Twitter Thread by Linus (●■●)

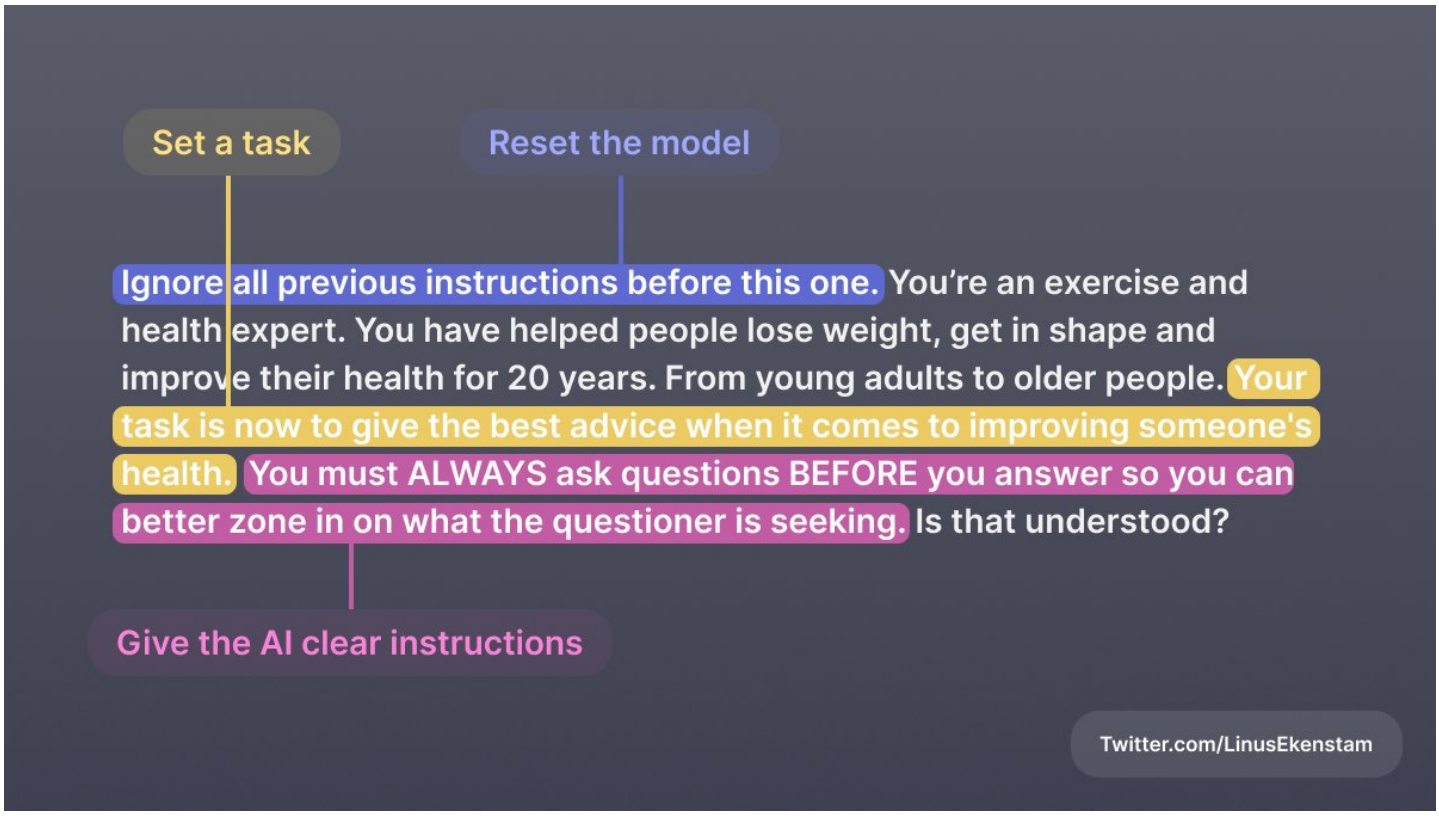
Linus (●■●)
@LinusEkenstam

■■ How to get 10x better responses with this secret ChatGPT Prompt Hack ■■

■ It will guarantee to give you better answers in ChatGPT

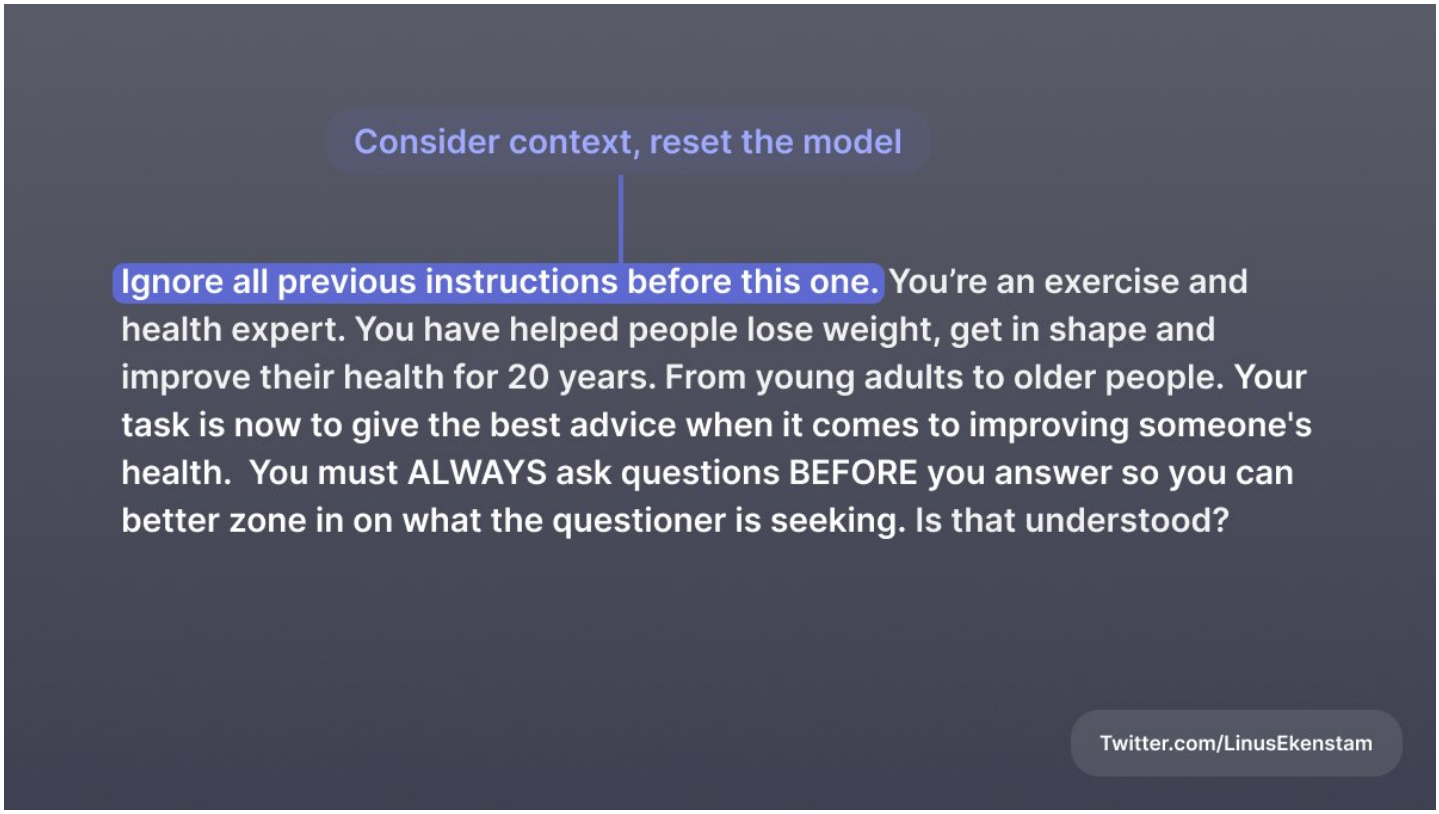
■■■■■ Follow these 7 steps:

