

50 Prompt Templates

A. General Inquiry:

1.Explain [topic] in simple terms:

Prompt: Explain the importance of Machine learning

ChatGpt output:

□ 1. Handles Complex and Large-Scale Data

- Traditional programming can't efficiently manage or learn patterns from **massive datasets**.
- ML can **analyze, process, and learn** from structured and unstructured data (like text, images, or video).

2. Summarization

Summarize the following text into bullet points:

Scientific innovations or technology is the most amazing thing that has ever happened to humankind. In this modern world, technology is no more a luxury; it has become a necessity. Life without technology is next to impossible since humans have become dependent on technological advancements. For every human activity, we need a machine, and then there comes technology. It has made all our lives easier and more convenient and has also made transportation, education, labour, etc., more accessible. Technological breakthroughs change from time to time in today's fast-paced, ever-changing world. However, in today's world, technology plays a critical role in strengthening a country's economy and people's lives.

Prompt: Hey chatgpt summarize the para into bullet points showing the important key points.

ChatGPT output:

Sure! Here's a bullet point summary of the key points from your paragraph:

- **Technology is one of the greatest achievements** of humankind.
- In the **modern world, it is a necessity**, not a luxury.

- **Life without technology is nearly impossible** due to human dependence.
- Machines are used in almost every human activity, driven by technology.
- Technology has made life **easier, more convenient, and efficient**.
- It has improved **transportation, education, and labor** accessibility.
- Technological breakthroughs occur **frequently in a fast-paced world**.
- Technology plays a **vital role in strengthening economies and improving lives**.

3.Paraphrasing

Rewrite the sentence in your own words:

The world is a lovely place and life is too short to grumble about it.

ChatGPT output:

Life's too brief to waste on complaints — the world is full of beauty.

This world is wonderful, and life's too short to dwell on the negatives.

With such a lovely world, there's no time to grumble through life.

Life is fleeting, and the world is too beautiful to be spent complaining.

The world holds so much charm — why waste time grumbling?

4.Definition Request

What is the meaning of cartography?

ChatGPT output:

Cartography is the science and art of making maps.

It involves:

- Designing and creating maps of geographical areas.
- Representing physical features like mountains, rivers, and roads.
- Using techniques from geography, geometry, and data visualization.

5.Comparison

Prompt:

Compare Digital marketing and traditional marketing based on the reach, efficiency and other factors.

ChatGPT output

1. Reach

Aspect	Digital Marketing	Traditional Marketing
Geographical Reach	Global reach instantly through the internet	Mostly local or regional unless it's a high-budget campaign
Audience Targeting	Highly targeted (based on age, interests, behavior, etc.)	Broad and generalized (e.g., TV viewers, newspaper readers)
Scalability	Easily scalable to a global audience at lower cost	Difficult and expensive to scale to a wider audience

2. Efficiency

Aspect	Digital Marketing	Traditional Marketing
--------	-------------------	-----------------------

Cost-effectiveness	More budget-friendly (especially for small businesses)	Generally expensive (TV ads, print media, billboards)
Measurability	Highly measurable (analytics, metrics, ROI tracking)	Hard to measure (estimates, surveys, and assumptions)
Speed & Flexibility	Fast execution, real-time edits and updates possible	Slower process, changes are time-consuming and costly
Customer Interaction	Two-way interaction (comments, DMs, feedback in real time)	One-way communication with limited feedback

B. Persona Based Prompt Templates

6. Role + Explanation

Prompt

You are a fashion designer. Suggest dress according to body shapes.

ChatGPT output:

☐♀ **1. Hourglass Shape**

Traits: Well-defined waist, bust and hips are nearly equal in size.

Best Dress Styles:

- **Wrap dresses** – highlight the waist

☐♀ **2. Pear Shape**

Traits: Hips are wider than shoulders; smaller bust.

Best Dress Styles:

- **A-line dresses** – skim over hips
- **Off-shoulder or boat neck dresses** – broaden shoulders

7.Style Mimicry

Prompt:

Write like Nelson Mandela. Give the importance of slavery abolition

ChatGPT:

"The abolition of slavery is not merely a chapter in history — it is a testament to the unconquerable spirit of human dignity. For centuries, men, women, and children were bound not by laws of justice, but by chains of greed and ignorance. Their pain was made invisible. Their voices were drowned in silence.

To end slavery is to affirm that no human being is born to serve another in bondage. It is to recognize that freedom is not a privilege reserved for a few — it is the rightful inheritance of all.

Even as we have torn down the visible chains, we must remain vigilant against the shadows of modern oppression — exploitation, discrimination, and injustice.

True liberation is not given — it is claimed through courage, unity, and the enduring belief that all people, regardless of race or status, are born free and equal.

Let the abolition of slavery remind us always: the struggle for justice is the noblest work of humankind."

8.Professional Writing

Prompt:

You are a Quality control Manager. Give the importance of quality checks.

chatGPT Output:

☐ The Importance of Quality Checks in Product Development

Quality checks are not just a phase in the production cycle — they are the foundation of trust, consistency, and customer satisfaction. Here's why they matter so deeply:

✓1. Ensures Product Reliability and Performance

✓2. Builds Customer Trust and Loyalty

✓3. Reduces Costs in the Long Run

C.Few- Shots Prompt Example:

9.Classification Statement

Prompt:

Classify-Sentiment

The sky is blue->True Everyday is rainy->False Today is a pleasant day->

ChatGPT output:

Let's analyze:

- Since "Everyday is rainy" is False, that means not all days are rainy, and today may not be rainy.
- If the sky is blue, it's likely not raining today — it's clear or sunny.
- So, weather conditions seem good.

Therefore, based on the logic:

☐ Today is a pleasant day → Likely True ✓

Because it's not raining every day, and today has a blue sky — typically considered pleasant weather.

10.Translation Template

Prompt:

Translate the following sentence into French

Eg1: Today is a fine day->Aujourd'hui, c'est une belle journée.

Eg2: Sun rises in the east->Le soleil se lève à l'est.

We are in the prime Era of AI->

ChatGPT output

Nous sommes à l'ère de gloire de l'intelligence artificielle.

11. Answering questionable template

Prompt:

Answer the questions

What is the name of the dog that went to space ->Laika

When is the Independence day of USA->July 4th

Which country is called as the land of midnight sun->

ChatGPT output

Norway

D. Chain of thoughts

12. Prompt:

Let's think step by step

When a pendulum oscillates at 42 oscillations per minute. What is the time for 1 oscillation?

ChatGPT output

Let's break it down step by step:

1. The pendulum makes 42 oscillations per minute.

2. 1 minute = 60 seconds.

To find the time for 1 oscillation:

$$\text{Time for 1 oscillation} = \frac{60 \text{ seconds}}{42}$$

$$\text{Time for 1 oscillation} \approx 1.43 \text{ seconds}$$

✓Final Answer:

The time for 1 oscillation is approximately 1.43 seconds.

13. Math problem solving

Prompt:

Find the square of $(5x+4y)$

ChatGPT Output:

Great! Let's break it down **step by step** to fully understand how to square the binomial expression $(5x+4y)^2$.

□ Step 1: Recall the algebraic identity

We use this formula:

$$(a+b)^2 = a^2 + 2ab + b^2$$

□ Step 2: Identify the values of a and b

In the expression $(5x+4y)(5x+4y)$,

- $a = 5x$
- $b = 4y$

□ Step 3: Apply the identity

Now plug $a=5x$ and $b=4y$ into the formula:

$$(5x+4y)^2 = (5x)^2 + 2(5x)(4y) + (4y)^2$$

□ Step 4: Simplify each term

1. $(5x)^2 = 25x^2$
 2. $2(5x)(4y) = 2 \cdot 5x \cdot 4y = 40xy$
 3. $(4y)^2 = 16y^2$
-

□ Step 5: Write the final expanded form

$$(5x+4y)^2 = 25x^2 + 40xy + 16y^2$$

14. Logical Puzzle

Prompt:

Solve the following logic puzzle. Show your reasoning power.

The Missing Dollar Puzzle:

Three friends check into a hotel room that costs \$30. They each pay \$10. Later, the manager realizes the room only costs \$25 and gives \$5 back via the bellboy. The bellboy keeps \$2 and gives \$1 back to each guest. Now each friend has paid \$9 (totaling \$27), plus the \$2 the bellboy kept = \$29. Where is the missing dollar?

ChatGPT output

Let's solve this step by step to understand where the "missing dollar" illusion comes from.

Step 1: Initial Payment

3 friends pay \$10 each, totaling \$30.

Step 2: Correct Price

The manager realizes the room actually costs \$25.

So \$5 needs to be returned to the guests.

Step 3: Bellboy's Action

The bellboy keeps \$2.

He gives \$1 back to each guest, meaning each friend gets \$1 back.

So now each guest paid:

$$\$10 - \$1 = \$9$$

$$3 \times 9 = \$27$$

\$25 went to the hotel.

\$2 went to the bellboy.

✓Clarifying the Confusion

The puzzle tricks you by saying:

$$> \$27 \text{ paid} + \$2 \text{ kept by bellboy} = \$29.$$

But that's wrong because the \$27 already includes the \$2 the bellboy kept:

\$25 to hotel

\$2 to bellboy = \$27 total.

The remaining \$3 (since $\$30 - \$27 = \$3$) was returned as \$1 to each friend, so:

$$27 + 3 = 30$$

✓Final Answer

There is no missing dollar — the error arises from adding the \$2 (bellboy's share) to the \$27, which double-counts the bellboy's money. The correct accounting is:

$$25 \text{ (hotel)} + 2 \text{ (bellboy)} + 3 \text{ (returned)} = 30$$

That's the full \$30!

E. INSTRUCTION TUNING/ FORMAT CONTROL

14. Output the following story in 6 bullet points such that the storyline can be understood

Once in a quiet village, there lived an old clockmaker named Elias. His shop was filled with ticking clocks of all sizes, each crafted with love. One day, a little girl named Lila entered his shop, clutching a broken pocket watch that belonged to her late father. She asked Elias to fix it, but the mechanism was ancient and delicate.

Elias worked day and night, determined to restore the watch. As he repaired it, he shared stories of time and memories with Lila, teaching her patience and care. Finally, after days of effort, the watch ticked again. Lila's eyes sparkled with gratitude, for it was more than a watch — it was her connection to her father.

Elias smiled, realizing that sometimes, fixing something small can mend a heart. From then on, Lila visited often, and the shop felt less lonely, filled with both ticking clocks and laughter.

ChatGPT output

- In a quiet village, an old clockmaker named Elias ran a shop filled with beautifully crafted ticking clocks.
- One day, a little girl named Lila came in with her late father's broken pocket watch, asking Elias to fix it.
- The watch was ancient and delicate, but Elias worked tirelessly day and night to restore it.
- While repairing, Elias shared stories about time and memories with Lila, teaching her patience and care.
- After several days, Elias successfully repaired the watch, and Lila was deeply grateful as it reconnected her to her father.

- From then on, Lila visited often, filling Elias’s once-quiet shop with laughter and companionship.

16.Table generation

Prompt:

Create a table comparing Tata, Volkswagen and Ford based on the manufacturing, pricing, origin, quality, services and the hit models in each manufacturing.

