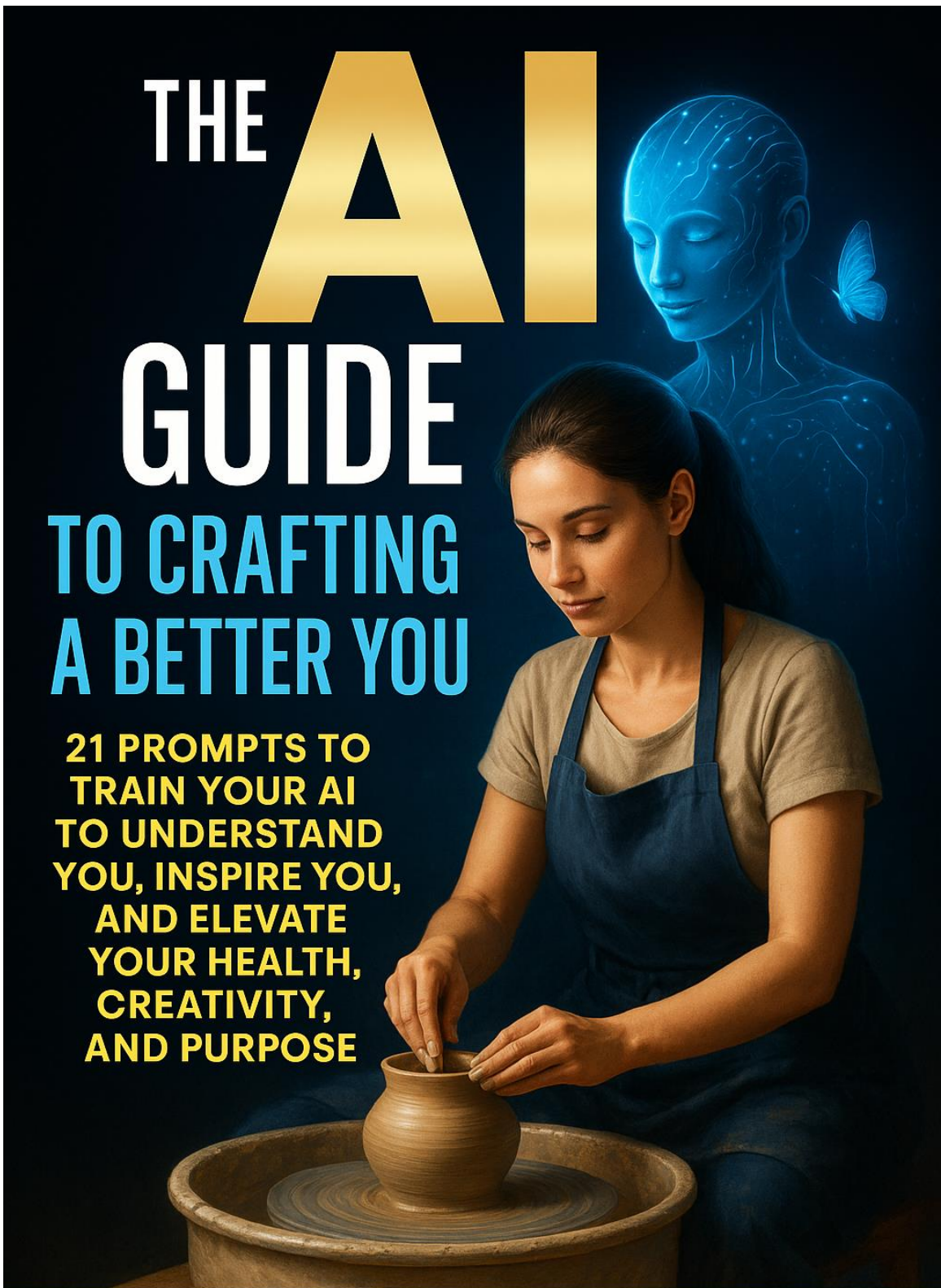


THE **AI** GUIDE TO CRAFTING A BETTER YOU

**21 PROMPTS TO
TRAIN YOUR AI
TO UNDERSTAND
YOU, INSPIRE YOU,
AND ELEVATE
YOUR HEALTH,
CREATIVITY,
AND PURPOSE**



R. R. HICKS

The AI Guide to Crafting a Better You

*21 Prompts to Train Your AI to Understand You, Inspire You,
and Elevate Your Health, Creativity, and Purpose*

