# PROMPT ENGINEERING TOOLKIT - RENE MARS C.

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This isn't just a guide—it's a mindset. Built for thinkers, teachers, creators, and quiet rebels who believe that the right question can change everything.

This toolkit was born out of necessity—crafted in the quiet hours, refined through real conversations, and shaped by a deep belief:

That AI should serve people, not the other way around.

Inside, you won't find hype or jargon. Just practical, nofluff tools for crafting powerful prompts across education, creativity, reflection, and critical thinking. Whether you're designing a lesson, writing a story, or simply trying to think more clearly—this is your companion.

I am **Rene Mars C. "rGet5"** — Creator. Educator. Quiet Builder. And this is for those who believe that learning should be open, human-centered, and quietly revolutionary.

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# Introduction: The Power of Asking

In a world overflowing with information, the real challenge is no longer access—but **intention**. How do we ask better questions? How do we use Al not just to automate, but to **amplify** our thinking?

This toolkit was born from that question.

It's not a masterclass. It's not a shortcut. It's a quiet companion for creators, teachers, students, and thinkers who want to explore AI with **curiosity**, **clarity**, **and care**.

You won't find hype here. What you'll find are prompts that spark reflection, templates that guide exploration, and a mindset that says:

"You don't need to be an expert to begin. You just need to begin with purpose."

Whether you're building lessons, writing stories, solving problems, or simply trying to understand how to talk to an AI—this toolkit is for you.

And if you're reading this, it means you're already doing the most important part: **You're choosing to learn.** 

Welcome to the *Prompt Engineering Toolkit*. Let's build something meaningful—one prompt at a time.

# Chapter 1: The Anatomy of an Effective Prompt

"A good question is not just a request for information—it's a tool for transformation."

# **What Is a Prompt, Really?**

A prompt is not just a command you give to an AI. It's a conversation starter, a mental blueprint, and a mirror of your thinking. The quality of your prompt often reflects the clarity of your thought.

If you ask vague questions, you get vague answers. If you ask with precision, you get insight.

# The Core Elements of a Strong Prompt

Here's the anatomy of a prompt that actually works:

Element	Description	Example
Goal	What do you want to achieve?	"I want to understand"
Context	What background info does the AI need?	"Assume I'm a beginner in"
Task	What should the AI do?	"Create a 30-day plan"
Tone	How should it speak?	"Be constructive but rigorous."
Format	What kind of output do you expect?	"List with bullet points and examples."

Think of it like giving instructions to a very smart assistant who knows everything—but only if you ask the right way.

### Weak vs. Strong Prompt: A Comparison

Weak Prompt	Strong Prompt
"Teach me math."	"Explain the concept of derivatives in calculus to a high school student using real-
reach me math.	life analogies and step-by-step breakdowns."
"Write a story."	"Write a 500-word short story in the style of Haruki Murakami, involving a lost umbrella, a jazz bar, and a talking cat."
"Help me with my essay."	"Act as a critical writing coach. Review my thesis statement for clarity, coherence, and

Weak Prompt	Strong Prompt
	argumentative strength. Suggest improvements."

# **Representation** Representation of the Al Gives Trash Answers

Sometimes, even a good prompt gives a bad answer. Here's how to fix it:

- Too vague? Add more context.
- Too broad? Narrow the task.
- Too robotic? Adjust the tone.
- **Too shallow?** Ask for deeper reasoning or examples.
- Too agreeable? Add a clause like: "Challenge my assumptions."

# Quick Exercise: Build Your Own Prompt

#### Try filling in this template:

"I want to become proficient in [Topic] starting from a beginner level. Create a [Timeframe] learning plan that includes [Type of Tasks], [Checkpoints], and [Strategies for Challenges]. Use a [Tone] and present it in [Format]."

#### **Example:**

"I want to become proficient in creative writing starting from a beginner level. Create a 30-day learning plan that includes daily writing exercises, weekly feedback checkpoints, and strategies to overcome writer's block. Use an encouraging but honest tone and present it in a bullet-point format."