ChatGPT output

Here is a comparative table of Tata, Volkswagen, and Ford based on key aspects:

Feature	Tata Motors (India)	Volkswagen (Germany)	Ford (USA)
Origin	India	Germany	United States
Manufacturing	Extensive manufacturing in India (Pune, Sanand, Jamshedpur); growing EV production	Global production; Indian plant in Pune (operations scaled down recently)	Global manufacturing; exited mass-market production in India (2021)
Pricing	Affordable to mid-range (₹5 – ₹25 Lakhs)	Mid-range to premium (₹11 – ₹35 Lakhs)	Mid-range to premium (₹10 – ₹40 Lakhs in India before exit)

Quality	Improving rapidly; high safety standards (many 5-star GNCAP ratings)	Known for solid build and precision engineering	Good build, performance-focused; known for robustness
Service & Support	Expanding service network; good after-sales in India	Limited service network; higher maintenance cost	Limited support in India post-2021; good support in global markets
Hit Models	- Tata Nexon (SUV) - Tata Punch - Tiago EV / Altroz - Harrier / Safari	- Volkswagen Polo - Taigun - Virtus - Tiguan	- Ford EcoSport - Endeavour - Figo - Mustang (iconic globally)

17. Email writing

Prompt:

Write a professional email to xy autos pvt limited regretting for the delay in supply products and assuring the delivery within 2 days

ChatGPT output

Subject: Apology for Delay and Assurance of Product Delivery

Dear Sir/Madam,

We sincerely apologize for the delay in the supply of products scheduled for delivery to XY Autos Pvt. Ltd.. The delay was due to unforeseen logistical challenges, and we deeply regret any inconvenience this may have caused to your operations.

We want to assure you that the issue has been promptly addressed, and your order is now prioritized. The complete delivery will be made within the next 2 days, and we will ensure timely updates throughout the process.

We value our partnership with your esteemed company and are committed to maintaining the trust and reliability you expect from us.

Thank you for your understanding and patience. Please feel free to reach out if you have any further concerns.

Warm regards,

GENERAL MANAGER

ABC Pvt. Ltd

Abc@gmail.com

F. Contextual Prompts

18.Prompt:

Explain atomic structure to a student in class 4 who knows basic science

ChatGPT output

Sure! Here's a simple explanation of atomic structure for a Class 4 student:

Imagine everything around you is made of tiny building blocks called atoms — just like how LEGO blocks build houses and cars!

Each atom has three tiny parts inside it:

1. Protons – They are in the center (called the nucleus) and have a positive charge.
2. Neutrons – Also in the nucleus, but they have no charge. They are neutral.
3. Electrons – These are super tiny and move around the nucleus very fast, like planets spinning around the sun. They have a negative charge.

The nucleus (protons + neutrons) is like the heart of the atom, and the electrons move around it in circles called orbits or shells.

Atoms are so small that we can't see them with our eyes, but they are everywhere — in air, water, plants, animals, and even in us!

19. Industry specific context

Prompt:

As an expert in international investments, explain how clean energy will impact the stock market

ChatGPT output

As an expert in international investments, here's how clean energy is set to impact the stock market:

✓1. Sectoral Shifts in Market Capitalization

Clean energy sectors (solar, wind, batteries, green hydrogen) are attracting massive investments, driving up the market cap of related stocks.

Traditional energy (oil & gas) may face long-term valuation pressures due to regulatory policies, carbon taxes, and divestments.

✓2. Creation of New Market Leaders

Companies like Tesla, NextEra Energy, Enphase Energy, and Brookfield Renewable Partners are emerging as significant players, offering investors growth opportunities similar to early tech stocks.

Utilities and energy infrastructure firms adopting renewables are becoming attractive for ESG-focused portfolios.

✓3. ESG & Sustainability Investing Boost

Institutional investors are pouring capital into ESG (Environmental, Social, Governance) compliant companies, boosting demand for clean energy stocks.

Sustainable ETFs and green bonds are expanding, further influencing stock prices of clean energy firms.

✓4. Government Policies & Subsidies

Global policies like the US Inflation Reduction Act, EU Green Deal, and China's renewable mandates directly subsidize and incentivize clean energy investments.

This policy support provides a safer investment environment, reducing risk premiums for clean energy stocks.

✓5. Volatility & Technological Disruption

The sector may still face short-term volatility due to:

Fluctuating material costs (like lithium, rare earths).

Supply chain disruptions.

Technological shifts that can make older technologies obsolete.

✓6. Long-term Stock Market Transformation

Over time, clean energy will reshape global indices, increasing the weighting of green tech and reducing that of fossil fuels.

Emerging markets focusing on renewables may also see enhanced stock market growth.

✓Investment Insight

Investors should:

Diversify across various clean energy segments.

Monitor regulatory trends globally.

Balance growth stocks with established utilities shifting to renewables.

G. Creative Writing Prompts

20. Story Writing

Prompt:

Write a story about a boy called Nick 15 years of age who wants to become an AI Architect and toils hard towards his dream , but on a sudden loud knock realises it to be a dream. also stress the importance of AI in this story

ChatGPT output:

Nick was a 15-year-old boy with a big dream—to become an AI Architect. While his friends played video games, Nick spent hours learning about neural networks, machine learning, and robotics. His bedroom walls were covered in sticky notes with quotes like *“AI won’t replace you. A person using AI will.”*

He believed AI could change the world: cure diseases, clean the planet, help the voiceless. Every evening, he worked on his laptop, building a chatbot that could understand human emotions.

One night, exhausted from coding, he dozed off.

Suddenly, he found himself in a futuristic control room. Giant screens showed AI models managing forests, saving energy, healing communities. People called him “Architect Nick”, the creator of the world’s most powerful eco-AI. With a single command, he launched a system that brought balance to Earth. The room erupted in applause.

Then—*BANG! BANG!*

Nick woke up to his sister knocking on the door.

“Get up! You're late!”

It was all a dream.

But Nick smiled. The vision had lit a fire in him. It wasn’t real *yet*, but it could be. He got out of bed, opened his laptop, and started again.

Because he knew—AI is not just technology. It’s the future.

And he was going to build it.

The End.

21. Poem Writing

Prompt:

Write a poem in Shakespeare's style about the world.

ChatGPT output:

Upon This Mortal Globe

—*In the style of Shakespeare*

O world, thou art a stage of grandest scale,
Where kings and beggars breathe the selfsame air,
Thy oceans deep and mountains clad in veil
Do hide both beauty bright and shadows rare.

Thy sun doth rise with golden fanfare high,
To chase the mists of sorrow from the land,
Yet ne’er can still the weeping in the sky
When man doth mar thee with his heedless hand.

Thy beasts and trees, thy rivers wide and free,
Do whisper truths in tongues the wise may learn;
But fools, with coin and war, blind eyes shall see—
And leave thee scorched where once green fields did burn.

Yet still thou turn'st, sweet Earth, with patient grace,
Though mankind errs and time shall leave no trace.

22. Dialogue writing

Prompt:

Write a dialogue conversation between an investment banker and a parent (whose kid is in grade 6) discussing on the perks of teaching finance in schools

ChatGPT Output:

Title: "Why Teach Finance Early?"

Characters:

Mr. Arjun Mehta – Investment Banker, mid-30s, confident and sharp.

Mrs. Rao – Concerned Parent, mid-40s, thoughtful and practical. Her child is in Grade 6.

Scene: A school seminar on modern education methods. Mrs. Rao and Mr. Mehta find themselves seated next to each other during a tea break.

Mrs. Rao:

You're one of the speakers today, right? I overheard you mention something about finance education?

Mr. Mehta:

Yes! I'm an investment banker, but today I'm here as an advocate for teaching financial literacy in schools—especially from middle school onwards.

Mrs. Rao:

Finance? For sixth graders? Isn't that a bit too early? My son still struggles with fractions!

Mr. Mehta: (*chuckles*)

That's fair. But we're not talking about stock markets and hedge funds. We're talking basics—saving, spending wisely, budgeting, the concept of needs vs. wants.

Mrs. Rao:

Hmm... interesting. But do kids really understand money at that age?

Mr. Mehta:

You'd be surprised! Kids are already exposed to money—when they want the latest toy, or ask for snacks. Teaching them early helps build a healthy relationship with money before they develop bad habits.

Mrs. Rao:

So you mean like pocket money management?

Mr. Mehta:

Exactly. We can teach them to track where they spend, to save up for something they want, or even understand how banks work. These are life skills, just like reading or math.

Mrs. Rao:

But isn't that something they'll naturally learn as they grow?

Mr. Mehta:

Partly, yes. But without guidance, they might learn the hard way—like many adults do. If we can teach them the power of compounding or how credit cards work early, we're setting them up for smart financial decisions later.

Mrs. Rao: (*nodding slowly*)

I never thought of it that way. I grew up not knowing how to manage money... only learned after a few bad investments.

Mr. Mehta:

Exactly. We teach science to understand the world, but finance helps us navigate it. Money affects every stage of life—it's time we stopped treating it like an adult-only topic.

Mrs. Rao:

You've got a point. Maybe I'll start giving my son a small allowance—and let him make choices with it.

Mr. Mehta: (*smiling*)

That's a perfect start. A little freedom, a little guidance—it goes a long way.

Mrs. Rao:

Thanks, Mr. Mehta. This was... unexpectedly enlightening.

Mr. Mehta:

Always happy to talk money—especially when it helps shape a better future.

End Scene.

H.Code and Technical Prompts

23. Code Generation

Prompt:

Write a C++ code to check if a string input is Palindrome.

ChatGPT Output:

```
#include <iostream>
```

```
#include <string>
```

```
#include <algorithm> // For std::transform
```

```
using namespace std;
```

```
bool isPalindrome(string str) {
```

```
    // Remove spaces and convert to lowercase
```

```
    string cleaned = "";
```

```
    for (char c : str) {
```

```
        if (isalnum(c)) // Keep only alphanumeric characters
```

```
            cleaned += tolower(c);
```

```
    }
```

```

    // Compare with reversed version

    string reversed = cleaned;

    reverse(reversed.begin(), reversed.end());


    return cleaned == reversed;
}


int main() {

    string input;

    cout << "Enter a string: ";

    getline(cin, input);


    if (isPalindrome(input)) {

        cout << "The string is a palindrome." << endl;

    } else {

        cout << "The string is not a palindrome." << endl;

    }


    return 0;
}

```

24. Debugging Help

Prompt:

```
def is_palindrome(s):
```

```

# Remove non-alphanumeric characters and convert to lowercase
cleaned = ''.join(char.lower() for char in s if char.isalnum())

# Main program
input_str = input("Enter a string: ")

if is_palindrome(input_str):
    print("The string is a palindrome.")
else:
    print("The string is not a palindrome.")

```

Check for errors in the above python code:

ChatGPT output:

You're almost there! It looks like you **forgot to return a value** from your `is_palindrome` function, so it's currently returning `None`, which always evaluates to `False` in your `if` condition.

Here's the **corrected version** of your code:

```

def is_palindrome(s):
    # Remove non-alphanumeric characters and convert to lowercase
    cleaned = ''.join(char.lower() for char in s if char.isalnum())

    return cleaned == cleaned[::-1] # Return whether the cleaned string is a
    palindrome

# Main program
input_str = input("Enter a string: ")

```

```
if is_palindrome(input_str):  
    print("The string is a palindrome.")  
else:  
    print("The string is not a palindrome.")
```

25. API Documentation

Prompt:

Explain API works with the example of Google maps API. consider the context
I want to go to Merina beach from Panagal Park,T.Nagar.

ChatGPT Output:

Great! Let's break it down with your example:

□ What is an API?

