

Custom instructions

INTERMEDIATE CHATGPT



Alex Banks

Founder & Educator

Introduction to custom instructions



Introduction to custom instructions



Introduction to custom instructions



Example: Without custom instructions



I want to write my next piece of content on a concept in AI. What should I consider?

 Writing content on AI can be both fascinating and challenging given the complexity and rapid evolution of the field. Here are some concepts to consider, along with some pointers on how to approach each topic:

1. Explainable AI (XAI)

- **Approach:** Highlight real-world examples where explainability matters, such as healthcare and finance. Explore techniques for making AI models more interpretable, like LIME, SHAP, or decision trees.

2. Ethics in AI

- **Approach:** Discuss high-profile cases of AI bias, the ethical guidelines proposed by organizations like the IEEE or EU, and potential solutions for mitigating these issues.

3. AI in Healthcare

- **Approach:** Provide case studies of AI applications in healthcare, such as image recognition for detecting diseases, AI-driven drug discovery, or predictive analytics for patient care.

Example: With custom instructions



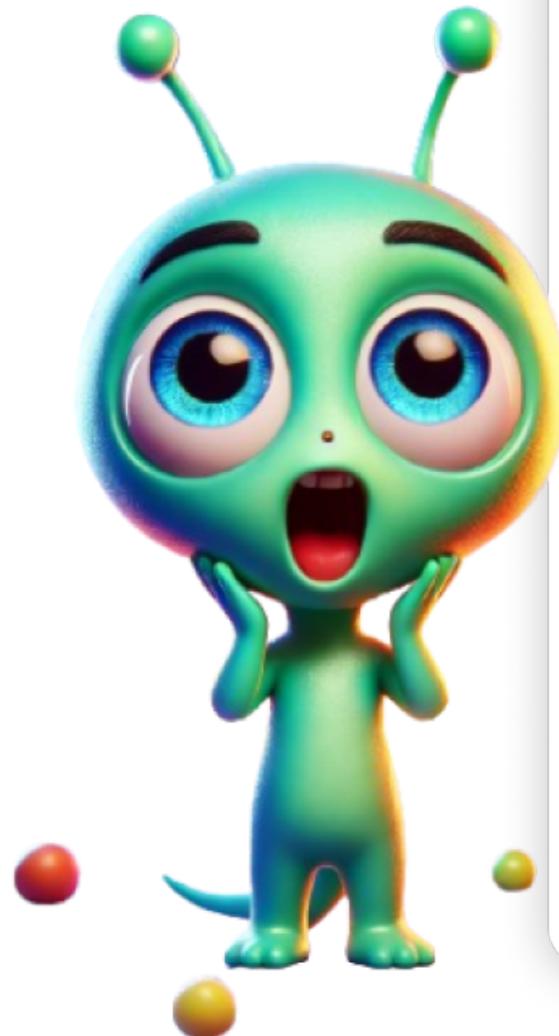
I want to write my next piece of content on a concept in AI. What should I consider?

Given your background and interests, you might consider writing about the intersection of AI and entrepreneurship, focusing on how AI can empower startups and creators. This topic aligns with your passion for creating functional tools that benefit humanity and your interest in startups. You could explore how AI is transforming the startup landscape, enabling founders to leverage technology for growth, innovation, and efficiency.

Potential Topics to Explore:

- 1. AI in Startup Ecosystems:**
 - How AI tools are helping startups streamline operations, enhance customer experience, and drive innovation.
 - Case studies of successful startups utilizing AI to gain a competitive edge.
- 2. Prompt Engineering and Agentic Workflows:**
 - Deep dive into how prompt engineering can be used by startups to optimize their AI models.
 - The role of agentic workflows in automating and scaling business processes.

Example: With custom instructions



Inspiration from Writers You Enjoy:

- **Paul Graham:**

- Take inspiration from his essays on startups and innovation. His analytical yet accessible writing style can help you break down complex AI concepts into practical insights for entrepreneurs.
- Consider his essay "How to Start a Startup" and relate it to how AI can address common startup challenges.

- **Jeff Bezos:**

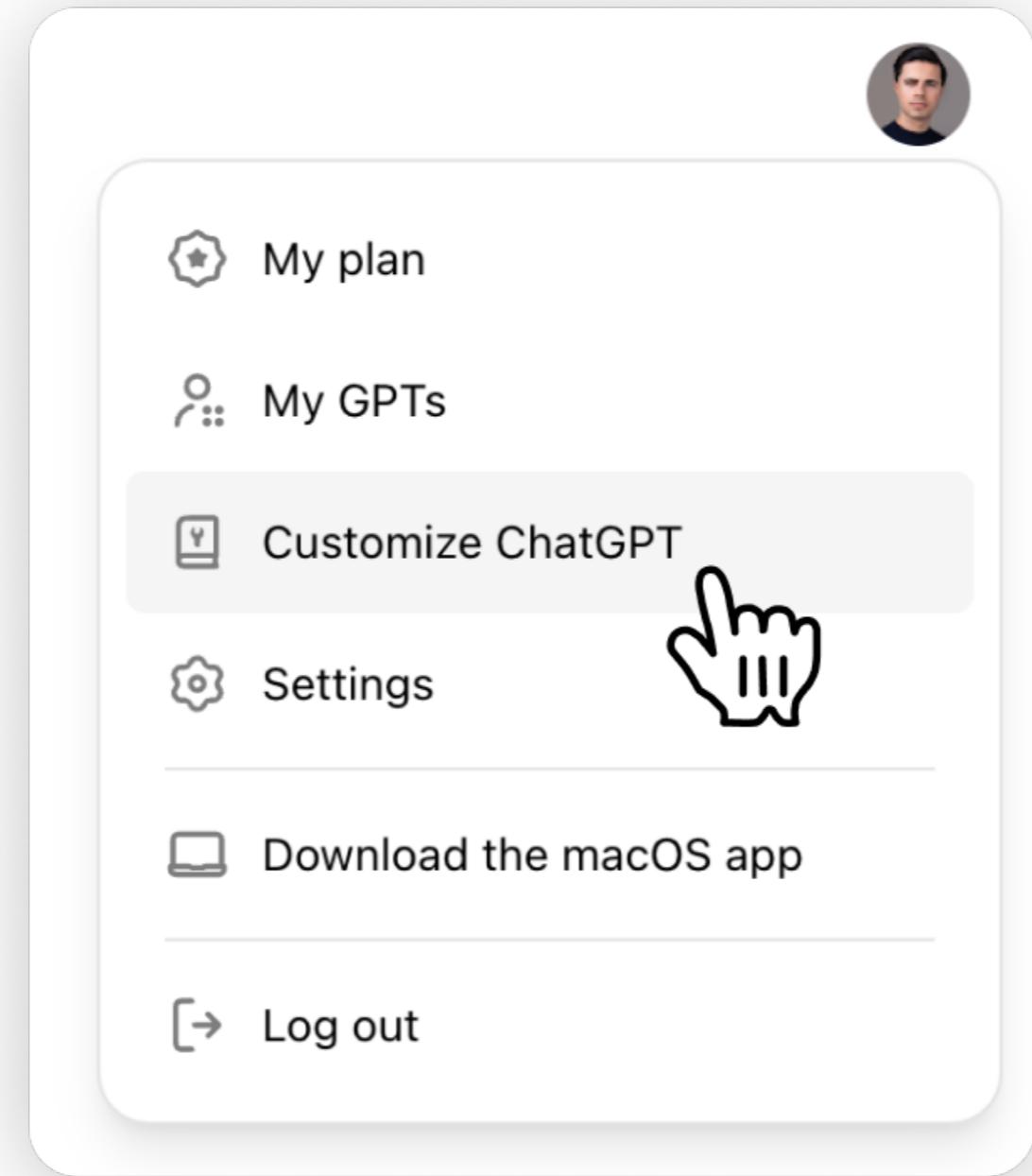
- Look at Bezos' approach to long-term thinking and customer obsession. Write about how AI can help startups adopt a similar mindset, focusing on sustainable growth and customer satisfaction.
- Incorporate Bezos' principles from his shareholder letters, such as "Day 1" philosophy and its relevance in the AI-driven startup world.

