

Prompt Documentation

Use this document to document each of your 5 prompts. Fill in all sections below, then delete all gray instruction text as you complete each section.

Prompt Name

Give your prompt a clear, descriptive name (e.g., 'Instagram Post Generator', 'Market Analysis Assistant')

Positive Habit Forming Motivation

Purpose

One sentence: What problem does this solve and who would use it?

The purpose of this prompt is to help people who want to form a positive habit or achieve a goal they are aspiring to attain.

Your Prompt

Paste your reusable prompt with [PLACEHOLDERS] clearly marked in brackets. Make sure someone else could fill in the placeholders and use this.

I have a goal to [GOAL] by the end of the year. I want you to design a two-week plan to help me achieve this goal. Include a list of daily habits I can implement to get started, one major milestone for the end of each week, and a brief motivational statement to keep me focused when I feel like giving up. To be clear, your response should include the following: 1. A low energy habit that I can do even on bad days. 2. A high energy habit for days when I'm feeling good. 3. Weekly milestones that can be marked as pass/fail to track my progress each week. 4. Two common reasons people end up failing to achieve my specific goal, and provide a solution for each problem. 5. A brief motivational statement related to my goal to motivate me.

Design Justification

Answer these questions to explain your design choices. Keep answers brief (1-2 sentences each).

1. Did you use a specific framework? If yes, which one and why is it appropriate for this use case?

If you didn't use a formal framework, write 'No formal framework' and explain your structure below.

I did not use a framework because I wanted to try my own prompt framework. The structure is

2. Why did you structure your prompt this way? What specific elements did you include?

Example: 'I included target audience because...' or 'I specified tone and length because...'

I structured my prompt like this to make the AI generate an output that is genuinely helpful for the user. I included examples of what it should generate so the user can get access to different types of motivation and have something to look forward to.

3. How does your prompt guide the AI effectively?

What makes your prompt clear and reusable? What guidance does it provide?

My prompt is designed to guide the AI by giving explicit directions on what the output should look like.

4. What constraints or requirements did you add and why?

Example: Format requirements, length limits, tone specifications, required elements.

I added 5 things that are required to be in the output. I included them to ensure the chatbot provides useful information that will benefit whoever is trying to use the prompt.

Testing - Version 1

Test your prompt with 3 DIFFERENT use cases (fill in the placeholders 3 different ways).

Record your scores below. You need an average of 85+ to pass.

Use Case	Score	Brief Notes
V1 Test 1: Writing a book	[93/100]	<i>My prompt was highly effective due to its clear placeholder and instructions, and the output followed all requirements of my prompt.</i>
V1 Test 2: Run a 10k	[90/100]	<i>My prompt had clear instructions and guidance, though it could benefit with format instructions for the plan layout.</i>
V1 Test 3: Save money	[83/100]	<i>My prompt generated a very practical, usable output, but it could have used constraints on tone/detail level.</i>

Version 1 Average Score: 88.66

Refinement (if needed)

If your V1 average is below 85, revise your prompt and test again. Document what you changed and why. If you scored 85+ on V1, write 'No refinement needed - scored 85+ on first attempt' and delete the V2 table below.

Changes Made V1→V2: No refinement needed - scored 85+ on first attempt

Final Reflection

2-3 sentences: Why does your final prompt work well? What makes it effective and reusable?

This prompt worked very well because it was tailored at getting useful advice from the AI. It is effective in that the chatbot generates a consistent output every time that can be used for a wide variety of goals.

Best Used For

List 3-5 specific situations where this prompt would be useful.

- Someone has a goal in mind but they keep procrastinating.
- Someone was on the right track to attaining a goal, but ended up failing and needs motivation to start again.
- Someone wants to test if they are really committed to achieving something with a 2 week plan.