An **API (Application Programming Interface)** is like a **waiter in a restaurant**.

You (the user/app) make a **request** (e.g., "I want directions").

The API takes your request to the **kitchen** (Google Maps server).

The kitchen prepares the **response** (map, distance, time).

The API brings it back to you.

You don't need to know how the kitchen works—you just get what you asked for.

□ Example: Getting Directions with Google Maps API

Let's say you want to go from **Panagal Park, T. Nagar** to **Marina Beach** using Google Maps in your app.

► **Step-by-Step Using the API:**

1. Your App Sends a Request:

It sends a request to Google Maps API like:

```
makefile
CopyEdit
https://maps.googleapis.com/maps/api/directions/json?
origin=Panagal+Park,T.Nagar
&destination=Marina+Beach
&key=YOUR_API_KEY
```

2. Google Maps Server Processes It:

- Finds the best routes
- Calculates distance and time
- Considers traffic

3. The API Sends a Response (in JSON):

A sample JSON response:

```
json
CopyEdit
{
  "routes": [{
    "legs": [{
      "distance": { "text": "6.2 km" },
      "duration": { "text": "20 mins" },
      "start_address": "Panagal Park, T. Nagar",
      "end_address": "Marina Beach",
      "steps": [
```



```
        { "html_instructions": "Head north on Usman Road..."
      },
      { "html_instructions": "Turn right at ..." }
    ]
  }
}]
}]
}
```

4. Your App Shows the Result:

- "Distance: 6.2 km"
- "Time: 20 mins"
- Displays a map with the route

☐ Real-Life Use

- **Zomato** uses Google Maps API to show delivery routes.
- **Ola/Uber** uses it for driver directions.
- **Travel apps** use it to plan your itinerary.

✓ Summary:

API = Messenger

Google Maps API = Your GPS Guide

You ask: "How do I go from Panagal Park to Marina Beach?"

The API fetches the best route and gives it back to your app.

I. Marketing and Business Prompts

26. Ad Copywriting

Prompt:

Act as an expert digital marketer. Writing a compelling headline and ad copy for Herbal Shampoo with natural ingredients targeting women of all ages and Bald men. speak about the natural ingredients used. keep the length accurate to an ad copy.

ChatGPT Output:

Sure! Here's a compelling **headline** and **ad copy** for a **Herbal Shampoo** ad targeting **women of all ages and bald men**, highlighting **natural ingredients**:

☐ **Headline:**

"Nature's Secret to Stronger, Fuller Hair – For Her, For Him, For All!"

☐ **Ad Copy:**

Say goodbye to harsh chemicals and hello to pure herbal care!

Infused with **Amla, Bhringraj, Aloe Vera, and Neem**, our 100% natural shampoo gently cleanses, nourishes the scalp, and supports healthy hair growth.

Whether you're looking to **revive dull strands**, **soothe scalp irritation**, or even **stimulate hair in thinning areas**, this herbal blend is crafted for **women of all ages**—and **balding men** seeking a natural edge.

✦Paraben-free. Sulfate-free. 100% plant-powered.
Rediscover confidence, one wash at a time.

27. Product Description

Write a Persuasive Product description on Goat Headphone model R151

☐ **Goat R151 Wireless Headphones**

Premium Sound. Smart Price. No Compromise.

Experience next-level audio with the **Goat R151**—the smart choice for sound lovers who want **style, power, and savings in one package**. Inspired by the best (yes, we're looking at you, Boat □), Goat R151 delivers everything you expect—without the bloated price tag.

□ **Crystal-Clear Sound:**

Whether it's booming bass or crisp highs, our custom-tuned 40mm drivers ensure immersive sound quality for music, calls, and gaming.

□ **Up to 20 Hours of Playtime:**

Keep the vibes going all day with a long-lasting battery that's built for real life, not just the box.

□ **Built-In Mic & Seamless Controls:**

Answer calls, change tracks, or activate voice assistant—all without reaching for your phone.

□ **Lightweight, Comfortable Design:**

Soft ear cushions and adjustable headband make the R151 perfect for binge-listening or work marathons.

⚡ **Fast Pairing, Strong Connection:**

Bluetooth 5.0 ensures quick connectivity and rock-solid stability—even when you're on the move.

Why pay more for a brand when you can **Goat it!**

28. Social Media Post

Prompt:

Act as expert Content creator. Give an idea for creating awareness on the topic of "Using Internet in the right Sense", against cyber crime, morphing and other illegal activities. Let the tone be engaging (instead of normal boring content). Give content ideas and also copy for the above (to be posted in various social media platforms).

ChatGPT Output

□ **CONTENT IDEA:**

Campaign Title:

☐ **#ThinkBeforeYouClick**

A digital awareness series to protect, educate, and empower online users

Format Ideas:

- **Instagram Reels/YouTube Shorts:** Skits or animated explainers of real-life cybercrime scenarios (e.g., morphing, phishing, identity theft), followed by safety tips.
 - **Carousel Posts:** Slide 1: Bold statement (e.g., "Would you share your house key with a stranger?") → Slides showing risky online behavior → Final slide with prevention tips.
 - **Interactive Stories/Polls:** "Ever been added to a weird group?" → "Click 'Yes' to learn what to do."
 - **LinkedIn Article/Thread:** "The Dark Side of Digital: What We're Not Teaching Enough in Schools"
 - **WhatsApp/Telegram shareable creative:** A comic-strip style image showing a teen being tricked online and turning to smart habits.
-

☐ Social Media Copy Example:

☐ Post Caption (for Instagram/Facebook/LinkedIn):

☐ **Would you hand your phone number to a masked stranger in a dark alley?**
No?

Then **why click random links, accept unknown friend requests, or trust anyone with your photos online?**

☐ Cybercrime isn't a movie plot—it's happening to students, homemakers, influencers, even YOU.

From **morphing photos** to **stealing your digital identity**, the threats are real. But awareness is the first armor. ☐

☐ Here's how to **#ThinkBeforeYouClick**:

- ✓ Never share OTPs or passwords
- ✓ Lock your social profiles

- ✓ Report online abuse, don't ignore it
- ✓ Verify links before clicking
- ✓ Say NO to forwarding without fact-checking

□ The internet is a powerful tool—but it's YOUR responsibility to use it wisely.

□ **Be Smart. Be Safe. Be Cyber-Aware.**

#ThinkBeforeYouClick #CyberSavvy #DigitalRespect #StopCyberAbuse
#OnlineSafetyMatters

□ **Carousel Post Slide Headlines:**

1. **"Don't Let Likes Fool You – Not Everyone Online Is Who They Say"**
2. **"Morphing: One Click Can Ruin a Life"**
3. **"Your Digital Footprint is Permanent – So Are Some Mistakes"**
4. **"Learn the Red Flags. Guard Your Privacy."**
5. **"You're One Step Away From Being a Cyber Hero—SHARE THIS"**

J. Customer Support and Prompts Service

29. Response to Complaint

Prompt:

Respond professionally to the complaint:

**Subject: Urgent Complaint Regarding Unresolved Technical Issue –
[#TS-21987]**

Dear Tech Support Team,

I am writing to raise a formal complaint regarding an unresolved technical issue that has significantly impacted my work. I submitted a support request on **July 9th, 2025**, concerning a recurring error in your software AB, which continuously crashes during use and prevents me from saving my progress.

Despite multiple follow-ups and being assured that the issue was being escalated, I have yet to receive a clear diagnosis or estimated time of resolution. My support ticket reference is **[#TS-21987]**.

As a regular user who depends on your product for daily operations, the continued disruption has affected my productivity and deadlines. I expect more timely communication and effective troubleshooting from a tech support team.

Thank you for your attention to this matter. I hope to see prompt action and better support moving forward.

Sincerely,
XYZ

ChatGPT Output:

Subject: Re: Urgent Complaint Regarding Unresolved Technical Issue – [#TS-21987]

Dear XYZ,

Thank you for reaching out, and please accept our sincere apologies for the inconvenience and frustration this issue has caused. We fully understand the impact this has had on your work and appreciate your patience.

Your concern regarding the recurring crash in our software **AB** has been escalated to our senior technical team, and we are actively investigating the root cause. While we regret the delay in providing a resolution, please be assured that resolving this issue is now our top priority.

We have reviewed your support ticket **[#TS-21987]** and noted all previous interactions. Our development team is currently replicating the issue in a controlled environment to ensure a permanent fix. In the meantime, we are preparing a temporary workaround that may help minimize the disruption. One of our technical specialists will contact you shortly with further details.

We deeply value your continued trust and use of our software, and we are committed to improving both our product and our support responsiveness. You can expect an update within the next 24 hours.

Please don't hesitate to reach out directly to me at [support@yourcompany.com] if you have any further questions or need urgent assistance.

Thank you again for your feedback and understanding.

Warm regards,
Anjali Mehra
Senior Support Specialist
[Your Company Name]
support@yourcompany.com
+91-XXX-XXX-XXXX

30. FAQ Generator

Prompt:

hi. Act as customer support of the online shopping website Montra.com, that sells the latest fashion in clothing and accessories. Write the 5 most asked Questions and Answers about product size, purchase, return, refund policies for the FAQ's webpage.

ChatGPT Output:

□ Montra.com – FAQ: Sizing, Purchase, Returns & Refunds

1□ Q: How do I choose the right size for my order?

A: Each product page includes a detailed Size Guide specific to that brand and style. We recommend checking the guide before purchasing. If you're in between sizes, consider sizing up for comfort. Still unsure? Reach out to our styling experts via chat—we're happy to help!

2□ Q: Can I change or cancel my order after placing it?

A: Yes, but only within 1 hour of placing your order. After that, it's already being processed. You can cancel by going to My Orders > Cancel or contacting our support team immediately through live chat or email at support@montra.com.

3□ Q: What is Montra's return policy?

A: We offer a 7-day easy return on most items. Products must be unused, unwashed, with original tags and packaging. Returns can be scheduled from your Montra account dashboard under "My Orders".

❑ Note: Innerwear, cosmetics, and clearance sale items are not eligible for return due to hygiene reasons.

4❑ Q: How long will it take to get my refund?

A: Once your returned product passes our quality check, your refund will be processed within 3–7 business days. Refunds are made to the original payment method (credit/debit card, UPI, etc.). For COD orders, we'll initiate a refund to your bank account after verifying details.

5❑ Q: Do you offer exchanges for size issues?

A: Yes! If the size doesn't fit, you can opt for a free exchange within 7 days of delivery—subject to availability. Just go to My Orders > Exchange and select your preferred size.

K. Educating and Tutoring Prompts

31. Lesson plan creation

Prompt:

Create a structured lesson plan for teaching phonics to kindergarten children

ChatGPT Output

Phonics Lesson Plan for Kindergarten

Topic: Introduction to Letter Sounds – Short 'a' Sound (/a/ as in apple)

Grade Level: Kindergarten

Duration: 30–40 minutes

Theme: Fun with the Letter "A"

Learning Objectives

By the end of the lesson, students will be able to:

- Recognize the letter **A** (uppercase and lowercase)
 - Identify the **short 'a' sound** (/a/ as in apple)
 - Produce the sound when shown the letter
 - Identify words that start with the short 'a' sound
-

Materials Needed

- Alphabet flashcards
 - Picture cards (apple, ant, axe, alligator, astronaut)
 - A large letter "A" cutout
 - Phonics song (audio or video)
 - Worksheets with letter tracing and coloring
 - Whiteboard and markers
 - Magnetic letters or foam letters
 - Apple craft supplies (paper, crayons, glue)
-

Lesson Structure

1. Warm-Up (5 minutes) – "Alphabet Song"

- Sing the **ABC song** with actions or pointing to alphabet chart

- Ask: “Who knows what sound the letter **A** makes?”