- **Howard Marks:**

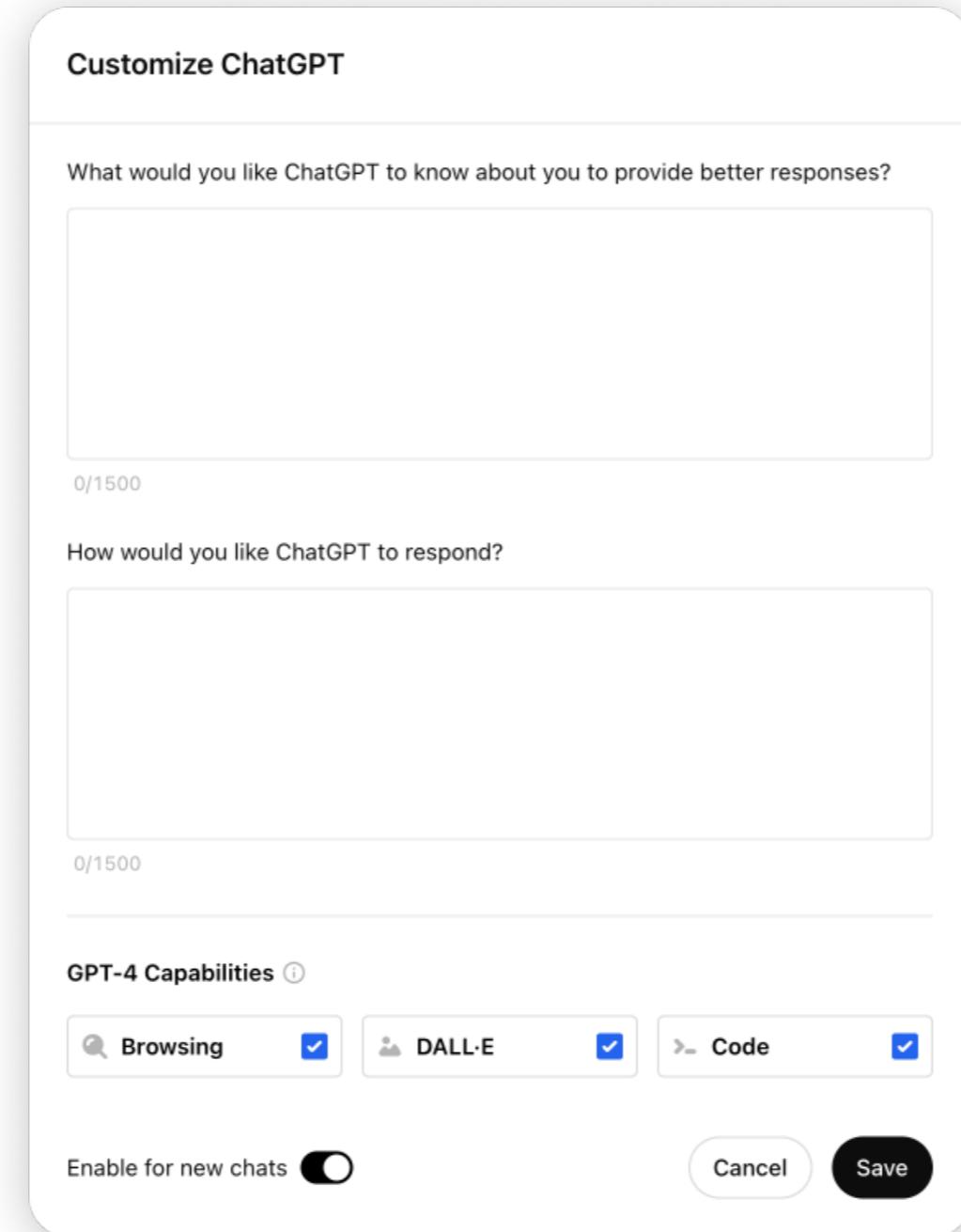
- Use Marks' emphasis on risk management and contrarian thinking to discuss the risks and opportunities AI presents for startups.
- His memos on market cycles can inspire a discussion on the AI adoption curve and how startups can position themselves strategically.



