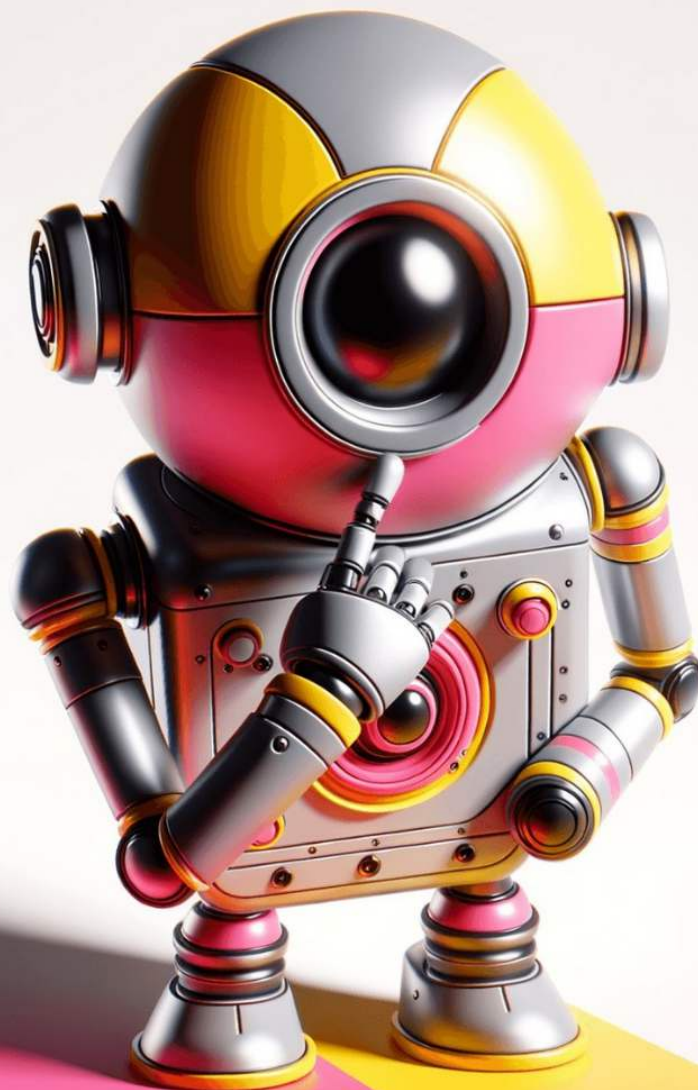


The Vibe Prompt Method™

**AI Magic for Solopreneurs Who Want
to Sound Human and Sell with Ease**

*Prompt
with power.*



*Write with
feeling.*

The Ultimate Prompt Formula

How Solopreneurs Talk to AI Like a Boss
(And Get Content That Clicks, Converts, and Connects)



Hey, solopreneur! 🤖 You're probably knee-deep in a to-do list that never ends —marketing, sales, social media, client calls... It's like trying to run a marathon with your shoes on fire. Sound familiar? Yeah, I thought so.

Let's be real, you didn't sign up for this level of chaos. You want to grow your business and crush it online, but that overwhelm? It's a total roadblock.

What if you could offload some of that stress to AI? Yep, AI can take on those tedious tasks that suck up all your time or do the tasks you never get to.

But here's the thing—you might be thinking, "Okay, great, but how do I even get AI to help me?" That's where prompts come in.



What is a Prompt?

A prompt is simply a command or instruction you give to AI to get the outcome you want. Think of it like giving clear instructions to a kid doing a chore. You need to tell them exactly what needs to be done to get the job done right (no vague orders!).

Why Prompts Matter

Imagine having a virtual assistant that can write blog posts, create social media content, generate business strategies—you name it. Now, imagine that assistant not just doing the work, but doing it exactly the way you want. That's the magic of prompts.

A well-crafted prompt is the key to unlocking the full potential of AI. If you want AI to help with marketing, writing, or brainstorming, the clearer your prompt, the better the output. Think of it as having a team of experts working for you, minus the hiring headaches and cost.

