

Helpful Prompts

MENTAL STRENGTH & CLARITY

1. Bulletproof Mindset Builder

Prompt:

"I want to eliminate fear, overthinking, and self-doubt at work. Build me a daily mental toughness routine using proven psychological techniques like CBT, stoicism, or visualization that fits my role in [insert field]."

2. Mental Clarity Booster

Prompt:

"Help me stay calm and focused under pressure. Create a clarity and stress-control protocol used by elite performers and adapt it to my work in [insert field] to boost decision-making and reduce overwhelm."

ENERGY & PRODUCTIVITY SYSTEMS

3. The Invincible Daily Protocol

Prompt:

"Design a personalized daily routine that makes me mentally, physically, and emotionally unstoppable. I work in [insert field]. Include mindset priming, energy rituals, focus blocks, and recovery strategies used by high performers."

4. Become a Productivity Machine

Prompt:

"I want to operate at my peak like a world-class performer. Create a tailored system for me based on my profession: [insert field], that includes peak productivity hours, optimal nutrition, breaks, and mental toughness rituals."

5. Energy Dominator Plan

Prompt:

"Design a science-backed energy optimization plan that keeps me laser-focused

and energized all day. I work in [insert field]. Include ideal sleep hacks, nutrition tips, movement, and brain-boosting techniques."

CONFIDENCE & PRESENCE

6. Confidence Amplifier Protocol

Prompt:

"Design a routine I can use daily to massively boost my self-confidence, decisiveness, and presence at work. Make it specific to someone working in [insert field], and include affirmations, posture, breathing, and micro-habits."