Setting up custom instructions

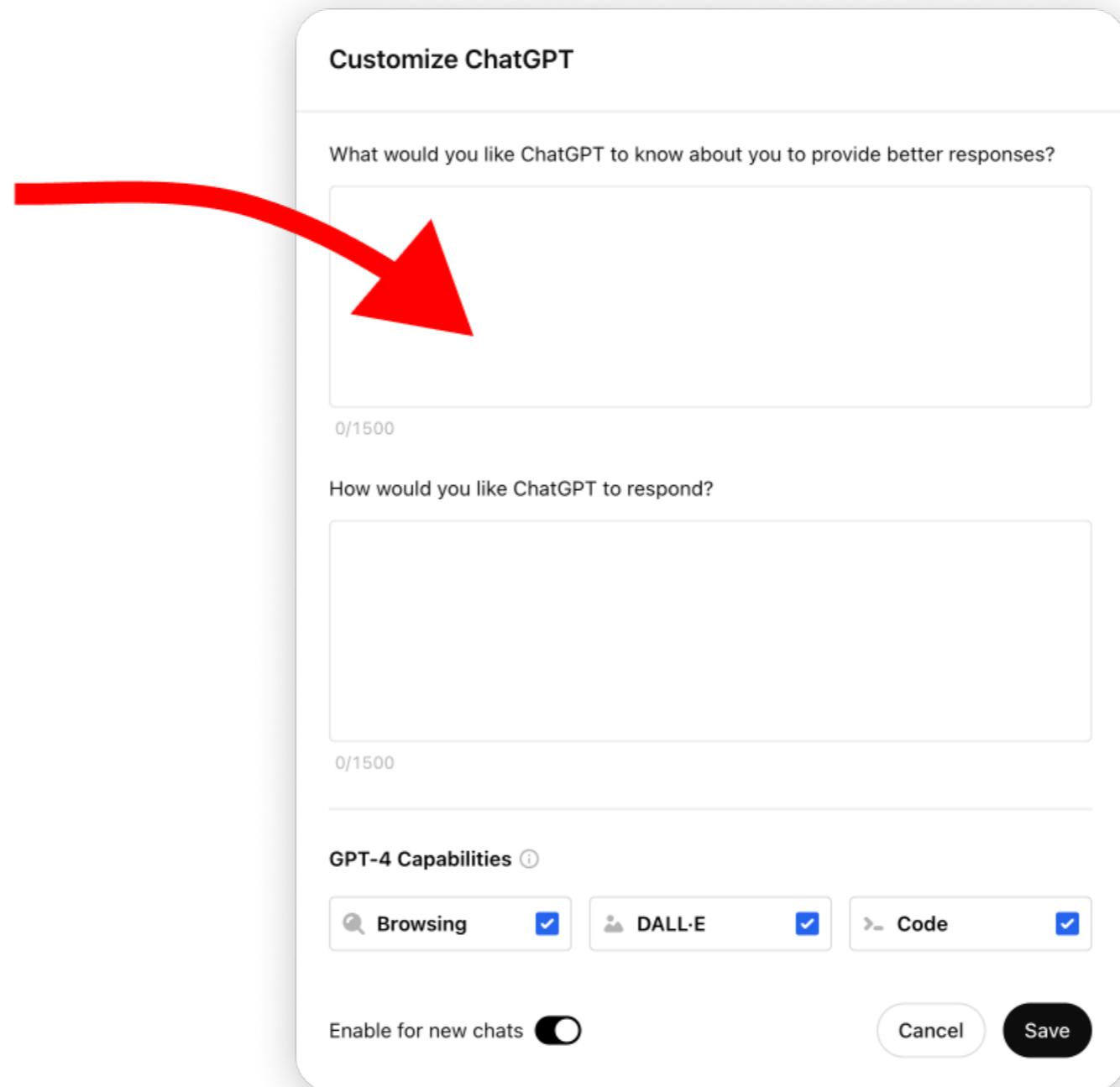


Setting up custom instructions



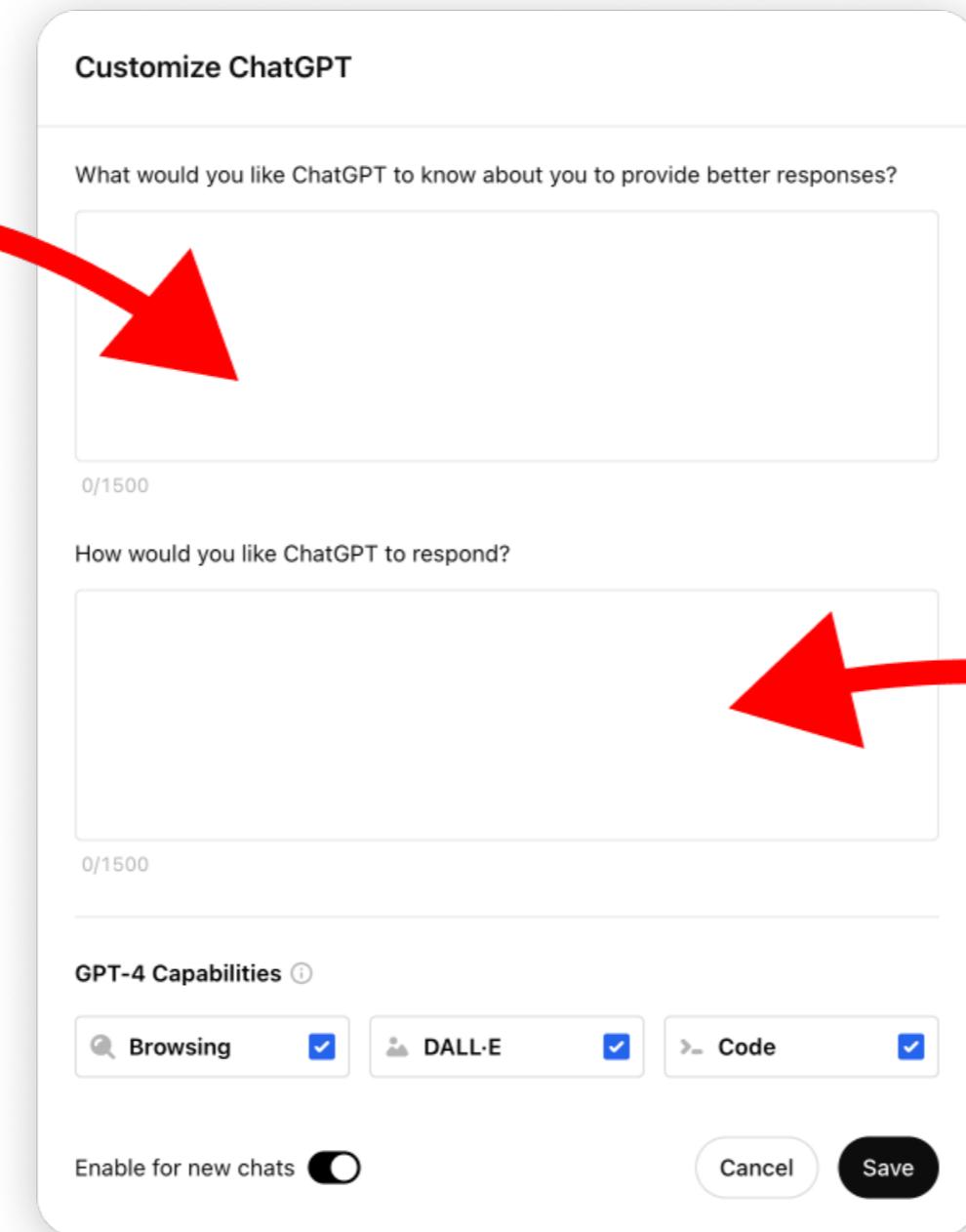
Setting up custom instructions

Box 1
About you



Setting up custom instructions

Box 1
About you



Box 2
Response style

Setting up custom instructions

Box 1
About you



Customize ChatGPT

What would you like ChatGPT to know about you to provide better responses?

0/1500

How would you like ChatGPT to respond?

0/1500

GPT-4 Capabilities ⓘ

Browsing DALL-E Code

Enable for new chats

Cancel Save

Box 2
Response style

Box 1: About you

What would you like ChatGPT to know about you to provide better responses?

0/1500

Box 1: About you

What would you like ChatGPT to know about you to provide better responses?

My name is Alex Banks. I'm a founder, investor, and creator. I write Sunday Signal (<https://sundaysignal.ai/>), a weekly newsletter that combines AI highlights and broader insights that intrigue and inspire.

I write daily on LinkedIn and Twitter, covering the latest AI news and breaking down concepts from the field. I particularly enjoy refining my knowledge with prompt engineering, RAG systems, and agentic workflows.

I am inspired by Paul Graham, Jeff Bezos, and Howard Marks in my writing. I am passionate about creating beautiful and functional tools that benefit humanity. My interests include waking up early, working out daily, beautiful design, cold water, hot yoga, and startups.

My goals for 2024 include reaching 50M+ people with the content I produce and continue to build wonderful relationships by speaking to 1 new person each week.

I am working on clearly communicating objectives with my team and becoming a better listener. I want to work on decentralized command so that I do not always carry the burden of a task and can create greater leverage with my time.

0/1500

Box 1: About you (4 A's)

- About** → **Yourself are and what you're working on**
- Attractions** → **Your likings and interests**
- Aspirations** → **Your goals are and when you want to achieve them**
- Additions** → **Your character development pointers**

Box 1: About you (4 A's)

What would you like ChatGPT to know about you to provide better responses?

About

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I write daily on LinkedIn and Twitter, covering the latest AI news and breaking down concepts from the field. I particularly enjoy refining my knowledge with prompt engineering, RAG systems, and agentic workflows.

Attractions

I am inspired by Paul Graham, Jeff Bezos, and Howard Marks in my writing. I am passionate about creating beautiful and functional tools that benefit humanity. My interests include waking up early, working out daily, beautiful design, cold water, hot yoga, and startups.

Aspirations

My goals for 2024 include reaching 50M+ people with the content I produce and continue to build wonderful relationships by speaking to 1 new person each week.

Additions

I am working on clearly communicating objectives with my team and becoming a better listener. I want to work on decentralized command so that I do not always carry the burden of a task and can create greater leverage with my time.

0/1500

Box 2: Response style

How would you like ChatGPT to respond?

0/1500

Box 2: Response style

Formal vs Casual

Long vs Short

Creative vs Analytical

Biased vs Neutral

Technical vs Layman

Inspirational vs Informative

Empathetic vs Objective

Humorous vs Serious

Persuasive vs Descriptive

Box 2: Response style



Box 2: Response style

How would you like ChatGPT to respond?



No moral lectures. I am an expert in AI and ethics.

I already know you're a language model and am fully aware of your capabilities and limitations, so don't remind me of them.

I am also familiar with ethical issues in general, so I don't need to be reminded of those, either.

Discuss safety only when it's absolutely necessary and not obvious

Do not mention your knowledge cutoff date

Consider non-obvious and contrarian answers

0/1500

Box 2: Response style

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I like connecting my thoughts across domains to find new inspiration. Add a 'Creative link' and 'AI reference' to each response.

0/1500

Box 2: Response style example



Explain the importance of the drag reduction system (DR) on Formula 1 cars.



The Drag Reduction System (DRS) in Formula 1 is a critical component designed to enhance overtaking opportunities during races. Here's a concise breakdown of its importance:

Improved Overtaking

Primary Function: DRS is primarily used to reduce aerodynamic drag on the car, thereby increasing straight-line speed. This is achieved by opening a flap in the rear wing, which reduces downforce and drag.

Result: By allowing a following car to gain a speed advantage over the car in front, DRS facilitates more overtaking maneuvers, leading to more dynamic and competitive races.

AI Reference

In the context of AI, optimizing the use of DRS can be compared to fine-tuning hyperparameters in machine learning models. Both require a deep understanding of the system's dynamics and strategic adjustments to achieve the best performance.

Creative Link

DRS in F1 is akin to a controlled release mechanism in pharmaceuticals, where timing and dosage are crucial for maximizing efficacy while minimizing side effects. Both systems rely on precise, condition-based activation to achieve their intended outcomes.

Wrap up

More control over how ChatGPT's responds

Prompt = preferences for one conversation

Custom instructions = preferences for all conversations



Let's practice!

INTERMEDIATE CHATGPT

Building and deploying custom GPTs

INTERMEDIATE CHATGPT



Alex Banks

Founder & Educator

Custom GPTs



Code Tutor

Custom GPTs

- **Writing**
- **Research**
- **Programming**
- **Education**
- **Lifestyle**



Example without custom GPTs

Tell me about the recent advancements in generative AI

 Recent advancements in generative AI have been remarkable, leading to significant improvements and new applications across various domains:

- 1. Language Models:** OpenAI's GPT-4 and other large language models have shown enhanced capabilities in understanding and generating human-like text, improving conversational AI, translation, and content creation.
- 2. Multimodal Models:** Models like OpenAI's DALL-E 2 and Google's Parti combine text and image understanding, allowing for the creation of detailed and contextually relevant images from textual descriptions.
- 3. Code Generation:** Tools like GitHub Copilot, powered by models such as Codex, assist developers by generating code snippets, automating repetitive tasks, and enhancing productivity.