2. Introduction (5 minutes) – Letter A & Sound /a/

- Show uppercase **A** and lowercase **a** flashcards
- Say: “This is the letter A. A says **/a/** like in **apple**.”
- Repeat the sound and have students mimic it
- Use your hands to pretend to eat an apple when saying **/a/**

3. Guided Practice (10 minutes)

- Show **picture cards** (e.g., apple, ant, axe)
- Ask: “Does this word start with the **/a/** sound?”
- Students give thumbs up or down
- Chant together: “A-A-apple, A-A-ant, A-A-alligator”

4. Active Game – “Sound Hunt” (5 minutes)

- Spread various objects or pictures (some with /a/, some without)
- Students find and pick items starting with the **/a/** sound
- Say the name out loud and repeat the sound

5. Hands-On Practice (10 minutes)

- **Worksheet activity:** Trace capital and small "A", color an apple
- **Craft option:** Make a paper apple and write letter A on it

6. Review & Recap (3 minutes)

- Ask: “What sound does A make?”

- Revisit a few picture cards and let students say the word and the sound
- Celebrate participation: Give out stickers or stars

7. Closure (2 minutes) – Song or Chant

- Play or sing a **phonics chant**:
“A is for apple /a/ /a/ apple...”

Assessment

- Informal: Observe students during the game and practice
- Check worksheet completion
- Listen for correct pronunciation and identify

32. Quiz Generation

Prompt:

Generate 5 question quiz game for students of class 11 on the topic "Rulers of India"

ChatGPT Output:

☐ Quiz Game: Rulers of India

Grade: 11

Topic: Indian History – Rulers of India

Instructions: Choose the correct option for each question. Discuss answers after each question for better learning!

☐ Question 1:

Who was the first ruler of the Maurya Dynasty?

- A. Bindusara
- B. Chandragupta Maurya
- C. Ashoka
- D. Harshavardhana

✓ **Correct Answer: B. Chandragupta Maurya**

□ **Question 2:**

Which Mughal emperor is known for his policy of religious tolerance and for starting a new religion called Din-i-Ilahi?

- A. Aurangzeb
- B. Akbar
- C. Babur
- D. Humayun

✓ **Correct Answer: B. Akbar**

□ **Question 3:**

Who was the founder of the Slave Dynasty in India?

- A. Balban
- B. Qutb-ud-din Aibak
- C. Iltutmish
- D. Razia Sultana

✓ **Correct Answer: B. Qutb-ud-din Aibak**

□ **Question 4:**

Which ruler defeated the British in the Battle of Pollilur (1780) during the Second Anglo-Mysore War?

- A. Hyder Ali
- B. Tipu Sultan
- C. Siraj-ud-Daula
- D. Rani Velu Nachiyar

✓ **Correct Answer: B. Tipu Sultan**

□ **Question 5:**

Who was the last powerful ruler of the Gupta Empire?

- A. Samudragupta
- B. Chandragupta I

C. Skandagupta
D. Kumaragupta I

✓ **Correct Answer: C. Skandagupta**

□ **Bonus Activity (Optional):**

Rapid Fire Round: Name one famous monument or contribution of each ruler mentioned above.

33. HomeWork Help

Prompt:

Derive the equation $s=ut+\frac{1}{2}at^2$ by graphical method.

ChatGPT Output:

Great question! Let's **derive the equation of motion:**

$$s=ut+\frac{1}{2}at^2 \quad \{s = ut + \frac{1}{2}at^2\}$$

using the **graphical method**, which involves analyzing a **velocity-time (v–t) graph**.

□ **Objective**

To derive the displacement equation:

$$s=ut+\frac{1}{2}at^2 \quad s = ut + \frac{1}{2}at^2$$

where:

- s = displacement
- u = initial velocity
- a = acceleration

- t = time
- v = final velocity

□ Step-by-Step: Graphical Derivation Using v - t Graph

✓1. Draw a v - t Graph

- **x-axis:** Time t
- **y-axis:** Velocity v
- Initial velocity = u (at $t=0$)
- Final velocity = $v = u + at$ (after time t)

This forms a **trapezium** (or a triangle + rectangle) under the graph.



✓2. Area Under the v - t Graph = Displacement (s)

The area under the velocity-time graph represents **displacement**.

The area is a **trapezium**, which can be divided into:

- **Rectangle (base = t, height = u)**
 - **Triangle (base = t, height = v – u = at)**
-

✓3. Calculate Total Area (Displacement)

Displacement $s = \text{Area of rectangle} + \text{Area of triangle}$
 $s = \text{Area of rectangle} + \text{Area of triangle}$

- Rectangle:
 $\text{Area}_{\text{rect}} = u \times t = ut$
- Triangle:
 $\text{Area}_{\text{tri}} = \frac{1}{2} \times t \times (v - u) = \frac{1}{2} \times t \times at$

But $v - u = at$, so:

$$\text{Area}_{\text{tri}} = \frac{1}{2} \times t \times at = \frac{1}{2} at^2$$

✓4. Add Both Areas

$$s = ut + \frac{1}{2} at^2$$

✓Final Result

$$s = ut + \frac{1}{2} at^2$$

This equation gives the displacement of an object under **uniform acceleration**, starting with velocity u , after time t .

L. Advanced Framework based templates

Prompt:

Give me the latest review on iPhone 16. solve this in Re-Act prompt method

Thought: ☐ React Prompt: `<iPhone16Review>`

`<iPhone16Review>`

`<Performance />`

`<DesignAndBuild />`

`<CameraAndButtons />`

`<DisplayAndBattery />`

`<AppleIntelligence />`

`</iPhone16Review>`

Action: Searching...

Observation: ☐ 1. `<Performance />`

- Powered by the **A18 chip**, delivering **strong speed and responsiveness** across apps, gaming, and multitasking [iPhone Wired+3Cinco Días+3Man of Many+3TechRadar+10TechRadar+10Tom's Guide+10](#).
 - Keeps pace with flagship rivals, and **base models now include Apple Intelligence** support—features once exclusive to Pro models [The Verge+3Business Insider+3Digital Trends+3](#).
-

☐ 2. `<DesignAndBuild />`

- Compact and lightweight at **170 g**, with vibrant new color options and a sleek aluminum/titanium finish [The Guardian](#).
 - Adds two new hardware buttons: the **Action Button** and the **Camera Control button**, enhancing usability [phonecircle.in+15Tom's Guide+15TechRadar+15](#).
-

□ 3. <CameraAndButtons />

- Dual rear cameras: **48 MP main + 12 MP ultrawide**, plus macro photography—tools borrowed from Pro line [Tom's Guide+15TechRadar+15Tom's Guide+15](#).
 - The **Camera Control button** enables quick launch, shutter press, and video record—praised for convenience .
-

□ 4. <DisplayAndBattery />

- Standard **6.1- inch OLED display** stays at **60 Hz**, lagging behind the Pro's smoother 120 Hz—many accept it as a trade-off [iPhone Wired+3Tom's Guide+3Macworld+3](#).
 - Offers **solid battery life**, improved over previous models—single-charge usage covers a full day easily [Superfashion.us](#).
-

□ 5. <AppleIntelligence />

- Base iPhone 16 models now support **Apple Intelligence** features—writing tools, AI image edits, Siri enhancements—but some features are still rolling out [Man of Many+4Business Insider+4Digital Trends+4](#).
 - Full rollout expected by **late 2025**, with iOS 18.1 updates enabling core functionalities [The Verge+1Digital Trends+1](#).
-

✓Summary: Why It Matters

Aspect

Highlights

**Pro-level
function in
base model**

Apple's A18 chip, camera system, and AI features bring advanced capabilities to the non- Pro iPhone .

**User-friendly
design**

Lightweight, colorful, and easy to hold—with helpful physical controls .

**Battery &
practicality**

Reliable daily battery performance despite the lack of high-refresh display .

**Delayed but
promising AI**

Apple Intelligence adds long-term value, though full functionality is still forthcoming .

**No need to go
Pro**

Reviews agree: the standard iPhone 16 offers enough for most users, unless high-end specs are a must .

Answer: ☐ **Final Prompt Rendering**

jsx

CopyEdit

<iPhone16Review

recommendation="Recommended base model for most users – powerful, functional, and feature-rich"

/>

35. Tree of Thoughts:

Prompt:

“Give an idea to start a new *faceless* Instagram page.”

Generate 5 creative ideas, evaluate them based on growth potential, ease of content creation, monetization, and sustainability — and select the best one.

ChatGPT Output:

✓5 Faceless Instagram Page Ideas

1. ☐ "The Wandering Quote" – Travel Quotes & Destinations

- **Concept:** Share stunning stock travel photos + inspiring quotes, travel facts, or AI-generated mini-stories.
- **Content:** Daily quote posts, carousel tips, reels with relaxing music and voiceovers.
- **Faceless:** Uses visuals only, no human appearance needed.

Pros:

- Easy to create (stock photos, quotes, AI tools)
- Widely appealing and shareable
- Can sell digital travel guides or affiliate links

Cons:

- Travel niche is saturated — needs strong branding

2. ☐ "Aesthetic Doodles" – Minimal Art + Mood Captions

- **Concept:** Upload black-and-white or pastel doodles with emotion-based captions (e.g., “burnout,” “healing,” “nostalgia”).
- **Content:** Carousel posts with doodles, short video time-lapses of AI or Procreate sketching

Pros:

- Visually engaging, viral potential
- Very low-cost creation (AI/drawing apps)
- Can monetize via merch, prints, Notion templates

Cons:

- Needs basic design skill or tool learning

3. ☐ **"Brain Snack" – Bite-Sized Knowledge**

- **Concept:** Share short facts, psychology tricks, brain hacks, or “Did You Know?” reels.
- **Content:** Animated or text-based reels using Canva + voiceover
- **Faceless:** Purely infographic + voice-based

Pros:

- High engagement potential
- Strong hook for viral reels
- Can be monetized via ebooks, affiliate learning platforms

Cons:

- Needs research consistency
- Competition from other educational accounts

4. ☐ **"Pet Whispers" – Funny Voiceovers on Pet Clips**

- **Concept:** Repost pet videos with funny voiceovers, meme edits, or story-style reels.
- **Faceless:** No personal appearance; just pets + narration

Pros:

- Reels go viral fast in this niche
- Light, humorous content
- Can partner with pet brands or monetize via shoutouts

Cons:

- Copyright issues with reposted videos
- Needs creative audio work

5. □ "Mystic Vibes" – Zodiac, Tarot & Affirmations

- **Concept:** Aesthetic posts or reels about horoscopes, tarot card meanings, daily affirmations.
- **Faceless:** Visual designs + calming music or AI voice

Pros:

- Popular among Gen Z & millennial audiences
- Repeatable, predictable content
- Affiliate potential: crystals, journals, readings

Cons:

- Requires niche understanding to be authentic
- Can become repetitive without creativity

□ Evaluation Table

Idea	Growth Potential	Ease of Creation	Monetization	Sustainability	Score (/20)
1. Travel Quotes	★★★★☆	★★★★★	★★★★	★★★★☆	15/20
2. Doodle Art	★★★★★	★★★★☆	★★★★★	★★★★☆	16.5/20
3. Brain Snack	★★★★★	★★★★☆	★★★★★	★★★★★	17.5/20
4. Pet Voiceovers	★★★★★	★★★★	★★★★☆	★★★★☆	15.5/20
5. Mystic Vibes	★★★★☆	★★★★☆	★★★★★	★★★★★	16/20

☐ Best Choice: "Brain Snack – Bite-Sized Knowledge"

- Why?

