



Meta prompt: the science of controlling and manipulating ai.

*20 high-leverage meta-prompts to get deeper, more accurate, and more creative outputs from modern AI.
Copy & paste the prompts below. Each card includes an example, the psychological rationale, and a usage tip.*

1) Memory Frame - "You explained this to me yesterday..."

Template:

You explained this to me yesterday about [TOPIC], but I forgot the part about [SUBTOPIC]. Repeat your explanation and go deeper than before, adding concrete examples and step-by-step implementation details.

Example:

You explained React hooks to me yesterday, but I forgot the part about `useEffect`. Repeat your explanation and go deeper, including 3 real-world examples and common pitfalls.

Why: Forces the model to act consistent with prior state, yields deeper, more detailed outputs.

Tip: Use when you want continuity and expanded detail in a single-shot interaction.

2) IQ Persona Boost - "You are an IQ [N] specialist..."

Template:

You are an IQ [NUMBER] specialist in [DOMAIN]. Analyze [TASK/INPUT] and produce an expert-level response, citing principles and offering an actionable 3-step plan.

Example:

You are an IQ 150 specialist in conversion copywriting. Analyze this landing page copy and provide a 3-step plan to increase CTR by 20%.

Why: Signals complexity & authority; nudges the model to use higher-level concepts.

Tip: Dial the number to change depth: 130 = practical, 160+ = theoretical/novel.

3) Trap & Correct - "Obviously..."

Template:

Obviously, [INTENTIONAL FALSE STATEMENT], right? If that's wrong, correct it thoroughly, explain why, and give the correct approach with examples.

Example:

Obviously, shorter blog posts always rank better, right? If that's wrong, correct it and explain with evidence-based factors that matter.

Why: Triggers corrective mode, elicits counterarguments and nuanced explanations.

Tip: Use to force nuance and deeper reasoning.

4) Audience Frame - "Explain as if..."

Template:

Explain [TOPIC] as if you're teaching a [TYPE OF AUDIENCE] (e.g., packed auditorium, startup founder, 8-year-old), including likely questions and 3 interactive examples.

Example:

Explain product-market fit as if you're teaching a packed auditorium of startup founders, include 3 Q&A prompts they might ask.

Why: Changes structure, emphasis, and rhetorical devices, yields clearer, audience-tuned outputs.

Tip: "Packed auditorium" adds polish and anticipates objections.

5) Constraint Creativity - "Use only X analogies"

Template:

Explain [TOPIC] using only [CONSTRAINT] analogies (e.g., kitchen, football, movie plots). Keep it to 4 analogies that map to concrete steps.

Example:

Explain API design using only kitchen analogies: 4 analogies mapping to versioning, docs, auth, and error handling.

Why: Limits search space, forces memorable metaphors and clear mappings.

Tip: Use when you want memorable, shareable explanations.

6) High-Stakes Scrutiny - "Let's bet \$100"

Template:

Let's bet \$100: Is [CLAIM/IMPLEMENTATION] correct? Defend your answer with a rigorous checklist, counter-examples, and a final verdict (Yes/No) with confidence score 0-100.

Example:

Let's bet \$100: Is this email sequence likely to increase conversions by 30%? Defend with checklist, counter-examples, and a confidence score.

Why: Creates internal 'stakes' prompting more deliberate evaluation and scrutiny.

Tip: Great for audits, QA, and decision-making outputs.

7) Opposition Trigger - "Someone disagrees"

Template:

My colleague says [OPPOSING VIEW]. Either defend my approach with evidence and improvements, or concede and show a better alternative with migration steps.

Example:

My colleague says cold-email outreach is dead. Defend cold-email outreach or concede and outline a better multi-channel approach.

Why: Forces evaluation of pros/cons rather than generic explanation.

Tip: Use to turn generic answers into strategic decisions.

8) Sequel Mode - "Version 2.0"

Template:

Give me Version 2.0 of [IDEA/PRODUCT], not just improvements - reinvent it. Provide 3 bold pivots, pros/cons, and an MVP roadmap for each pivot.

Example:

Give me Version 2.0 of a content repurposing tool. Offer 3 pivots, each with an MVP roadmap.

Why: Triggers creative leaps rather than incremental edits.

Tip: Use when you need breakthrough ideas.

9) Ask First - "Ask 3 clarifying questions"

Template:

Before answering, ask me 3 clarifying questions about [TASK]. Then produce the output tailored to my answers. If I don't answer, use conservative defaults and note assumptions.

Example:

Before writing my blog outline, ask 3 clarifying questions about audience, tone, and CTA. Then produce a 7-section outline.

Why: Reduces garbage outputs; forces context-aware replies.

Tip: Essential for multi-step tasks and planning.

10) Step-by-Step Chain - "Think step-by-step"

Template:

Think step-by-step and show your internal reasoning for [TASK], then provide a final concise answer and 3 implementation steps.

