

AI Adaptation Prompts

Ready-to-use prompts for Claude, ChatGPT, and similar tools · Daniel Ting

Copy, adapt, and use these as your own. Be specific. Be honest. Push back when needed. AI rewards the same ethic that everything else in this book does — the quality of what you get back depends entirely on the quality of what you bring.

FOR SELF-IMPROVEMENT AND LEARNING

- › "I want to build a skill in [area]. What is the most effective 30-day learning plan for someone starting from scratch?"
- › "Help me break this goal into weekly milestones: [insert your goal]."
- › "What are the most common reasons people fail to build [specific habit], and what are the evidence-based approaches to overcoming each one?"

FOR REFLECTING ON YOUR WORK ETHIC

- › "I want to reflect on this week honestly. Here is what I committed to: [insert]. Here is what I actually did: [insert]. Help me identify the gap and one specific adjustment for next week."
- › "I am struggling with [specific barrier]. What questions should I be asking myself to understand the root cause?"

FOR WORKPLACE AND PROFESSIONAL GROWTH

- › "Help me prepare for a conversation with my manager about taking on more responsibility. Here is my current role and what I have been working on: [insert]."
- › "I want to improve how I communicate my contributions at work without sounding self-promotional. Give me three approaches."
- › "I have a difficult conversation coming up. Here is the situation: [insert]. Help me prepare what to say and anticipate their likely response."

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FOR REBUILDING AFTER A SETBACK

- › *"Here is what happened: [insert situation]. Help me extract the one most actionable lesson from this, and suggest a specific first step for the rebuild."*
- › *"I am dealing with imposter syndrome after [situation]. Help me build a counter-argument using evidence from what I know about myself."*

A NOTE ON USING AI WELL:

AI does not replace your thinking — it extends it. Be specific, be honest, and be willing to push back. The tool rewards the same ethic as everything else here.