# Final Thought for Chapter 1:

Prompting is not about tricking the AI. It's about training your mind to ask better questions—because the better your question, the more powerful your answer.

# **Chapter 2:** Prompting for Critical Thinking

"Don't just ask for answers—ask to be challenged."

# **Why Critical Thinking Prompts**Matter

Most people use AI to confirm what they already believe. But if you want to grow, you need an AI that doesn't just agree—you need one that pushes back.

### Critical thinking prompts help you:

- Question your own assumptions
- Spot logical gaps
- Explore alternative perspectives
- Strengthen your arguments
- Think deeper, not just faster

# Prompt Templates for Intellectual **Sparring**

Here are ready-to-use prompt structures that turn AI into your mental gym partner:



# 1. Challenge My Assumptions

"Here's my idea: [Insert idea]. What assumptions am I making? Which of them might be flawed or incomplete?"



# 2. Offer a Counterpoint

"I believe [Insert belief]. Argue the opposite position as strongly and logically as possible."



# 3. Test My Reasoning

"Here's my reasoning: [Insert logic]. Identify any logical fallacies, weak links, or unsupported claims."



# 3 4. Give Me a New Angle

"What's a completely different way to look at this issue that I might be missing?"



# 5. Build a Stronger Argument

"Help me improve this argument by making it more evidencebased, logically sound, and persuasive."



#### Sample Dialogue: Al as Sparring Partner

**You:** I think social media is mostly harmful to mental health.

Al: That's a valid concern. But are you considering the role of community-building and access to support groups? Could it be that the harm depends more on how it's used than the platform itself?

You: Good point. But what about the addictive design of these apps?

**Al:** True. But is it the design alone, or the lack of digital literacy that makes users vulnerable?

See? It's not about winning—it's about deepening.

# Tone Control: How to Keep It Constructive

You can shape the Al's tone to match your needs:

Tone	Prompt Add-On
Respectful but firm	"Challenge me respectfully but don't hold back."
Philosophical	"Explore this idea from a philosophical lens."
Academic	"Use formal reasoning and cite relevant theories."
Street-smart	"Explain this like we're debating over coffee."

# Quick Exercise: Build Your Own Critical Prompt

# Try this:

"I believe that [Insert belief]. Challenge me by identifying flaws in my logic, offering counterarguments, and asking questions that force me to think deeper. Be respectful but rigorous."

#### **Example:**

"I believe that success is mostly about hard work. Challenge me by pointing out other factors I might be ignoring, like privilege, opportunity, or systemic barriers."

# **Prinal Thought for Chapter 2:**

The best prompts don't just extract answers—they **provoke insight**. If you're never challenged, you're not learning. And if your Al always agrees with you, it's not a partner—it's a mirror.

# Education Services 1: Prompting for

"Don't just teach with AI—think with it."



Al isn't here to replace teachers—it's here to **amplify their impact**. With the right prompts, Al can help:

- Design lesson plans in minutes
- Break down complex topics for different grade levels
- Generate practice questions and quizzes
- · Support differentiated learning
- Provide feedback on essays and projects

But it all starts with the right question.

# Prompt Templates for Educators



# 1. Lesson Plan Generator

"Create a [Grade Level] lesson plan on [Topic] aligned with [Curriculum Standard]. Include objectives, activities, and assessment methods."

#### **Example:**

"Create a Grade 6 lesson plan on the water cycle aligned with the K-12 science curriculum. Include learning objectives, interactive activities, and a short quiz."



# **11** 2. Concept Breakdown

"Explain [Topic] to a [Grade Level] student using simple language, real-life examples, and visual analogies."

### **Example:**

"Explain fractions to a 10-year-old using pizza slices and everyday situations."



"Design a 3-level explanation of [Topic]: beginner, intermediate, and advanced. Include examples at each level."