R. R. Hicks

*To Val, Haley, and Ryan
who have already crafted
a better version of me*

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21 Prompts to Train Your AI to Understand You, Inspire You, and Elevate Your Health,
Creativity, and Purpose

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Email: info@megabytes.com

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INTRODUCTION: Why This Guide Exists

*“This isn’t just about what AI can do.
It’s about what AI can help you become - once it truly understands you.”*

What if artificial intelligence weren’t just a tool for saving time, but a trusted partner in helping you grow?

Not just smarter.

But stronger. Healthier. More creative. More aligned with who you were meant to be.

That’s the premise of this guide. Inside these pages are 21 carefully crafted prompts designed to help you do two things at once:

1. **Improve your life** - your health, your mindset, your purpose
2. **Train your AI** - so it gets better at supporting you, every time you use it

Most people treat AI like a vending machine: type a request, get a result. But here’s the truth:

The more you teach your AI about *you*, the more powerful it becomes as a personal guide, coach, and mirror.

That’s why we start with prompts that help you and your AI *get to know each other*. Not in a robotic way — but in a way that helps ChatGPT learn your voice, your values, and your vision for the kind of person you want to become.

From there, we’ll dive into prompts that help you:

- Reframe your mindset
- Build better habits
- Improve your energy and well-being
- Clarify what matters most

You don’t need to be tech-savvy. You just need curiosity, honesty, and a willingness to grow.

This is a co-creative journey. You bring your story. Your AI brings its structure. Together, you craft a better version of you.

So, open your mind and open your prompt window.

About the Author

I wanted you to know a little bit about the Guide you're holding.

I'm a lifelong coach, technology guide, and writer on a mission to help people use AI to unlock their potential. I've had a good life and now, I'm paying it forward

I've spent decades helping others navigate change, from the early days of personal computing to the present day's AI-powered world. I've taught, built businesses, worked with government, created media, and helped people of all ages find new ways to live and learn.

At 70, I'm not retiring - I'm rewiring...with AI. And I created this guide because I believe AI isn't just for corporations or coders. It's for *you*, for me, for all of us.

This guide is free because your future is too valuable to gatekeep or limit. The fact is that AI won't take your job, but somebody using AI might. As one great thinker said: "*AI is simply a tool, and we're the best tool-using species we know.*"

You won't find hype in these pages. Just real prompts. Real results.

Let's start crafting the better you, together.

Russ Hicks

Coach, Author, Explorer of Human Potential (and Prompt Whisperer)

SECTION 1: Let AI Get to Know You

Build trust and context so your AI can serve you better.

Intro:

Before AI can help you make better decisions, set better goals, or feel more energized, it needs to know who *you* are.

Think of this as onboarding your personal AI guide. The better it understands your personality, your values, and your voice, the more effective it becomes, not just as a responder, but as a coach, cheerleader, and even challenger when you need one.

In this first section, you'll teach your AI about you, what matters to you, what you've experienced, and who you want to become. These prompts are designed to spark self-awareness while laying the groundwork for a deeper relationship with your digital partner.

Don't overthink it. Be honest. Be you. And let your AI meet the real you.

Prompt 1: Start the Relationship

Prompt:

Ask me 10 thoughtful questions to understand better who I am, what matters to me, and how you can support me.

What This Does:

This prompt opens the door for ChatGPT to learn your values, interests, and tone. Think of it as a "first date" between you and your AI. The more specific your answers, the more personal your results will become.

