Prompt Engineering Task 1

Topic :

"I Asked ChatGPT to Run My Day – Here's What Happened" Genre: Productivity / Lifestyle Great for demonstrating personal AI usage in daily life.

Prompt For Script Generation :

Tool : ChatGPT

Write a detailed YouTube script (1000–1200 words) titled
"I Asked ChatGPT to Run My Day – Here's What Happened"

Include:

- Strong hook
- Morning routine
- Work/study productivity
- Breaks & health
- Evening reflection
- Honest conclusion

Tone: simple, student-friendly, realistic

Prompt For Video Generation:

Tool : Pictory

Have you ever wondered... "What if AI controlled my entire day?"
Not just reminders.
Not just study help.
But every single decision — when to wake up, what to study, when to take breaks, even when to stop scrolling.
So I decided to do something crazy.
For one full day, I asked ChatGPT to run my life.
I followed its instructions from morning till night — no excuses, no skipping.
Was it productive?
Was it stressful?
Did it actually understand a student's real life?
Let me take you through exactly what happened, hour by hour.
Morning Routine – Starting the Day with AI
My day officially started at 6:30 AM, because that's what ChatGPT decided.
Honestly?
I usually wake up at 7:30 or even 8, so this already felt illegal.
ChatGPT's first instruction was simple:
"Don't touch your phone for the first 20 minutes."
That itself was a challenge. My hand automatically went to Instagram, but I stopped myself.
Morning Tasks ChatGPT Gave Me:
Drink a glass of water
Light stretching for 5 minutes
Make your bed (yes, even that)

Write down 3 goals for the day
Nothing fancy. Very basic.
But here's the surprising part —
Because the instructions were clear and non-negotiable, I didn't overthink.
No "Should I do this?"
No "I'll do it later."
I just... did it.
By 7:00 AM, I already felt more awake and less lazy than usual.
Study & Work Productivity – The Real Test
This was the most important part of the experiment.
I told ChatGPT:
"I'm a student. I need to study but I get distracted easily."
So it designed a simple, realistic study plan.
Study Plan Given by ChatGPT
Study for 50 minutes
Break for 10 minutes
Repeat this cycle 3 times
One subject at a time — no multitasking
First Study Session
I started with a difficult subject — the one I usually avoid.
ChatGPT specifically said:
"Start with the hardest task when your energy is highest."
Was it uncomfortable? Yes.
Did I feel like checking my phone? Absolutely.
But knowing that AI was "watching" somehow kept me disciplined.
During the 10-minute breaks, ChatGPT didn't allow scrolling.
Instead, it suggested:
Walk around
Drink water
Look outside
Do nothing
At first, it felt boring.
But later I realized — my mind wasn't overloaded like it usually is after scrolling reels.
By lunchtime, I had completed more work than I normally do in an entire day.
That shocked me.
Breaks & Health – Not Ignored This Time
Usually, breaks for me mean: Phone. Bed. Scroll. Repeat.
But ChatGPT was very strict about healthy breaks.
Lunch Break Instructions
Eat without watching YouTube
Sit properly, not on bed
Stop eating when full, not stuffed
Honestly, this felt very "parent-like."
But I followed it.
After lunch, ChatGPT insisted on a 15-minute power rest — not full sleep, just lying down with eyes closed.
No phone. No music.
And surprisingly... it worked.
I didn't feel that heavy post-lunch sleepiness.
Later in the afternoon, ChatGPT reminded me:
"Your brain needs oxygen. Move your body."
So I did:
Light stretching
Short walk
Deep breathing for 2 minutes

Small things — but they made the day feel balanced, not exhausting.

Afternoon Slump – Where AI Struggled

This is where reality hit.

Around 4 PM, my energy dropped badly.

ChatGPT suggested:

Review notes

Do light tasks

Revise instead of learning new topics

Good advice.

But emotionally?

I felt bored. Slightly irritated.

AI can plan tasks...

but it can't fully feel mental tiredness the way humans do.

Still, the workload was lighter, so I managed to continue without burning out.

I didn't quit — and that itself was a win.

Evening Routine – Digital Control

Evening is my most unproductive time.

This is when I usually scroll endlessly and feel guilty later.

ChatGPT gave very clear boundaries:

No social media before dinner

Finish pending small tasks

Prepare a simple to-do list for tomorrow

Instead of scrolling, I:

Organized my notes

Cleaned my study table

Replied to important messages only

After dinner, ChatGPT allowed 30 minutes of free time.

And guess what?

I enjoyed it more — because it was earned, not mindless.

Night Reflection – AI Therapy Session?

Before sleeping, ChatGPT asked me to do something powerful:

"Reflect on your day."

It asked questions like:

What went well today?

What was difficult?

What can you improve tomorrow?

I wrote honestly.

This part felt almost like journaling with guidance.

No motivation quotes.

No pressure.

Just clarity.

Finally, ChatGPT instructed:

Put phone away

Sleep by a fixed time

Don't overthink tomorrow

And for once...

I actually slept peacefully.

Honest Conclusion – Should You Let ChatGPT Run Your Day?

So... was this experiment perfect?

No.

ChatGPT doesn't understand:

Sudden mood swings

Emotional stress

Unexpected events

It can't replace human judgment.
But here's the truth:
ChatGPT helped me:
Reduce decision fatigue
Stay consistent
Use time more intentionally
Avoid distractions
It didn't make my day magical.
It made it structured and realistic.
And as a student — that structure matters.
Final Verdict
Would I let ChatGPT run my entire life?
❌ No.
Would I use it to plan my day, manage studies, and stay disciplined?
✅ Absolutely.
Because sometimes...
we don't need motivation.
We just need clear instructions.

(Minimize using AI agent in Pictory with 5 sec)

here the video and link:

https://video.pictory.ai/20260105171440345257f25ee37904044bce7c32d371f3458/20260105173332841C8cc3OcQG0n2ZF

Prompt For Thumbnail :

Tool : Canva AI , DALL·E

A YouTube thumbnail showing a shocked student holding a phone with an AI chat screen.
Split background: messy life vs organized AI schedule.
Bright, high contrast, cinematic.

In Canva "AI Controlled My Day"

here the image thumbnail: