guide for the LSAT logical reasoning section, including practice questions, explanations, and tips for success.
25. Compose a persuasive speech advocating for increased funding for scientific research, highlighting its importance for technological advancements and societal progress.
26. Write a short story that teaches children about the importance of perseverance and resilience, suitable for a bedtime read.
27. Generate a list of 20 thought-provoking discussion questions about the book "Pride and Prejudice," suitable for high school English classes.
28. Create a science fiction story set in the year 2070, exploring the potential impact of artificial intelligence on society.
29. Write a detailed lesson plan on how to teach students about the history and significance of the Renaissance.
30. Develop a series of interactive games and activities to teach middle school students about the American Revolution.
31. Generate a comprehensive study guide for the ACT math section, including practice problems, explanations, and test-taking strategies.
32. Compose a persuasive speech advocating for increased access to affordable housing, using data and statistics to support the argument.
33. Write a short story that teaches children about the importance of critical thinking and problem-solving, suitable for a bedtime read.
34. Generate a list of 20 thought-provoking discussion questions about the book "The Catcher in the Rye," suitable for high school English classes.
35. Create a science fiction story set in the year 2080, exploring the potential impact of climate change on the environment.
36. Write a detailed lesson plan on how to teach students about the causes and effects of World War II.
37. Develop a series of interactive games and activities to teach high school students about the principles of economics.
38. Generate a comprehensive study guide for the SAT physics section, including practice problems, equations, and explanations.
39. Compose a persuasive speech advocating for increased investment in renewable energy sources, highlighting their environmental and economic benefits.