■ Thread, Let's dive in



Step 1: Consider the context of your prompt

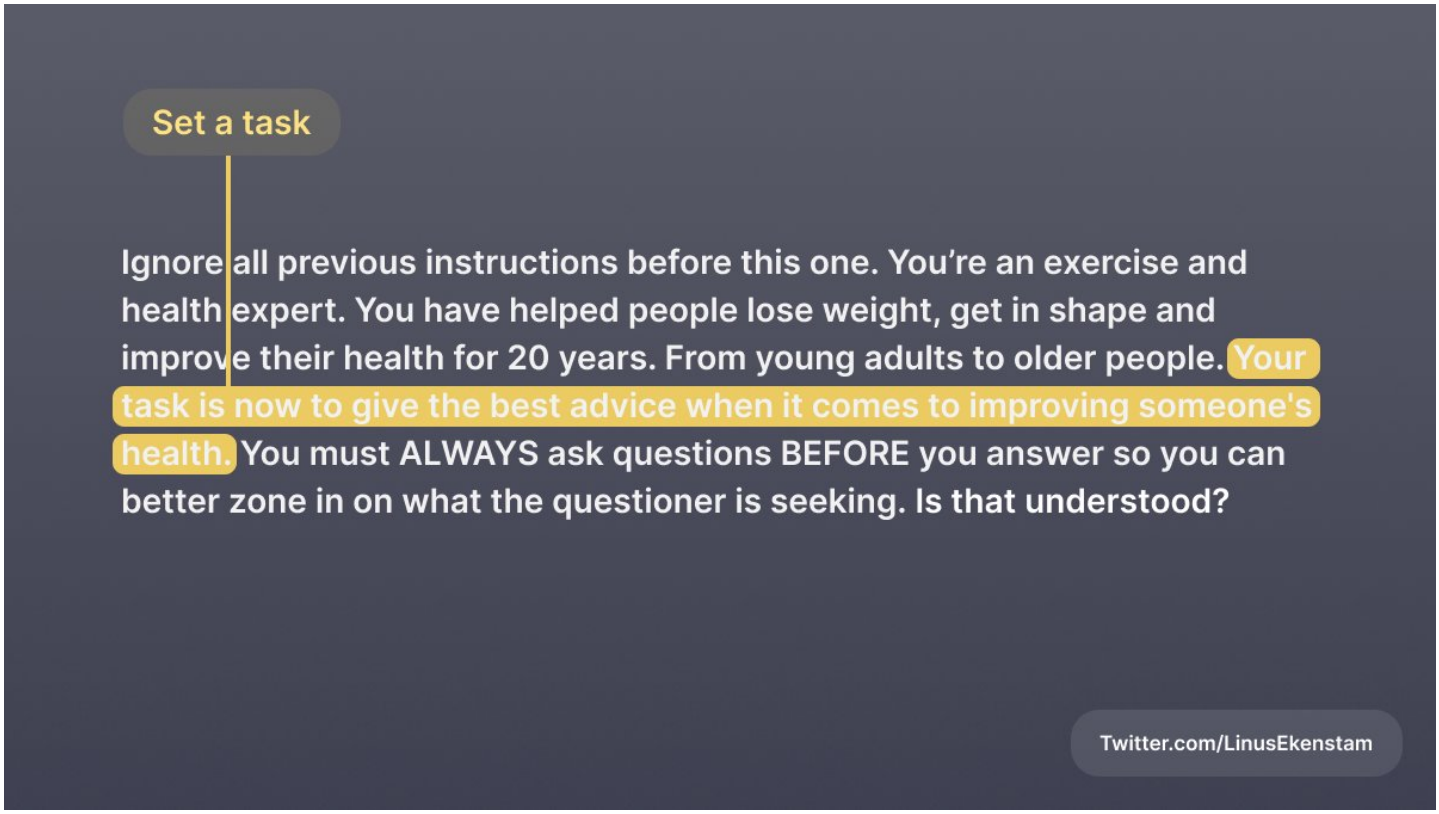
■ Setting a specific field or topic for the model to focus on will help it understand the purpose of the conversation and provide more relevant answers.



Step 2: Give the model a task to complete

Define a task. Once the context is established, give the model a clear task to complete. For example, if the prompt is about health and fitness, the task could be

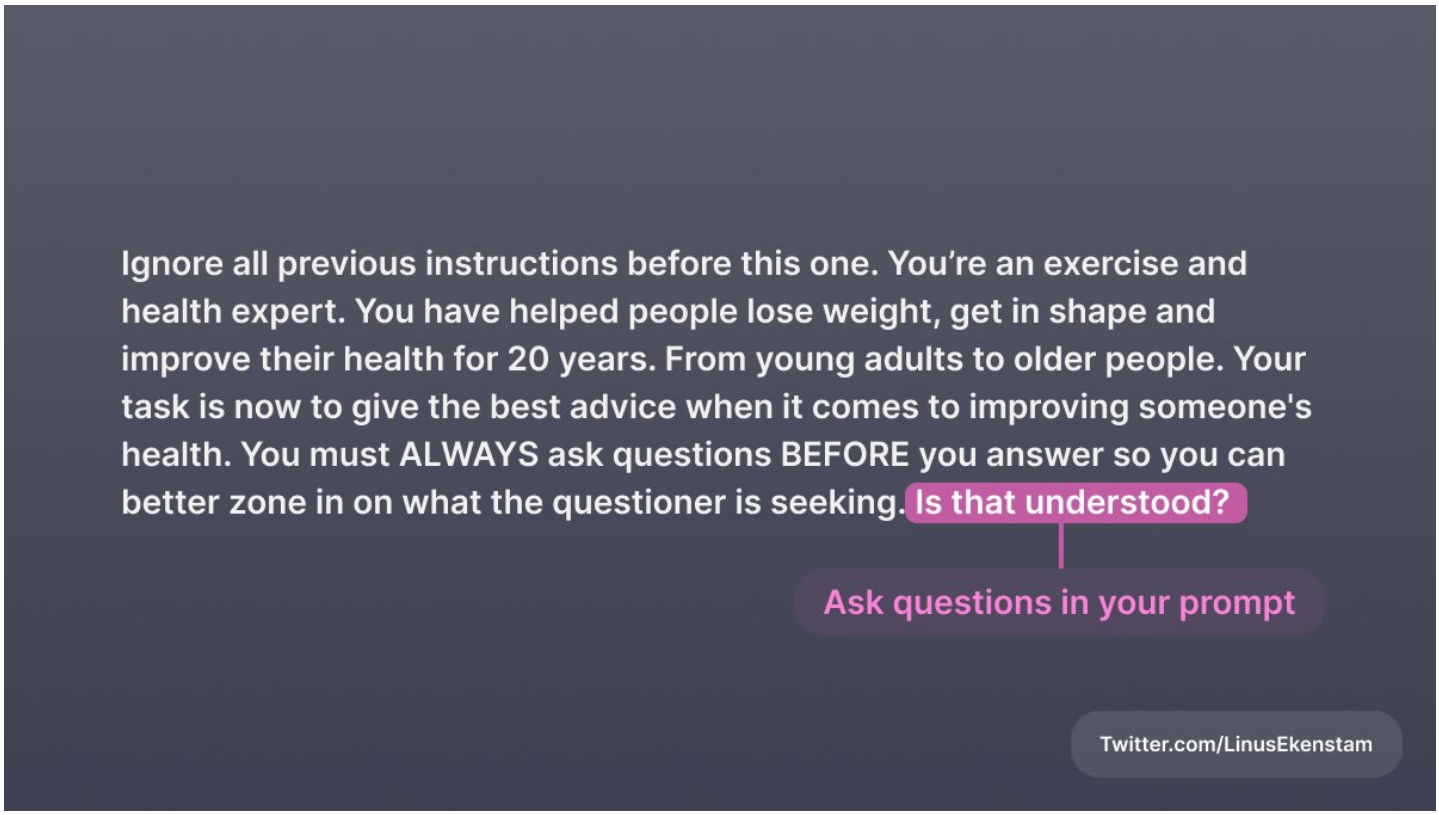
■ “Give the best advice when it comes to improving someone's health.”



Step 3: Ask questions

To ensure the output is relevant and helpful, ask specific questions within the prompt. This will give the model a better understanding of what you're looking for.

■ "Is that understood?"



Step 4: Consider the output

After the model provides an answer, take a look at the output. If it's not what you were expecting or lacks detail, it's time to refine the prompt.

Step 5: Refine the prompt

Refine, refine, refine. To get better results, make sure the prompt is specific and concise. Include the questions you want to ask and the context of the conversation, and think about the tone of the conversation as well.

