

ELITE AI PROMPTING CHEAT SHEET

How to Get Better Answers Fast

Built for dads 40+ who want clear, useful output without fluff, jargon, or robotic nonsense. Use this to learn faster, think better, solve problems, or improve a skill.

Role + Goal + Context + Level + Output + Constraints + Quality Bar

Role Who the AI should act as.	Output Plan, steps, examples, summary, feedback.
Goal The exact result you want.	Constraints What to avoid.
Context What is going on and what keeps happening.	Quality Bar The standard you want it to meet.
Level Beginner, intermediate, advanced.	

The simple truth

Good prompting is not about sounding clever. It is about giving clear direction. If your prompt is vague, AI guesses. If your prompt is sharp, the answer gets sharper too.

The core template

Act as [role]. Help me with [goal]. My situation is [context]. My level is [level]. I want [output]. Make it [style]. Avoid [what to avoid]. Focus on what matters most and challenge weak assumptions where needed.

The line that instantly improves most prompts

Do not give me a safe, average answer. Give me the answer that is most useful, accurate, and high leverage. Tell me the most important truth, the most common mistake, and the best next action.

Copy-and-paste templates

1. Learn something

Act as an excellent teacher. Help me understand [topic] from first principles as if I am intelligent but new to it. Start with the core idea in simple terms, then explain how it works, why it matters, the common mistakes or misunderstandings, and how it applies in real life. Use plain English. Avoid jargon and fluff. End with the small number of things that matter most.

2. Improve yourself

Act as a brutally honest but effective coach. Help me improve [area]. My situation is [context]. What keeps happening is [pattern]. I do not want motivation or generic advice. I want the highest leverage actions, the biggest mistakes I am making, and a realistic plan I can follow. Keep it practical, direct, and focused on real behaviour change.

3. Solve a problem

Act as a sharp problem-solver. Help me think clearly about [problem]. First identify what the real problem may be beneath the surface. Then show me the likely causes, the common traps, and the best way to handle it. Separate what matters from what only feels important. Be honest, practical, and direct.

4. Build a skill

Act as an elite coach for [skill]. Help me improve quickly. My current level is [level]. My main problem is [issue]. Break this into the key sub-skills I need to improve, the biggest mistakes people at my level make, the best drills or exercises, and a simple practice plan. Focus on what will create the fastest improvement.

QUICK REFERENCE

Before and after

Weak prompt	Better prompt
How do I get in shape?	Act as a practical fitness coach. Help me get in better shape. I am in my 40s, my energy dips after work, and I struggle with consistency more than effort. I want a simple plan I can actually stick to. Keep it practical and realistic. Avoid jargon, fluff, and perfectionist advice. Focus on what matters most and the few habits that will make the biggest difference.

The biggest prompting mistakes

Too vague Broad prompt, broad answer. Too much at once One prompt should do one job well. No context AI has to guess, and that is where generic answers come from. No level given The answer often lands in the middle and feels off.	No output direction Ask for steps, a plan, examples, or a short explanation. No constraints Say if you hate jargon, fluff, or overexplaining. No quality bar If you want honesty, depth, or high leverage advice, ask for it.
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10-second prompt check

Before you hit enter, check that you have told the AI: who to be, what you want, your situation, your level, how you want the answer, what to avoid, and what standard to meet.

Quick starter prompts

Learn something Act as an excellent teacher. Help me understand [topic] from first principles. Assume I am a beginner. Keep it simple, practical, and jargon-free. Give me the core idea, common mistakes, and real-life examples. Improve yourself Act as a brutally honest but effective coach. Help me improve [area]. My situation is [context]. What keeps happening is [pattern]. Give me the biggest mistakes, highest leverage actions, and a realistic plan.	Solve a problem Act as a sharp problem-solver. Help me think clearly about [problem]. Show me the real issue, likely causes, common traps, and best next actions. Be honest and practical. Build a skill Act as an elite coach for [skill]. My level is [level]. My main issue is [issue]. Break this into key sub-skills, best drills, biggest mistakes, and a simple practice plan.
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Elite prompting is not fancy. It is just clear thinking written down well.