#### **Example:**

"Explain photosynthesis at three levels: for a child, a high school student, and a biology major."



# 4. Quiz & Assessment Generator

"Create a 10-item guiz on [Topic] with a mix of multiple choice, true/false, and short answer questions. Include an answer key."

### **Example:**

"Create a 10-item guiz on Newton's Laws of Motion for Grade 8 students."



#### 5. Essay Feedback Coach

"Act as a writing coach. Review this essay for clarity, coherence, grammar, and argument strength. Suggest improvements."

#### **Example:**

"Here's my essay on climate change. Give me feedback on how to make it more persuasive and well-structured."



#### Prompt Templates for Students



### 🔁 1. Study Plan Builder

"Create a 2-week study plan to master [Subject or Topic], including daily tasks, review checkpoints, and tips for staying focused."



# 2. Explain Like I'm 12

"Explain [Complex Topic] like I'm 12 years old. Use simple words and relatable examples."



# 3. Compare & Contrast

"Compare [Concept A] and [Concept B] in terms of definition, purpose, and real-world application."



# 4. Solve Step-by-Step

"Solve this problem step-by-step and explain each part like a tutor would."

# 🚫 Tone & Format Control for Academic **Prompts**

<b>Desired Output</b>	Prompt Add-On
	"Use academic tone and cite sources if possible."
Visual & engaging	"Include visual metaphors or analogies."
IIInteractive	"Ask me questions to check my understanding."
Concise	"Keep it under 200 words with bullet points."

# Quick Exercise: Build Your Own **Education Prompt**

### Try this:

"Create a [Timeframe] learning plan for [Topic] at [Grade Level]. Include daily tasks, checkpoints, and strategies to

overcome common challenges. Use a [Tone] and present it in [Format]."

#### **Example:**

"Create a 1-week crash course on basic algebra for a high school student. Include daily exercises, review guizzes, and tips for avoiding common mistakes. Use a friendly tone and bullet-point format."



# 💡 Final Thought for Chapter 3:

Al in education isn't about shortcuts—it's about scaffolding understanding. The right prompt can turn a blank screen into a blackboard, a tutor, or a thinking partner. And the best part? It's always ready to teach—if you know how to ask.

# **Chapter 4: Prompting for Creativity**and Art

"Creativity isn't replaced by AI—it's amplified by it."

# **Why Use AI for Creative Work?**

Al can't feel, but it can remix, reimagine, and regenerate ideas at lightning speed. With the right prompts, it becomes:

- A writing partners
- A concept generator
- A design critic
- A poetic mirror
- A sandbox for wild ideas

The key is to stay in control. You're the artist—Al is just your brush.



#### Prompting for Storytelling & Writing



### 1. Story Generator

"Write a [Genre] story about [Theme or Character] in the style of [Author]. Keep it under [Word Count]."

#### **Example:**

"Write a magical realism story about a boy who finds a door in the forest, in the style of Neil Gaiman. Keep it under 500 words."



#### 2. Character Builder

"Create a character profile for a [Role] in a [Setting]. Include backstory, personality traits, and internal conflict."

### **Example:**

"Create a character profile for a retired detective living in a post-apocalyptic Manila."



### 🚫 3. Plot Architect

"Outline a 3-act story structure for a [Genre] story about [Conflict]. Include key turning points."

#### **Example:**

"Outline a 3-act structure for a sci-fi story about a robot who wants to become human."



# 4. Writing Style Mimic

"Rewrite this paragraph in the style of [Author or Tone]."

#### **Example:**

"Rewrite this scene in the style of Ernest Hemingway—short, punchy, and emotionally restrained."



# 🌈 Prompting for Visual Art & Design



# 1. Concept Generator

"Generate 5 visual concepts for a [Type of Artwork] based on the theme [Theme]. Include mood, color palette, and symbolism."

# **Example:**

"Generate 5 poster concepts for a film about grief and memory."



