


Prompt Chain Document – AI-Powered YouTube Script & Thumbnail

 **Name:** Adishi Singh

 **Task:** Prompt Engineering Task 1

 **Project:** YouTube Script & Thumbnail Generated Using AI

1. Title Generation Prompt

Prompt Used:

“Give me 5 viral YouTube video titles where I let ChatGPT control my day like a virtual personal assistant. The titles should be catchy, curiosity-driven, and YouTube-friendly.”

Output Received:

- ChatGPT Controlled My Day – You Won’t Believe What Happened!
- I Let AI Plan My Entire Day... It Was Crazy!
- My Life, But Run by ChatGPT
- 24 Hours with an AI Assistant – Surprisingly Productive!
- AI Took Over My Life for a Day – And I’m Not Mad About It

Final Title Chosen:

ChatGPT Became My Personal Assistant for a Day – INSANE!

2. Script Generation Prompt

Prompt Used:

“Write a 1000–1500 word YouTube script for a vlog-style video where I let ChatGPT act as my personal assistant for a day. Make it engaging, with humor, real-life tasks (like planning my schedule, meals, breaks), and a motivational ending.”

Main Sections Generated:

- Engaging introduction with curiosity hook
- AI-planned morning routine
- Deep work/break schedule by ChatGPT

- Meal suggestions & fitness break
- Unexpected learning moments (e.g. using Pictory)
- Journaling & reflective pause
- Motivational wrap-up about using AI effectively

 **Full Script:**

YouTube Script

Title: *ChatGPT Became My Personal Assistant for a Day – INSANE!*

[Intro – 0:00]

(Background music fades in, upbeat)



Hey everyone!

So... I did something a little wild.

I let ChatGPT — yes, the AI chatbot — become my personal assistant for an entire day.

From when I woke up to when I went to bed, it planned my day, told me what to eat, what tasks to do, when to take breaks — literally everything.

And let me tell you... it got intense. 😊

Stick around, because you won't believe what happened when I let an AI control my life for 24 hours.

[Scene 1 – The Setup – 0:30]



Okay, so here's how I started.

I opened up ChatGPT and typed:

“Can you plan my entire day for me — including wake-up time, meals, work, breaks, and some fun too?”

And boom 🌟 — within seconds, I had a full schedule laid out.

Here's what it gave me:



7:00 AM – Wake up + 10-minute meditation



7:15 AM – Healthy breakfast: Greek yogurt + fruit



8:00 AM – 12:00 PM – Deep work session



12:30 PM – Lunch: Grilled veggies and quinoa



1:30 PM – 15-min walk or light yoga



2:00 – 4:00 PM – Learning time (AI tools tutorial)



4:30 PM – Fun break: watch a show or play a game



6:00 PM – Journal + prep for tomorrow



7:00 PM – Dinner



9:30 PM – Tech off. Wind down with reading.

Pretty organized, right? 😊 But did I actually follow it? Well... mostly.

[Scene 2 – Morning Routine – 1:30]



So I set my alarm for 7:00 AM like a good AI obeyer.

Waking up early? ✅ Done.

Meditation? 🙄 Well... I tried. I may have just scrolled Instagram for 10 minutes in silence. Counts?

Breakfast was solid. I actually enjoyed the Greek yogurt with berries — thanks, ChatGPT. You're not a bad nutritionist!

Then came the 4-hour deep work block.
Now here's where things got *interesting*...

[Scene 3 – The Work Zone – 2:15]



I asked ChatGPT, "How do I make my deep work session more effective?"
It said:

"Turn off notifications, set a 50-minute Pomodoro timer, take 10-minute breaks, and focus on one task at a time."

So I did exactly that — and honestly? I got more work done in those 4 hours than I usually do in an entire day. 😮

No doom scrolling, no distractions. Just pure flow.
Kinda scary how good it was at optimizing my brain.

[Scene 4 – Midday Motivation – 3:10]



Lunch came right on time, and again... ChatGPT made it healthy: grilled veggies and quinoa.

Not gonna lie — I added hot sauce and fries.
I'm human, okay?

Then I asked it for a 15-minute stretch video and did some light yoga.
I felt like one of those "That Girl" TikToks. 🧘✨

At 2 PM, it was "learning time." I asked ChatGPT to recommend a free AI tool to explore.

It suggested Pictory.ai, and I actually played around with turning this script into a video. Meta, right?

[Scene 5 – Fun Time! – 4:00]



At 4:30, it told me to relax.

Now THIS is the assistant I need in life.

I watched one episode of *Brooklyn Nine-Nine* — and only one.

Discipline level: unlocked 

Then it was journaling time. I asked:

“Can you give me 3 journaling prompts to reflect on today?”

And it replied with:

1. What did you learn today that surprised you?
2. What part of your day felt the most fulfilling?
3. How did it feel letting AI guide your choices?

