

THOUGHT CATCHER BLUEPRINT

Turn your brilliant ideas into
powerful content just by
talking to ChatGPT.



NINJABIZNIZ

*WE MAKE WORKING
SMARTER SIMPLER*

If you've ever lost a genius idea to the shower, a walk, or 2 a.m. brain sparks - this is for you.

You don't need another content calendar.

You need a system that captures your brilliance as it happens and turns it into content automatically.

This is your voice-first hack to make sure your best ideas never get lost to forgetfulness, overwhelm, or a sticky note graveyard.

- You capture ideas in flow, when they're fresh
- You repurpose instead of starting over
- You remove friction = you show up more
- AI does the heavy lifting

This is not about creating more.

It's about losing less.

All you need is:

- The ChatGPT mobile app
- Your voice
- And this simple workflow

Let's turn your messy brilliance into magnetic content without adding another "should" to your list.

STEP 1: Talk to Your AI

Open the ChatGPT app on your phone. Tap the headphone icon in the bottom-right corner to activate Voice Mode.

Now talk. That's it. No typing. No filters. Just brain-to-AI.

Here are some things you can say:

- "Here's a client insight I had on my walk..."
- "I just realised something important about [topic]..."
- "I want to remember this story about when I launched X..."

You're thinking out loud. ChatGPT is listening, capturing, and remembering it all — so your brilliance never disappears into the ether again.



STEP 2: Let AI Sort It Out

Once a week, open your **Thought Catcher chat** and say:

"Summarise my insights from this week. Pull out the best content ideas, relatable stories, or smart one-liners. Write 2-3 posts in my voice."

Want more structure? Add this:

"Turn my voice notes into:

- 1 personal story
- 1 educational tip
- 1 call-to-action"

That's it. ChatGPT does the rest — sorting your brilliance into clear, usable content without breaking a sweat.



STEP 3: Save It to Your Signal Bank

Open a Google Doc, Notion board, or Airtable base and label it: Signal Bank.

This is where your gold lives.

Every time ChatGPT gives you something you want to reuse, drop it here.

Sort it by:

- Topic
- Emotion
- Offer
- Type (story, tip, opinion, etc.)

Now you're not starting from scratch each week.

You're pulling from your own goldmine.

Let's Build Smarter, Together

If this small hack got your wheels turning, just imagine what we can do when we build systems tailored to your business.

Together, we'll design a smarter way to run things so you can focus on growth, not just getting through the week.

Grab a slot in [My calendar](#) and let's explore how we can make your business run smoother, faster, and way smarter!

Join [The Smart Biz Hub](#), my free community where entrepreneurs come together to work smarter, not harder.

Meet Your Business AI Ninja

Hi, I'm Therese Öfverström - AI strategist, chaos eliminator, and founder of Ninjabizniz.

I work with high-achieving entrepreneurs who are done wearing all the hats. Together, we build smart, scalable systems powered by your own AI dream team so your business runs smoother, your time gets protected, and you finally get to lead like a true CEO.

Less grind. More growth. Less chaos. More champagne Fridays.

You lead. I'll build the machine behind you.