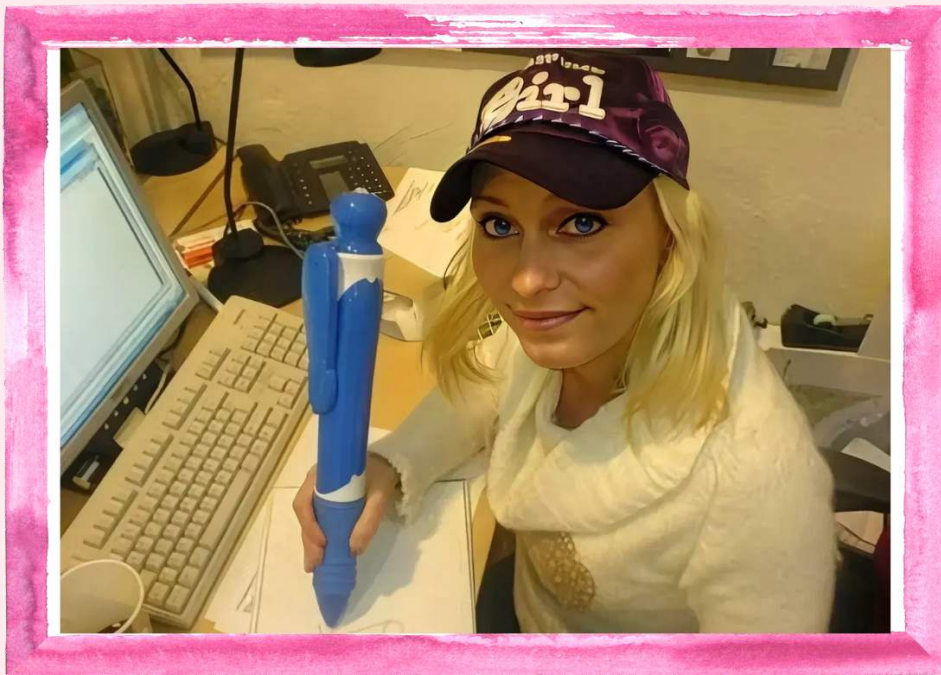
For solopreneurs, that means saving time, reducing frustration, and getting the results you need to keep your business running smoothly. Ready to make AI your new bestie? Let's dive in.



Introduction

Hi, I'm Line Rødli Kristiansen, founder of DigiUp and SoloGenius AI, and a solopreneur just like you. I help entrepreneurs, with a *team of one*, build and grow their businesses online by providing the tools and resources they need to overcome the overwhelm of strategy, content, and technology. As a solopreneur myself, I understand just how tough it can be to juggle everything from marketing and content creation to managing tech and systems.

A few years ago, I found myself drowning in that very chaos. I was doing it all—writing emails, creating social media posts, building sales funnels, and figuring out complex tech. My to-do list was never-ending, and I was constantly overwhelmed. Something had to change.



I knew I needed to streamline my work, so when AI became accessible to the "little guy," I was curious. At first, I thought AI could just help me write a few blog posts or generate some ideas (how little I knew then 😊). I quickly realized, however, that simply asking AI to "write a blog post" wasn't enough. The results were often inconsistent and not aligned with my brand, and I spent more time tweaking than I would have if I'd just written it myself.

That's when I decided to dive deeper into AI tools and prompt engineering. I spent months studying, experimenting, and testing out what really worked. Through that process, I developed the **TART-DOSE prompt formula**—a powerful structure for crafting prompts that get consistent, effective results from AI.

But I noticed something was missing. Something that made the content feel more aligned with emotion and energy. That's when Vibe came in. I took the Vibe element from my knowledge of Vibe Marketing, where the emotional tone of your message is just as important as the words themselves.

I started asking a simple question before all the other parts of the prompt: *What's the emotional energy I want this message to carry?* Should it feel bold and unapologetic? Calm and supportive? Excited and celebratory? Turns out, that one element changed everything for my content.



So I evolved the method into something even better: **The Vibe Prompt Method™**. This upgraded method adds one powerful new layer to your prompts: Vibe. What's Vibe? It's the emotional energy behind your message—the feeling you want to evoke. When your AI knows not just what to write, but how it should feel to the reader, your content lands with impact.

