

# 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.