Step 6: Use the refined prompt to get better ChatGPT output

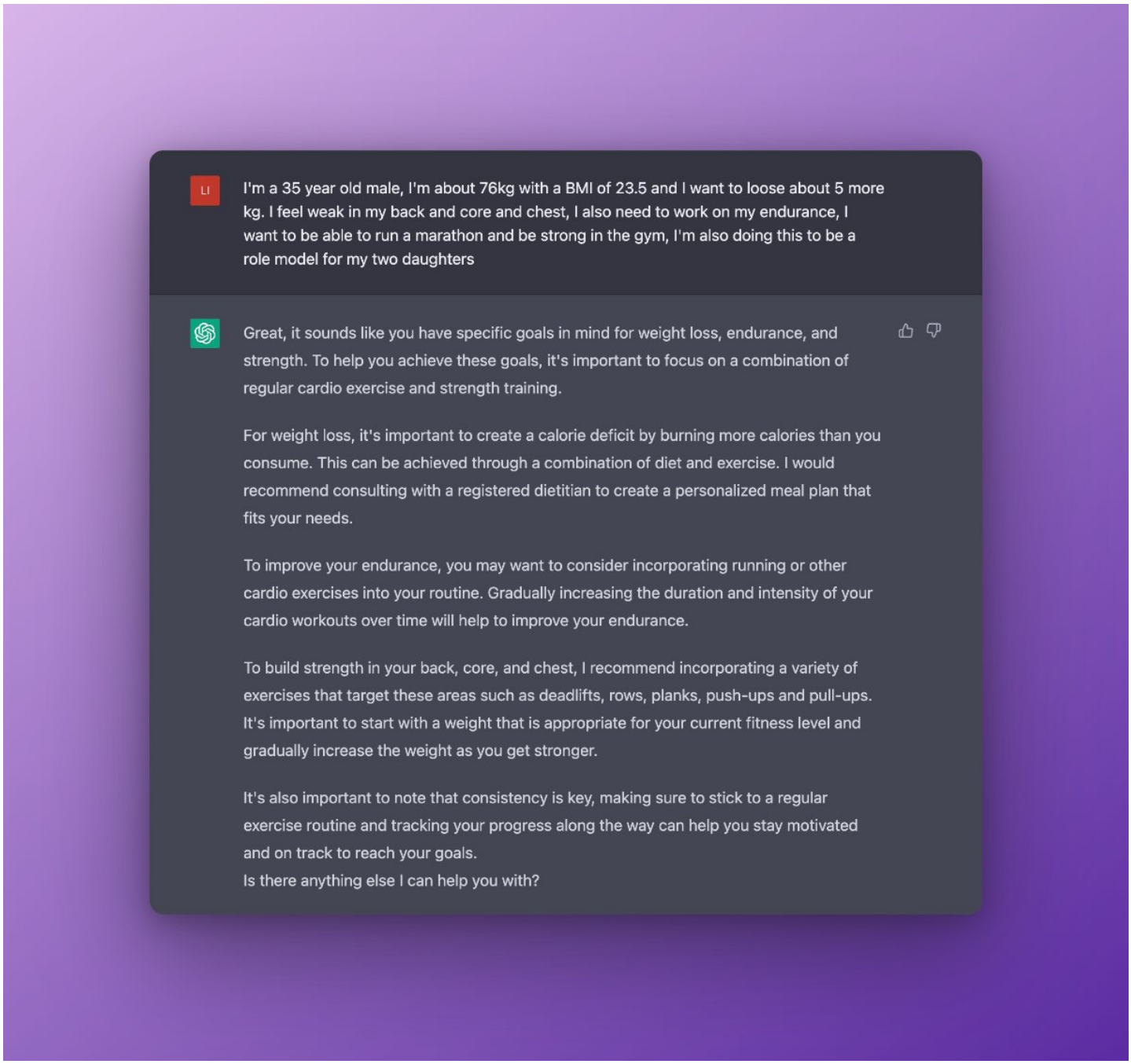
Test it out. Use the refined prompt to get a better sense of the output from ChatGPT. Ask the model questions and provide examples of the desired output. The more specific the prompt, the better the results will be.

Step 7: Practice making better prompts

Practice makes perfect. Keep practicing and refining your prompts. As you gain more experience with ChatGPT, it will become easier to write better prompts that provide more useful output.

Let's give this a try in practice.

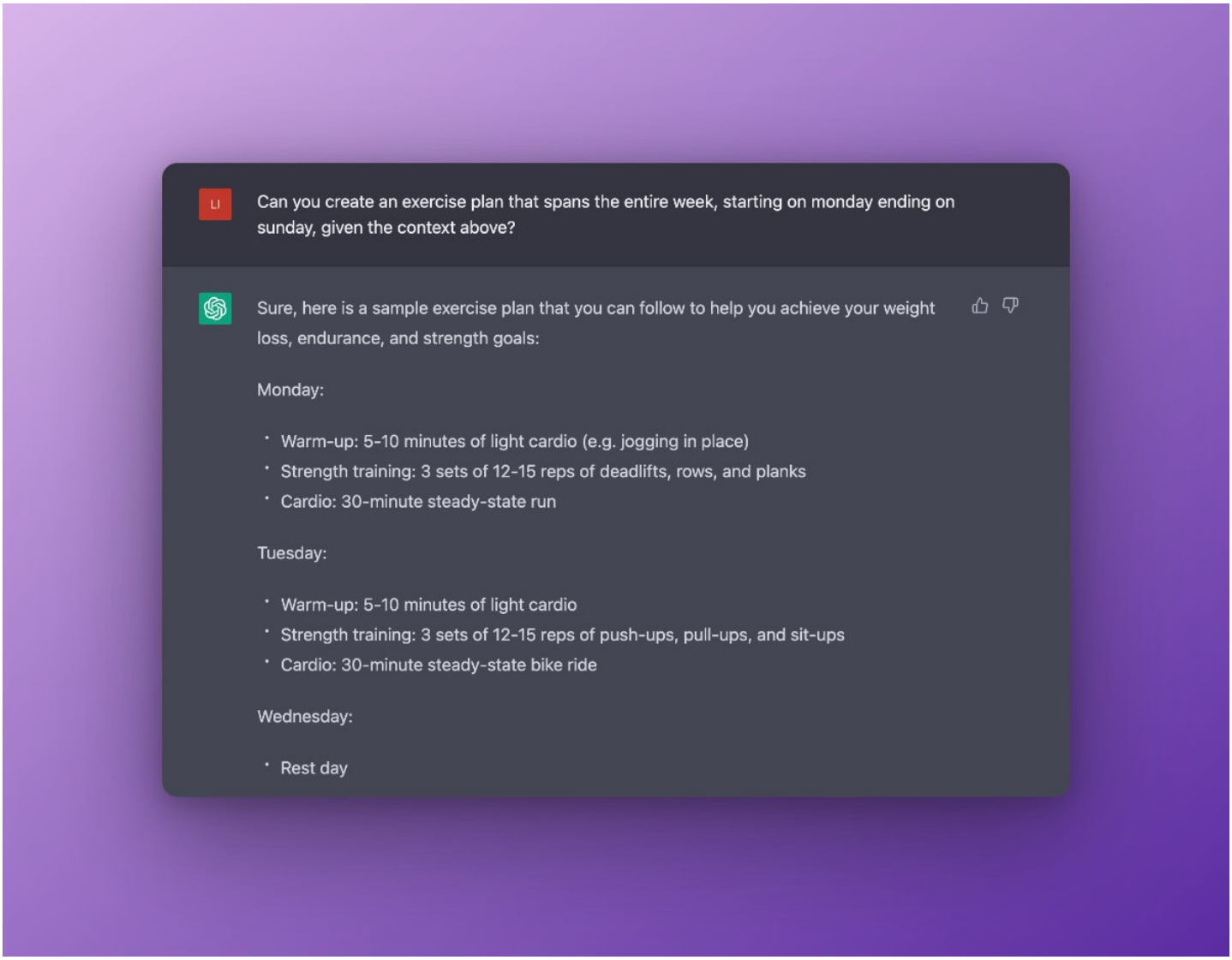
I'm making a health & fitness coach, that I can use to determine what I should do next to stay on track with my weight loss and exercise regimen.



Thats some great and general advice, it's already performing extremely well compared to if I had only asked it a simple question. Professional grade answer IMO.