The Vibe Prompt Method™

By bringing AI and AI tools onto my team, everything changed. My days became more productive, my workload lightened, and my business ran smoother than ever before. No more wasting hours on tedious tasks. With AI, I could automate processes, create content, and manage my marketing, leaving me more time to focus on what really mattered: growing my business.

Now, I'm passing the **Vibe Prompt Method™** on to you, so you can streamline your work and make AI your secret weapon too. This formula will teach you how to create aligned, high-performing prompts, saving you time, slashing stress, and supercharging your business growth. I'm all about cutting through the fluff and giving you actionable steps that bring results. Ready? Let's dive in and make AI your new best friend.

The Vibe Prompt Method™

The Vibe Prompt Method™ builds on the original TART-DOSE structure with one essential new layer: VIBE.

The components:

VIBE: The emotional intention or energy you want behind your message.

TART-DOSE:

T – Task

A – Audience

R – Role

T – Tone

D – Deliverables

O – Outcome

S – Steps

E – Explanation.

For nuanced, complex tasks, you'll want to use every piece of the TART-DOSE formula. But when you're writing something quick and simple, like a social media post, you can focus on the basics—Task, Audience, Role, and Tone. Easy peasy.

For all content, you'll want to include a vibe.



Now let's go into more detail about how to use these steps to craft the perfect prompt.

The Vibe

This is the emotional energy you want your message to carry. It shapes how your audience should feel when they read or experience your content. Your vibe could be bold, calm, excited, rebellious, grounded, nurturing—whatever best supports the message and moment. It's not about tone of voice (that comes later)—this is about mood, mindset, and emotional resonance.

Your vibe will also shift depending on context. You might want a different energy for a launch email, a seasonal campaign, a heartfelt client message, or a bold call to action. That's the beauty of it—you can tailor your vibe to match the moment, the audience, or the phase of your business.

Examples:

- Bold and lit up – I want to empower and energize
- Calm focus – I want to create a sense of safety and trust
- Proud and celebratory – I want to boost excitement and connection
- Deep service mode – I really want to help

Let's Dive Deeper Into the TART-DOSE Prompt Formula

TART-DOSE



T - Task

What is the main task you want the AI to accomplish?

This is where you get crystal clear on what you're asking the AI to do. Think of it as setting the stage. Whether it's writing, analysing, summarizing, brainstorming ideas, translating, rewriting, drafting, or generating suggestions, the key is to give the AI a clear direction. The more specific you are, the better the output will be.

Examples:

- Brainstorm fresh marketing angles for an upcoming launch.
- Make a draft of an email sequence for a product launch.
- Rewrite a product description to be more engaging.
- Generate a list of content ideas tailored to my audience.

A - Audience

Who is the target audience for this prompt?

In this step, you tell AI who it's writing for. Who's the star of the show? Whether it's teenagers, professors, or hiking enthusiasts, getting specific about your audience helps the AI nail the message. Think vibe, vocabulary, and how deep it should dive. The more you dish out about who they are—their age, profession, interests, and level of expertise—the better the AI delivers.

Examples:

- First-time solopreneurs figuring out how to build their online presence.
- Experienced photographers keen on mastering advanced editing techniques.
- Parents looking for quick, healthy snack ideas for their kids.
- Tech enthusiasts eager to explore the latest gadgets and features.

R - Role

What role should the AI assume?

In this step, you define the perspective the AI should take. What role should it assume? Should it act as an expert in a specific topic, a professional in a particular field, or even channel the knowledge of a renowned figure? The clearer you are about the role, the more the AI can draw from the right expertise to deliver the most accurate and relevant output.

Examples:

- An expert in SEO, skilled at optimizing websites for higher search rankings.
- A professional designer with a focus on minimalist branding.
- A certified fitness coach with knowledge of strength training techniques.
- A financial advisor with years of experience in retirement planning.

T – Tone

What tone of voice would you like for the output?

This is where you tell the AI how to sound. Whether you want it to be professional, casual, humorous, or inspirational, this step helps the AI mirror the style and personality you want your message to carry.

Be specific! The clearer you are, the better the AI can match your voice—and help your message land as intended. Consider how your audience needs to feel to trust, connect, or take action.



