

Prompt Documentation

Prompt Name

Positive Habit Forming Motivation

Purpose

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

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

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

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?

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?

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?

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

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

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

Final Reflection

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

- 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.