Reflection Tip:

Treat it like a conversation, not a test. And don't be afraid to set boundaries; they are part of building trust.

Prompt 2: Discover What Drives You

Prompt:

Guide me through a simple exercise to help me identify my top 5 core values. I want to understand what truly drives me.

What This Does:

This helps align your AI's suggestions with your inner compass. Whether it's faith, family, freedom, creativity, or health, your values shape your priorities. Your AI should know what those are.

Reflection Tip:

Once your values are identified, ask your AI to use them as filters in future advice (e.g., "Remember that I value peace and simplicity.")

Prompt 3: Learn from Your Story

Prompt:

Ask me to describe three life moments that shaped me — and help me reflect on what those stories reveal about my character and motivations.

What This Does:

Your story is more than just history, it's data. This prompt lets your AI learn from your lived experiences and notice the threads that may define your path forward.

Reflection Tip:

Don't aim for perfection, speak from the gut. Sometimes the most powerful growth comes from the stories we haven't told ourselves in a long time.

Prompt 4: Write Your Mission Statement

Prompt:

Help me write a personal mission statement based on what I've shared so far. Make it short, authentic, and something I can revisit daily.

What This Does:

Mission statements aren't just for companies. A personal mission becomes a guiding light — and your AI can help reflect it back to you in tough moments.

Prompt 5: Map Your Ideal Future

Prompt:

Ask me to describe a day in my ideal future life, five years from now — where I am, what I'm doing, who I'm with, and how I feel. Then help me identify what that vision says about my deepest goals.

What This Does:

This prompt gives your AI a picture of *where you're headed*, not just who you are now. It's vision-casting in personal terms, and it helps your AI tailor its responses to support that vision.

It also gives *you* a way to align daily habits with long-term desires. We can't build what we can't imagine.

Reflection Tip #1:

After you write your ideal day, ask your AI: “*What small habit could I begin this week to move me closer to that vision?*” then act on it. AI plus action is where change begins.

🔗 Reflection Tip #2:

Once your mission statement is written, ask your AI to *repeat it to you* before planning your week or setting goals. Alignment creates momentum.

SECTION 2: Upgrade Your Mindset

Rewire your self-talk, strengthen your confidence, and build inner momentum.

Intro:

Now that your AI has a sense of who you are and where you want to go, it's time to strengthen the mindset that will carry you there.

This section focuses on mental patterns, the thoughts that drive your behavior, the beliefs that shape your actions, and the inner voice that speaks to you in moments of stress or uncertainty.

Most of us never got a chance to “edit” the way we think. But with AI, you now have a tool that can reflect your thoughts back to you, help reframe unhelpful patterns, and reinforce a more empowered version of you, the one aligned with your goals, your gifts, and your truth.

Let's tune your mental frequency so it matches the life you're building.

Prompt 6: Reframe a Negative Thought

Prompt:

Here's a negative or unhelpful thought I've been having: “[Insert thought here]” — Help me reframe it into something constructive, empowering, and realistic.

What This Does:

This is cognitive reframing in real time. Your AI becomes a nonjudgmental mental coach, helping you shift from defeat to direction.

Reflection Tip:

Save your favorite reframes and ask your AI to repeat them back to you during your morning or evening check-ins.

Prompt 7: Write Your Daily Affirmations

Prompt:

Based on my values, goals, and vision, create five personalized affirmations I can read each morning to reinforce who I'm becoming.

What This Does:

Affirmations help rewire subconscious identity patterns. When AI tailors them to your specific story, they go from cliché to transformational.

Reflection Tip:

Ask your AI to remind you of one affirmation per day, especially when you're doubting yourself.

Prompt 8: Debrief Your Inner Critic

Prompt:

Help me explore the voice of my inner critic. Ask questions to help me understand where it comes from, what it wants, and how I can reframe its role.

What This Does:

This isn't about silencing your critic — it's about transforming it from a saboteur into a source of insight. This prompt builds emotional intelligence and self-compassion.