Pro Tip:

Create your brand voice. That's the consistent personality behind everything you create. A few tone words like professional, friendly, or casual can help, but if you really want AI to write like you, you should add a clear brand voice description. Your brand should sound as familiar as it looks. Your brand voice is your foundation. It includes your personality, values, writing style, and quirks—the unique traits that make your content unmistakably yours. Then, when you want to shift the energy, you simply layer on a different Vibe to match the moment.

Examples of Tone Descriptions (not full brand voice descriptions):

- Warm and friendly, like a supportive mentor guiding first steps.
- Bold and direct, with a no-nonsense, get-things-done attitude.
- Fun and quirky, using humor to entertain while delivering info.
- Authoritative and knowledgeable, like a well-respected industry expert.
- Confident, clear, and empowering—with a strategic edge and a playful, slightly rebellious spark (my brand voice sentence).

👉 If you don't have a clear brand voice yet, you can use my **Vibe Voice Formula™** to define it.

[Learn more here](#)

D - Deliverables

What deliverables are needed?

This is where you get down to the nitty-gritty. What exactly do you need from the AI? A business plan, a social media post, a catchy email—be clear about the result you want. Also, how much detail should it pack? Are you after a concise 300-word summary or an in-depth analysis? Don't forget to mention if any visuals or images are part of the package. The more specific you get, the better the AI can hit the mark.

Examples:

- Social media post: A short, punchy caption with a call to action.
- Marketing email: Persuasive and concise, about 200-300 words.
- Creative story: A fun, engaging short story with a clear plot.
- Business plan: A detailed, well-structured document with actionable steps.
- Report: A comprehensive analysis with bullet points and key takeaways.

O - Objective

What is the objective or outcome you're looking to achieve?

Time to get to the heart of it. What's your goal with this prompt? Whether it's boosting sales, educating your audience, or inspiring action, the objective guides the AI to stay focused. The clearer you are about what you want to achieve, the sharper and more targeted the output will be. Don't leave the AI guessing—lay out the end result you're after.

Examples:

- **Increase brand awareness:** Create a series of posts that engage followers and spark conversation.
- **Generate leads:** Craft a persuasive landing page that drives sign-ups.
- **Promote a product:** Write a compelling product description that highlights its features and benefits.
- **Drive sales:** Develop an email sequence that convinces subscribers to make a purchase.

S - Steps

What steps should the AI follow to complete the task effectively?

Here's where you lay out the roadmap. Break it down for the AI so it knows exactly how to tackle the task. Think of it like giving instructions to a friend—clear, easy-to-follow, and step-by-step. The more specific you are, the less back-and-forth you'll have later. Outline the key actions or stages, and let the AI do the rest.

Examples:

For writing a product review:

- Include product specs, key benefits, and any customer feedback.
- Avoid getting too deep into unrelated comparisons to other products unless specifically asked for.

For creating an email campaign for a new service:

- Provide the service's key features, the target audience, and any current promotions.
- Leave out personal anecdotes or unrelated info that doesn't align with the core message.

For generating social media content on a trending topic:

- Include any recent news, stats, or articles that are relevant.
- Don't add unrelated opinions or tangents that might confuse the AI's message.

E - Explanation

What context, background information, or key details are relevant?

This is where you give the AI the full scoop. What does it need to know to do the job right? Think of this as giving the AI the backstage pass to all the important details—history, context, specifics that make the task more informed. The more you provide, the smarter the output.

What should you include?

- Key details, input material, or references: Any relevant facts, data, documents, or previous work that guide the AI.
- Examples: Provide samples, templates, or prior work to help the AI understand the tone, style, or format you want.
- Irrelevant information: Be clear about what the AI should avoid—this could be unrelated topics or certain technical jargon that doesn't fit the task.

Examples:

For writing a product review:

- Include product specs, key benefits, and customer feedback.
- Exclude comparisons to other products unless specifically asked for.

For creating an email campaign for a new service:

- Provide the service's key features, target audience, and any current promotions.
- Exclude personal anecdotes or unrelated info that doesn't align with the core message.