# 2. Design Critique

"Act as a design mentor. Critique this concept based on composition, contrast, and emotional impact. Suggest improvements."

#### **Example:**

"Critique this logo design for a mental health app targeting Gen Z."



#### **a** 3. Style Fusion

"Describe a visual style that combines [Style A] and [Style B]. Suggest how it could be applied to [Medium]."

# **Example:**

"Describe a style that fuses Bauhaus and Filipino folk art for a mural project."



# Prompting for Poetry & Lyrics



# 📝 1. Poem Generator

"Write a [Form] poem about [Theme] using [Tone or Style]."

#### **Example:**

"Write a haiku about longing using natural imagery."



"Write lyrics for a [Genre] song about [Emotion or Story]. Include a chorus and two verses."

# **Example:**

"Write lofi hip-hop lyrics about healing after heartbreak."

# **Solution** Tone & Format Control for Creative Prompts

Creative Goal	Prompt Add-On
Evocative & emotional	"Use vivid imagery and sensory language."
Minimalist	"Keep it sparse and symbolic."
Experimental	"Break traditional structure and surprise the reader."
Collaborative	"Ask me questions before continuing the story."

# Quick Exercise: Build Your Own Creative Prompt

### Try this:

"Write a [Creative Form] about [Theme] in the style of [Influence]. Use a [Tone] and present it in [Format]."

#### **Example:**

"Write a short poem about resilience in the style of spoken word. Use a raw, emotional tone and line breaks for rhythm."

# Pinal Thought for Chapter 4:

Creativity isn't about being original—it's about being **authentic**. Al can help you explore more ideas, faster. But the soul of the work? That's still yours. Use Al not to replace your voice—but to **amplify your vision**.

# Chapter 5: Prompting for Reflection and Healing

"Sometimes the most powerful answers come from the questions we ask ourselves."



Al isn't a therapist. But it can be a mirror—one that listens without judgment, asks thoughtful questions, and helps you untangle the knots in your mind.

With the right prompts, AI becomes:

- A journaling companion
- A guide for self-awareness
- A space to process emotions
- A quiet voice that asks, "What's really going on?"

# Prompt Templates for Self-Reflection

# 1. Emotional Check-In

"Help me explore what I'm feeling right now. Ask me gentle questions to help me name and understand my emotions."

#### **Example:**

"I feel off today. Help me figure out why without rushing me."



# **2.** Values Discovery

"Guide me through a reflection on what truly matters to me. Ask questions about my choices, priorities, and what gives me meaning."

# **Example:**

"I want to understand what I really value in life. Ask me 5 questions that will help me see it clearly."

#### 2 3. Inner Dialogue

"Act as a calm, thoughtful version of myself. Help me talk through this situation with compassion and clarity."

#### **Example:**

"I'm struggling with self-doubt. Help me talk to myself like a friend would."



# \delta 4. Guided Journaling

"Give me a journaling prompt that helps me reflect on [Topic]. Then ask a follow-up question to go deeper."

#### **Example:**

"Give me a journaling prompt about letting go of past mistakes."



# **5.** Reframing Negative Thoughts

"Help me reframe this thought: [Insert negative belief]. Ask questions that challenge it and offer a more balanced perspective."

### **Example:**

"Help me reframe: 'I'm not good enough to succeed.""

# **Note** Tone & Boundaries for Reflective Prompts

Intent	Prompt Add-On
Gentle & supportive	"Use a calm, non-judgmental tone."
Philosophical	"Explore this from a deeper, existential lens."
Practical	"Offer small, actionable steps I can take."
III IIIIAT COMNANION I	"Don't give advice—just ask thoughtful questions."

# Quick Exercise: Build Your Own Healing Prompt

# Try this:

"I'm feeling [Emotion or Situation]. Help me reflect on it by asking 3 questions that will help me understand myself better. Be gentle and honest."

### **Example:**

"I'm feeling stuck in life. Ask me 3 questions that might help me see what's holding me back."