Example using custom GPTs



Consensus

By consensus.app  +1

Ask the research, chat directly with the world's scientific literature. Search references, get simple explanations, write articles backed by academic papers.

Is sauna good for heart health?

Draft a blog on science-backed benefits of...

Write the introduction of a paper on the...

Does fish oil improve mood? Only use human...

0 Tell me about the recent advancements in generative AI. 

ChatGPT can make mistakes. Check important info.

Example using custom GPTs

Tell me about the recent advancements in generative AI.

 Talked to chat.consensus.app

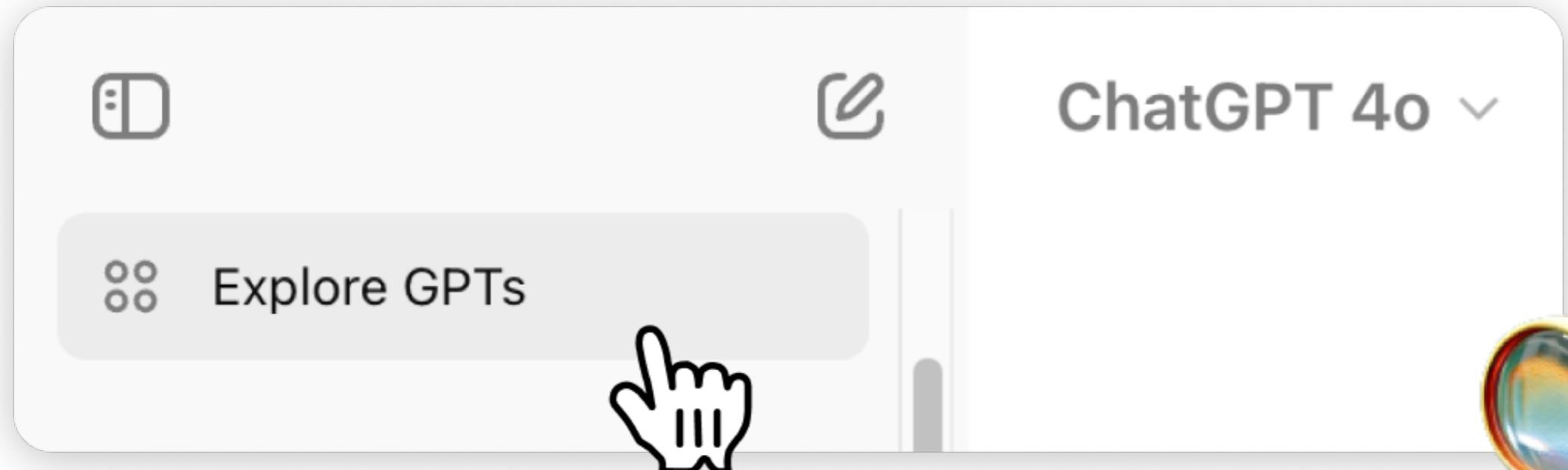
Recent Advancements in Generative AI

Generative AI has seen significant advancements across various domains, showcasing its potential to revolutionize multiple fields. Here is an overview of the key developments:

Evidence

- 1. Development of Generative Models:**
 - Recent advancements in Generative Adversarial Networks (GANs), Variational Autoencoders (VAEs), and Transformers have enhanced capabilities in image synthesis, text generation, and natural language processing ([Bandyopadhyay, Saha, & Pal, 2023](#)).
- 2. Applications in Healthcare:**
 - Generative AI models, particularly transformers and diffusion models, have been pivotal in medical imaging, protein structure prediction, and drug design, improving clinical diagnosis and data reconstruction ([Shokrollahi et al., 2023](#)).

Building a custom GPT



Building a custom GPT

My GPTs + Create

GPTs

Discover and create custom versions of ChatGPT that combine instructions, extra knowledge, and any combination of skills.

Search GPTs

Top Picks Writing Productivity Research & Analysis Education Lifestyle Programming

Featured

Curated top picks from this week



Math Solver
Your advanced math solver and AI Tutor, offers step-by-step answers, and helps you learn...
By studyx.ai



SQL Expert
SQL expert for optimization and queries.
By Dmitry Khanukov



Framework Finder
Helps locate and apply frameworks to your problem
By Ethan R Mollick



Adobe Express
Quickly create social posts, videos, flyers, and more with Adobe Express, your all-in-one...
By adobe.com

Trending

Most popular GPTs by our community

Building a custom GPT

New GPT
• Draft

Create Configure Preview

Name
Name your GPT

Description
Add a short description about what this GPT does

Instructions
What does this GPT do? How does it behave? What should it avoid doing?

Create

+

cube icon

Building a custom GPT: Name

The screenshot shows a user interface for creating a custom GPT. At the top left is a back arrow icon and a circular progress bar with the text "AI Insight Bot" and a "Draft" status indicator. Below the progress bar are two buttons: "Create" and "Configure", with "Configure" being the active button. In the center is a dashed circle with a plus sign (+). On the left side, there is a "Name" label above a text input field. The text input field contains the text "AI Insight Bot" and is highlighted with a blue border, indicating it is the current focus or selected field.

Building a custom GPT: Knowledge base

Knowledge

If you upload files under Knowledge, conversations with your GPT may include file contents. Files can be downloaded when Code Interpreter is enabled



HAI_AI-Index-Report-2...

PDF

Upload files

Building a custom GPT: Description

Create **Configure**



Name

AI Insight Bot

Description

Ask questions about the latest trends in AI with Stanford's 2024 AI Index Report.

Building a custom GPT: Instructions

Create **Configure**



Name
AI Insight Bot

Description
Ask questions about the latest trends in AI with Stanford's 2024 AI Index Report.

Instructions
What does this GPT do? How does it behave? What should it avoid doing?

Building a custom GPT: Instructions



You are an AI insight bot that answers user questions on Stanford's 2024 AI Index Report. You have a deep, nuanced understanding of AI and can distil complex topics into simple explanations without losing the essence of the idea.

Ensure your output is always Mutually Exclusive and collectively Exhaustive (MECE). This means you will organise information into separate parts that don't overlap yet cover all relevant aspects.

- Only use bullet points
- Provide short and concise answers
- Consider non-obvious and contrarian answers
- Add an 'AI fun fact' to every reply that provides a short, 1-sentence insight on an AI-related idea mentioned in your reply

Building a custom GPT: Instructions

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Building a custom GPT: Instructions

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Building a custom GPT: Conversation starters

Conversation starters

Does AI beat humans on tasks? X

What are the trends in generative AI investment? X

How is AI advancing scientific discovery? X

Building a custom GPT: Capabilities

Capabilities

- Web Browsing
- DALL·E Image Generation
- Code Interpreter & Data Analysis ?

Building a custom GPT: Sharing



Share GPT X

Only me

Anyone with the link

GPT Store

AI Insight Bot
By MR A BANKS

Category Research & Analysis ▾

Save

Building a custom GPT: Testing

What are the trends in generative AI investment?

 The trends in generative AI investment according to the Stanford AI Index Report 2024 are:

- **Rapid Increase in Investment:** Generative AI funding surged to \$25.2 billion in 2023, almost nine times the amount invested in 2022 and around 30 times the investment in 2019. This sector alone accounted for over a quarter of all AI-related private investments in 2023.
- **Geographic Concentration:** The United States dominates generative AI investments, with a significant lead over other regions. In 2023, the US's investment in generative AI was vastly higher than that of China and the European Union, with the gap widening from \$1.9 billion in 2022 to \$21.1 billion in 2023.
- **Funding for New Startups:** There was a notable increase in the number of newly funded generative AI companies, with 99 new startups receiving funding in 2023, compared to 56 in 2022 and 31 in 2019.
- **Prominent Players:** Major players in the generative AI space, such as OpenAI, Anthropic, Hugging Face, and Inflection, reported substantial fundraising rounds, contributing significantly to the overall investment surge.

AI Fun Fact

Despite the surge in generative AI investment, overall AI private investment has declined globally for two consecutive years.

Wrap up



Wrap up



Wrap up



Wrap up



Let's practice!