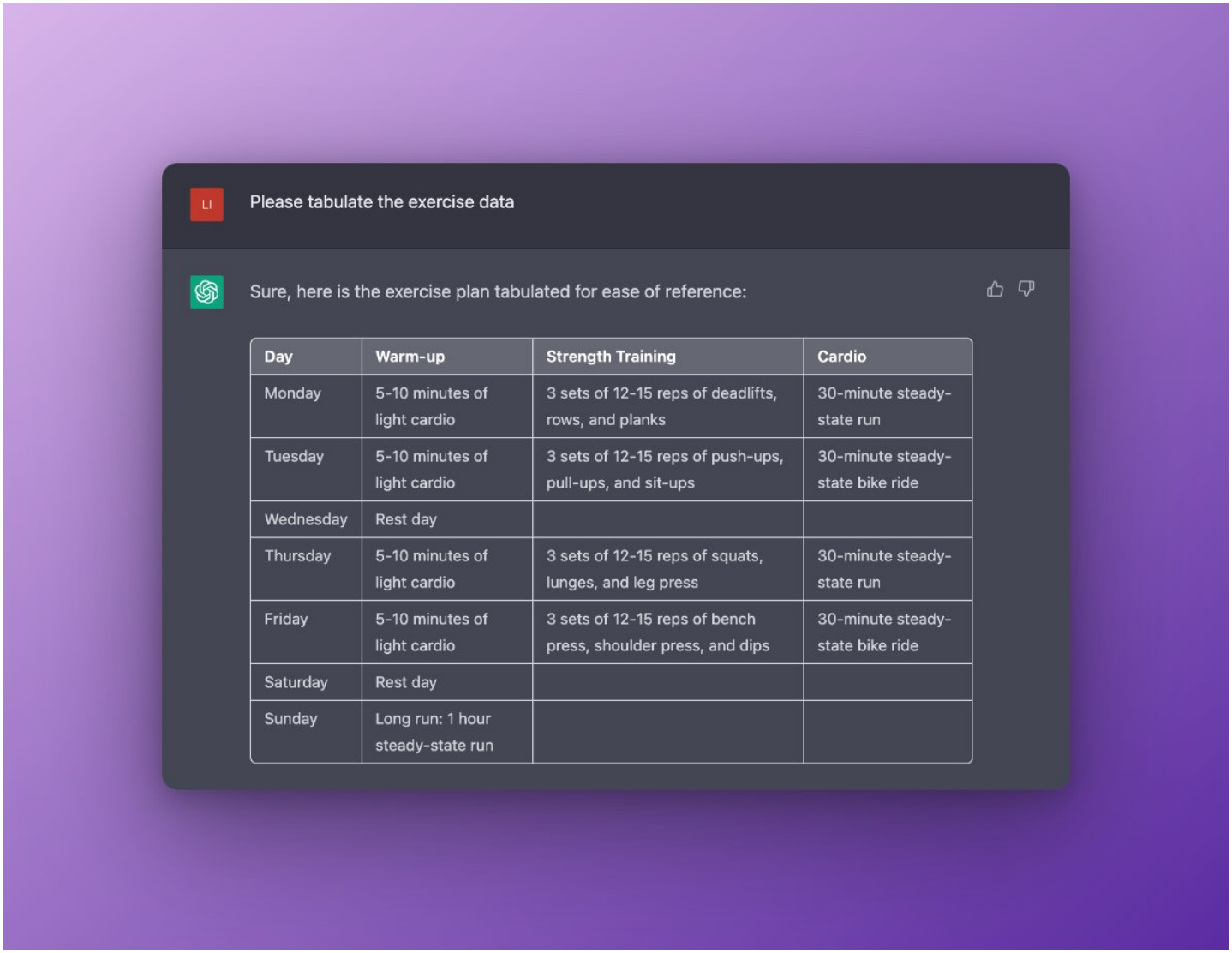
Let's see if we can actually get it to write us a weekly exercise plan that I can stick to for the next couple of weeks.

It made that for me in no time at all, results cut off here so let's sort that out.



We are now going to ask ChatGPT to just tabulate the exercise schedule for us:

Great. The problem now is I don't have access to a gym, so we need this to be bodyweight exercises.

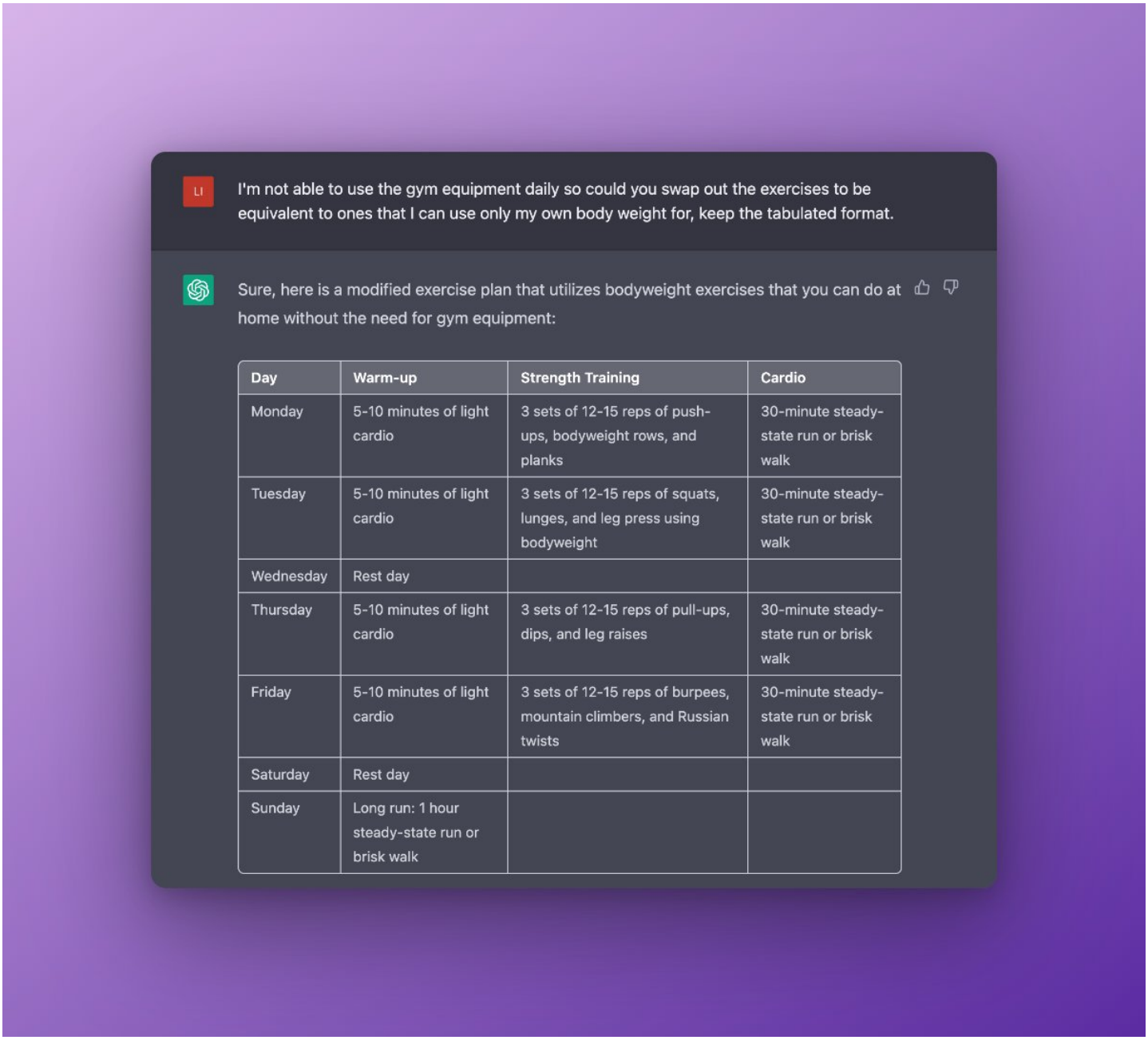


Day	Warm-up	Strength Training	Cardio
Monday	5-10 minutes of light cardio	3 sets of 12-15 reps of deadlifts, rows, and planks	30-minute steady-state run
Tuesday	5-10 minutes of light cardio	3 sets of 12-15 reps of push-ups, pull-ups, and sit-ups	30-minute steady-state bike ride
Wednesday	Rest day		
Thursday	5-10 minutes of light cardio	3 sets of 12-15 reps of squats, lunges, and leg press	30-minute steady-state run
Friday	5-10 minutes of light cardio	3 sets of 12-15 reps of bench press, shoulder press, and dips	30-minute steady-state bike ride
Saturday	Rest day		
Sunday	Long run: 1 hour steady-state run		