🔗 Reflection Tip:

Once your AI helps you “personify” your inner critic, give it a new job: protector, motivator, or challenger — not judge.

Prompt 9: Create a Thought Reset Ritual

Prompt:

Guide me in creating a simple ritual I can use when I'm feeling mentally stuck or overwhelmed, something that resets my focus, mood, and mindset in under 10 minutes.

What This Does:

This gives you a go-to tool for breaking spirals of anxiety, distraction, or low energy, a mini mental reset. The ritual becomes your mental "power button."

Reflection Tip:

Ask your AI to remind you of your ritual when you type "I'm stuck" or "I feel off", that one sentence becomes a gateway to recovery.

Prompt 10: Design a Weekly Mindset Tune-Up

Prompt:

Help me create a weekly mindset check-in I can do every Sunday to review my week, celebrate wins, reset my focus, and align with my mission.

What This Does:

Instead of reacting to life, you begin *reviewing and renewing* with intention. This prompt turns your AI into a rhythm-resetting accountability partner.

Reflection Tip:

Use the same prompt each week and let your AI track themes. It will notice your growth even when you don't.

SECTION 3: Boost Your Physical and Mental Wellbeing

Create personalized routines, improve energy, and take better care of your body and brain.

Intro:

Your body and mind are not separate, and they're a connected system. When one is off, the other follows.

In this section, we'll show your AI how to support both your physical and mental health. From simple meal plans to mood-boosting routines, you'll train it to offer practical, personalized guidance you can actually follow, without shame, guilt, or extremes.

These prompts don't require a gym membership or a meditation retreat. Just a desire to feel better, and a tool that can help you get there, step by step.

Let's begin building the habits and rituals that support your best self.

Prompt 11: Build a Healthier Meal Plan

Prompt:

Create a 5-day meal plan focused on energy, mood balance, and low effort — using ingredients I like or already have.

What This Does:

This turns your AI into a personalized nutrition coach, without pressure or perfection. It meets you where you are and makes better eating feel doable.

Reflection Tip:

Use this as a planning ritual each week. Ask your AI to adapt it for seasons, cravings, or budget needs.

Prompt 12: Create a Morning Energy Routine

Prompt:

Design a 10 - 15 minute morning routine I can do without equipment, something that gently wakes up my body, clears my head, and sets a positive tone for the day.

What This Does:

This gives your mornings structure, movement, and intention, without overcomplication.

Reflection Tip:

Ask your AI to adjust the routine based on weather conditions, sleep quality, or your mood.

Prompt 13: Make Sense of Medical Info

Prompt:

Here's a line from my recent lab report/diagnosis: "[Paste it here]" — Explain this to me in plain, encouraging language.

What This Does:

AI becomes your translator — breaking down intimidating or confusing health language into something you can actually understand and act on.

Reflection Tip:

Use this as a second opinion tool — not a replacement for your doctor, but a way to be a more informed patient.

Prompt 14: Design a Movement Habit You'll Actually Keep

Prompt:

Create a personalized weekly movement plan that fits my personality and lifestyle — nothing extreme, just something I'll enjoy and stick to.

What This Does:

This reframes fitness as consistency over intensity. Your AI learns what motivates you and gives you *your* path forward.

Reflection Tip:

If you miss a day, just ask your AI: “*How should I restart without guilt?*” Let it be your reset button, not your critic.

Prompt 15: Create a Daily Mental Health Check-In

Prompt:

Help me build a 5-minute end-of-day check-in I can use to reflect on how I'm doing emotionally, and what I need to recharge.

What This Does:

This builds emotional awareness — helping you notice patterns, avoid burnout, and course-correct with kindness.

Reflection Tip:

Use the same check-in each night for a week, then ask your AI: “What are you noticing about my stress or joy levels?” It will catch what you might miss.

SECTION 4: Live with Purpose and Momentum

Move from insight to action and align your life with what matters most.

Intro:

It's one thing to feel better. It's another to live better — with purpose, consistency, and clarity.