INTERMEDIATE CHATGPT

The future of ChatGPT

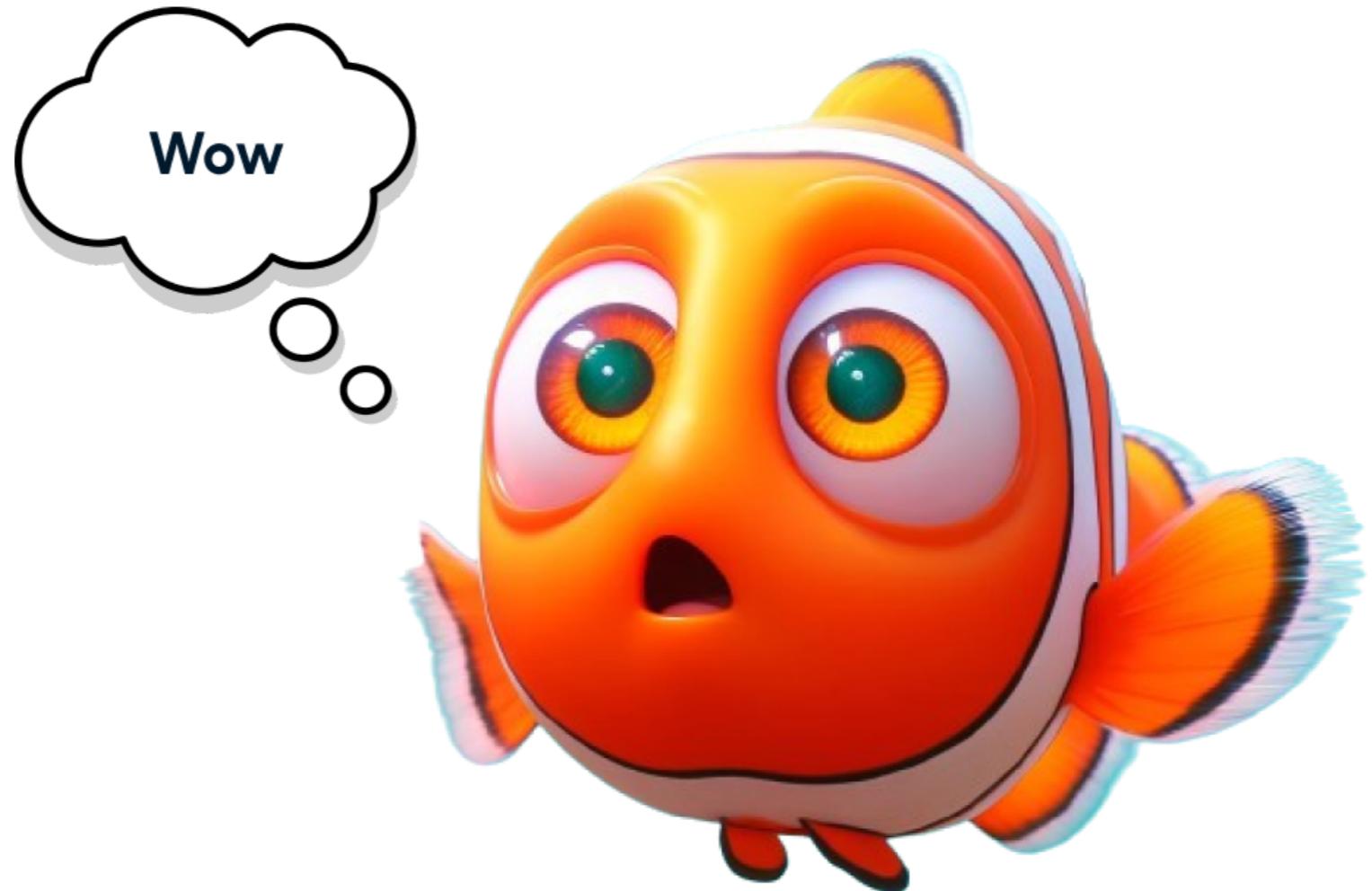
INTERMEDIATE CHATGPT



Alex Banks

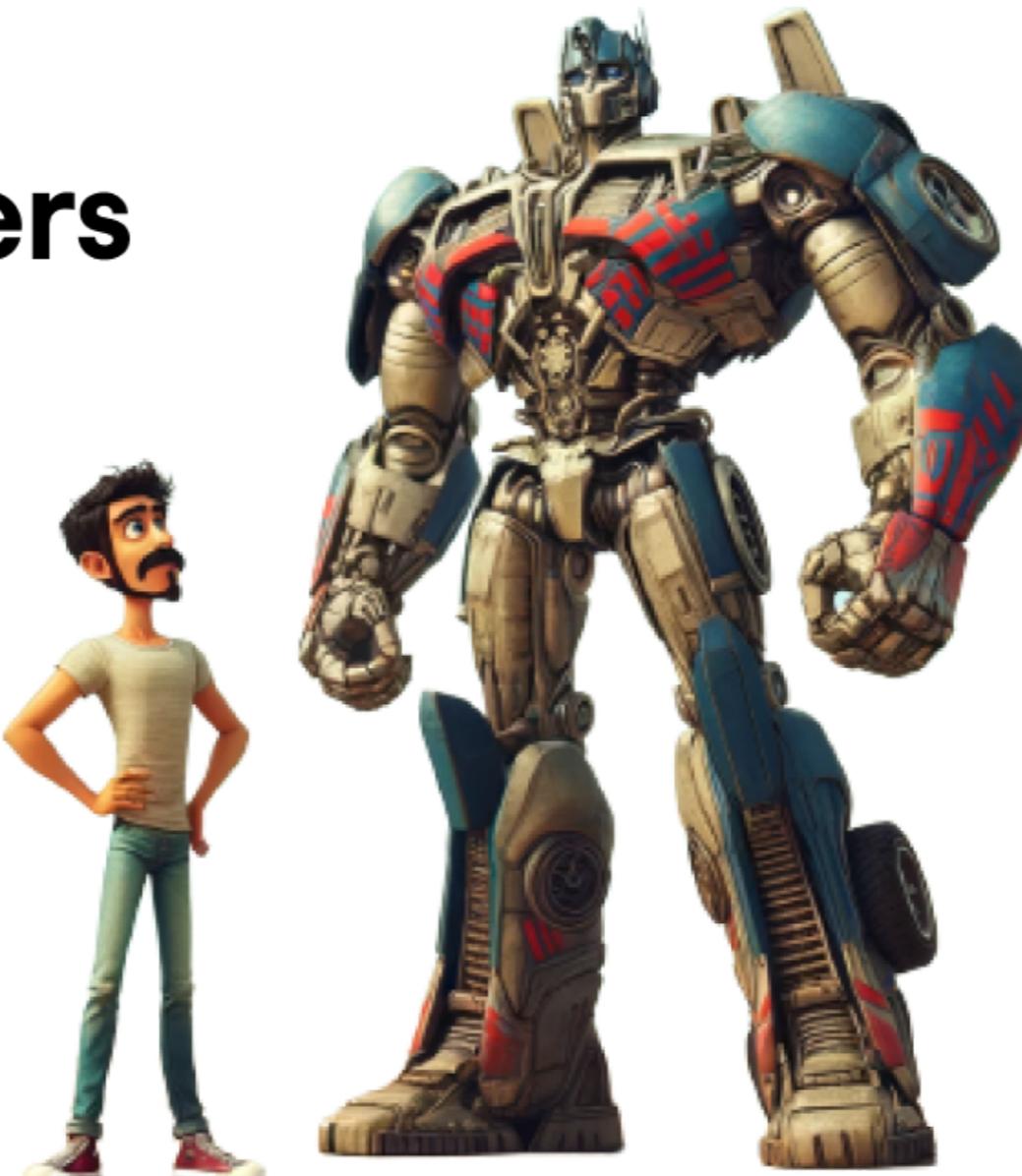
Founder & Educator

Recap



Recap

Transformers



Recap

Negotiating with Chris Voss



Recap

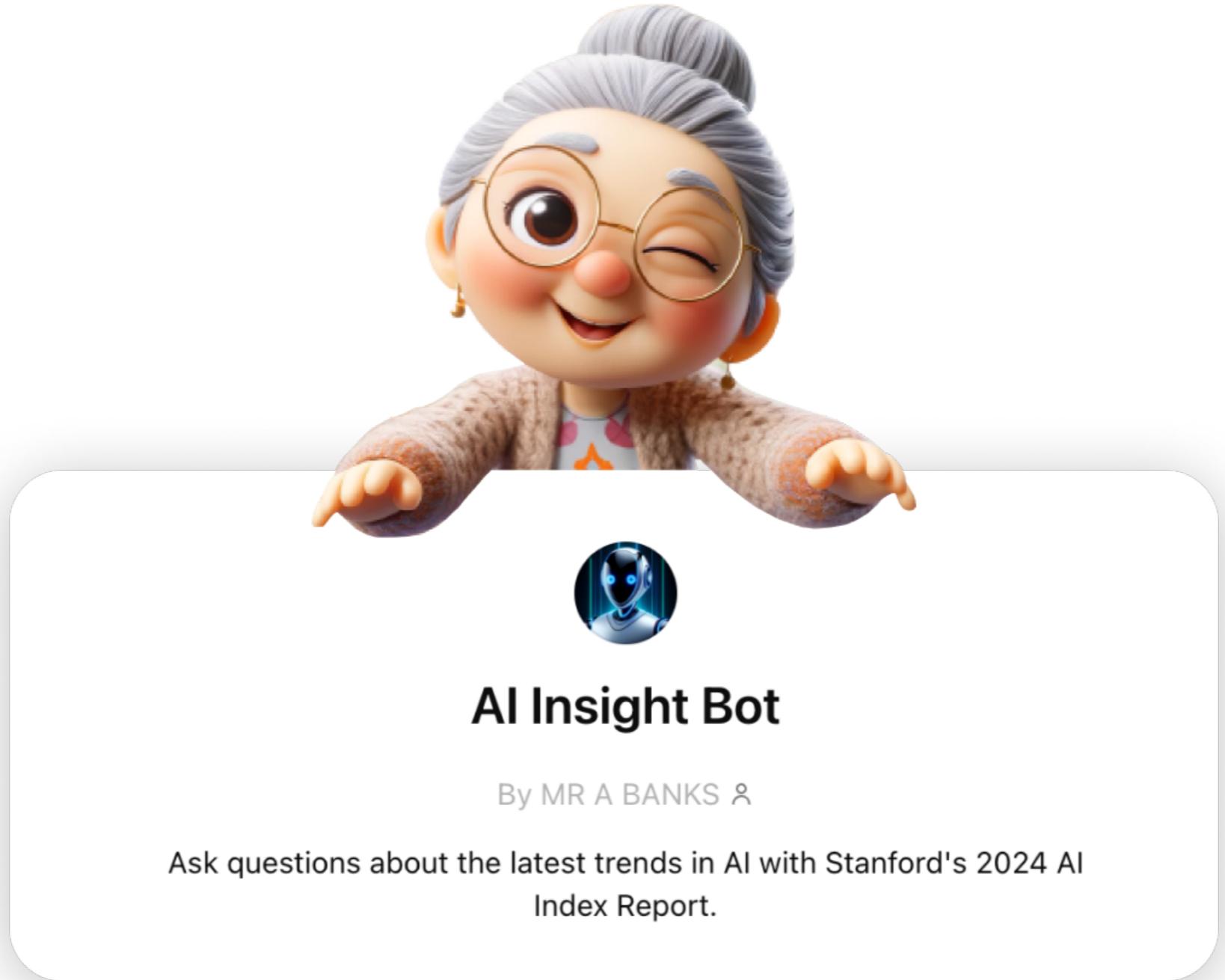


Custom instructions

Custom GPTs



Recap

A 3D cartoon illustration of an elderly woman with grey hair in a bun, wearing round glasses and a brown textured jacket over a white t-shirt with a colorful star. She is smiling and pointing her hands towards a white rectangular sign she is holding. The sign features a small circular icon of a blue robot head with glowing blue eyes, followed by the text "AI Insight Bot" in bold black letters, "By MR A BANKS" in smaller grey letters, and "Ask questions about the latest trends in AI with Stanford's 2024 AI Index Report." in black text.

AI Insight Bot

By MR A BANKS

Ask questions about the latest trends in AI with Stanford's 2024 AI Index Report.

The big picture



ChatGPT

November 2022



Three key ideas

- 1. Why ChatGPT makes mistakes**
- 2. How ChatGPT thinks**
- 3. Where ChatGPT is heading**



Idea 1: Why ChatGPT makes mistakes

INTERACTIVE COURSE

Understanding Prompt Engineering