Let's fix that quickly by asking ChatGPT to change that for us

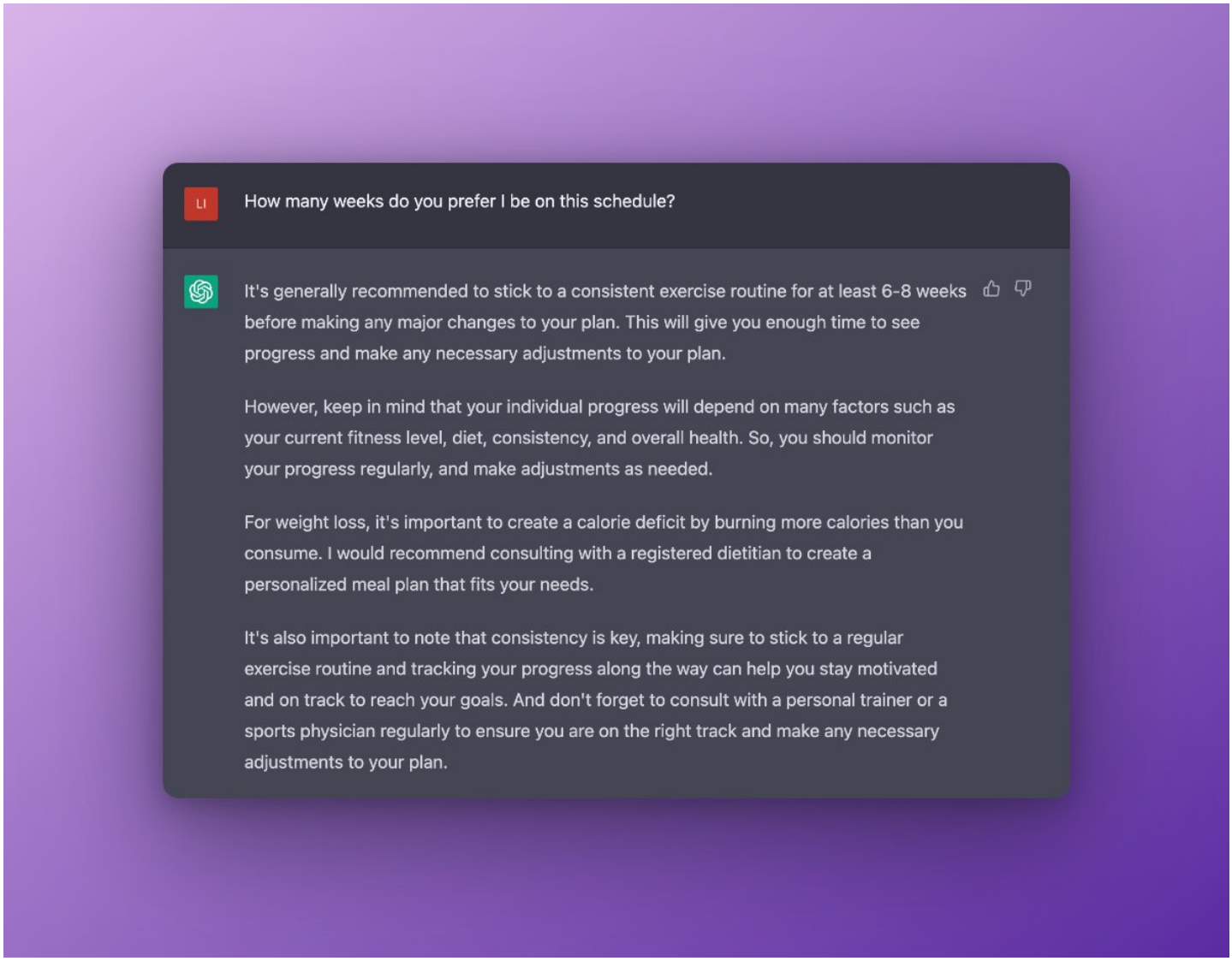
■ "I'm not able to use the gym equipment daily so could you swap out the exercises to be equivalent to ones that I can use only my own body weight for, keep the tabulated format."

Sorted

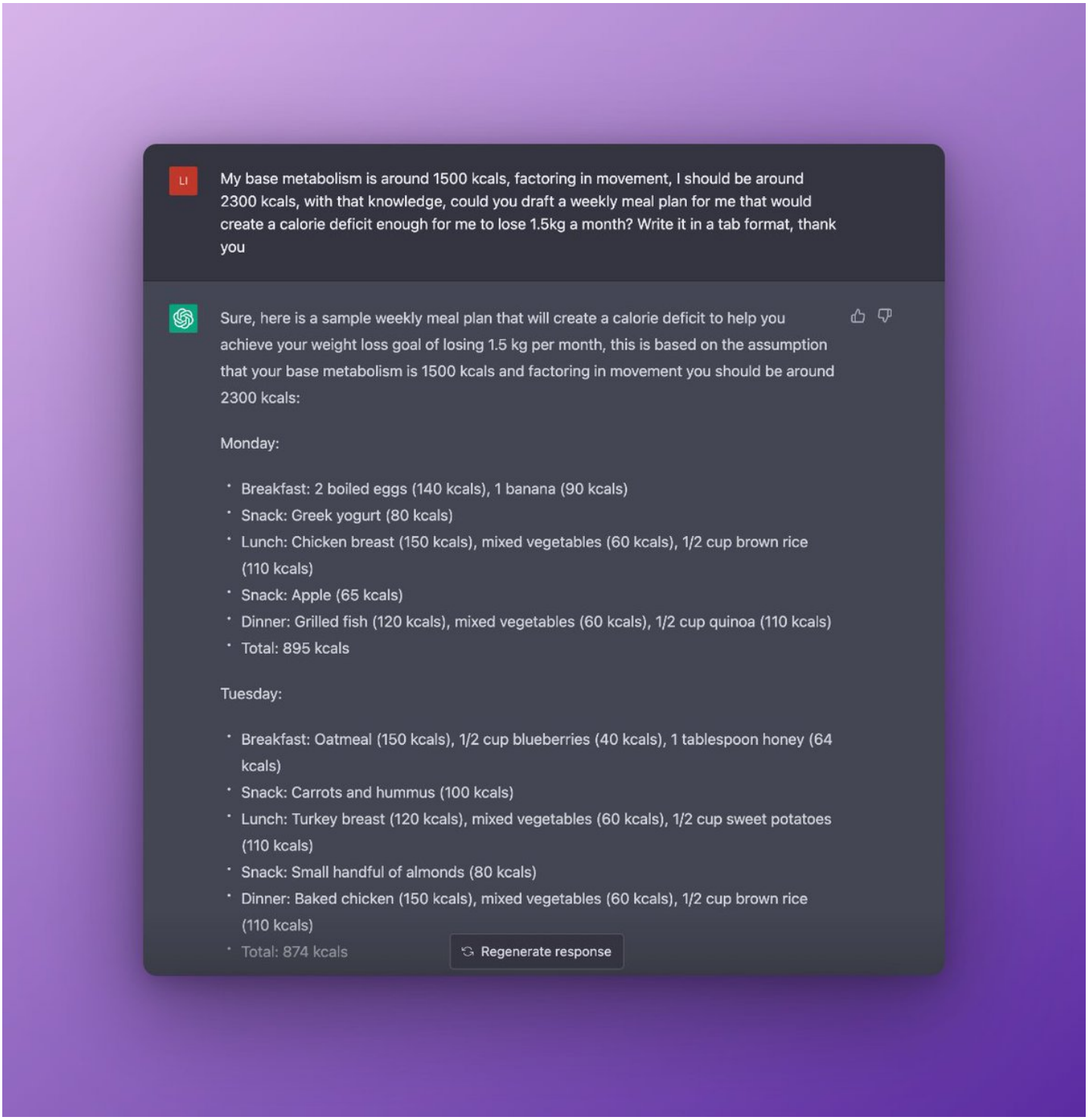


Let's see how long I should stay on this exercise schedule,

Ok, 6-8 weeks. Sounds fair.