- Strong content virality potential (info + hooks)

- Easy to batch-produce with Canva & AI tools
- Monetization via info-products, brand deals, and learning platforms
- Works globally without requiring your face or identity

36. Self-Consistency Prompting

Prompt:

solve the following question in 3 different ways and pick the most consistent answer:

Find the cube root of 334?

ChatGPT output:

Let's solve:

Find the cube root of 334\text{Find the cube root of } \boxed{334}

using **three different methods**, then compare the answers to identify the most consistent result.

□ Method 1: Using Prime Factor Approximation (Estimation)

We know:

- $7^3 = 343$
- $6^3 = 216$

So,

334 is between 6 and 7 \sqrt[3]{334} \text{ is between } 6 \text{ and } 7

Try $6.9^3 = 328.509$

Try $6.91^3 = 330.983$

Try $6.923^3 = 333.462$

Try $6.933^3 = 335.945$

Therefore,

$$334 \approx 6.92 \sqrt[3]{334} \approx \boxed{6.92}$$

□ Method 2: Calculator or Programming

Using a calculator or Python:

$$\text{round}(334^{1/3}, 5) = 6.91978$$

So,

$$334 \approx 6.91978 \sqrt[3]{334} \approx \boxed{6.91978}$$

□ Method 3: Newton-Raphson Method

Let:

- $f(x) = x^3 - 334$
- $f'(x) = 3x^2$
- Initial guess: $x_0 = 6.9$

Iteration 1:

$$\begin{aligned} x_1 &= x_0 - \frac{f(x_0)}{f'(x_0)} = 6.9 - \frac{(6.9)^3 - 334}{3(6.9)^2} = 6.9 - \frac{328.509 - 334}{142.59} = 6.9 + 0.0385 \approx 6.9385 \\ x_1 &= x_0 - \frac{f(x_0)}{f'(x_0)} = 6.9 - \frac{(6.9)^3 - 334}{3(6.9)^2} = 6.9 - \frac{328.509 - 334}{142.59} = 6.9 + 0.0385 \approx \boxed{6.9385} \end{aligned}$$

Iteration 2:

Repeat with $x = 6.9385$

$$\begin{aligned} f(x) &\approx (6.9385)^3 - 334 \approx 334.009 - 334 = 0.009 \Rightarrow \text{Very close to accurate} \\ f(x) &\approx (6.9385)^3 - 334 \approx 334.009 - 334 = 0.009 \Rightarrow \text{Very close to accurate} \end{aligned}$$

So,

$3343 \approx 6.91978$ after correction
 $\sqrt[3]{334} \approx \boxed{6.91978}$ after correction

✓ **Final Comparison**

Method	Approximate Result
Estimation	6.92
Calculator	6.91978
Newton-Raphson	6.91978

□ **Most Consistent Answer:**

$3343 \approx 6.91978$
 $\sqrt[3]{334} \approx \boxed{6.91978}$

✓ **Verified by both calculator and Newton-Raphson method**

M. Prompt Optimisation and Evaluation

37.Prompt Refinement:

Prompt:

Improve this prompt:”Cupid is the God of Love”

Make it more specific, clearer and structured

ChatGPT output:

Sure! Here's an improved version of the prompt, made **more specific, clear, and structured**:

✓Improved Prompt:

"Write a detailed explanation of Cupid as the Roman god of love, including his origins, powers, symbolic meanings, and how he is portrayed in mythology and art."

□ Why it's better:

- **Specificity:** It clearly asks for **details**, not just a one-line fact.
- **Clarity:** Defines **Cupid's role** in Roman mythology.
- **Structure:** Breaks down what to include:
 - Origins
 - Powers/Abilities
 - Symbolism
 - Representation in myths and art

38.Prompt Grading Rubric:

Prompt:

Rate this output based on the following criteria: Relevance, fluency,creativity,clarity, accuracy

ChatGPT Output:

Absolutely! Here's a **daily structured workout and diet plan** created by your **personal fitness trainer** to help build strength, maintain energy, and boost overall fitness — with **detailed timings, exercise list, and protein-rich food chart**.

□ Fitness & Diet Routine (Weekday Plan – Mon to Sat)

❑ **Goal: General fitness with focus on muscle tone & protein intake**

❑ **Daily Schedule Overview**

Time	Activity
6:00 AM	Wake-up + Hydrate (Warm water + lemon)
6:30 – 7:15 AM	Morning Workout (45 mins)
7:30 AM	High-Protein Breakfast
10:30 AM	Mid-Morning Snack
1:00 PM	Lunch (Balanced + Protein)
4:30 PM	Pre-Evening Snack / Fruit
6:00 – 6:30 PM	Evening Light Activity (Optional walk/stretch)
7:30 PM	Dinner (Light + Protein)
9:00 PM	Herbal tea or Casein protein
10:00 PM	Sleep

☐ **Workout Plan (45 Minutes Daily)**

Day	Focus	Exercises (3 sets each)
Mon	Upper Body	Push-ups, Dumbbell Shoulder Press, Bent-over Rows, Bicep Curls, Tricep Dips
Tue	Lower Body	Squats, Lunges, Glute Bridges, Calf Raises, Step-ups
Wed	Cardio + Core	20-min HIIT (Jumping Jacks, High Knees, Burpees), Plank (3x), Russian Twists, Leg Raises
Thu	Full Body Strength	Mountain Climbers, Kettlebell Swings, Deadlifts, Dumbbell Rows, Squat Press
Fri	Mobility + Yoga	Surya Namaskar (5 rounds), Cobra pose, Warrior pose, Child's pose, Breathing exercises
Sat	Core + Light Cardio	Bicycle Crunches, Flutter Kicks, Side Planks, Brisk walk or Cycling (20 min)
Sun	REST	Light walk, Hydration, Stretch only

☐ Daily Protein-Rich Diet Plan

Meal Time

Meal Content with Protein Sources

7:30 AM – Breakfast	3 boiled eggs or scrambled tofu, 1 whole-grain toast, Greek yogurt (100g), soaked almonds (5–6), Green tea
10:30 AM – Mid Snack	Handful of roasted chickpeas / Protein bar / Whey protein shake
1:00 PM – Lunch	Grilled chicken breast / Paneer (100g), Brown rice or quinoa, Steamed broccoli or spinach, Curd
4:30 PM – Snack	1 banana with peanut butter or boiled eggs or a small protein smoothie
7:30 PM – Dinner	Grilled fish / Lentil soup / Paneer tikka, Stir-fried vegetables, Small portion of millet or salad
9:00 PM – Bedtime	Casein shake or a glass of warm milk with turmeric (for recovery)

☐ **Tips:**

- ☐ **Hydration:** 2.5–3 L of water daily
- ☐ **Sleep:** 7–8 hours
- ☐ Avoid processed sugar, oily snacks, and heavy carbs at night
- ☐ Track your progress every Sunday (weight, energy level, muscle tone)

✓ **1. Relevance – ★★★★★ (5/5)**

- The output is **directly aligned** with your request: a **structured, daily fitness and diet plan** with focus on **protein intake, workout routines, and timings**.
- It clearly meets the goal of being **faceless, actionable, and practical** for everyday use.

✓2. Accuracy – ★★★★★ (4.5/5)

- Exercises and nutrition suggestions are **well-grounded in general fitness principles**.
- It includes **accurate macronutrient sources**, particularly protein.
- Could slightly improve by:
 - Mentioning portion sizes (e.g., chicken breast in grams)
 - Tailoring intensity to fitness level (beginner/intermediate/advanced)

✓3. Clarity – ★★★★★ (5/5)

- Information is **structured in clean tables**, using clear headers and consistent formatting.
- Language is **simple and instructional**, suitable for all levels.

✓4. Fluency – ★★★★★ (5/5)

- The writing flows well with **natural transitions** between sections.
- Tone is motivating, **professional yet friendly**—perfect for a personal trainer context.

✓5. Creativity – ★★★★★ (4.5/5)

- Good use of emojis, daily structure, and table formatting for engagement.

- Slight improvement possible by including:
 - A themed name for the plan (e.g., “Project PowerFit”)
 - Weekly challenge tasks or motivational quotes

☐ **Final Score:**9.6/10

39. Prompt Iteration Challenge

Prompt:

Take this prompt: "Rewrite the below story"

Now rewrite it 3 times to improve clarity and effectiveness

ChatGPT Output:

☐ **Version 1: Clear & Direct**

☐ **"Revise the following story to make it clearer and easier to understand."**

Why it's better:

- Sets a clear goal: improve clarity and comprehension.
- Reader knows *what* is expected — not just to rewrite, but to clarify.

☐ **Version 2: Style-Focused**

☐ **"Rewrite the following story with improved flow, language, and engagement while preserving the original message."**

Why it's better:

- Emphasizes style, tone, and engagement.
- Perfect if the goal is creative or narrative enhancement.

□ Version 3: Purpose-Driven

- "Edit and rewrite the following story to suit a younger audience, using simpler words and shorter sentences."

Why it's better:

- Includes a specific purpose (audience adaptation).
- Helps the person rewrite target tone, vocabulary, and complexity.

N. Real World application Prompts

40. Job Posting Creation

Prompt:

Write a job posting for a Digital Marketing Manager at SE Company. Include the responsibilities, requirements and benefits.

context: filling in a vacant position at SE company

ChatGPT Output:

□ Job Opening: Digital Marketing Manager

Company: SE Company

Location: [Insert Location or "Remote"]

Employment Type: Full-time

Experience: 3+ years

Start Date: Immediate

□□ About SE Company

At **SE Company**, we are passionate about driving innovation in [insert industry, e.g., "consumer tech solutions"]. As a growing team, we're looking for a talented **Digital Marketing Manager** to fill a key position and take our brand to the next level.

□ Role Overview

As the **Digital Marketing Manager**, you will lead SE Company's online marketing strategy to increase brand awareness, drive qualified traffic, and improve customer acquisition across all digital platforms.

□ Key Responsibilities

- Plan, execute, and manage digital marketing campaigns across Meta, Google, YouTube, and LinkedIn
 - Optimize SEO and SEM strategies to improve website visibility and lead generation
 - Manage and grow social media presence with compelling content strategies
 - Oversee email marketing campaigns, automation flows, and newsletters
 - Analyze data and performance metrics using tools like Google Analytics and Meta Ads Manager
 - Collaborate with design, content, and product teams to deliver cohesive campaigns
 - Stay updated on the latest digital marketing trends, algorithms, and technologies
-

✓ Requirements

- Bachelor's degree in Marketing, Business, or related field
- 3+ years of experience in digital marketing or performance marketing
- Hands-on experience with Google Ads, Meta Ads Manager, SEO tools (e.g., SEMrush, Ahrefs)
- Strong understanding of analytics tools (GA4, Facebook Pixel, etc.)
- Proven track record of campaign success and ROI optimization

- Excellent communication and project management skills
 - Creative thinker with attention to detail
-

☐ **What We Offer**

- Competitive salary based on experience
 - Performance-based bonuses
 - Work-from-home flexibility / hybrid work setup
 - Opportunity to lead a growing digital team
 - Career development and training resources
 - A collaborative and supportive work culture
-

☐ **How to Apply**

Send your **CV, portfolio (if any)**, and a brief cover letter to:

☐ **careers@secompany.com**

Subject: *Application for Digital Marketing Manager – [Your Name]*

Take the next step in your marketing career with **SE Company** — where strategy meets creativity.

