Creating my own GPT

How I used GPTs to explore new **Mediterranean recipes** and what I learned along the way

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Designing the Mediterrano Coach

- **A GPT is your own customized version of ChatGPT. But instead of having ongoing conversations, you can program it to follow instructions and perform tasks such as web search, image generation or data analysis. You can even upload your own documentation and have it reference that for tasks.**

- **I designed my GPT to first ask users about their goals and eating habits related to Mediterranean foods, before offering them different options to help them achieve those goals.**

It's so quick and simple to build

- The conversational interface and the two-column layout of 'Configure and Preview' make it easy to build, test, and preview your GPT all at once.

- Testing as you go gives you quick feedback and sparks new ideas allowing you to iterate the flow rapidly.

- The way the GPT automatically confirms user input and offers smart next-step suggestions makes it feel like a true design partner.

Like a design intern it still needs help

- The journey I designed started by asking the user four questions their goals. Initially, the GPT presented them all at once, but I wanted a more natural conversation in steps so I had to correct that flow.

- Some of my questions also showed up in the wrong place in the flow, making the conversation feel awkward. I had to reprogram it to feel more human.

- In the second part of the flow when it gives options to user I had to remind the GPT to reference user responses from earlier.

Limitations of Cost, Scope & Voice

- You need a paid account to create a GPT, and if you are not signed up to ChatGPT, you are limited in your use of GPTs.

- In my design, I could only go so far, creating flows has its limits when it comes to functioning like a real app. You can build an app inside ChatGPT by integrating it with platforms like Glide using OpenAI's API, but this adds both cost and complexity

- I tried my GPT on mobile with voice, and while the chat flowed okay, it did flow very well when reading out a (longish) list of options.

But the biggest issue I had was...

My GPT didn't remember me

- When creating this in the GPT Builder, I asked it how return users would be handled. It said the memory would recognise returners and move them to a different part of the flow.

- But once published, each session I tried restarted from the beginning. The GPT hadn't remembered my goals from previous sessions nor had it saved my favorites. This was very frustrating.

- After digging deeper, I learned that while you can personalise responses via the customization panel, Custom GPTs don't retain user input between sessions, even with memory enabled.

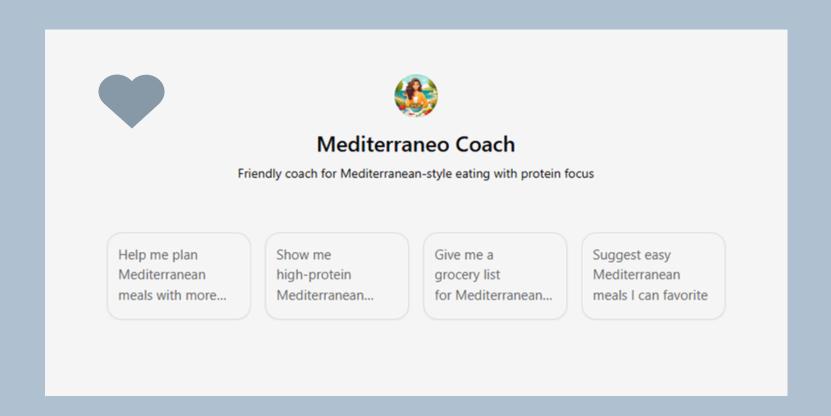This stopped me going any further with my GPT.

But I could have done better too

- I did create some menu items to guide users, but I could have made better use of AI capabilities by programming more detailed instructions and letting the GPT handle more of the work.

- For example, I could have specified how the GPT should act e.g., "Act like a supportive Mediterranean diet coach who adapts suggestions based on the user's goals, prep time, and protein needs."

- I also could have used the AIs follow-up questions pattern to more effectively understand user preferences around ingredients or flavours, creating a more tailored response.

Works like an internal 'mini App'

- Even though my GPT didn't work as expected, I see how a customizable GPT could be valuable when integrated into organizational workflows.

- An organization could create a custom GPT, define how it operates using internal rules, provide structured prompts and menu options to guide users, and configure it to search internal documents instead of the web. They could also extend functionality by integrating APIs with external tools or third party platforms. And more.

Being able to tailor GPTs to specific tasks and domains makes them powerful internal agents for handling routine queries and streamlining workflows.

Want to live longer, support your heart and boost your mood?

Check out **Mediterrano Coach** in the GPT Marketplace and let me know what you think :-)