For generating social media content on a trending topic:

- Include any recent news, stats, or articles that are relevant.
- Exclude unrelated opinions or tangents that might confuse the AI's message

Full Example:

Here's how the full Vibe Prompt Method™ looks when broken down step-by-step using the TART-DOSE structure:

Vibe

Supportive and steady – I'm showing up with care, patience, and practical support

T - Task

Write a blog post explaining the importance of self-love in healing from toxic relationships.

A - Audience

Women who are recovering from toxic relationships and are looking for guidance on how to rediscover their worth and build healthier relationships with themselves.

R - Role

The AI should take on the role of a relationship coach with expertise in helping women rebuild their self-worth after toxic relationships and guide them toward emotional healing.

T - Tone

The tone should be compassionate, empowering, and gentle, offering encouragement, support, and practical advice in a soothing and understanding manner.

D - Deliverables

A 700-word blog post with short paragraphs and headlines that resonate with the audience. Include an image that fits the article's theme and message.

O - Objective

The objective is to educate women on the importance of self-love in the healing process after toxic relationships and to motivate them to take steps toward self-care and emotional recovery. The post should also encourage them to seek further resources or coaching.

S - Steps

1. Research: Gather information on self-love and its role in healing from toxic relationships.
2. Identify Key Practices: List actionable steps for cultivating self-love.
3. Write the Blog: Structure the post with an emotional hook that grabs the reader's attention, an introductory section explaining the importance of self-love, a body with practical tips, and a call to action motivating them to take the next step.
4. Incorporate Personal Examples: Include relatable stories or examples of women who have successfully embraced self-love.

E - Explanation

- Provide context on the emotional challenges women face after toxic relationships and why self-love is essential.
- Include expert insights on practices like setting boundaries and affirming self-worth.
- Avoid overwhelming jargon, meaning avoid using psychological or technical terms that may alienate the reader, such as "narcissistic abuse" or "co-dependency" without clear, simple explanations.



Narrative Prompt Version

Here's how the full Vibe Prompt Method™ can come together in a single, natural-language prompt:

Prompt:

Write a 700-word blog post that helps women recovering from toxic relationships understand the importance of self-love in the healing process.

The tone should be compassionate, empowering, and gentle—offering support, encouragement, and practical advice in a soothing, understanding voice.

Take on the role of a relationship coach who specializes in helping women rebuild their self-worth and emotional well-being after experiencing toxic relationships.

The blog should include short paragraphs, clear headlines, and an image that reflects the theme of healing and self-love.

The goal is to motivate the reader to begin practicing self-care, take steps toward emotional recovery, and consider seeking further resources or coaching.

Infuse the writing with a supportive and steady vibe—showing up with care, patience, and practical support throughout.

Start with an emotional hook, then explain why self-love is essential to healing. Include relatable examples, practical tips, and expert-backed insights (like setting boundaries and affirming self-worth).

Keep the language simple and human—avoid complex psychological terms like “narcissistic abuse” or “codependency” unless clearly explained.

See how much clarity, personality, and emotional alignment this kind of prompt gives your AI? That's the power of the full Vibe Prompt Method™ in action.

Quick Prompts for Ideas & Small Tasks

You don't always need the full TART-DOSE formula—especially for idea generation and light content tasks. These examples use a slimmed-down prompt with just the essentials: Vibe, Task, Audience, and Tone—plus a dash of helpful context. It's perfect when you want fast, aligned output—without overcomplicating your prompt.

Short Prompt Example #1

Write 5 scroll-stopping hook ideas for an Instagram post about the benefits of electric bicycles. The vibe should be playful and free, bringing a sense of fun and freedom to the message. Speak to everyday commuters who are tired of traffic and looking for a fresh way to get around. Keep the tone casual, energetic, and upbeat—and write like a friendly enthusiast sharing something cool.

Short Prompt Example #2

Create an outline for a short email sequence promoting a 2-day live workshop that helps coaches attract more clients through LinkedIn. Include 3–4 email subject line options for each email. The vibe is bold and lit up—this should feel exciting, confident, and full of momentum. Speak to service-based coaches who are tired of getting ignored online and want a smarter way to grow. Use a tone that's clear, inspiring, and actionable.

Short Prompt Example #3

Give me 5 CTA button copy ideas for a landing page where people can schedule a discovery call for my coaching services. The vibe is supportive and steady—I want it to feel calm, encouraging, and low-pressure. Write for overwhelmed solopreneurs who need real help but don't want to be sold to. Keep the tone friendly, clear, and reassuring.