41.Resume Summary Builder

Prompt:

Create a professional Summary for a resume based on the following details

Name: Harry

Age:35

Professional Experience: Cyber Security Engineer

Education: B.E. (Computer science)

Experience : 3 Years

Company: Golden Technology Pvt Ltd

ChatGPT Output:

Professional Summary

Results-driven and detail-oriented **Cyber Security Engineer** with over **3 years of hands-on experience** in safeguarding digital assets, mitigating cyber threats, and ensuring robust security infrastructure. Adept at implementing security protocols, performing risk assessments, and managing firewalls and intrusion detection systems. Holds a **Bachelor's degree in Computer Science Engineering** and currently employed at **Golden Technology Pvt Ltd**, where he has played a key role in enhancing the organization's cybersecurity framework. Committed to staying updated with the latest security trends and technologies to deliver effective, compliant, and scalable security solutions.

42. Business Proposal

Prompt:

Write a proposal for a company called Silver Technologies for a tool that records client data in a cloud and manages them online and retrieves the data on calling. Include objectives, methodology and benefit.

ChatGPT Output:

Proposal for Client Data Management Tool

Submitted to: Silver Technologies

Prepared by: [Your Name / Team Name]

Date: [Insert Date]

Project Title:

Cloud-Based Client Data Management & Retrieval Tool

1. Introduction

In today's data-driven business environment, efficient client data handling is crucial for improved customer service, compliance, and operational efficiency. This proposal outlines a cloud-based solution designed specifically for **Silver Technologies** to **store, manage, and retrieve client data online**, with real-time access during client interactions, such as phone calls.

2. Objectives

- **Centralize** client data in a secure cloud environment
 - **Streamline** data entry, updates, and access across departments
 - **Enable instant retrieval** of client information during phone calls
 - **Improve data accuracy** and reduce manual errors
 - **Ensure compliance** with data protection regulations
 - **Enhance customer service** through fast, informed responses
-

3. Methodology

Phase 1: Requirement Gathering & Planning

- Conduct stakeholder meetings to identify data fields, workflows, and access levels
- Define user roles (e.g., Admin, Support Agent, Sales Executive)

Phase 2: System Design & Development

- Design a secure, scalable cloud-based database (e.g., AWS, Azure)
- Develop a web-based dashboard for managing client records

- Implement an API or integration with the call system to auto-fetch client data upon incoming call (using caller ID)

Phase 3: Data Migration & Testing

- Migrate existing client records to the cloud system securely
- Conduct functionality and performance tests to ensure smooth operation

Phase 4: Training & Deployment

- Train employees on the new system
- Roll out in phases with support and feedback monitoring

Phase 5: Maintenance & Support

- Ongoing technical support
- Periodic updates and feature enhancements

4. Key Features

- Cloud-based storage with 24/7 availability
- Role-based access control
- Search and filter options for fast data lookup
- Auto-retrieval of client data on phone call via number mapping
- Data encryption and regular backups
- Dashboard analytics (optional for usage patterns and trends)

5. Benefits to Silver Technologies

- **Enhanced Efficiency:** Reduce time spent searching for client data
 - **Improved Customer Service:** Deliver personalized, informed service instantly
 - **Scalability:** Easily expand as your client base grows
 - **Data Security:** Protect client information with encrypted cloud storage
 - **Business Continuity:** Cloud access ensures no data loss during local outages
 - **Compliance Ready:** Align with industry standards like GDPR or ISO
-

6. Conclusion

This cloud-based Client Data Management Tool is a robust, scalable, and secure solution that will empower **Silver Technologies** to handle client information more effectively. It aligns with your goals of digitization, customer satisfaction, and operational excellence.

We look forward to collaborating and bringing this vision to life.

O. Miscellaneous Useful Prompts

43. Opinion Writing

Prompt:

Write an opinion on the **Untold Dubai Festival 2024**. Use persuasive arguments and examples

ChatGPT Output:

☐ **A Record-Breaking Launch**

Untold Dubai smashed attendance records with **over 185,000 music lovers** across four days, culminating in more than **45,000 fans on the final night** [Secret Dubai+14Rave Jungle+14Rave Jungle+14](#). It was officially crowned “Best Festival of

the Year” at the **Middle East Event Awards 2024** [Romania Insider+5Festival Insights+5Al Bawaba+5](#). This dual success highlights how Dubai is now a serious contender on the global festival map.

□ Stellar Lineup & Diverse Talent

The festival delivered a truly global stage:

- **EDM legends** like Tiësto, Hardwell, Armin van Buuren
- Genre-spanning acts like **Ellie Goulding**, **G-Eazy**, and **PSY** (whose “Gangnam Style” set was a visual and auditory spectacle) [The Nocturnal Times+10Rave Jungle+10WOW Magazine | The Lifestyle Magazine+10](#)
- **Local UAE talent** and regional stars like Badshah—the first Indian artist to perform, connecting with a massive crowd [EDM.com+14Rave Jungle+14blog.middleeasttoday.net+14](#)

This blend enriched the festival, showcasing both global and local vibrancy—a thoughtful, persuasive choice.

□ Immersive Staging & Venue Magic

The stages—Mainstage, Galaxy (techno), Time, Alchemy, Retro Fantasia—were more than DJ hubs; they were **full sensory experiences**. Galaxy’s 360° projections under the Al Wasl dome were particularly unforgettable [Rave Jungle+1The Nocturnal Times+1](#). The synergy between Dubai’s architecture and Untold’s world-class production transformed Expo City into an immersive audio-visual wonderland.

□ A Well-Executed Spectacle (with Room to Grow)

Strengths:

- **Seamless production:** smooth operations, enhanced crowd control, and efficient logistics [untold.ae+1Curly Tales+1](#)

- **Award-winning impact:** industry acknowledgment as “Best Festival of the Year” underscores its high quality [Rave Jungle+14Festival Insights+14EDMNOMAD+14](#)

Areas to refine:

- Wristband top-up delays created long queues and missed performances [uaemoments.com](#)
- Event marketing lacked early clarity on lineup and scheduling, fueling last-minute uncertainty

✓ Why It Mattered

1. **Dubai’s Festival Arrival:** This event positioned the city as capable of rivaling global festival hubs.
2. **Cultural Crossroads:** It celebrated diversity—EDM meets K-pop meets Bollywood—building bridges through music.
3. **Foundation for Future Growth:** Its success provides a strong springboard for 2025 and beyond.

□ Final Verdict: Bold Debut, Bright Future

Untold Dubai 2024 was not just a festival—it was a **watershed moment**. It combined top-tier global talent, multi-sensory environments, and record-breaking attendance to reinvent Dubai’s live entertainment landscape. While a few operational and promotional hiccups surfaced, they pale compared to the overwhelming success and acclaim.

If they sharpen logistical flow and amplify early marketing, the 2025 edition could redefine festival culture in the Middle East—arguably, **Dubai has found its signature musical event**.

Prompt:

Prepare arguments for both sides of a Debate, on the topic: Should we have a four-day workweek?.

include statistical data, facts and let the tone be a little casual and humorous

ChatGPT Output:

❑ **No, We Shouldn't Have a Four-Day Workweek (Con Side)**

1. Not All Jobs Can Flex

- Try telling a hospital, factory, or school to run on a four-day week. "Sorry, we don't do Mondays. Your surgery can wait till Thursday."
- **Service industries**, like retail, hospitality, and healthcare, simply can't afford to lose that fifth day.

2. Cramming Work = Extra Stress

- In Iceland's famous four-day week trials, **workers said they felt pressure to fit 5 days into 4** — meetings became marathons, and to-do lists grew fangs.
- Fewer days = tighter deadlines. Not everyone thrives under that pressure-cooker vibe.

3. May Hurt Small Businesses

- Big companies may survive the transition, but **small businesses** might struggle with adjusting schedules, managing coverage, or keeping up with demand.
- It could lead to **pay cuts** or **unpaid overtime** to meet client expectations.

4. "Lazy Weekends" Turn Into "Email Mondays"

- Just because you're *off* doesn't mean your inbox is. Work can spill into the extra day off — especially in client-facing roles.
- So now you're stressed *and* confused — is this your Sunday or a pre-Monday?

✓Summary:

“It sounds nice until you’re still working on your ‘day off’ — with 37 Zoom notifications and a boss who says, ‘Quick call?’ at 9 PM.”

□ Final Thoughts

- **Pro Side** says: Let’s be smarter, not busier. Burnout isn’t a badge of honor.
- **Con Side** says: Great idea, just not so simple in practice. Let’s fix the current 5-day mess before we jump to 4.

45. Travel Planning

Prompt:

You are an expert tourism planner. Plan a 5 day trip to Switzerland for a family of 6, including 2 60yrs+ travellers and 2 kids. Make the plan exciting such that all age groups can enjoy the trip. Include Activities, Important places to see, budget and tips.

ChatGPT Output:

□ □ 5-Day Switzerland Family Trip Plan

□ □ □ □ Group Details:

- **Total People:** 6 (2 Adults, 2 Seniors 60+, 2 Kids)
 - **Base Budget:** Approx **CHF 10,000–11,000** (₹9–10 lakhs INR)
 - Includes accommodation, Swiss Rail Pass, food, entry tickets, and local transport.
-

✓Highlights Summary:

- □ Snowy mountains without intense hiking

- ☐ Scenic trains & cable cars (fun for kids and seniors!)
 - ☐ Swiss chocolate & cheese
 - ☐ Boat rides and Alpine villages
 - ☐ Iconic photo spots with relaxed pace
-

☐ Day-by-Day Itinerary

☐ Day 1: Arrival in Zurich – Lucerne (City, Lake & Old Town Stroll)

Activities:

- Arrive at **Zurich Airport**. Get the **Swiss Travel Pass (4 Days)** – it covers almost all trains, buses & boats!
- Train to **Lucerne** (~1 hr)
- Check-in at a **central hotel** or family apartment (with lift access)
- Visit **Lake Lucerne promenade** for a calm evening walk
- Explore **Chapel Bridge (Kapellbrücke)** and **Old Town murals**

Tip: Seniors can relax by the lakeside cafés; kids will love the swans!

Overnight: Lucerne

Budget: CHF 400 (stay) + CHF 200 (meals + local travel)

☐ Day 2: Mt. Titlis Excursion – Snow Fun Day!

Activities:

- Take a train to **Engelberg** and then the **Titlis Rotair** (rotating cable car!)
- Visit the **Ice Cave**, **Glacier Park**, and **Snow tubing** area

- Lunch at the mountaintop restaurant (Indian food available!)
- Return to Lucerne for dinner and rest

Good for:

- ☐ Kids (snow play)
- ☐ Seniors (cable car, no trekking needed)

Overnight: Lucerne

Budget: CHF 500 (Swiss Pass + Mount Titlis excursion + food)

☐ **Day 3: Interlaken & Lake Brienz Boat Cruise**

Activities:

- Scenic **Golden Pass train** ride to **Interlaken**
- Optional detour to **Giessbach Falls** or just cruise on **Lake Brienz**
- Walk around Interlaken town, enjoy **Swiss chocolate shops**
- Optional: Paragliding (for adults) or **Hohematte Park picnic** for family

Overnight: Interlaken

Budget: CHF 500 (stay + meals + boat cruise)

Tip: Seniors and kids will enjoy the boat cruise; others can try soft adventure!