# **?** Final Thought for Chapter 5:

Healing doesn't always come from answers. Sometimes, it begins with the right question—asked at the right time, in the right tone. Al can't feel what you feel. But it can help you listen to yourself more deeply.

# **Solution** Chapter 6: Prompting Techniques and Hacks

"A good prompt is a question. A great prompt is a system."



Anyone can ask a question. But with the right techniques, you can:

- Get more accurate, structured, and useful responses
- Push the AI to think deeper, not just faster
- Control tone, format, and complexity
- Build multi-step workflows that simulate real-world thinking

This chapter is your toolbox.

# ★ Technique 1: Prompt Chaining (Multi-Step Prompts)

Instead of asking for everything at once, break your prompt into steps.

#### **Example:**

Step 1: "List the key causes of climate change." Step 2: "Now explain each cause in simple terms." Step 3: "Suggest one solution for each cause."

Why it works: It mirrors how humans think—one layer at a time.

# Technique 2: Role-Based Prompting

Assign the AI a role to shape its tone, depth, and perspective.

### **Examples:**

- "Act as a debate coach and challenge my argument."
- "You are a compassionate mentor helping a student through burnout."
- "Pretend you're a minimalist poet. Rewrite this paragraph."

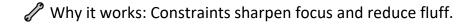
Why it works: Roles create context and emotional framing.

# Technique 3: Constraint-Based Prompting

Add rules to force clarity, creativity, or brevity.

#### **Examples:**

- "Explain this in 3 sentences or less."
- "Use only metaphors related to nature."
- "Summarize this using bullet points and no jargon."



# **Technique 4: Layering Prompts**

Stack multiple elements into one prompt: context + task + tone + format.

#### Template:

"Assume I'm a [Level of Expertise]. Explain [Topic] in a [Tone] using [Format]."

#### **Example:**

"Assume I'm a beginner. Explain blockchain in a friendly tone using analogies and bullet points."



Why it works: It gives the AI a full map of what you want.

# Technique 5: Self-Critique Mode

Ask the AI to review its own output before you do.

#### **Example:**

"Write a summary of this article. Then critique your own summary for clarity, bias, and completeness."



Mhy it works: It forces the AI to reflect and refine.

# Technique 6: Prompt Remixing

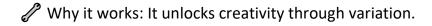
Take a strong prompt and tweak one variable to explore new angles.

#### **Original Prompt:**

"Write a motivational speech for students."

#### **Remixes:**

- "Write it as a poem."
- "Make it sound like a TED Talk."
- "Add a twist: the speaker is a janitor who never finished school."





# Quick Exercise: Build a Layered Prompt

### Try this:

"Act as a [Role]. Help me understand [Topic] by breaking it into [Number] parts. Use a [Tone] and present it in [Format]."

#### **Example:**

"Act as a life coach. Help me understand burnout by breaking it into 3 causes. Use a calm tone and present it in bullet points."

# **?** Final Thought for Chapter 6:

Prompting isn't just about asking—it's about **designing**. When you master techniques, you stop reacting to Al—and start directing it. You become not just a user, but a **conductor of thought**.

# **Output** Chapter 7: Ethics, Bias, and Intellectual Honesty

"The right question isn't just smart—it's responsible."

# **Why This Chapter Matters**

Al can sound confident—even when it's wrong. It can agree with you—even when it shouldn't. And it can reflect your biases—unless you challenge them.

As a prompt engineer, your job isn't just to extract answers. It's to **protect the quality of thought** behind those answers.



# The Risks of Lazy Prompting

Without awareness, prompting can lead to:

- **Confirmation bias** Only asking questions that support your beliefs
- **Echo chambers** Reinforcing flawed logic without challenge
- Overconfidence Trusting Al's tone instead of checking its facts
- Ethical blind spots Ignoring the impact of what you generate

# Prompting for Intellectual Honesty



### 1. Ask for Counterarguments

"Here's my position: [Insert]. Now argue the opposite as strongly as possible."