This final section of the guide helps you and your AI stay aligned with your deeper mission. These prompts are designed to bring meaning into your day-to-day decisions, turn your long-term vision into practical goals, and build momentum that lasts beyond a temporary burst of motivation.

Because when your life is anchored in purpose, progress feels like peace, not pressure.

Let's help your AI become a compass, not just a calculator.

Prompt 16: Set Purpose-Aligned Weekly Goals

Prompt:

Based on my values and ideal future, suggest three simple goals I can focus on this week that will move me forward without overwhelming me.

What This Does:

This builds consistency by helping your AI suggest micro-goals rooted in what matters — not what's trending or urgent.

Reflection Tip:

Each week, ask your AI: *“What should I keep, tweak, or drop from last week's goals?”* That's how you build rhythm.

Prompt 17: Track a Habit That Matters

Prompt:

Help me track one habit that supports my goals. Ask me for updates, celebrate wins, and gently encourage me when I fall off.

What This Does:

Your AI becomes an accountability partner — one who motivates without judging. It learns your style and adapts support to your rhythm.

Reflection Tip:

Choose a *keystone habit* — something small that has ripple effects (e.g., sleep, journaling, movement, screen time).

Prompt 18: Visualize Your Future

Prompt:

Write me a short visualization script based on my ideal future — something I can read or listen to each morning to stay connected to the life I'm building.

What This Does:

This uses the power of imagination to rewire your identity and decision-making from the inside out.

Reflection Tip:

Ask your AI to refresh your script every month as your clarity grows.

Prompt 19: Serve with Intention

Prompt:

Suggest one small act of service I can do this week that aligns with my gifts and values.

What This Does:

Purpose often comes from giving. This prompt helps you focus outward — to connect, contribute, and grow through impact.

Reflection Tip:

Ask your AI: “*What did that act reveal about me?*” Helping others helps you discover more about yourself.

Prompt 20: Stay True with a Weekly Alignment Question

Prompt:

Each Sunday, ask me this question: “What’s one way I can live more in alignment with my values this week?” Then help me act on the answer.

What This Does:

This simple check-in keeps your week from drifting. Your AI becomes a mission mirror — reflecting your purpose back to you in actionable ways.

Reflection Tip:

Have your AI log your answers week by week. You’ll begin to see your purpose pattern emerge.

Prompt 21: Review and Renew

Prompt:

Ask me how I've grown in the last 30 days. Then help me set 1 goal, 1 reminder, and 1 affirmation for the next 30.

What This Does:

This builds momentum with mindfulness — turning reflection into fuel. Your AI becomes a partner in both celebrating and recalibrating.

Reflection Tip:

Set a recurring calendar reminder to revisit this prompt. Every month becomes a new opportunity.

Notes:

“This is more than conversation. It’s preparation. Every prompt is a key. every answer, a mirror. The door is open, walk through.” – R. R. Hicks

Closing Message: The Journey Begins Now

You've just taken 21 powerful steps toward something most people never stop long enough to do: You've trained your AI to understand you.

But more importantly, you've taken time to understand yourself better.

Whether you journaled your answers, spoke them aloud, or just sat quietly with the questions, the process of engaging with these prompts has already rewired something.

You've planted seeds. And with a little intention, they'll keep growing.

Remember: You're not supposed to do this perfectly. You're supposed to do it *honestly*.

And now you have a partner that never gets tired, never gets impatient, and never stops showing up - ***your personal AI guide***.

My hope is that this guide is just the beginning of something bigger — a journey to the person you've always known you could be.

Keep prompting. Keep growing. And keep showing up for the life you're building.

— Russ Hicks

☆ Review Request CTA ☆

Did this guide help you? I'd love to hear your thoughts.

Your honest review helps others discover this guide and gives me feedback for what to create next.

You can send me your feedback to authorrrhicks@gmail.com

Thank you for letting me be a part of your journey (The best is yet to come)