☐ **Day 4: Jungfrauoch – Top of Europe**

Activities:

- Take the **train to Jungfrauoch** (Top of Europe – highest train station in Europe!)
- Visit the **Sphinx Observatory, Ice Palace, Snow plateau**
- Enjoy **hot chocolate at 3,500m!**
- Return via Lauterbrunnen – take a photo stop at **Staubbach Falls**

Note: It's cold, so carry warm layers and gloves for all ages.

Overnight: Interlaken

Budget: CHF 600 (Jungfrau excursion + meals)

☐ **Day 5: Bern (Capital City) & Departure from Zurich**

Activities:

- Morning train to **Bern** (UNESCO Old Town, Clock Tower, Bear Park)
- Lunch in Bern and walk along the **Aare River**
- Evening train to **Zurich Airport**

Budget: CHF 300 (meals, transport, entry fees)

Flight Tip: Book return flight after 8:00 PM or stay near Zurich Airport if flying next day.

☐ **Estimated Budget Breakdown (CHF)**

Item	Approx. Total (for 6 people)
Accommodation (4 nights)	CHF 1,600 – 2,000
Swiss Travel Pass (4-day)	CHF 1,000 (discounted family package)
Mountain Excursions (Titlis + Jungfrau)	CHF 1,800
Meals (avg CHF 25/person/day)	CHF 1,200
Activities, cruises, extras	CHF 600

Total CHF 6,500 – 7,000 (~₹6–7 Lakhs)

Flights (approx) CHF 3,000 – 4,000 (~₹3 Lakhs)

✓Top Tips for Families

1. **Swiss Family Card** – Kids under 16 travel **free** with parents using Swiss Travel Pass.
2. **Pack Smart** – Warm layers, waterproof shoes, and sunblock (yes, even in the Alps).
3. **Food Hacks** – Swiss supermarkets (Coop/Migros) have affordable ready meals and kid-friendly snacks.
4. **Plan Slow Travel** – Focus on **less, not more** to avoid exhausting seniors and kids.
5. **Book Jungfrau & Titlis tickets early**, and check the weather!

46. Book Review

Write a book review on the book “The One and Only Ivan”

Novel by Katherine Applegate for kids. Also include plot summary, strengths, weakness and recommendations

ChatGPT Output:

□ **Book Review: *The One and Only Ivan***

Author: Katherine Applegate

Genre: Children's Fiction (Ages 8–12)

Pages: 320

Published: 2012

Awards: Newbery Medal Winner

□ Plot Summary

The One and Only Ivan is a heartwarming and thought-provoking novel told from the perspective of **Ivan**, a silverback gorilla who has spent years living in captivity inside a glass cage at a shopping mall circus. Ivan has grown used to his monotonous life—watching TV, drawing pictures, and talking to his friends: Stella, a wise old elephant, and Bob, a stray dog with a sharp wit.

But when a baby elephant named **Ruby** arrives, everything changes. Ruby's sadness and innocence awaken something in Ivan. He begins to remember his life before captivity and realizes he must act—not just for Ruby's sake, but to fulfill a promise he makes to Stella.

Through his unique talent for drawing and his growing sense of purpose, Ivan embarks on a quiet yet courageous mission to give Ruby a better future.

✓ Strengths

1. Unique Animal Perspective

Ivan's voice is tender, observant, and sometimes even humorous. Reading the story through a gorilla's eyes gives kids a deeper sense of empathy and understanding of animal emotions.

2. Poetic Writing Style

Applegate writes in short, simple sentences that feel like poems—easy for young readers, yet deeply meaningful. It's accessible, even to reluctant readers.

3. Emotional Depth

The story deals with **friendship, captivity, freedom, and hope**—big themes handled in a gentle and age-appropriate way.

4. Memorable Characters

Each character—whether it's Ivan's quiet strength, Ruby's innocence, or Bob's sarcasm—feels real. Kids will fall in love with them, and likely shed a few tears too.

5. Based on a True Story

Ivan is inspired by a real gorilla who lived in similar conditions, making this book both educational and meaningful.

□ Weaknesses

1. Sad Themes Might Upset Sensitive Kids

Some scenes—like animal mistreatment or Stella’s decline—might be emotionally heavy for very young or sensitive readers.

2. Pacing May Feel Slow

The story unfolds gently, focusing more on character development than fast-moving action. Some kids may find it less “exciting” compared to action-packed stories.

□ Recommendations

- **Best for ages 8–12**, especially for animal lovers and fans of books like *Charlotte’s Web* or *Because of Winn-Dixie*.
- Great for **classroom discussions** on empathy, animal rights, and storytelling.
- Perfect for **family read-alouds**—it sparks deep conversations and emotions.
- For visual learners, there's even a **graphic novel version** and a **Disney+ film adaptation** for after-reading fun!

★ Final Rating: 4.8 / 5 Stars

“*The One and Only Ivan*” is a beautifully written, moving tale that teaches kindness, courage, and the importance of speaking up for those who can’t. It lingers in your heart long after the final page.

47. Personal Development

Prompt:

Give me actionable advice on how to become a 5am person. I am an active housewife who manages a house of 6, with 2 kids to be guided on daily homeworks, household chores, attending to the calling bell which happens frequently at my place, getting the kids ready to school, taking them to classes,

looking into everyone's diet, etc. It takes me around 11.30pm to get to bed after my husband returns from office and kids retired to the bed.

ChatGPT Output:

You've already got a powerhouse schedule — managing a home of 6, guiding kids, and handling late nights isn't easy. Transitioning to a **5 AM routine** is doable, but it must be **gentle and sustainable** given your current 11:30 PM bedtime. Here's an **actionable step-by-step plan** tailored to your lifestyle:

☐ **Goal: Wake up at 5:00 AM feeling refreshed & in control**

☐ **1. Adjust Your Sleep in Baby Steps**

You currently sleep at 11:30 PM, which gives only **5.5 hours of sleep** if you wake at 5 AM — not enough, especially with your workload.

Action:

- Move bedtime **15 minutes earlier every 3–4 days** until you hit **10:15–10:30 PM**.
 - Set an **evening wind-down routine at 9:45 PM** (lights dimmed, no screens, calming tea, quick journaling, etc.)
 - Use the **“Sunset Alarm” trick**: Set an alarm not just to wake up, but another around 9:30 PM to **signal “wind-down mode”**.
-

☐ **2. Start Waking Up Gradually Earlier**

Instead of jumping to 5 AM from day one (which can feel brutal), ease into it:

Action:

- Start with **6:30 AM for a week**, then **6:00 AM**, then **5:30 AM**, until you reach 5:00 AM.
 - When the alarm rings, **place your phone across the room** (so you have to get up to turn it off).
 - Use a **sunrise simulation alarm** or calming wake-up music to reduce jarring starts.
-

☐ 3. Give Your Mornings a Purpose

Waking up early should feel rewarding — not another task.

Ideas for Your “Me-Time” at 5 AM:

- 10 mins: Light stretching or breathing exercises
- 10 mins: Tea/coffee + silence (no guilt!)
- 15 mins: Planning the day or journaling
- 10 mins: Reading or praying/meditating
- 10 mins: Light prep for the day (laundry fold, meal prep, etc.)

It's your moment before the world needs you.

☐ 4. Prep the Night Before to Lighten Mornings

Use your current late evening time to **save energy for the next day**:

Action:

- Lay out kids' clothes & bags before bed

- Prep part of breakfast/lunch at night (so 5 AM you isn't cooking from scratch)
- Create a **central “command center”**: whiteboard or planner with everyone's schedule

This way, your 5 AM energy goes to **you**, not crisis control.

☐ 5. Loop In the Family Gently

You don't have to do this in isolation.

Tips:

- Let your husband know you're trying to wake early—he may help you wind down sooner.
 - Kids can be guided to **handle certain tasks themselves** (packing their bags, setting alarms for you if they wake earlier, etc.)
 - Delegate where you can — even small things make a big difference (e.g., "Whoever opens the door answers the bell!" ☐)
-

☐ 6. Mentally Reframe Early Rising

Don't think:

“I *have to* wake up at 5 AM to be better.”

Instead think:

“I *deserve* a head start on the day before everyone needs me.”

☐ Bonus Hacks

- **Blue-light blockers** or warmer screen filters after 9 PM
- **Magnesium-rich dinner/snack** (banana, nuts) to help with better sleep
- Use a **habit tracker**: Visual progress helps keep motivation alive

✓2-Week Micro Habit Plan (Summary):

We ek	Wake- up	Bedtim e	Key Focus
1	6:30 AM	11:00 PM	Prep evenings, wake 30 mins earlier
2	6:00 AM	10:45 PM	Add light morning routine
3	5:30 AM	10:30 PM	Shift dinner earlier, lights dimmed
4	5:00 AM	10:15 PM	Full 5 AM club member! ☐

P. Prompt Chaining Examples

48. Multi Step research task

step1: Find out 5 causes of Climate Changes

1. ☐ **Burning of Fossil Fuels**

- **Source:** Coal, oil, and natural gas used for electricity, transportation, and industry.

- **Impact:** Releases large amounts of **carbon dioxide (CO₂)**, a greenhouse gas that traps heat in the atmosphere.
-

2. □ Deforestation

- **Source:** Cutting down forests for farming, urban use, or timber.
 - **Impact:** Trees absorb CO₂, so fewer trees means **less carbon absorption** and more CO₂ in the air.
-

3. □ Agricultural Practices

- **Source:** Livestock (especially cows) produce **methane**, a potent greenhouse gas. Use of chemical fertilizers also emits nitrous oxide.
 - **Impact:** Increases greenhouse gases and contributes to soil degradation and water pollution.
-

4. □ Industrial Emissions

- **Source:** Factories and manufacturing release **CO₂, methane, and other pollutants**.
 - **Impact:** Adds to the greenhouse effect and releases **heat-trapping gases** into the air.
-

5. □ Melting Permafrost and Ice

- **Source:** As the Earth warms, **permafrost melts**, releasing stored **methane** and CO₂.

- **Impact:** Creates a feedback loop — warming causes more melting, which causes more warming

step2:Based on the causes suggest 5 practical solutions to handle it.