Why the Vibe Prompt Method™ Works

This prompt method is a game-changer for solopreneurs. It takes the guesswork out of writing prompts, making your life a whole lot easier. So why does it work so well? Great question!

The Vibe Prompt Method™, including the TART-DOSE formula, gives you all the ingredients you need to get the perfect, tailored output from AI. The structure ensures AI knows exactly what you need, who it's for, how it should sound—and how it should feel.

Vibe is your secret emotional signal. It's what makes your words stick. It helps your AI-generated content feel less robotic and more real. It makes your CTA click-worthy. Your copy scroll-stopping. Your ideas unforgettable. This isn't just prompt writing. *It's prompt feeling.*

The formula keeps you on track. It makes sure the AI knows your objective right from the start, so you're not wasting time chasing your tail with endless tweaking. It's like setting your GPS before a road trip—no detours, just straight to the good stuff!

That's why the Vibe Prompt Method™ works. And once you start using it, your content—and your business—won't be the same.



How Solopreneurs Can Benefit from AI

As a solopreneur, you're already wearing a multitude of different hats—CEO, content creator, marketer, customer service rep, marketing guru, and more. But let's face it, you can't do it all.

AI can't pour you coffee (yet), but it can certainly help you tackle the endless to-do list, letting you focus on the parts of your business that really need your magic touch.

Think of it like having a team of experts in your pocket, ready to take on the tasks you might not have the time, energy, or know-how to handle

And when guided by a smart, emotionally aligned prompt, AI becomes more than just a tool—it becomes a creative and strategic sidekick.

The possibilities are massive. Need website copy? Done. Crafting email sequences? No problem. Want to create social media posts or ads? AI's got you covered.

Here's just a glimpse of what's possible when you prompt like a pro:

- **Create compelling product descriptions that sell:** AI can analyze your product and whip up persuasive copy that makes customers click “buy now.”
- **Write blog posts that drive traffic:** AI can research keywords, craft catchy headlines, and write SEO-friendly articles that boost your site's ranking.
- **Create eye-catching visual content, from images to video:** AI can generate everything from hyperrealistic photos and polished infographics to engaging video ads and branded motion graphics.
- **Generate a smart, tailored marketing plan:** AI can generate a detailed marketing strategy based on your business goals, target audience, and resources—ensuring you're focusing on the right tactics.
- **Plan your social media calendar:** AI can help you plan, organize, and schedule posts for the entire month, so your social media is always on track without you needing to stress about it.

But That’s Just Scratching the Surface

Whether you're launching something new or maintaining momentum, AI can save hours, spark ideas, and support your business in ways that feel aligned and efficient.

AI can do things you might not even have thought of.

You can use AI to generate a detailed competitor analysis in minutes or create a brand-new customer feedback survey tailored to your specific needs.

Need a summary of a book you've been meaning to read but never will? AI can pull it together in 500 words. Or maybe you want it to analyse your client calls and come up with an action plan? You'd be amazed at what you can do and how quickly AI can pull together this kind of valuable insight.



Next Steps

Now that you're practically a Vibe Prompt wizard (★gold star for you!), it's time to turn your knowledge into content that clicks.

Most people give AI vague prompts and hope for magic. The Vibe Prompt Method™ gives AI the structure, context, and personality it needs to actually deliver what you want—aligned with your business and your vibe.

You have everything you need to build out your brilliant prompts. But if you'd rather skip the guesswork and get straight to the good stuff, SoloGenius AI gives you tools that already use the Vibe Prompt Method, so you can get aligned, high-performing content fast (without doing it all alone).

Here's where to start:



PromptUp

Your shortcut to strategic, Vibe-powered prompts. This handy tool inside SoloGenius AI crafts ready-to-use Vibe Prompt Method™ prompts. Just fill in a few quick inputs—your task, audience, tone, vibe, etc.—and get a copy-and-paste prompt you can drop into any AI sidekick (like ChatGPT or one of the SoloGenius Genius Assistants).