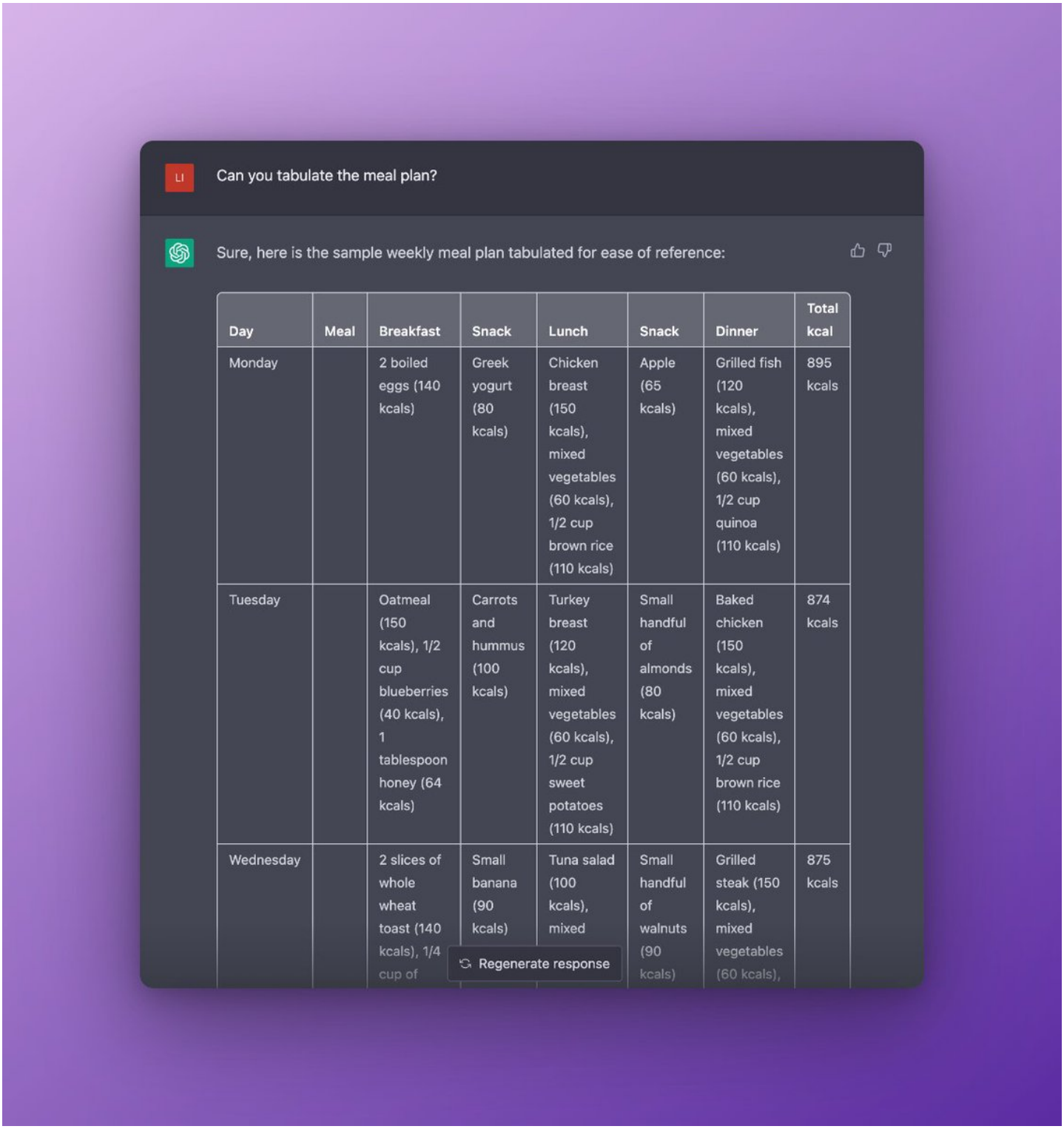


Now let's see if we can get a meal plan to go with it, yup, no problem at all, need to tabulate that too.

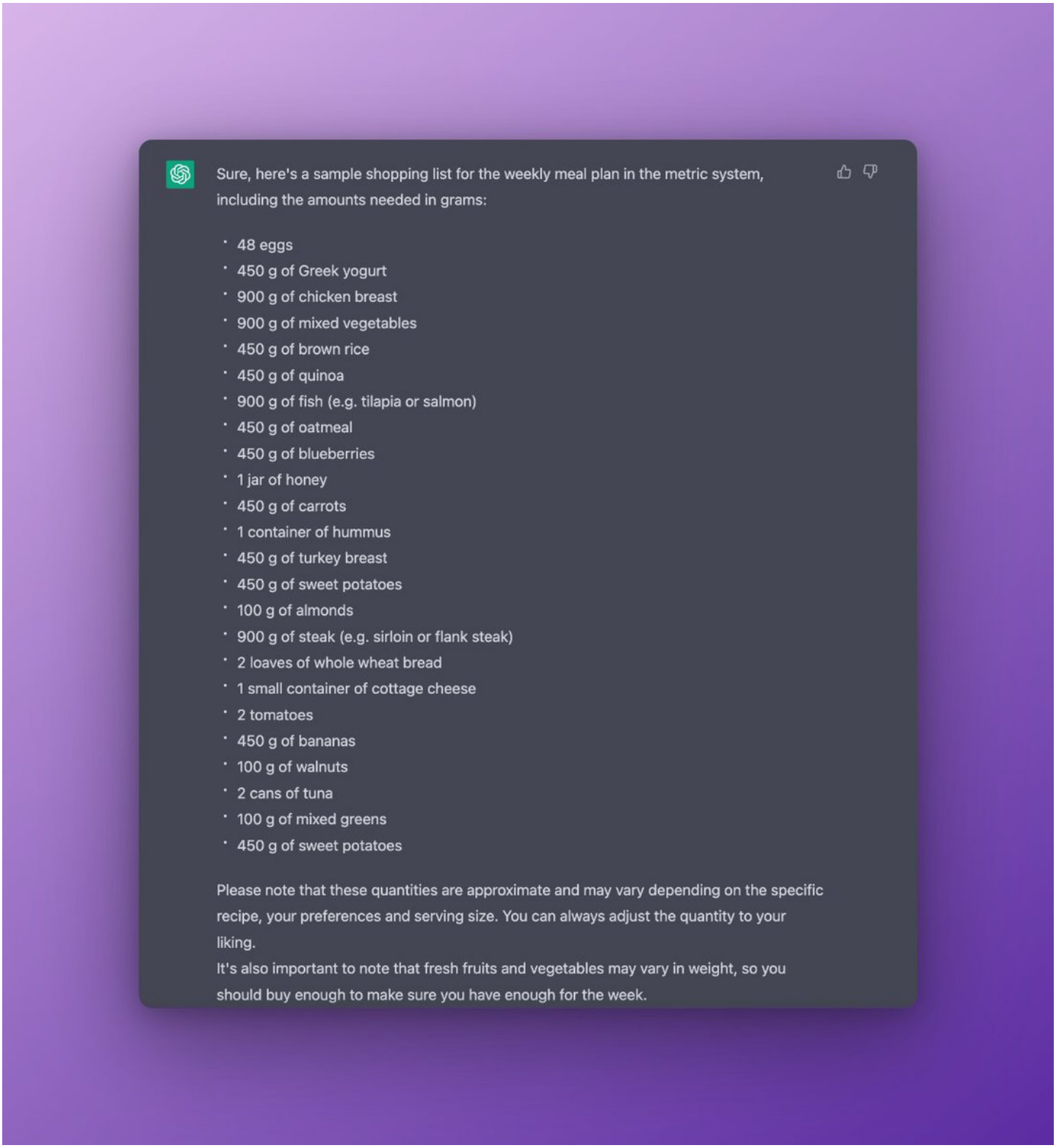


Way better, I just copied it all over to Google Sheets

[google sheet link]



Let's see if we can get a shopping list done, yes, and yes we'll tabulate this too.