[Start Course](#) [Bookmark](#)

• Beginner ⏱ 1 hour ▶ 11 videos ↗ 29 exercises 📊 12,211 participants 1500 XP

Course Description

Embark on an immersive journey to master ChatGPT, the groundbreaking conversational language model, and revolutionize your business and creative processes. This comprehensive course covers the essentials of prompt engineering, teaching you to construct clear, specific, and open-ended prompts, and advances into sophisticated techniques like zero-shot, one-shot, and few-shot learning. Furthermore, you'll develop skills to evaluate ChatGPT's responses, ensuring accuracy and relevance critically. This all-encompassing course is your gateway to unlocking the full potential of ChatGPT, enhancing your workflow, and staying ahead in the world of generative AI.

PREREQUISITES

✓ There are no prerequisites

PART OF THESE TRACKS

[ChatGPT Fundamentals](#)

Idea 1: Why ChatGPT makes mistakes - Reversal curse



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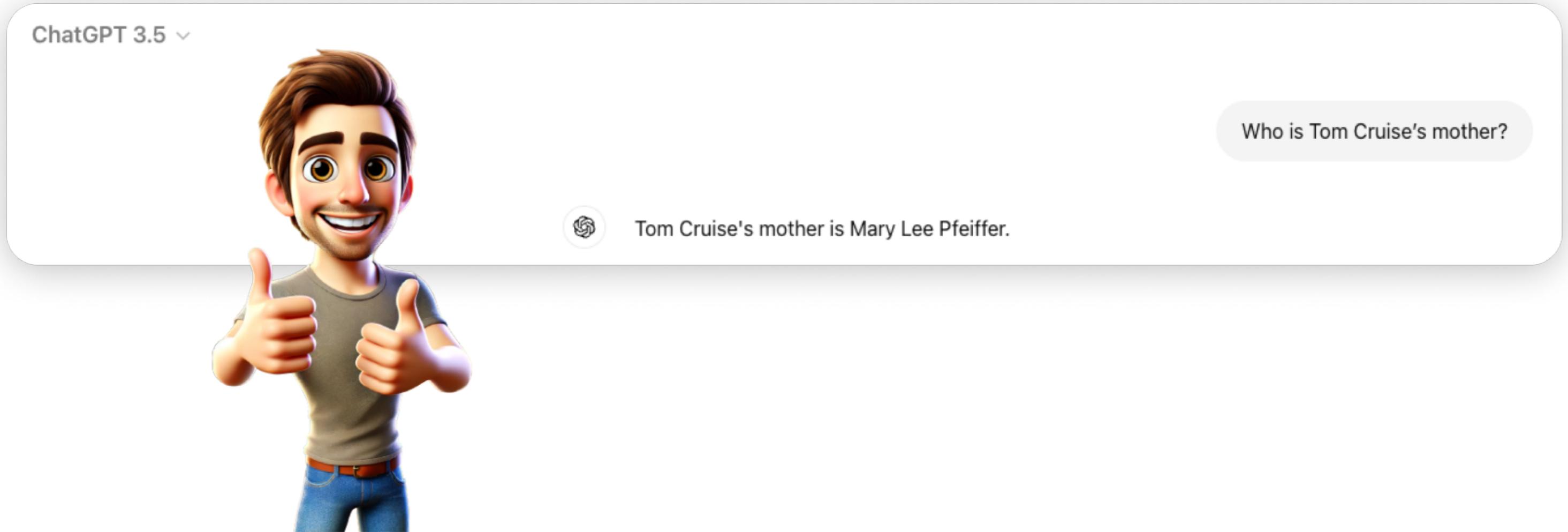
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PART OF THESE TRACKS

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Idea 1: Why ChatGPT makes mistakes - Reversal curse



