

PREMIUM DIGITAL TOOLKIT

The Ultimate AI Prompt Vault

60+ ready-to-use ChatGPT & AI prompts for
content, business, study & personal growth —
just copy, paste & get results.

60+ PROMPTS

4 CATEGORIES

BONUS CHEAT SHEET

EDITION 2026 · FOR CREATORS, FOUNDERS & STUDENTS

WELCOME

How to Use This Pack

This pack gives you battle-tested prompts you can copy directly into ChatGPT, Claude, or any AI chatbot. No prompt-writing skills needed — everything is done for you, step by step.

1

Pick a prompt from any category that matches what you need right now.

2

Copy the italic text and paste it into ChatGPT, Claude, or Gemini.

3

Fill in the [brackets] with your own details for a personalized result.

4

Tweak & repeat — ask the AI to refine the answer until it's perfect.

What's Inside

S

Social Media & Content
Captions, scripts, calendars & hooks that keep your page active every day.

B

Business & Entrepreneurship
Plans, pitches, pricing & emails to run your business with confidence.

L

Study, Career & Learning
Notes, interview prep & resumes that help you learn and grow faster.

G

Personal Growth
Planning, habits & motivation prompts to build a better daily routine.

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PART 1 OF 3

Social Media & Content Creation

Copy any prompt below into your AI chatbot and replace the [brackets] with your own details.

01 Instagram Caption Generator

"Act as a social media copywriter. Write 5 Instagram captions for a post about [topic/photo]. My niche is [your niche] and my tone is [funny/inspiring/professional]. Include 1 short hook line and 1 call-to-action in each."

✓ **What you get:** 5 ready-to-post captions with hooks and CTAs, matched to your tone.

02 Reel/Short Script Writer

"Act as a viral video scriptwriter. Write a 30-second Instagram Reel script about [topic]. Structure it as: Hook (first 3 seconds), 3 main points, and a strong ending line. Keep sentences short and punchy."

✓ **What you get:** A ready-to-record script split into hook, body, and closing line.

03 Weekly Content Calendar

"Act as a content strategist. Create a 7-day content calendar for my [niche] Instagram page. For each day, give me a content type (reel/carousel/story) and one topic idea. My goal this week is [goal]."

✓ **What you get:** A full week of post ideas so you never run out of things to post.

04 Scroll-Stopping Hook Lines

"Act as a copywriting expert. Give me 10 scroll-stopping hook lines for a post/reel about [topic]. Make them curiosity-driven and under 10 words each."

✓ **What you get:** 10 punchy opening lines to grab attention in the first second.

05 Hashtag Research

"Act as an Instagram growth expert. Give me 20 relevant hashtags for a post about [topic] in the [niche] niche. Mix 5 high-volume, 10 medium-volume, and 5 low-competition hashtags."

✓ **What you get:** A ready hashtag set organized by competition level.



Post consistency beats perfection. Accounts that post 4-5 times a week using simple prompts like these grow faster than ones waiting for the 'perfect' idea.

PART 2 OF 3

Social Media & Content Creation — continued

06 Carousel Post Outline

"Act as a content designer. Create a 6-slide carousel outline about [topic]. Slide 1 should be a bold hook, slides 2-5 should each cover one clear point, and slide 6 should have a call-to-action."

✓ **What you get:** A slide-by-slide outline you can drop straight into Canva.

07 Bio Optimizer

"Act as a personal branding expert. Rewrite my Instagram bio to be clear and compelling. Here is what I do: [describe yourself/business]. Include one line about who I help and one call-to-action with emojis."

✓ **What you get:** A polished, clickable bio in seconds.

08 Engagement Question Generator

"Act as a community manager. Give me 10 engaging questions I can post in my Instagram Stories or captions to get my [niche] audience to comment and reply."

✓ **What you get:** 10 conversation-starting questions to boost comments and DMs.

09 Trend-to-Niche Adapter

"Act as a trend strategist. Here is a trending audio/format: [describe trend]. Give me 3 ways I can adapt this trend to fit my [niche] page while keeping it relevant to my audience."