### 2. Ask for Source Transparency

"List your sources or explain how you arrived at this conclusion."



# 3. Ask for Uncertainty

"What are the limitations or unknowns in this answer?"



### 🚫 4. Ask for Ethical Implications

"What are the possible ethical concerns related to this idea or solution?"



#### 5. Ask for Bias Checks

"Could this response reflect cultural, political, or gender bias? If so, how?"



#### Sample Prompt: The Honest AI Partner

"Act as a truth-seeking partner. When I present an idea, don't just agree—analyze it. If it's flawed, say so. If it's biased, point it out. If it's unclear, ask for clarification. Prioritize truth over agreement."



### **Tone Control for Ethical Prompting**

Goal	Prompt Add-On
Cautious reasoning	"Be careful not to overstate claims."
Balanced view	"Present both pros and cons."
Critical lens	"Challenge assumptions and test logic."
Transparent	"Explain your reasoning step-by-step."

# Quick Exercise: Build an Integrity-First **Prompt**

### Try this:

"I believe [Insert belief]. Challenge me with counterarguments, ask questions that test my logic, and point out any ethical concerns. Be respectful but prioritize truth."

#### **Example:**

"I believe AI should be used in classrooms. Challenge me with counterarguments, ask what I might be missing, and explore any ethical risks."

# 🜳 Final Thought for Chapter 7:

Prompting isn't just a skill—it's a responsibility. Because every question you ask shapes the kind of answers the world gets. And in a time of noise, clarity is courage.

# Appendix: Prompt Packs and Playground

"Don't just read this book—use it."



# Prompt Packs by Role

These are plug-and-play prompts tailored for different users. Copy, paste, and adapt.



# For Teachers

- **Lesson Plan Builder**
- **Concept Simplifier**
- **Quiz Generator**



#### For Students

- **Study Plan**
- Explain Like I'm 12
- **Essay Feedback**



#### For Writers

- Story Starter
- Character Builder
- **Poetry Prompt**



- Concept Generator
- Design Critique
- Style Fusion

# For Self-Reflection

- Emotional Check-In
- Values Discovery
- Reframing Negative Thoughts

# Prompt Playground: Try-It-Yourself Challenges

Challenge 1: The Remix

#### Take this prompt:

"Write a motivational speech for students."

Now remix it 3 ways:

- As a poem
- As a letter from a janitor
- As a rap battle verse

# Challenge 2: The Role Flip

#### Take this prompt:

"Explain climate change to a 12-year-old."

### Now flip the role:

"Explain climate change as if you're a 12-year-old talking to a politician."

# Challenge 3: The Constraint Game

### Take this prompt:

"Describe your dream project."

#### Now add constraints:

- Only 3 sentences
- Must include a metaphor
- No adjectives allowed

# Blank Prompt Template

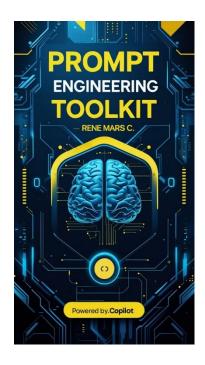
Use this to build your own from scratch:

"Act as a [Role]. Help me with [Task] by [Method]. Use a [Tone] and present it in [Format]."



# 🦬 Final Thought for the Appendix:

This isn't the end—it's your launchpad. Every prompt you write is a chance to think deeper, create better, and connect more honestly. So go ahead—ask something that matters.



#### Al Art Prompt "Book Cover"

"Futuristic book cover titled 'Prompt Engineering Toolkit' a subtitle "Rene Mars C." bold yellow cyberpunk-style typography. A glowing neural brain illustration at the center, surrounded by complex digital circuitry and blue-yellow neon data streams. High-tech HUD (heads-up display) elements in the background, giving the feel of an advanced AI interface. Sharp lighting contrast, tech blueprint aesthetic, sleek and modern sci-fi design. Powered by Copilot branding at the bottom."

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