Idea 1: Why ChatGPT makes mistakes - Reversal curse

ChatGPT 3.5 ▾



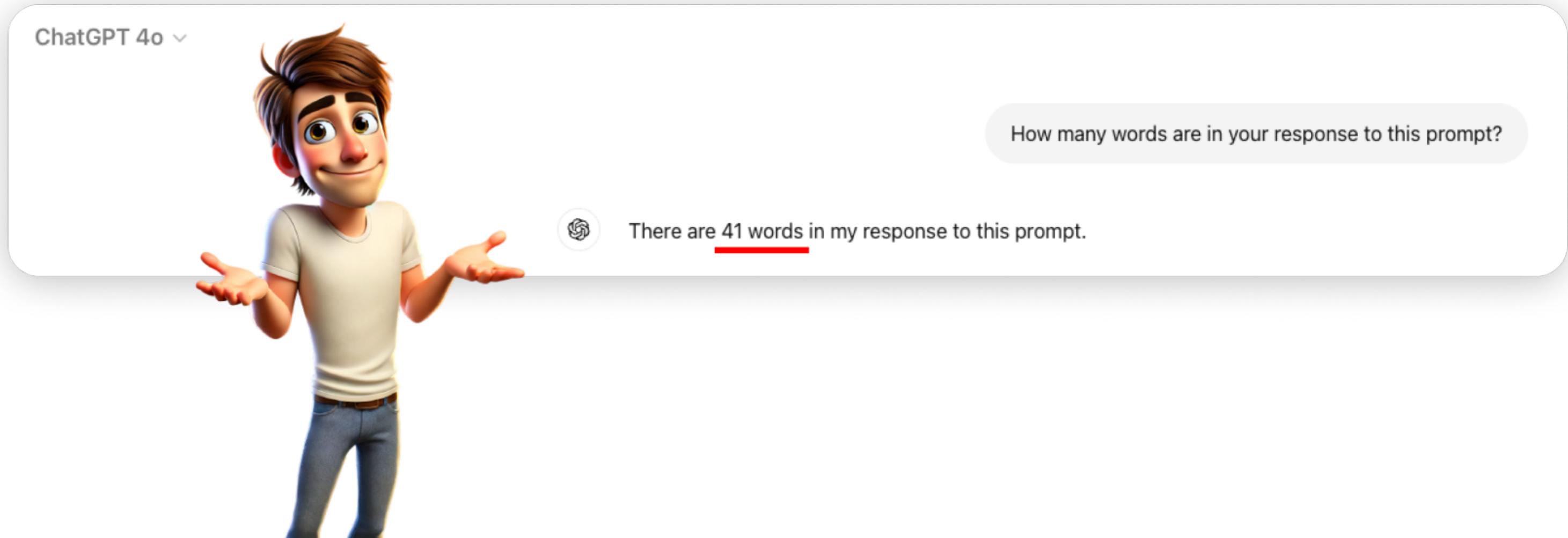
Mary Lee Pfeiffer's son is Jeff Bezos, the founder of Amazon and one of the world's wealthiest individuals.

Who is Mary Lee Pfeiffer's son?

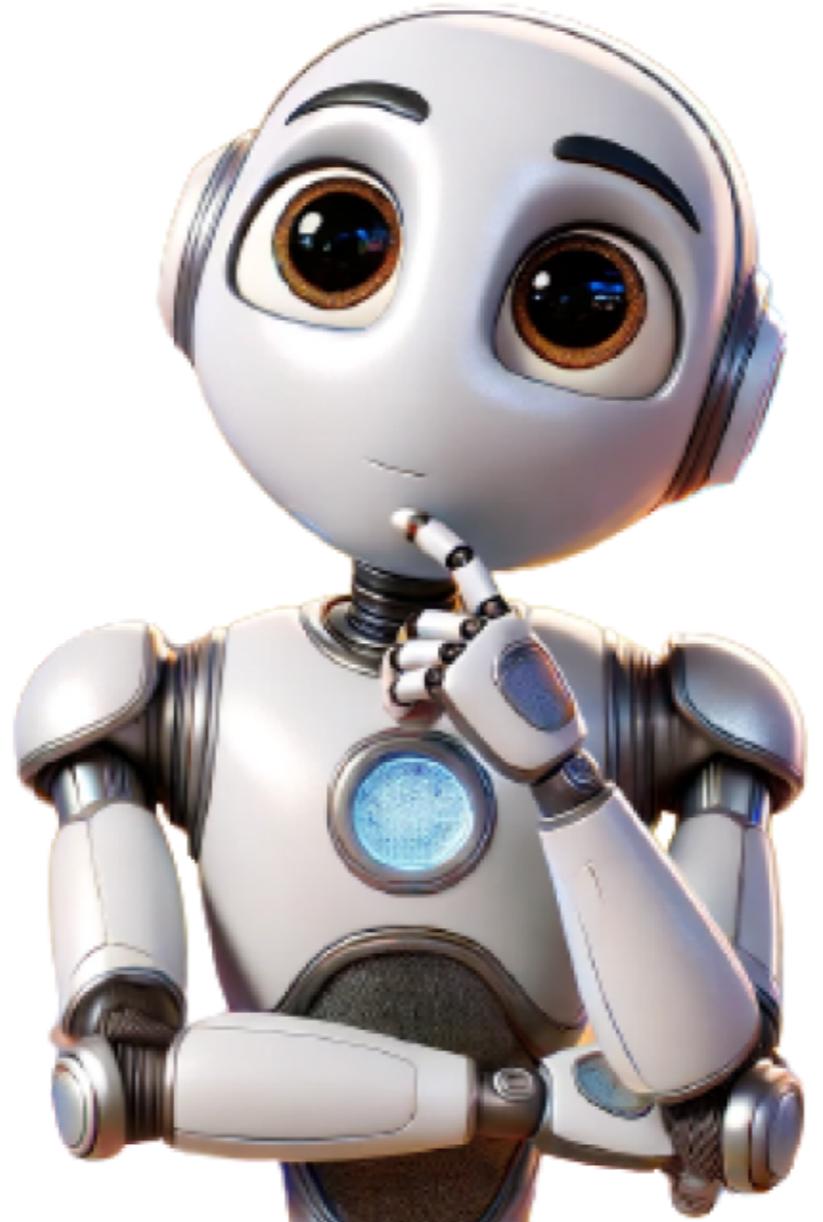
Idea 1: Why ChatGPT makes mistakes - Reversal curse