✓ **What you get:** 3 fresh ways to ride a trend without losing your niche identity.

10 Story Poll & Quiz Ideas

"Act as an engagement expert. Give me 5 poll ideas and 5 quiz questions I can use in my Instagram Stories this week related to [niche/topic]."

✓ **What you get:** 10 interactive story ideas to boost views and replies.



Recycle your best performers. If a caption or reel format worked once, ask the AI to give you 3 fresh variations of it instead of starting from zero.

PART 3 OF 3

Social Media & Content Creation — continued

11 Repurpose Long Content

"Act as a content repurposing expert. Here is a blog/video/podcast summary: [paste summary]. Break it into 5 short social media posts I can publish separately across the week."

✓ **What you get:** One piece of content turned into 5 ready posts.

12 Comment Reply Generator

"Act as a friendly brand voice. Write 5 different reply templates I can use to respond to positive comments, and 3 templates for handling negative or critical comments professionally."

✓ **What you get:** Ready-made replies so you never freeze when replying to comments.

13 Collaboration Outreach Message

"Act as a partnerships manager. Write a short, friendly DM I can send to another creator in the [niche] space to propose a collaboration or shoutout exchange."

✓ **What you get:** A professional-sounding outreach DM ready to send.

14 Post Idea Brainstorm

"Act as a creative director. I have no ideas today. Give me 10 fresh post ideas for my [niche] page that I haven't likely tried before, mixing educational, relatable, and promotional content."

✓ **What you get:** 10 fresh ideas whenever you feel stuck for content.

15 Monthly Performance Review

"Act as a social media analyst. Here are my post results for this month: [paste numbers/notes]. Tell me what seemed to work, what didn't, and 3 things I should try next month."

✓ **What you get:** A simple performance summary with clear next steps.



Always end with a CTA. Every post prompt in this pack nudges the AI to add a call-to-action — comments and saves are what the algorithm rewards most.

PART 1 OF 3

Business & Entrepreneurship

Copy any prompt below into your AI chatbot and replace the [brackets] with your own details.

01 One-Page Business Plan

"Act as a business consultant. Help me create a one-page business plan for my idea: [describe your business idea]. Include target audience, problem solved, revenue model, and first 3 action steps."

✓ **What you get:** A simple, clear plan you can act on immediately.

02 Marketing Strategy Builder

"Act as a marketing strategist. Suggest a 30-day marketing plan for my [product/service] targeting [target audience] with a budget of [budget]. Include free and low-cost tactics."

✓ **What you get:** A month-long marketing roadmap tailored to your budget.

03 Professional Email Writer

"Act as a business communication expert. Write a professional email to [recipient, e.g. a client/vendor] about [topic]. Keep it polite, clear, and under 120 words."

✓ **What you get:** A polished email ready to send in under a minute.

04 Pricing Strategy Advisor

"Act as a pricing consultant. My product/service is [describe it] and my costs are [costs]. Suggest 3 pricing options (budget, standard, premium) with reasoning for each."

✓ **What you get:** 3 pricing tiers with clear logic behind each price point.

05 Competitor Analysis

"Act as a market research analyst. Compare my business [describe it] with 2 competitors: [competitor 1] and [competitor 2]. Highlight their strengths, weaknesses, and where I can stand out."

✓ **What you get:** A clear side-by-side comparison with your unique advantage.



Talk to your customer, not everyone. The more specific you make your target audience in a prompt, the more persuasive and useful the AI's answer becomes.

PART 2 OF 3

Business & Entrepreneurship — continued

06 Customer Persona Builder

"Act as a brand strategist. Build a detailed customer persona for my [product/service], including age range, pain points, goals, and where they spend time online."

✓ **What you get:** A ready persona profile to guide all your marketing.

07 Sales Pitch Script

"Act as a sales coach. Write a 60-second sales pitch for my [product/service] aimed at [target customer]. Focus on the problem, the solution, and one strong reason to buy now."

✓ **What you get:** A tight, persuasive pitch you can say out loud or send as text.