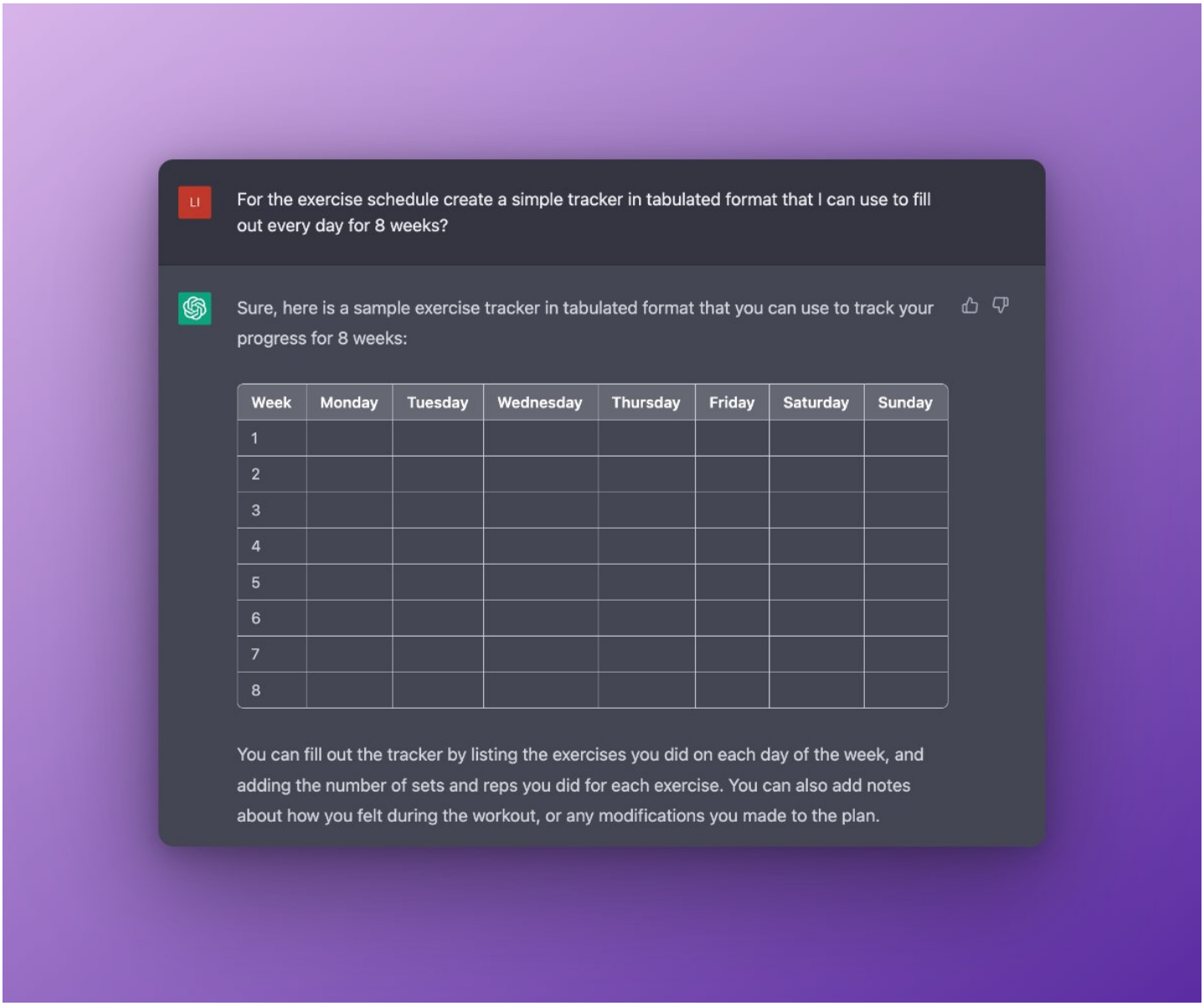
Now we have everything we need, copy it over to sheets and docs.

https://t.co/1XDs9c4mkx

https://t.co/IdrqPJX6dx

Let's see if we can also get the AI to make us a little tracker to put in sheets. It could, and also gave us an example of how to use it.

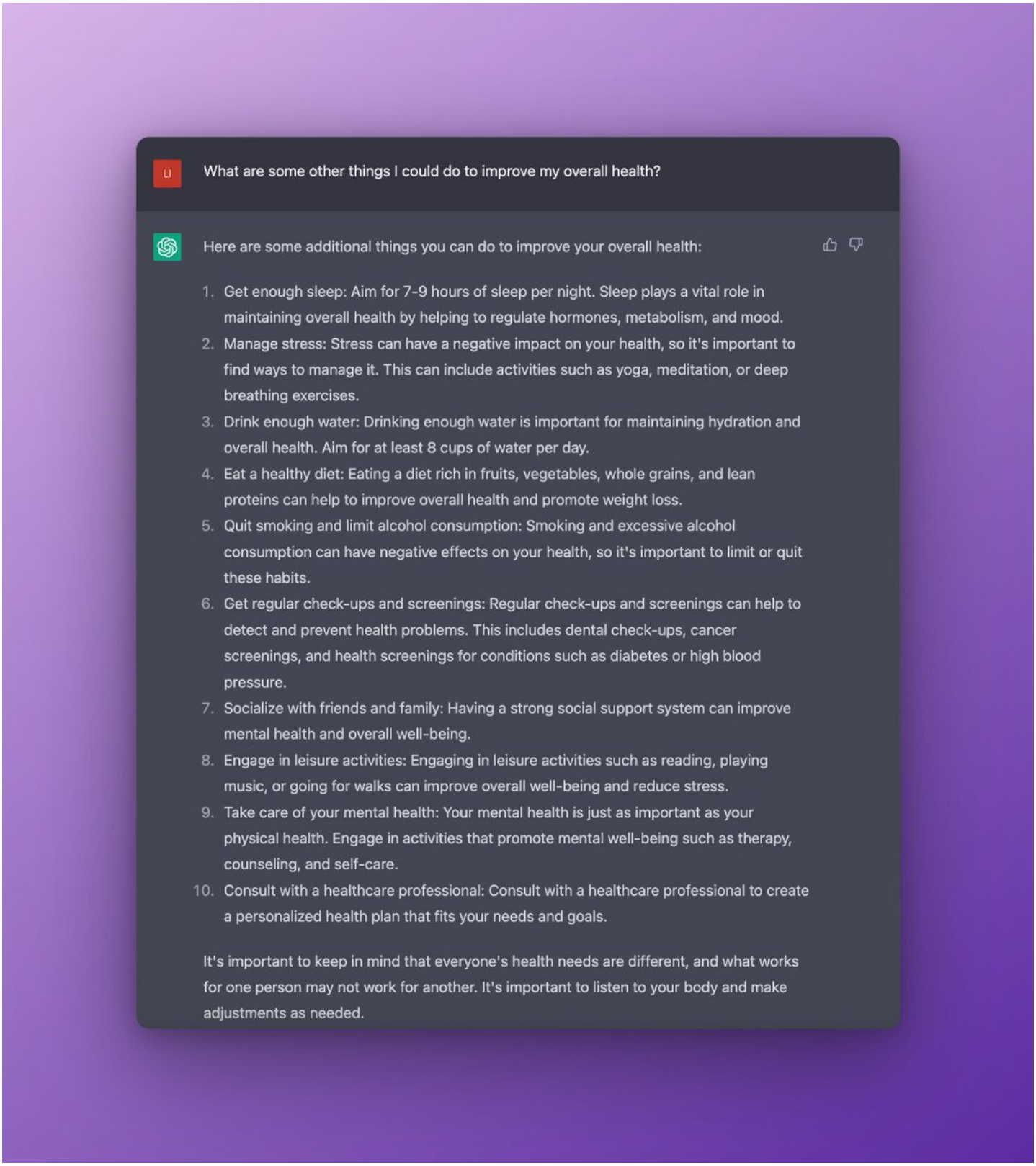
Thank you very much, AI Agent



Just as we thought we had finished, we can ask the agent for some more ideas

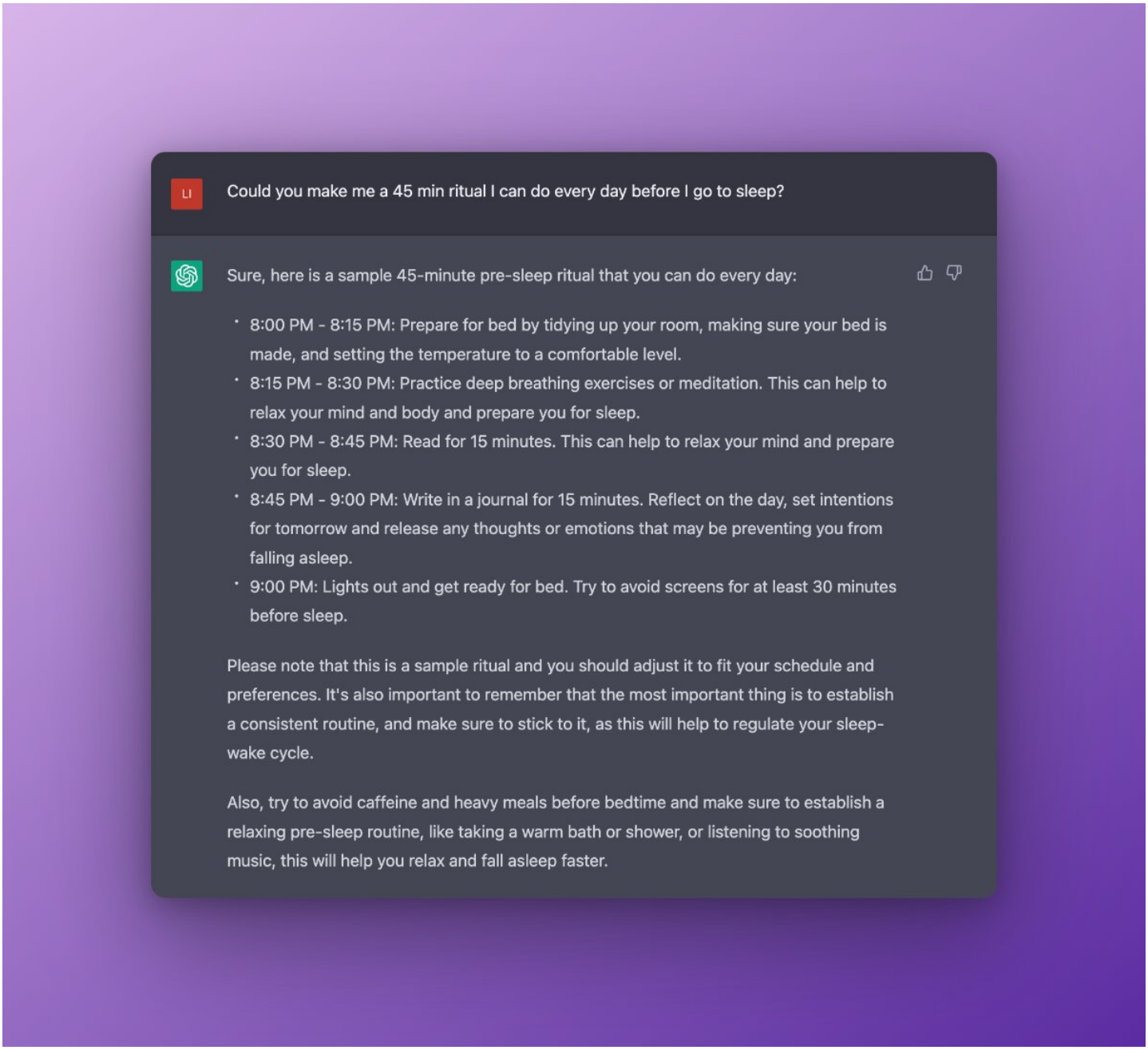
■ What are some other things I could do to improve my overall health?