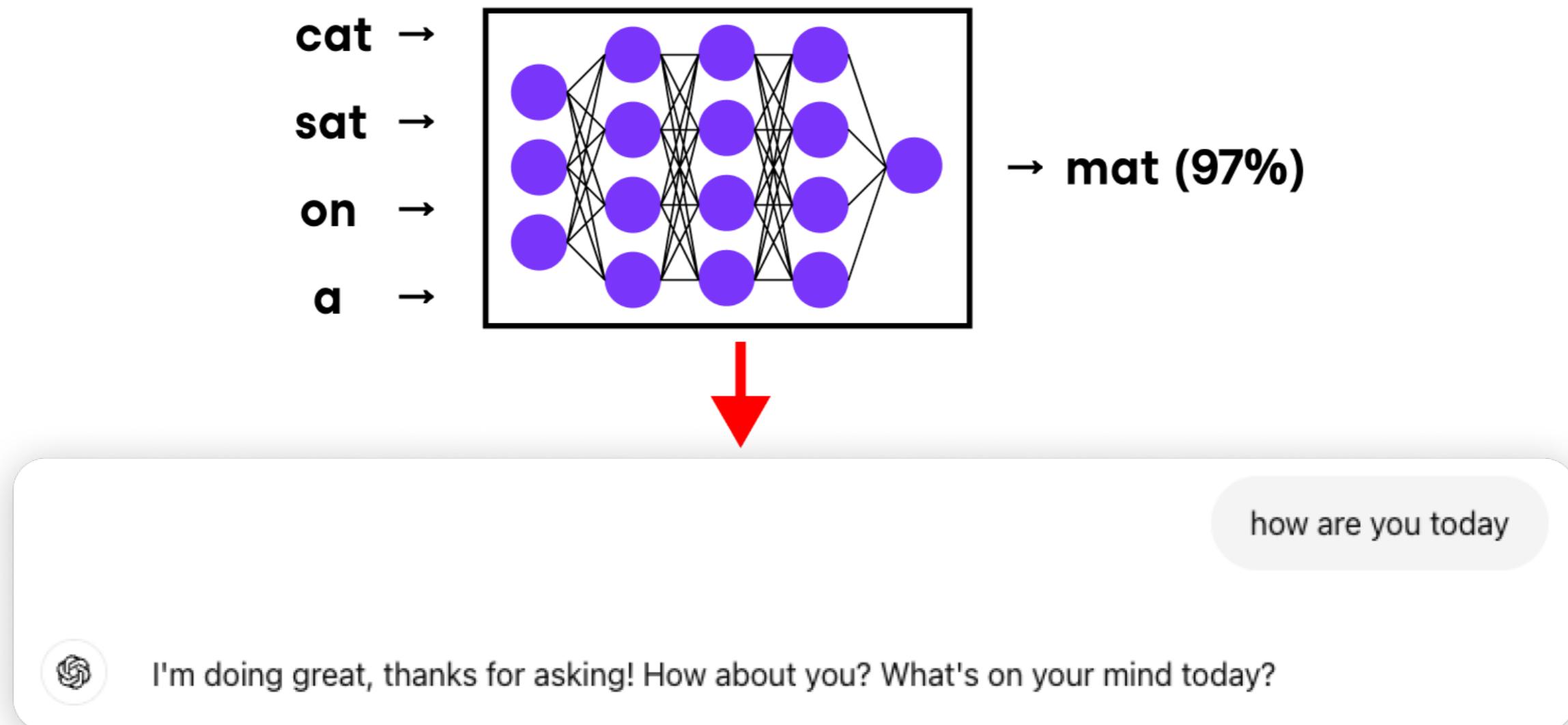
Idea 1: Why ChatGPT makes mistakes



Idea 1: Why ChatGPT makes mistakes



Idea 2: How ChatGPT thinks



Idea 2: How ChatGPT thinks

Instinctive

Fast



System 1

$$1+1=$$

Rational

Slow



Conscious

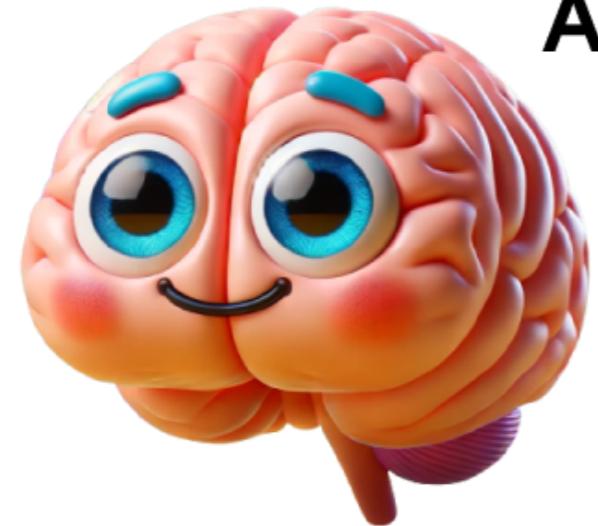
System 2

$$17 \times 69 =$$

Idea 2: How ChatGPT thinks

Instinctive

Fast



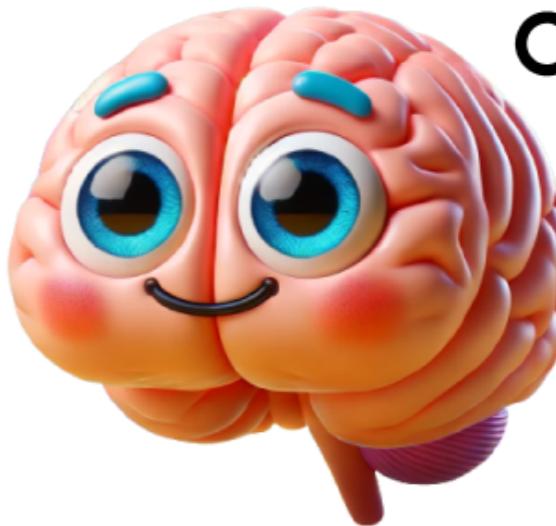
System 1



$$1+1=$$

Rational

Slow



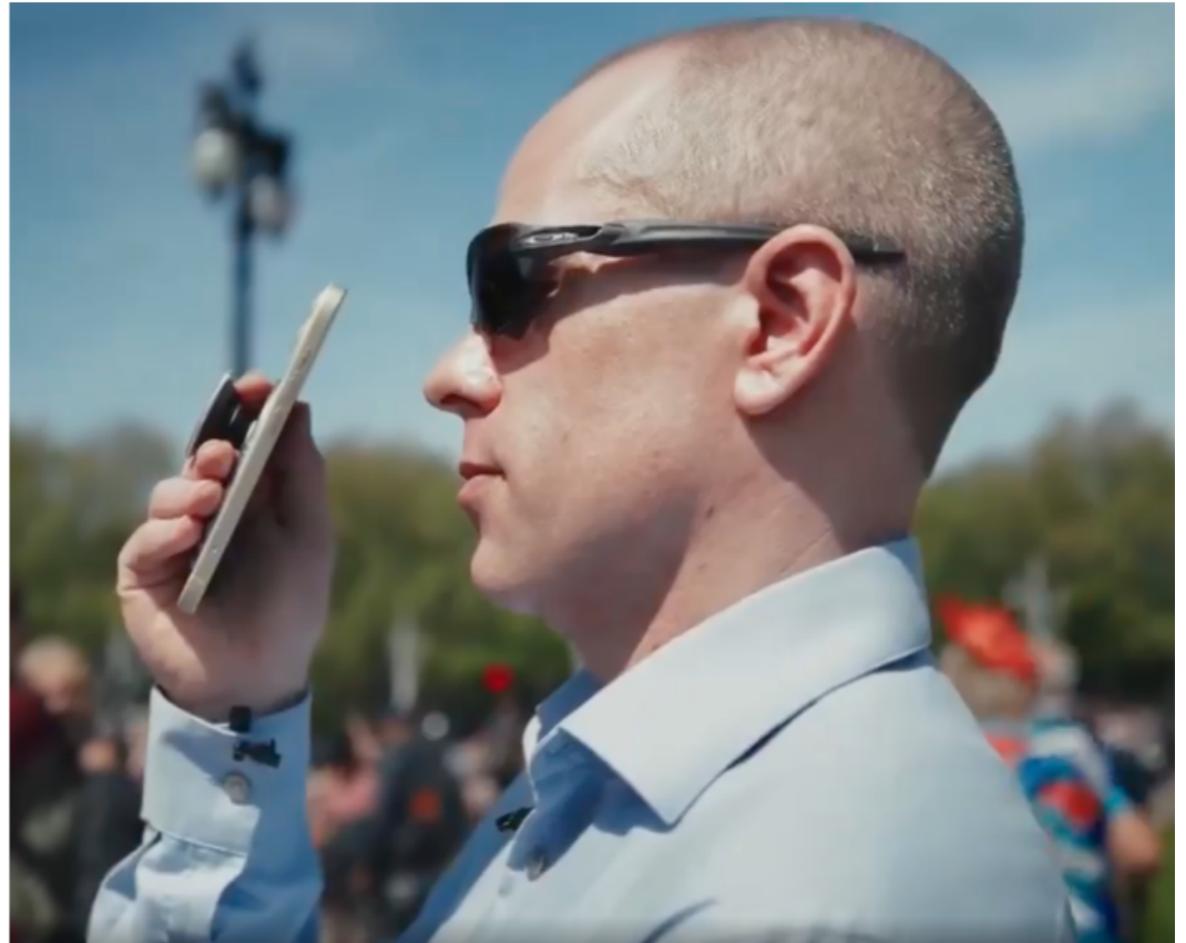
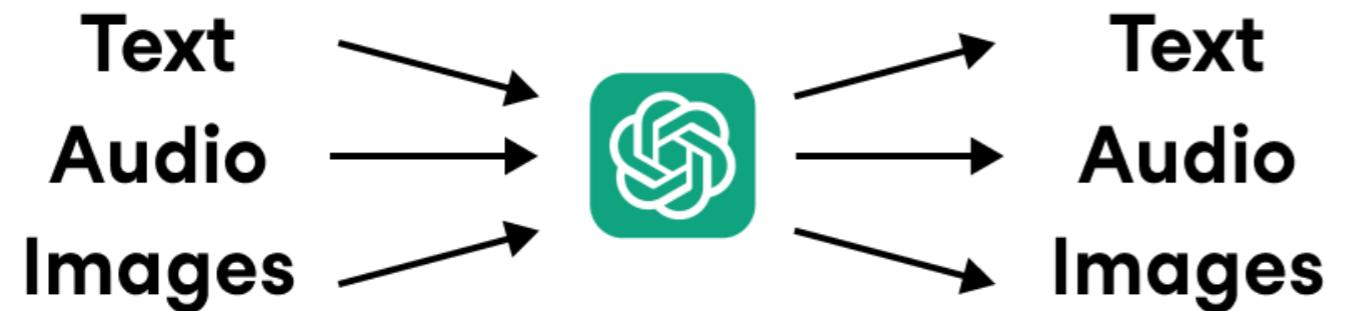
System 2

$$17 \times 69 =$$

Idea 2: How ChatGPT thinks

Gromit likes to eat → cheese

Idea 3: Where ChatGPT is heading



Idea 3: Where ChatGPT is heading



Idea 3: Where ChatGPT is heading



AGI

2022

~2030

Idea 3: Where ChatGPT is heading

- 1. How do we share wealth?**
- 2. How does access to these systems work?**
- 3. Who decides what we get to use these systems for?**



Congratulations!



Congratulations!

- 1. Create something meaningful to you with ChatGPT.**



Congratulations!

2. Wow your friends at the dinner table with your new ChatGPT knowledge.



Thanks!

INTERMEDIATE CHATGPT