08 Cold Outreach Message

"Act as a B2B sales expert. Write a short, non-pushy cold email/DM to reach out to [type of prospect] about [offer]. Keep it under 80 words and end with a soft call-to-action."

✓ **What you get:** A friendly outreach message that doesn't feel like spam.

09 Product Description Writer

"Act as an e-commerce copywriter. Write a compelling product description for [product name], highlighting its top 3 benefits (not just features), for an audience of [target audience]."

✓ **What you get:** A benefit-driven description ready to paste onto your store.

10 Elevator Pitch Creator

"Act as a startup mentor. Help me write a 20-second elevator pitch for my business: [describe it]. Make it clear enough that a stranger understands what I do immediately."

✓ **What you get:** A crisp pitch for networking events, investors, or introductions.



Use AI as a thinking partner. Don't just accept the first answer — ask 'what am I missing?' or 'play devil's advocate' to stress-test your plan.

PART 3 OF 3

Business & Entrepreneurship — continued

11 SWOT Analysis

"Act as a strategy consultant. Create a SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) for my business idea: [describe it]."

✓ **What you get:** A clear 4-box breakdown to guide your next decisions.

12 Brand Name & Tagline Generator

"Act as a branding expert. Suggest 10 brand name ideas and 5 taglines for a business that does [describe your business]. Keep names short and easy to remember."

✓ **What you get:** A shortlist of names and taglines to choose from.

13 Handling Customer Objections

"Act as a sales trainer. My customers often say [common objection, e.g. 'it's too expensive']. Give me 3 confident, respectful responses I can use."

✓ **What you get:** 3 ready responses so you never lose a sale to hesitation.

14 Weekly Business Review

"Act as a business coach. Here's what happened in my business this week: [notes/numbers]. Help me identify 1 win, 1 problem, and 1 priority for next week."

✓ **What you get:** A quick weekly check-in to keep your business on track.

15 Negotiation Preparation

"Act as a negotiation expert. I'm about to negotiate [describe the deal, e.g. a client contract]. Give me 3 key talking points and 2 fallback positions I can use."

✓ **What you get:** A short prep sheet so you walk into any negotiation ready.



Revisit your numbers weekly. Businesses that review performance every week catch problems early and adjust faster than those who review monthly.

PART 1 OF 3

Study, Career & Learning

Copy any prompt below into your AI chatbot and replace the [brackets] with your own details.

01 Explain Like I'm a Beginner

"Act as a patient teacher. Explain [topic/concept] to me like I'm learning it for the first time. Use a simple real-life example and avoid jargon."

✓ **What you get:** A jargon-free explanation with a relatable example.

02 Smart Notes Summarizer

"Act as a study coach. Summarize the following text into short bullet-point notes, highlighting only the key ideas I need to remember: [paste text]."

✓ **What you get:** Clean, exam-ready notes from any long text.

03 Interview Prep Simulator

"Act as an interviewer for a [job role] position. Ask me 5 realistic interview questions one at a time, and after each of my answers, give me short feedback on how to improve it."

✓ **What you get:** A mock interview session with instant feedback.

04 Resume Bullet Point Writer

"Act as a resume writer. Turn this basic task description into 3 strong, achievement-focused resume bullet points: [describe your task/role]. Use action verbs and, if possible, numbers."

✓ **What you get:** Powerful, results-driven bullet points for your resume.

05 Cover Letter Writer

"Act as a career coach. Write a short, personalized cover letter for a [job title] position at [company/type of company], based on my background: [briefly describe your experience]."

✓ **What you get:** A tailored cover letter ready to send with your application.



Teach it back to test yourself. After using an explainer prompt, try explaining the topic out loud in your own words — that's how you know it stuck.

PART 2 OF 3

Study, Career & Learning — continued

06 Personalized Study Plan

"Act as an academic planner. I have [number] days to prepare for [exam/subject]. Create a day-by-day study plan that balances revision and practice."

✓ **What you get:** A realistic day-by-day plan matched to your timeline.