Ailany – AI Genius and Prompt Whisperer

Not into form-filling? Just chat (or talk) with Ailany. She's trained in the full Vibe Prompt Method™ and helps you shape custom prompts, define your brand voice, and figure out where to start. She also sparks prompt ideas to help you think bigger.



ArtPromptUp

Not sure how to describe the image you want? This tool helps you craft visual prompts that match your vibe—and turn your ideas into scroll-stopping visuals using any AI image generator.

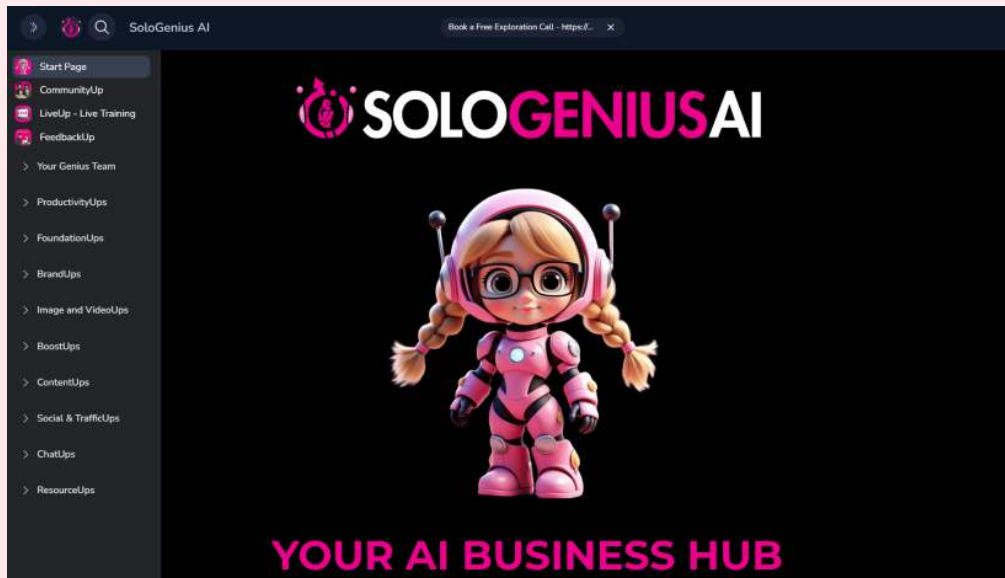
Want to define your brand voice or add emotional clarity? Use:

- **BrandVoiceUp** to write your full brand voice description
- **ToneUp** to extract your tone from existing content
- **VibeVoiceUp** to layer the right emotional energy over anything you write



These tools are just a few highlights from the 60+ powerful apps inside SoloGenius AI—basically, your dream team of AI tools and Genius Assistants. Imagine having an entire crew working behind the scenes to help you simplify, automate, and level up your business.

Here's just a taste of what your SoloGenius toolkit can do for you:



- **Analyze your business idea:** Get the lowdown on whether your idea has legs by tapping into market insights and competitor analysis.
- **Generate your Dream Client profile:** Build detailed, spot-on profiles and avatars of your ideal customers to fine-tune your marketing efforts.
- **Analyze your brand voice:** Make sure your content's talking to your audience in the right language—because tone of voice matters.
- **Write your website copy:** Nail your homepage, product pages, and about section with copy that converts.
- **Create all your social media content:** Stuck on what to post? You can research trends, brainstorm fresh ideas, and create scroll-stopping visuals with captions that'll have your audience double-tapping.
- **Write all your emails:** From a friendly welcome to a sizzling promo campaign, easily craft email copy that grabs attention and drives action.
- **Generate photos, images, logos, videos, and voiceovers:** Turn your business visuals into high-quality, professional creations.
- **Write your sales and product copy:** Craft copy that doesn't just sound good but gets your products flying off the shelves.

...and oh, so much more.

Ready to level up your biz?

Explore over 50 task-focused tools and 11 Genius Assistants—all designed to help solopreneurs like you create smarter, move faster, and grow with ease.

From strategy and content to automation and branding, it's like having an AI-powered support team in your pocket—ready whenever you are.

See what's possible—and how much lighter your workload feels when AI has your back.

👉 **Start your \$5.99 trial at SoloGenius.ai**

