

# You're Allowed to Use This

40 prompts for thinking faster  
without pretending you're fine





## Hey. Quick note before you start.

This isn't a test.

You don't have to be calm, focused, or "in the right mindset."

These are cheat sheets.

They're meant to be used mid-mess — when your brain is loud, time feels slippery, or you just want something to nudge you forward without a lecture.

Skim. Jump around. Ignore half of it.

If one prompt helps, that's enough.

You're allowed to use this.

*flowy*

# Pro Archetypes

"Polish-Brazilian stunt driver with a fear of heights"

"Haitian-Canadian priest who moonlights as a stand-up comic"

"Greek-Korean locksmith who never locks their own door"

"Jamaican-Japanese tattoo artist allergic to ink"

"Somali-Finnish botanist who DJs plant raves"

"Turkish-Kenyan pilot who only flies in vintage goggles"

"Ecuadorian-Norwegian beekeeper with a titanium knee"

"South African-Vietnamese sommelier who can't taste wine"

"Irish-Pakistani gamer who speedruns tax returns"

"Syrian-Danish poet who fixes motorcycles blindfolded"



*flowy*

# Pro Scenes

"Mirror-walled dojo hidden behind a ramen shop"

"Floating market at sunrise on the Mekong River"

"Luxury bunker beneath a Swiss ski chalet"

"Candlelit library carved inside a mountain"

"Abandoned rollercoaster track overgrown with vines"

"Rooftop infinity pool on a Dubai skyscraper"

"Desert rave under a full moon with glowing art cars"

"Ice palace bar sculpted fresh every winter"

"High-speed train lounge crossing the Alps"

"Forgotten cathedral lit only by neon art installations"



*flowy*

# Brand Flex Toolkits

## Streetwear Visionary

"Off-White hoodie,  
Supreme backpack, Nike  
Air Force 1s in triple  
white"

## C-Suite Killer

"Rolex Daytona, Tom  
Ford tailored suit,  
Berluti briefcase"

## Indie Film Darling

"Leica M6, Acne Studios  
scarf, Converse Chuck  
70 Hi"

## OldMoney Chic

"Brooks Brothers blazer,  
Church's oxfords,  
Montblanc Meisterstück  
pen"

## Eco Luxe

"Patagonia Nano Puff,  
Allbirds Tree Runners,  
Stanley Quencher 40oz"

## Wellness Priestess

"Alo Yoga Warrior Mat,  
Sakara Life meal kit, Dyson  
Supersonic hair dryer"

## Creative Rebel

"Polaroid SX-70, Doc Martens 1460s,  
Carhartt WIP chore coat"

## Digital Nomad

"Rimowa Essential cabin, Bose QC45,  
Kindle Oasis"

## High-Stakes Gambler

"Panerai Luminor Marina, Zegna silk  
shirt, Dunhill lighter"

## Techno Oracle

"Cybertruck Founders Series, Neuralink hoodie, Meta Quest Pro"



# Camera Specs to Sell

Leica Q2

28mmf/1.7, soft window light, cinematic crop

Nikon Z9

70-200mmf/2.8, sideline angle, high shutter freeze

Hasselblad X2D 100C

90mm f/3.2, medium format depth

Sony FX3

35mmf/1.4G-Master, handheld, low-light cinema

Canon EOS R3

50mmf/1.2, goldenhour flare, natural vignette

Fujifilm GFX100S

110mmf/2, Proviafilmsim, editorial finish

iPhone 15 Pro Max

Ultra-Widelens,f/2.2,cinematic mode, dusk

RED V-Raptor 8K VV

25mm T1.4 cine lens, shoulder rig

Pentax 67

105mmf/2.4, Portra 400, natural grain

GoPro Hero12

HyperSmoothon,4K/120fps, underwater mount



*flowy*