07 Exam Question Predictor

"Act as an exam expert for [subject]. Based on these topics: [list topics], predict 5 likely exam questions and give a short model answer outline for each."

✓ **What you get:** Likely questions plus outlines to guide your revision.

08 Concept-to-Real-Life Example

"Act as a teacher who loves examples. Give me 3 real-life examples that explain the concept of [topic], so I can understand and remember it better."

✓ **What you get:** 3 memorable, real-world analogies for any tricky concept.

09 Memory Technique Generator

"Act as a memory coach. Suggest a mnemonic, acronym, or memory trick to help me remember this list/fact: [paste information]."

✓ **What you get:** A custom memory trick tailored to your exact content.

10 Career Path Advisor

"Act as a career counselor. Based on my interests in [interests] and skills in [skills], suggest 3 career paths I could explore, with one next step for each."

✓ **What you get:** 3 career directions with a clear first action step.



Practice beats memorizing. Use the mock test and interview prompts often — active recall works far better than just re-reading notes.

PART 3 OF 3

Study, Career & Learning — continued

11 Skill Gap Analyzer

"Act as a career mentor. I want to become a [target role]. Based on my current skills [list skills], tell me the top 3 skills I'm missing and how to start learning them."

✓ **What you get:** A focused gap analysis so you know exactly what to learn next.

12 LinkedIn Summary Writer

"Act as a personal branding expert. Write a professional LinkedIn 'About' summary for me based on this background: [briefly describe your experience/goals]. Keep it confident and concise."

✓ **What you get:** A polished LinkedIn summary that stands out to recruiters.

13 Public Speaking Practice

"Act as a public speaking coach. I need to give a short speech about [topic]. Give me a simple 3-part structure (opening, body, closing) and one tip to reduce nervousness."

✓ **What you get:** A speech structure plus a quick confidence tip.

14 Exam-Time Management Plan

"Act as a productivity coach. I have exams for [subjects] over the next [timeframe]. Help me split my daily study hours across subjects based on difficulty and priority."

✓ **What you get:** A balanced daily study-hour breakdown across all subjects.

15 Mock Test Generator

"Act as an exam setter for [subject/topic]. Create a 5-question mock quiz with a mix of easy and difficult questions, and provide the answer key at the end."

✓ **What you get:** An instant practice quiz with answers included.



Small daily steps compound. A focused 30-minute study session guided by a clear plan beats a stressful, unplanned 4-hour cram session.

PART 1 OF 3

Personal Growth & Productivity

Copy any prompt below into your AI chatbot and replace the [brackets] with your own details.

01 Daily Planning Assistant

"Act as a productivity coach. Help me plan my day. My top 3 priorities are [list them] and I have [number] hours available. Suggest a simple time-blocked schedule."

✓ **What you get:** A realistic time-blocked plan for your exact day.

02 SMART Goal Setter

"Act as a goal-setting coach. Turn this vague goal into a clear SMART goal (Specific, Measurable, Achievable, Relevant, Time-bound): [describe your goal]."

✓ **What you get:** One vague wish turned into a clear, trackable goal.

03 Habit Tracker Builder

"Act as a habit coach. I want to build the habit of [habit]. Suggest a simple daily tracking method and one small first step to start today."

✓ **What you get:** A simple habit-tracking system plus an easy starting step.

04 Journaling Prompt Generator

"Act as a mindfulness guide. Give me 5 reflective journaling prompts about [theme, e.g. gratitude, growth, stress] that I can write about today."

✓ **What you get:** 5 thoughtful prompts to make journaling easier tonight.

05 Motivation Boost

"Act as a supportive mentor. I'm feeling unmotivated about [goal/task]. Give me a short, honest pep talk and one small action I can take right now."

✓ **What you get:** A quick mindset reset plus one tiny doable action.



Start absurdly small. If a goal feels overwhelming, ask the AI to break it into a 5-minute version — momentum matters more than intensity.

PART 2 OF 3

Personal Growth & Productivity — continued

06 Decision-Making Helper

"Act as a decision coach. I'm deciding between [option A] and [option B]. Ask me 3 clarifying questions to help me think it through, then summarize the trade-offs."