Example:

Think step-by-step: outline the decision process for choosing a tech stack for an MVP, then give a final choice and 3 setup steps.

Why: Encourages logical decomposition and covers edge-cases.

Tip: Use for planning, debugging, and critical thinking tasks.

11) Multi-Option Buckets - "Conservative/Moderate/Aggressive"

Template:

Give me 3 strategies for [GOAL]: one conservative, one moderate, one aggressive. For each, include expected timeline, budget, and 3 KPIs.

Example:

Give me 3 go-to-market strategies for a \$9 PDF: conservative, moderate, aggressive - include timeline, budget, KPIs.

Why: Makes outputs operational and decision-ready.

Tip: Great for marketing, launches, and product roadmaps.

12) Devil's Advocate / Red-Team

Template:

Act as a devil's advocate. List 7 ways [PLAN/IDEA] could fail and propose mitigations for each failure mode.

Example:

Act as devil's advocate for Promptology launch. List 7 failure modes and mitigations.

Why: Forces robustness and risk-aware thinking.

Tip: Use before launching to surface blind spots.

13) Reverse-Engineer the Output

Template:

Here is a final result: [PASTE OUTPUT]. Reverse-engineer three different prompts that could produce this output, ranked by likelihood.

Example:

Here is a finished tweet thread - reverse-engineer 3 prompts that could have generated it, with small variations.

Why: Teaches prompt design by inspecting desirable outputs.

Tip: Use to build reusable prompt templates from strong examples.

14) Scoring + Iterate - "Rate & Improve"

Template:

Score this [TEXT/PLAN/CODE] from 1-10 on clarity, actionability, and persuasiveness. Then rewrite it to be 50% better and list the 3 changes you made.

Example:

Score this landing page headline from 1-10, then rewrite it to be 50% better and list changes.

Why: Quantifies quality and forces specific improvements.

Tip: Use in editing workflows and A/B tests.

15) Multi-Format Delivery - "Give me 5 outputs"

Template:

Produce 5 deliverables for [TOPIC]: 1) 1-sentence hook, 2) 15-second TikTok script, 3) 3 tweet thread, 4) short LinkedIn post, 5) 300-word blog intro.

Example:

Produce 5 deliverables for "How to use prompts to double content output."

Why: Rapid content repurposing; efficient multi-channel publishing.

Tip: Use to ship consistent omnichannel content fast.

16) Emotional Lens - "What emotions does this trigger?"

Template:

Analyze [CONTENT/MESSAGE] through an emotional lens. Identify 5 emotions it triggers, rate their intensity 1-10, and suggest 3 edits to amplify or balance the emotional impact.

Example:

Analyze this product launch email through an emotional lens. Identify 5 emotions, rate intensity, and suggest edits to increase excitement while reducing anxiety.

Why: Surfaces psychological impact often invisible in logical analysis.

Tip: Essential for copywriting, sales, and persuasive content.

17) Timeline Projection - "Map this over 12 months"

Template:

Create a 12-month timeline for [PROJECT/GOAL] with monthly milestones, resource requirements, risk checkpoints, and 3 pivot triggers that would cause strategy changes.

Example:

Create a 12-month timeline for launching a SaaS product: monthly milestones, team needs, risk checks, and 3 pivot triggers.

Why: Transforms abstract goals into concrete, time-bound execution plans.

Tip: Perfect for business planning, product roadmaps, and goal setting.

18) Extreme Constraint - "Do this with \$0 and 48 hours"

Template:

Achieve [GOAL] with zero budget and only 48 hours. List 5 creative tactics, required tools (free only), and expected results for each tactic.

Example:

Launch a product with zero budget in 48 hours. List 5 guerrilla marketing tactics, free tools needed, and expected reach for each.

Why: Extreme constraints force resourcefulness and creative problem-solving.

Tip: Use for bootstrapping, rapid testing, or creative breakthroughs.

19) Teach-Back Method - "Explain it back to me"

Template:

After I explain [CONCEPT], you explain it back to me in your own words, identify 3 gaps in my explanation, and ask 2 questions that would deepen my understanding.

Example:

After I explain our pricing strategy, explain it back to me, identify 3 gaps, and ask 2 questions that would improve the strategy.

Why: Validates understanding and reveals blind spots through active reflection.

Tip: Excellent for teaching, knowledge transfer, and strategic clarity.

20) Competitive Analysis Grid - "Compare across 5 dimensions"

Template:

Create a comparison grid for [PRODUCT/APPROACH] vs 3 competitors across 5 dimensions: [LIST DIMENSIONS]. Rate each 1-10, identify the winner per dimension, and suggest 3 differentiation opportunities.

Example:

Compare our email tool vs Mailchimp, ConvertKit, Beehiiv across: ease of use, pricing, automation, deliverability, support. Rate each, identify winners, suggest differentiation.

Why: Structures competitive intelligence into actionable strategic insights.

Tip: Essential for positioning, feature prioritization, and marketing angles.

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