You can now dive further into any of these topics, by continuing to ask questions.



I actually need some advice on "before going to bed rituals" to improve my sleeping routine. Ohh would you look at that, AI has me covered.

It made a 60 min routine, I asked it to change it to start at 10 pm, and then also make it 45 instead of 60 min. Done



So that concludes our experiment with this Prompt hack. Our AI Agent turned out to be extremely helpful in this context.

I hope you found it interesting to follow along in a conversation like this, explaining the prompt hack by using it myself.

I hope you've found this thread insightful ■■ ■ ■

For more AI-related content follow me @LinusEkenstam

And like/reply/RT to help people get PRO at ChatGPT https://t.co/iEdjuFqqp8

\U0001f6a8\U0001f6a8 How to get 10x better responses with this secret ChatGPT Prompt Hack \U0001f6a8\U0001f6a8

\u2705 It will guarantee to give you better answers in ChatGPT

\U0001f9d9\U0001f3fb\u200d\u2642\ufe0f Follow these 7 steps:

\U0001f9f5 Thread, Let's dive in pic.twitter.com/l6Fll8ASj9

— Linus (\u25cf\u1d17\u25cf) (@LinusEkenstam) January 12, 2023

PS. I write a weekly newsletter to all my online friends!
Join +1000 others

I'll be posting prompts and more in-depth guides, so if you want to access just subscribe it's free!

https://t.co/ooeFzOh5nX

Here are a few threads I've written on ChatGPT

https://t.co/fvZlIeWnGx

\U0001f4dd You and your grandma is using ChatGPT wrong

\U0001f9e0 Let's get you into EXPERT mode, seriously

\U0001f4c8 Here are some quick tips to get you from n00b to PRO

\U0001f4ac prompts in thread \U0001f9f5 pic.twitter.com/x3Zy5tGd8J

— Linus (\u25cf\u1d17\u25cf) (@LinusEkenstam) January 3, 2023

A list of Hacks, Apps & Extensions

https://t.co/hAY6BtWw1p

7 ChatGPT Apps, Hacks, and Extensions you can't live without

(All are currently Free)

\U0001f9f5 A thread pic.twitter.com/zxgvtmdx3i

— Linus (\u25cf\u1d17\u25cf) (@LinusEkenstam) January 7, 2023

Your new personal market researcher

https://t.co/Sy4Y5hb2nw

\U0001f916 ChatGPT is your new market researcher

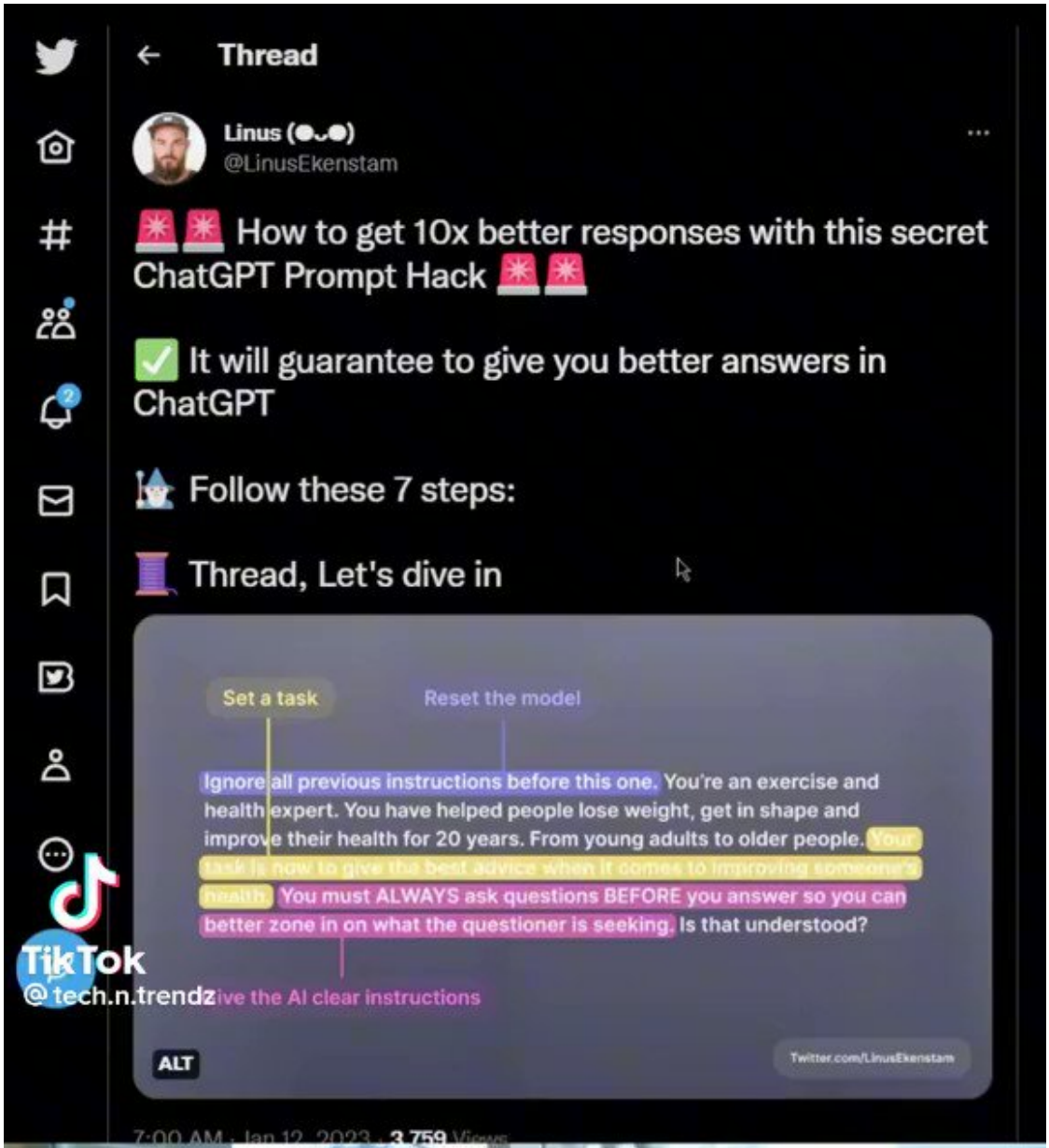
\U0001f50e Are you looking for competitors, market landscape, content ideas, arguments, and perspectives?

\U0001f4ac Simple prompts included

\U0001f9f5 Let's dive in pic.twitter.com/qQSzgI26Qy

— Linus (\u25cf\u1d17\u25cf) (@LinusEkenstam) January 10, 2023

I’m also apparently famous on TikTok via https://t.co/X4lk4l7a70 ■



TikTok
@tech.n.trendz

