



Your First AI Content Workflow

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A free plug-and-play guide from AI Exclusive

Welcome! Here's what this is and why it matters.

If you've ever typed something into ChatGPT and gotten back an answer that felt generic, robotic, or just... off — you're not alone. That's not a you problem. That's an AI problem. And this guide fixes it.

Your First AI Content Workflow is a simple, step-by-step system for getting content ideas out of ChatGPT that actually sound like you — not like a wall of text that could apply to anyone on the internet.

In about 20 minutes, you'll go from staring at a blank page to having a week's worth of content ideas that feel specific, relevant, and genuinely useful.

No tech skills required. No complicated setup. Just follow the three steps.

Before you start — read this first.

The biggest reason AI gives bad answers is simple: **it doesn't know who you are.**

Every time you open a new ChatGPT chat, you're starting from scratch. ChatGPT has no memory of your business, your audience, your voice, or your goals. So when you ask it something vague, it gives you something vague back. That's not a bug — it's just how it works without the right setup.

This guide teaches you how to fix that — by giving ChatGPT exactly what it needs to help you well. Think of it like briefing a new assistant on their first day. The more clearly you explain your situation, the better the work they produce.

To get the most out of this guide:

- Set aside 20 uninterrupted minutes
- Have a blank ChatGPT chat open and ready
- Be honest and specific in your answers — vague input always produces vague output
- Go through all three steps in order before judging the results

Ready? Let's go.

Step 1 — Contextualize the Problem

Tell ChatGPT who you are before you ask it anything.

Open a new ChatGPT chat. Copy the prompt below, fill in the brackets with your real answers, and paste it in. Don't skip this step — it's the single most important thing you can do to improve your results.

"I create content for [describe your audience in one sentence — who they are and what they struggle with]. My topic focus is [your niche or subject area]. My tone is [choose one: conversational / professional / casual / educational / warm and relatable]. I want to come across as [how you want people to feel when they watch or read your content — e.g. like a trusted friend, like a credible expert, like someone who gets it]. My current goal with content is [choose one or two: grow my audience / build trust / drive sales / educate my followers / show up consistently]."

Why this works: You've just given ChatGPT a clear picture of who you are and what you're trying to do. Instead of answering for a generic creator, it now answers for *you*. This is what separates useful AI from AI slop.

Step 2 — Pick the Right Tool

Ask for content ideas the right way.

Once you've sent your context in Step 1, stay in the same chat and paste this next prompt:

"Based on everything I just shared, give me 5 content ideas for this week. For each idea, include: a hook that would stop someone mid-scroll, the main point I'd make in the video or post, and a simple call to action."

Read through the five ideas ChatGPT gives you. You're looking for ideas that feel specific to your audience — not generic tips that anyone could post. If something still feels too broad, try this follow-up:

"Idea #[number] feels a little generic. Can you make it more specific to [your audience] and the exact problem they're dealing with right now?"

Why this works: You're not just asking for content ideas — you're asking for ideas built around a hook, a point, and a call to action. That structure forces ChatGPT to think like a content strategist, not just a brainstorm machine. The follow-up prompt trains it to get more specific, which is how you avoid AI slop — content that sounds fine but says nothing.

Step 3 — Know Your Goal

Turn your best idea into something you can actually use.

Pick the idea from Step 2 that resonates most. Then paste this prompt:

"Take idea #[number] and write a short outline or script I can use for a [video / caption / post — choose one]. Keep my tone [repeat your tone from Step 1]. Write it like I'm talking directly to one specific person — not a crowd. Include a strong opening line, 2-3 main points, and a clear call to action at the end."

Before you hit send — take 60 seconds to ask yourself: *what does a win look like here?* A draft I can film today? A caption I can post tonight? A structure I can riff from? Knowing your goal — even a foggy one — gives ChatGPT a target to aim at. AI without direction wanders. AI with a goal delivers.

Why this works: This is where the output starts to feel like *you*. The structure gives ChatGPT boundaries. The "one specific person" instruction stops it from writing for a crowd. And knowing your goal before you ask means you're steering the conversation — not just reacting to whatever comes back.

You just completed your first AI workflow.

Here's what you did — and why it worked:

You gave ChatGPT context before asking anything. You asked for ideas in a structured format that forces specificity. And you guided it toward a goal instead of just hoping for a good answer.

That's the Get Unstuck Method in action. And it works on more than just content — decisions, emails, planning, problem-solving. The same three steps apply every time.

Here's where most people hit a ceiling.

You've probably noticed something already: every time you start a new ChatGPT chat, you have to paste your context all over again. ChatGPT doesn't remember you. It doesn't know your voice, your audience, or your goals — unless you tell it, every single time.

That friction adds up. And it's also why results can feel inconsistent — one day great, the next day generic again.

This is exactly the problem that custom GPTs solve.

You may have heard of paid AI writing tools like Jasper, [Copy.ai](#), or others that promise to write in your voice. Custom GPTs do the same thing — except they live *inside* your ChatGPT account, they're pre-trained for a specific job, and once you install them, they're yours forever at no extra cost or subscription fee.

Think of a custom GPT like a specialist on your team. You wouldn't ask your accountant to write your social media captions — and you wouldn't ask your copywriter to do your taxes. Custom GPTs work the same way. Each one is built for a specific role, trained with specific instructions, and ready to deliver specific results — every single time you open it.

This guide just scratched the surface.

What you learned here is the foundation. But there's a whole level above this — and that's where the **AI Dream Team** comes in.

The AI Dream Team gives you **6 custom-built GPTs**, each trained for a different job:

- 🧠 **The Strategist** — turns vague prompts into powerful, high-clarity questions
- 🏗️ **The Architect** — builds a personalized AI assistant tailored to your role and voice
- ⚙️ **The Systems Designer** — turns repeated tasks into clean, AI-powered workflows
- ✍️ **The Communicator** — refines your writing to sound clear, confident, and like you
- 🚀 **The Creator** — generates content ideas and turns your knowledge into structured content
- 👤 **The CEO Advisor** — your strategic thinking partner for decisions and getting unstuck

Plus every purchase includes **plug-and-play workflow guides and prompts** for each GPT — so you're never starting from scratch.

This isn't another subscription. It's not another course. It's a one-time purchase that installs directly into your ChatGPT sidebar and stays there — working for you every single day.

The workflow you just learned? Imagine running it with The Creator GPT already knowing your voice, your audience, and your goals — without you having to explain it every time.

That's the difference. And that's the AI Dream Team.

→ **Get the AI Dream Team for \$67 — one time, yours to keep**

Created by Christiana · AI Exclusive · ai-exclusive.org

Part of the Get Unstuck Method ecosystem