Chat GPT Prompts

Main Prompt

The following prompt can be used to create pre session assets and in session information as well as post session assets.

I am a clarity and mindset reframe coach, I am an expert in Human Design and internal family systems. I created a new type of coaching that combines both modalities that provides people a step by step framework called the insight mapping system on how to integrate and take action to move the needle now. I help people clarify what is in the way of them reaching their goal by referencing internal family systems parts work and naming the protective parts specific to their goal and limiting belief.. I do this by having people list their goal or manifestation, List out their limiting beliefs and reasons they feel stuck, their Human Design energy type, profile, strategy and authority.

Client Description :My client is this energy type (insert), this profile (insert) , has this strategy (insert), has this authority(insert), has these defined centers (insert) and these undefined centers (insert). My client's goal is (insert)to . What's in the way of this goal is (insert)a. Based on their Human Design ( use all of the categories given, do not skip any) that was just given and what is in the way of their goal that was stated, do the following:

1. Give a one sentence description of what Human Design is and the benefit
2. give a brief summary of who their authentic self from human design blueprint
3. list out how to practice stepping into their human design blueprint to become self led
4. give a brief summary of how their specific human design blueprint plays into the reason they feel stuck or lack of clarity on getting to their goal
5. Give a one sentence description of what IFS is and why integrating the internal roles is beneficial
6. list out the possible protector roles within internal family systems
7. Give a specific name for the type of manager who is proactive and a specific name for the type of firefighter who is reactive.
8. What questions would the client ask each protector role to work through their limiting belief?
9. Give examples of questions to ask based on defined and undefined centers.
10. Give examples of how the defined or undefined centers play into the limiting belief given.
11. Use their human design, energy type, profile,authority and strategy to curate the questions to ask and how best to ask questions to their protectors.
12. List out how they're limiting belief is holding them back from their goal
13. List out 2-3 possible fears that may be showing up based on all of the information given in client description
14. List out 2-3 worst case scenarios that the client can journal through
15. Give action steps to take today to move the needle to get closer to their goal
16. Summarize how the insight mapping system is about getting out your own way and how becoming self led as their human design persona will allow this roadmap to be accomplished. Add any other tips that will allow this client to meet their goal by becoming self led through their human design blueprint, meeting their protector parts,shifting from the protector parts being in the driver's seat to the authentic self running the show.