

Macro Update GPT Conversation Starters — v2

1 Run Macro Top Signals + Exit Plan

What this prompt is for:

This runs the Macro Top Signals framework to check whether the crypto market is showing signs of late-cycle overheating, euphoria, leverage, retail mania, or macro tightening risk.

Why we want to know this:

This helps us avoid holding too long into a cycle top. The goal is not to panic sell early, but to identify when risk is rising so we can follow a structured profit-taking plan instead of making emotional decisions.

2 Show Bitcoin Bottom Signals + DCA Bias

What this prompt is for:

This checks whether Bitcoin is showing signs of a major re-entry or accumulation zone using bottom signals, liquidity conditions, sentiment, on-chain valuation, and CryptoCycle confirmation.

Why we want to know this:

Bitcoin often leads the crypto cycle. If bottom signals are improving, it helps us decide whether to stay defensive, begin light DCA, or increase accumulation into Green and Yellow Bucket assets.

3 Check Altcoin Rotation: Institutional vs Retail

What this prompt is for:

This checks whether capital is rotating from Bitcoin into Ethereum and altcoins by looking at BTC dominance, ETH/BTC strength, TOTAL3, and broader altcoin market behavior.

Why we want to know this:

Not all altseasons are the same. This helps us identify whether the market is entering an **Institutional Altseason** focused on quality infrastructure assets, or a **Retail Altseason** driven by memes, microcaps, hype, and speculation.

4 Give Weekly Macro Liquidity Pulse

What this prompt is for:


This reviews the global liquidity backdrop by checking money supply, DXY, yields, central bank policy, stablecoin liquidity, risk appetite, and broader macro conditions.

Why we want to know this:

Liquidity is still the base layer of the crypto cycle. When liquidity improves, crypto has more fuel. When liquidity tightens, risk assets become more vulnerable. This helps us understand whether the macro environment is supportive, neutral, or restrictive.

5 Run Structural Access & Utility Score

What this prompt is for:

This runs the new  Structural Access & Utility framework to evaluate whether crypto is gaining stronger institutional access, stablecoin rail adoption, ETF flows, RWA growth, DeFi usage, protocol fees, and real utility.

Why we want to know this:

The upgraded macro model is no longer just about cheap money. We also want to know whether capital can actually enter crypto more easily, and which sectors are showing real usage. This helps separate strong infrastructure assets from pure hype.

6 Run Full Macro Update v2 Dashboard

What this prompt is for:

This runs all five Macro Update frameworks together: Macro Top Signals, Bitcoin Bottom Signals, Altcoin Rotation, Macro Liquidity Pulse, and Structural Access & Utility Score.

Why we want to know this:

This gives the clearest full-cycle view. Instead of relying on one signal, it combines macro, liquidity, rotation, top risk, bottom conditions, and structural adoption into one complete dashboard.

7 Compare Today vs Last Week

What this prompt is for:

This compares the current readings against the previous week's readings across the Heat Meter, DCA Bias, Liquidity Pulse, Rotation Phase, and Structural Access score.

Why we want to know this:

Markets shift gradually before they shift suddenly. Comparing week to week helps us spot trend changes early, such as liquidity improving, top signals heating up, or altcoin rotation gaining strength.

8 Show Portfolio Action Bias

What this prompt is for:

This turns the full macro reading into a practical portfolio stance, such as hold, light DCA, accumulate quality, rotate selectively, trim risk, or prepare profit-taking.

Why we want to know this:

The goal of the Macro Update GPT is not just to read data — it is to help make better portfolio decisions. This prompt connects the signals back to your Green / Yellow / Red Bucket strategy and helps guide action with discipline.