Honestly, the third one hit deep.

[Scene 6 – The Reflection – 5:00]



By 9:30 PM, I was actually ready to wind down.

I read a few pages of a book, no screens, no chaos.

And guess what?

I felt calm, focused, and proud of my day.

So... what did I learn?

[Outro – 5:30]



Here's the thing — ChatGPT didn't just plan my day.

It held me accountable.

It helped me be intentional with my time, eat better, stay focused, and even have fun.

Was it perfect? Nah.

But for an AI, it did a pretty amazing job of being my assistant.

👉 If you've ever wondered whether ChatGPT could *actually* help you be more productive — I'd say give it a try.

💬 Drop a comment: Would you ever let AI plan your whole day?

- 👍 Like this video if you enjoyed it
- 🔔 Subscribe for more tech + productivity content
- 🎯 And remember — you're just one prompt away from your best day ever.

(Outro music fades out)

3. Thumbnail Concept Prompt

Prompt Used:

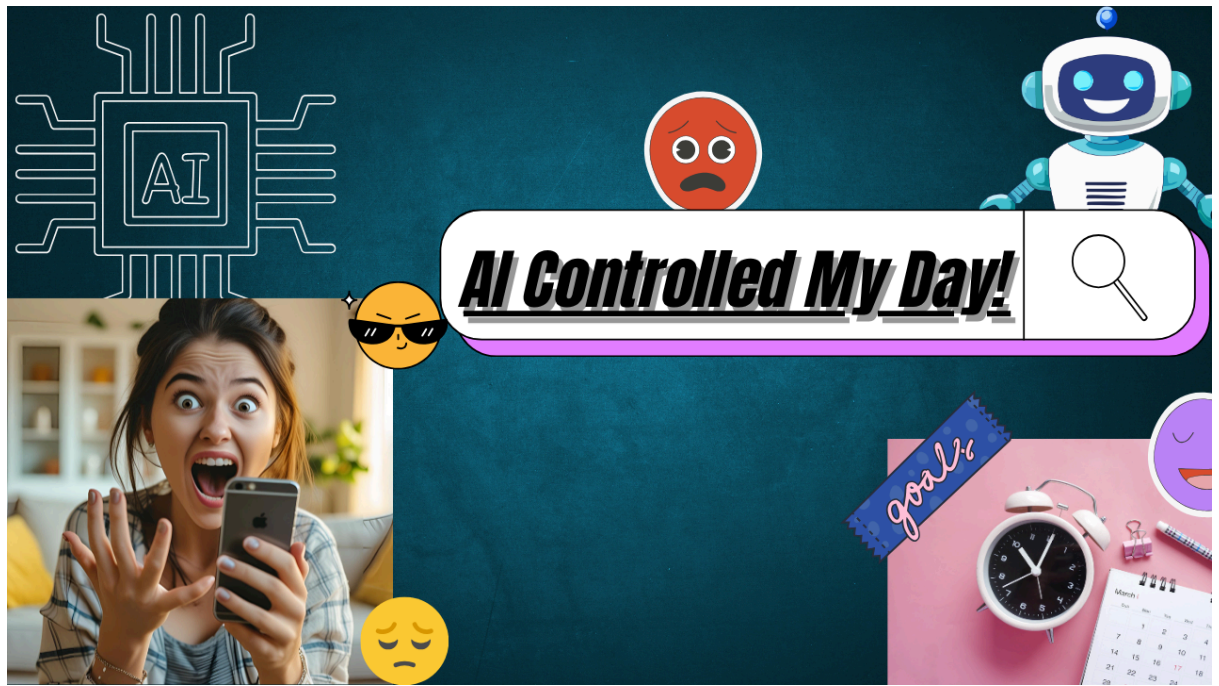
“Suggest a thumbnail layout for a YouTube video titled ‘ChatGPT Became My Personal Assistant for a Day.’ Include visual ideas, icons, face expressions, background style, and what text to include.”

Suggestions Received:

- **Layout:** Split screen
 - **Left:** Person holding phone with shocked face
 - **Right:** Floating schedule/calendar, AI icons, ChatGPT logo
- **Background:** Bright gradient (blue/purple), digital dashboard vibe
- **Text Options:** “AI Controlled My Day!” or “ChatGPT Assistant 🤖”
- **Visual Elements:** Clock, checklist, emoji shock face, bold fonts

✅ Final Thumbnail:

- Created in **Canva** (1280×720 px)
- Design included: person holding phone illustration + ChatGPT logo + bold title text
- File name: *AI-Controlled-My-Day-Thumbnail.png*



Tools Used

Tool	Purpose
ChatGPT	Generated title ideas, complete script, and thumbnail prompts
Canva	Designed and refined the YouTube thumbnail