✓ **What you get:** A structured way to think through any tough decision.

07 Weekly Reflection

"Act as a personal coach. Help me reflect on my week. Ask me what went well, what didn't, and what I'll change next week, one question at a time."

✓ **What you get:** A guided weekly check-in for continuous improvement.

08 Morning Routine Designer

"Act as a wellness coach. Design a simple 30-minute morning routine for me based on my goal of [goal, e.g. more energy, focus, calm]. Keep it realistic for a busy schedule."

✓ **What you get:** A practical morning routine you'll actually stick to.

09 Overcoming Procrastination

"Act as a productivity psychologist. I keep procrastinating on [task]. Explain why this might be happening and give me 3 practical ways to start."

✓ **What you get:** A quick diagnosis plus 3 concrete ways to get unstuck.

10 Personal Finance Goal Planner

"Act as a financial planning guide. I want to save [amount] in [timeframe] for [purpose]. Suggest a simple monthly saving plan and 2 ways to cut costs."

✓ **What you get:** A simple month-by-month savings plan you can follow.



Review, don't just plan. Planning prompts work best when paired with the weekly reflection prompt — plans without review rarely stick.

PART 3 OF 3

Personal Growth & Productivity — continued

11 Self-Discipline Coach

"Act as a discipline coach. I struggle with staying consistent on [goal/habit]. Give me 3 practical strategies used by highly disciplined people that I can try this week."

✓ **What you get:** 3 proven consistency strategies to test right away.

12 Confidence Builder

"Act as a confidence coach. I feel nervous about [situation, e.g. public speaking, a job interview]. Give me 3 mindset shifts and 1 quick exercise to feel more confident before it."

✓ **What you get:** Mindset shifts plus a quick pre-event confidence exercise.

13 Work-Life Balance Advisor

"Act as a wellbeing coach. I feel overwhelmed juggling [list responsibilities]. Suggest 3 practical changes I can make this week to feel more balanced."

✓ **What you get:** 3 realistic changes to ease an overwhelming schedule.

14 Gratitude Practice Prompt

"Act as a positive psychology coach. Give me a simple 3-minute gratitude exercise I can do every evening, plus one question to ask myself before bed."

✓ **What you get:** A short nightly gratitude ritual to end the day well.

15 Life Vision Generator

"Act as a life coach. Help me describe my ideal life 5 years from now across 3 areas: career, health, and relationships. Ask me guiding questions to build this vision."

✓ **What you get:** A guided exercise to clarify your long-term vision.



Consistency over motivation. Motivation fades, systems don't. Use these prompts to build routines you can follow even on low-energy days.

BONUS

Prompt-Writing Cheat Sheet

Want even better results from any AI chatbot? Use these 5 rules whenever you write your own prompt from scratch.

1 Give the AI a role

Start with "Act as a..." (e.g. a career coach, a nutritionist, a marketing expert). This instantly improves the quality and tone of the answer.

2 Be specific about the output

Instead of "give me tips," say "give me 5 tips in a numbered list, each under 2 lines." Specific instructions always lead to specific results.

3 Add context about yourself

Mention your niche, goal, audience, or experience level. The more the AI knows about you, the more personalized the answer will be.

4 Set a tone or style

Add "in a friendly tone," "in a professional tone," or "like explaining to a beginner" to match exactly how you want it to sound.

5 Ask it to refine

If the first answer isn't perfect, simply reply "make it shorter," "make it more casual," or "give me 3 more options."

SEE THE DIFFERENCE

WEAK "Write me a caption for my post."

STRONG "Act as a social media copywriter. Write 5 Instagram captions for a fitness post, in a motivating tone, with a call-to-action in each."

Thank You!

You now have 60+ prompts across 4 categories to save hours every week. Use them, tweak them, and make them your own.

60+

PROMPTS

4

CATEGORIES

∞

REUSES

Keep this pack handy — every prompt works again and again, anytime you need it.