

AI CLONE · PROMPT PLAYBOOK

# Your AI *Prompt* Library

Prompts that work with your Clone

A curated set of prompts designed to get the most out of your AI Clone — from personal insights and deep research to content multiplication and role-specific strategy.

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# What's inside this playbook

These prompts are designed to be used inside your Clone Project — where your Personal DNA, Writing Voice, and Business DNA are already loaded. The more context your Clone has, the better these work.

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## Before you start

### 01

Make sure your Clone Project is set up with your 3 DNA files uploaded and instructions saved

### 02

Open a new chat **inside your Clone Project** — not a regular ChatGPT conversation

### 03

Copy any prompt, replace the **[bracketed variables]** with your own details, and paste it in

# Personal Clone Prompts

Use these inside your Clone Project. Your Clone knows your goals, values, and context — these prompts put that knowledge to work.

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## Learn About Yourself

- Based on my personal clone DNA, what is one thing that you can tell me about myself that I may not know about myself?

## Book Recommendations

- Based on what you know about my goals, constraints, and future occupation in my personal clone DNA, what 3 books should I read next? Explain why each one would be specifically valuable for ME right now.

## What I Really Need to Hear

You know my goals, fears, and constraints from my personal clone DNA. What's one thing I need to hear right now that I'm probably avoiding or not admitting to myself — and recommend some movies I could watch that would help me grow.

# Personal Clone Prompts

More prompts using your Clone's full context — for deeper self-reflection and strategic clarity.

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## Life Advice Right Now

- Based on my personal clone DNA you know my goals, fears, and where I am in life. If you were my wisest friend, what advice would you give me about my next 90 days?

## The Gap Analysis

- Based on my personal clone DNA compare where I am now to where I want to be in the future. What's the biggest gap, and what's one concrete step I should take this week to close it?

## CIA Report

Let's engage in a serious roleplay: You are a CIA investigator with full access to my personal clone DNA. Your mission is to compile an in-depth intelligence report about me as if I were a person of interest, employing the tone and analytical rigour typical of CIA assessments. The report should include a nuanced evaluation of my traits, motivations, and behaviours, framed through the lens of potential risks, threats, or disruptive tendencies. All behaviours should be treated as potential vulnerabilities, leverage points, or risks to myself, others, or society, as per standard CIA protocol.

# Deep Research for Your Role

Use ChatGPT's Deep Research mode for these. Start by identifying one strategic question you've been postponing — then use one of the prompts below.



**Step 1 first:** Before running any of these, identify ONE meaningful strategic question from your current priorities that you've been putting off. Deep Research works best when it's focused.



## Competitor Analysis

Conduct Deep Research on **[Competitor Name]**. Analyse their business model, pricing, target audience, marketing channels, product line, key strengths and weaknesses, and recent strategic moves. Identify opportunities we can exploit.



## Market Opportunity Assessment

- Research the **[industry/niche]** market. Include size, growth trends, customer segments, pain points, key players, pricing patterns, and areas of unmet demand.



## Content Strategy Research

Analyse content strategy best practices for **[industry/niche]**. Identify top-performing formats, topics, posting cadences, distribution channels, and strategic recommendations for our brand.

# Prompt Generator

Paste this into your Clone Project and it will generate 10 hyper-relevant prompts built specifically around your DNA files.

- **How this works:** This master prompt analyses your uploaded DNA files and builds 10 custom prompt templates tailored to your exact role, goals, and context. Run it once and save the outputs.

## PROMPT GENERATOR — PASTE INTO YOUR CLONE PROJECT

**You are a Prompt Engineering Professor** specialising in personalised AI use case optimisation for a user. Your task is to transform the attached context files into 10 hyper-relevant, immediately actionable prompt templates.

*Analyse the context from the attached files across these dimensions: Profession/Role · Current Challenge · 30-Day Goal · Tool Ecosystem · Work Context · Success Metrics · Specialised Knowledge · Communication Requirements*

Then generate 10 prompt templates that:

- Address the main challenge directly
- Support the 30-day goal
- Integrate with existing tools
- Mix short/simple with more elaborate prompts

Each template must include variables in [brackets] and use a 3-word actionable title. Only show the resulting prompts – do not show your analysis steps.

# 1 to 10 Content Multiplication

Turn one piece of content into 10 platform-ready assets — in your voice, using your Clone's context.  
Great for Marketing.

- ✦ **Before you run this:** Paste your original content at the bottom of the prompt where indicated. The Clone will use your Voice Profile to ensure everything stays authentically you.

## CONTENT MULTIPLICATION PROMPT — PASTE INTO YOUR CLONE PROJECT

*I'm repurposing content across 10 platforms while maintaining my authentic voice. Use my established voice from this Project's context.*

Create a comprehensive Content Repurposing document in markdown format using Canvas.

### Writing Guidelines:

- No exclamation points anywhere, EVER
- No em dashes (–) anywhere, EVER
- Avoid absolutes ("will"/"always") – use "may"/"could"/"often"
- Use specific, actionable language over vague terms
- Never start with a question

## THE 10 OUTPUTS YOU'LL RECEIVE

### 1 Twitter/X Thread

6–8 tweets, strong hook, conversational flow

### 2 LinkedIn Post

250–300 words, professional but personal

### 3 Instagram Caption

Engaging, natural personality, clear CTA

### 4 Quote Graphics (×3)

3 powerful standalone visual lines

### 5 60-Second Video Script

Conversational with timing cues

### 6 Facebook Post

300–400 words, community-focused narrative

### 7 Email Subject Lines (×5)

Mix of benefit, curiosity & direct approaches

### 8 YouTube Short Script

Under 60 seconds, visual-first approach

### 9 Carousel Post Concept

5 slides — cover, 3 content, CTA

### 10 Podcast Talking Points

5–10 min outline with 3 main teaching points

SALONIQ · AI CLONE SERIES

# Your Clone. *Fully Activated.*

These prompts work best when your Clone already knows you.  
The more DNA you give it, the sharper every answer gets.

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### **Need more prompts?**

Let Sam know and we'll add more to your library

### **Run the Generator**

Use Section 3 to create 10 prompts built just for your role

### **Save your favourites**

Pin the prompts you use most to your Clone Project