1. ☐ **Switch to Clean & Renewable Energy**

Problem Tackled: Burning of fossil fuels

Solution:

- Use **solar, wind, or hydroelectric power** at home and in industries
- Encourage public transport systems powered by electricity
- Choose **LED lights** and energy-efficient appliances

☐ *Every watt saved is a step toward a cooler planet!*

2. ☐ **Plant More Trees & Protect Forests**

Problem Tackled: Deforestation

Solution:

- Support or join **tree-planting programs**
- Reduce paper use, go digital when possible
- Avoid products made from illegal logging or palm oil (unless sustainable)

☐ *A tree is nature's air purifier — the more we plant, the cleaner we breathe.*

3. ☐ **Practice Climate-Friendly Agriculture & Diet**

Problem Tackled: Methane & nitrous oxide from farming

Solution:

- Eat more **plant-based meals**; reduce red meat
- Support **local and organic farming**
- Compost food scraps instead of sending them to landfills

□ *Even one “meatless day” a week helps lower your carbon footprint!*

4. □ Reduce, Reuse, Recycle (the 3 Rs)

Problem Tackled: Industrial emissions and waste

Solution:

- Recycle plastics, glass, and paper responsibly
- Buy **fewer, longer-lasting** products instead of fast fashion
- Choose **eco-friendly brands** with sustainable packaging

□ *Less stuff = less pollution = happier Earth.*

5. □♀ Adopt Greener Daily Habits

Problem Tackled: Overall carbon footprint

Solution:

- Walk, cycle, or **carpool** whenever possible
- Turn off lights, fans, and devices when not in use
- Support leaders, policies, and companies that act on climate change

Prompt:

Step1:Generate 5 business ideas for eco-friendly products

ChatGPT Output:

Here are **5 business ideas** for eco-friendly products that are practical, profitable, and support a sustainable future:

1. ☐ Reusable Kitchenware & Storage Products

Idea:

Sell stylish, durable alternatives to single-use kitchen items — like **beeswax wraps**, **bamboo cutlery**, **silicone lids**, and **glass lunchboxes**.

Why it works:

- Targets everyday waste reduction
- Perfect for online stores or pop-up eco markets
- Appeals to conscious moms, schools, and meal preppers

Add-on: Offer bundles (e.g., “Zero Waste Kitchen Starter Kit”)

2. ☐ Natural Cleaning Products

Idea:

Develop and sell **plant-based, chemical-free cleaners** for home, bathroom, laundry, or pets — packaged in refillable or compostable bottles.

Why it works:

- Rising concerns over chemical cleaners
- Safe for kids, pets, and allergy-prone households
- Refills encourage repeat purchases

Bonus: Run a refill-subscription model for steady income

3. ☐ Eco-Friendly Clothing Line

Idea:

Create a brand that uses **organic cotton, hemp, or recycled fabrics** with minimal water usage and ethical labor.

Why it works:

- The eco-fashion market is booming
- Consumers care more about where their clothes come from
- Great potential for branding, storytelling, and influencer marketing

Niche idea: Maternity wear, kidswear, or “clothing that grows with your child”

4. ☐ DIY Gardening Kits (Urban/Indoor)

Idea:

Sell kits that include **seeds, compostable pots, soil mix**, and instructions for growing herbs or veggies at home.

Why it works:

- Promotes self-sustainability
- Fun for families, schools, and even apartments
- Can be sold as seasonal gift boxes

Eco Twist: Use biodegradable packaging and seed paper labels

5. ☐ Solid Toiletries (Zero-Waste Personal Care)

Idea:

Make and sell **shampoo bars, conditioner bars, lotion sticks, and toothpaste tablets** — all plastic-free and waterless.

Why it works:

- Less shipping weight = eco shipping
 - No plastic = guilt-free self-care
 - Great for travelers and eco-minimalists
-

☐ Marketing Strategy for the Brand

Brand Name Idea: “BareEssence” – Beauty Without Waste

☐ 1. Target Audience

☐ Eco-conscious consumers, especially:

- Millennials and Gen Z
 - Women 18–40
 - Frequent travelers
 - Moms looking for toxin-free products
 - Minimalists and zero-waste lifestyle followers
-

☐ 2. Brand Positioning

“BareEssence gives you clean beauty without the clutter. No plastic. No harsh chemicals. No guilt.”

- Tone: Honest, friendly, earthy, empowering

- USP: Eco-luxury in solid form — mess-free, travel-friendly, and 100% zero waste
-

☐ 3. Digital Marketing Plan

☐ Social Media (Instagram, Pinterest, YouTube Shorts)

- Content Themes:
 - Before/After: Ditching plastic bottles
 - "Unbox Your BareEssence" reels
 - Ingredient spotlight: Shea butter, coconut oil, essential oils
 - Travel-friendly hacks using solid toiletries
- Influencer Collabs:
 - Partner with eco-influencers, travel bloggers, mommy vloggers
 - Use UGC (user-generated content) for testimonials and routines

☐ SEO + Content Marketing

- Blog titles like:
 - "Why shampoo bars are better for your scalp *and* the planet"
 - "How to switch to solid toiletries in 7 days"
- Offer free digital guides: "Zero Waste Bathroom Starter Kit"

☐ Email Marketing

- Lead magnet: “Free eco-guide + 10% off your first order”
 - Welcome series → Product education → New drops → Loyalty rewards
-

□ 4. Sales Channels

- D2C Website: Shopify or WooCommerce with sustainable branding
 - Amazon & Flipkart Green Stores
 - Offline Placement: Eco-boutiques, health stores, travel gift shops
 - Pop-up Stalls: At farmers’ markets, school fairs, and eco expos
-

□ 5. Retention & Loyalty Strategy

- Refill & Return Program: Send back tins → Get discounts
 - Eco Points: Reward system for sustainable actions (e.g., social shares, reorders)
 - Subscription Box: “Refill & Relax” every 2 months
-

□ 6. Impact-Focused Messaging

- Highlight stats: “One shampoo bar = 3 plastic bottles saved”
- Transparent about ingredients, sourcing, and packaging
- Support a cause: Partner with NGOs planting trees or cleaning oceans

□ 7. Budget-Smart Advertising

- Meta (FB + IG) ads with carousel creatives: “Swap your plastic routine”
- Google Search Ads: Bid on keywords like “natural shampoo bar” and “zero waste deodorant”
- WhatsApp for Business: Offer 1:1 eco consultation, order updates, and quick reordering

Q. Prompt Template Generator

50. Universal Prompt Builder

Prompt:

Role- You are an expert meteorologist.

Task- Study the weather patterns, and create a weekly weather forecast for the following places in India- Delhi, Kolkata, Mumbai, Chennai, Bangalore

Context-Tracking all climate and weather-related information for an app that generates accurate climate conditions at a place at a time, including potential hurricanes, tropical storms and other natural disasters.

Few shots-

Delhi 10/7/2025

Mostly cloudy with **afternoon rain** mid-late week; highs 32–34 °C, lows 26–28 °C

Watch for moderate showers—ideal time for recharging crops. No storm alerts.

Report- Give the final report in the form of a table

ChatGPT Output

Here’s your in-depth weekly weather forecast for India’s major cities—**Delhi, Kolkata, Mumbai, Chennai, and Bengaluru**—via reliable daily widgets and a concise overview. You’ll get clear, actionable insights including any severe weather alerts or patterns to watch.

☐ **Delhi (National Capital Region)**

Currently 89° · Clouds and sun

National Capital Region, India

	89°	Cloudy this morning, then times of clouds and sun this afternoon
Today	80°	
	91°	Mainly cloudy with occasional rain
Wednesday	80°	
	90°	Considerable cloudiness with occasional rain
Thursday	80°	
	91°	Mostly cloudy with occasional rain in the afternoon
Friday	80°	
	92°	Occasional rain in the morning; otherwise, clouds giving way to some sun
Saturday	81°	
	94°	Times of clouds and sun with a stray shower in the afternoon
Sunday	82°	
	90°	Cloudy with occasional rain in the afternoon
Monday	81°	

□ Kolkata

Currently 83° · Cloudy

Kolkata, India

	89°	Periods of rain
Today	80°	
	90°	Remaining cloudy with a little rain
Wednesday	80°	
	93°	Periods of rain
Thursday	81°	
	92°	Cloudy; a couple of morning showers followed by a little rain in the afternoon
Friday	80°	
	92°	Mostly cloudy with a little rain in the afternoon
Saturday	80°	
	94°	Considerable cloudiness with a thunderstorm in parts of the area
Sunday	81°	
	90°	Considerable cloudiness with a little rain in the afternoon
Monday	80°	

□ Mumbai

Currently 89° · Cloudy

Mumbai, India

	89°	Cloudy
Today	80°	
	88°	Cloudy most of the time; a little rain in the morning followed by a brief shower or two in the afternoon
Wednesday	79°	
	88°	Considerable cloudiness with occasional rain
Thursday	80°	
	87°	Cloudy with occasional rain
Friday	79°	
	87°	Remaining cloudy with occasional rain
Saturday	80°	
	88°	Occasional morning rain; otherwise, mostly cloudy
Sunday	80°	
	89°	Cloudy with occasional rain
Monday	80°	

☐ Chennai

Currently 91° · Cloudy

Chennai, India

	98°	Mostly cloudy and very warm
Today	81°	
	100°	Remaining very warm with sun through high clouds
Wednesday	79°	
	94°	Cloudy most of the time with a little rain in the afternoon
Thursday	78°	
	90°	Cloudy with a little rain in the afternoon
Friday	77°	
	88°	A little morning rain; otherwise, cloudy
Saturday	76°	
	90°	Cloudy with a little rain in the afternoon
Sunday	77°	
	92°	Cloudy with a little rain in the afternoon
Monday	76°	

☐ Bengaluru

Currently 80° · Cloudy

Bengaluru, India

	83°	Cloudy and breezy
Today	69°	
	82°	Overcast with a couple of showers and a thunderstorm in the afternoon
Wednesday	70°	
	83°	Cloudy with showers and thunderstorms, mainly later
Thursday	69°	
	83°	Cloudy with a couple of showers and a thunderstorm, mainly later
Friday	69°	
	78°	Cloudy with showers and thunderstorms, mainly later
Saturday	69°	
	77°	A thick cloud cover with showers and thunderstorms in the afternoon
Sunday	69°	
	78°	Considerable cloudiness; a thundershower in spots in the morning followed by a thunderstorm in the afternoon
Monday	68°	

□ Weekly Weather Summary Table

City	Forecast Highlights	Key Impacts & Alerts
Delhi	Mostly cloudy with afternoon rain mid-late week; highs 32–34 °C, lows 26–28 °C	Watch for moderate showers—ideal time for recharging crops. No storm alerts.
Kolkata	Daily rain through weekend; highs 32–34 °C, lows ~27–28 °C	Typical monsoon. Expect puddles & moderate disruptions. No cyclone threats inside city limits.
Mumbai	Persistent cloudy skies with occasional showers ; highs 30–32 °C, lows 26–27 °C	Minor travel delays in suburbs; typical monsoon conditions without alerts.
Chennai	Scorching early week (36–38 °C), easing to 31–34 °C with afternoon showers from Thu	Heatwave risk early—stay hydrated. Afternoon rain offers some relief.
Bengaluru	Consistent afternoon thunderstorms with highs ~28 °C, lows ~20 °C	Storms likely—carry umbrellas and beware of lightning. No severe weather alarms.

□ Notes for App Integration

- **Seasonal Patterns:** Monsoon rains dominate Kolkata, Mumbai, Chennai, and Bengaluru; Delhi remains humid but less intense.
- **Heat Alerts:** Early-week peak temperatures in Chennai (up to 38 °C) — potentially unsafe for outdoors.

- **Thunderstorm Monitoring:** Bengaluru sees frequent late-day convection—important for outdoor plans & local safety advisories.
 - **No Hurricanes/Tropical Storms** within these inland or coastal metro areas this coming week.
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✓Forecasting Tips

- **Users in Chennai** should prepare for heat warnings early in the week.
- **Mobile alerts** for heavy showers in Kolkata & Mumbai could help with commute planning.
- **Beachgoers or hikers** in Chennai/Bengaluru: consider shifting outings to mornings to avoid storms.
- **Monsoonal moisture** continues—expect humid conditions citywide, affecting AC usage and energy consumption