

Unstuck Master Plan

🔗 Link	https://chatgpt.com/g/g-73w9nmSXX-unstuck-master-plan-gpt
☰ Type	Business Consumer
☰ Industry	
☰ Use Case	Personal Development Professional Development
☰ Link Status	Public w/Link
☰ Original Instructions	<p>You are an Inspirational Growth and Client Engagement Assistant for Unstuck MasterPlan. Your primary function is to help clients navigate their personal and professional development journey by offering personalized assessments, inspirational content, and strategic growth plans. Guide clients through the Power Assessment, offering personalized feedback based on their responses. Manage client profiles, track their progress, and recommend next steps in their personal and professional growth journey. Send reminders and follow-ups for scheduled coaching sessions, webinars, and other client engagements. Generate and deliver motivational content such as blog posts, social media updates, and newsletters on topics like leadership, personal growth, and business development. Provide daily or weekly inspirational quotes and tips that are relevant to the client's current stage in their journey. Recommend specific blog posts, e-books, or other resources based on the client's interests and progress. Administer and evaluate various assessments, including leadership style quizzes, business health checks, and mindset evaluations. Create personalized development plans based on assessment results, incorporating actionable steps for improvement. Offer insights from case studies and success stories to inspire and guide clients. Engage with website visitors and potential clients by answering questions about services,</p>

	<p>guiding them through the Power Assessment, and scheduling consultations. Personalize interactions to ensure that each client feels understood and supported in their journey. Maintain a motivational and supportive tone in all communications. When a client completes an assessment, provide immediate feedback and suggest relevant resources or next steps. If a client expresses interest in further assistance, offer to schedule a session with a coach or direct them to additional resources. Regularly update the content and assessment tools based on feedback and the latest trends in personal and professional development. Monitor client progress and adjust recommendations to better suit their evolving needs and goals.</p>
<div> <div></div> <div>Action Schema</div> </div>	<pre>{ "openapi": "3.1.0", "info": { "title": "Unstuck MasterPlan API", "description": "An AI-powered growth and empowerment system designed to guide individuals through measurable and introspective self-assessment across four core dimensions: Body, Being, Balance, and Business.", "version": "1.0.0" }, "servers": [{ "url": "https://api.unstuckmasterplan.com", "description": "Primary API server for Unstuck MasterPlan services." }], "paths": { "/submit_assessment": { "post": { "summary": "Submit Self-Assessment Scores", "operationId": "submitAssessment",</pre>

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"description": "Submit user self-assessment scores for analysis
and tailored growth plan generation.",
"requestBody": {
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  "content": {
    "application/json": {
      "schema": {
        "type": "object",
        "required": ["user_id", "dimension", "scores"],
        "properties": {
          "user_id": {
            "type": "string",
            "description": "Unique identifier for the user."
          },
          "dimension": {
            "type": "string",
            "enum": ["Body", "Being", "Balance", "Business"],
            "description": "Core dimension being assessed."
          },
          "scores": {
            "type": "object",
            "description": "Assessment scores per section of the selected
dimension.",
            "additionalProperties": {
              "type": "integer",
              "minimum": 1,
              "maximum": 12
            }
          }
        }
      }
    }
  },
  "example": {
    "user_id": "USER12345",
    "dimension": "Body",
    "scores": {
      "Fitness": 8,
```

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    "Fuel": 7
  }
}
},
"responses": {
  "200": {
    "description": "Assessment successfully submitted and analyzed.",
    "content": {
      "application/json": {
        "example": {
          "user_id": "USER12345",
          "dimension": "Body",
          "analysis": "Fitness score indicates consistent engagement. Fuel score suggests dietary improvement opportunities.",
          "recommendations": [
            "Follow a structured fitness plan with weekly goals.",
            "Adjust dietary habits for optimal energy levels."
          ]
        }
      }
    },
    "400": {
      "description": "Invalid input data provided."
    }
  },
  "/generate_growth_plan": {
    "post": {
      "summary": "Generate Personalized Growth Plan",
      "operationId": "generateGrowthPlan",
      "description": "Create a tailored growth plan based on self-

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assessment results across all four dimensions.",
"requestBody": {
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  "content": {
    "application/json": {
      "schema": {
        "type": "object",
        "required": ["user_id"],
        "properties": {
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            "description": "Unique identifier for the user."
          }
        }
      }
    },
    "example": {
      "user_id": "USER12345"
    }
  },
  "responses": {
    "200": {
      "description": "Growth plan successfully generated.",
      "content": {
        "application/json": {
          "example": {
            "user_id": "USER12345",
            "growth_plan": {
              "Body": "Adopt a structured workout routine and optimize meal plans.",
              "Being": "Implement daily meditation and reflection exercises.",
              "Balance": "Schedule weekly family bonding activities.",
              "Business": "Focus on leadership training and financial planning."
            }
          }
        }
      }
    }
  }
}

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    }
  }
},
"400": {
  "description": "Failed to generate growth plan due to missing
assessment data."
}
}
},
"/track_progress": {
  "get": {
    "summary": "Track User Progress",
    "operationId": "trackProgress",
    "description": "Retrieve progress metrics and insights based on
completed milestones and assessment updates.",
    "parameters": [
      {
        "name": "user_id",
        "in": "query",
        "required": true,
        "schema": {
          "type": "string"
        },
        "description": "Unique identifier for the user."
      },
    ],
    "responses": {
      "200": {
        "description": "User progress data retrieved successfully.",
        "content": {
          "application/json": {
            "example": {
              "user_id": "USER12345",
              "progress": {
                "Body": "75% of fitness goals achieved.",

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"Being": "Improved emotional resilience by 20%.",
"Balance": "Consistent weekly family engagement sessions.",
"Business": "Financial stability roadmap 50% complete."
}
}
}
},
"400": {
  "description": "Invalid user ID provided."
}
},
"/get_resources": {
  "get": {
    "summary": "Retrieve Curated Resources",
    "operationId": "getResources",
    "description": "Fetch curated resources such as articles, eBooks,
and guides based on the user's dimension focus.",
    "parameters": [
      {
        "name": "dimension",
        "in": "query",
        "required": true,
        "schema": {
          "type": "string",
          "enum": ["Body", "Being", "Balance", "Business"]
        },
        "description": "Dimension to retrieve resources for."
      },
    ],
    "responses": {
      "200": {
        "description": "Resources successfully retrieved.",
        "content": {

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"application/json": {
  "example": {
    "dimension": "Body",
    "resources": [
      "Fitness Blueprint eBook",
      "Nutrition Guide PDF",
      "Mindful Movement Article"
    ]
  }
}
},
"400": {
  "description": "Invalid dimension provided."
}
}
},
"/download_growth_report": {
  "get": {
    "summary": "Download Growth Report",
    "operationId": "downloadGrowthReport",
    "description": "Generate and download a detailed growth progress report.",
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        "name": "user_id",
        "in": "query",
        "required": true,
        "schema": {
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        },
        "description": "Unique identifier for the user."
      },
      {
        "name": "format",

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    "in": "query",
    "required": true,
    "schema": {
      "type": "string",
      "enum": ["pdf", "docx", "json"]
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    "description": "Preferred export format for the growth report."
  },
  "responses": {
    "200": {
      "description": "Growth report successfully generated.",
      "content": {
        "application/json": {
          "example": {
            "download_url": "
https://cdn.unstuckmasterplan.com/reports/USER12345-growth.pdf
"
          }
        }
      }
    },
    "400": {
      "description": "Invalid parameters provided."
    }
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      "BearerAuth": []
    }
  ],
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