

RICH OFF PROMPTS

Week One Checklist & Planning Guide

This bonus guide helps you review, organize, and lock in the work from Days 1 through 7. Use it to make sure nothing gets lost before moving into implementation and monetization.

Day 1: Direction

- 1 Defined what I am building with AI (not just using it).
- 2 Identified my main goal: audience, offer, income, or system.
- 3 Removed ideas that did not support this direction.

Day 2: Positioning

- 1 Clearly defined who my work is for.
- 2 Clarified what problem I help solve.
- 3 Simplified how I explain what I do.

Day 3: Demand

- 1 Listened for real problems instead of guessing.
- 2 Noted recurring questions, frustrations, or language.
- 3 Saved examples of real demand.

Day 4: Alignment

- 1 Created content focused on recognition, not attention.
- 2 Noticed what felt personal to readers.
- 3 Identified language that made people feel seen.

Day 5: Restraint

- 1 Identified where I was overbuilding.
- 2 Outlined a small, testable idea.
- 3 Released the need for perfection.

Day 6: Feedback

- 1 Reviewed responses without reacting emotionally.
- 2 Separated clarity issues from idea issues.
- 3 Noted patterns instead of isolated reactions.

Day 7: Commitment

- 1 Committed to one problem and one audience.
- 2 Decided what message or action to repeat.
- 3 Saved the reset prompt for future use.

Moving Into Week Two

Week Two focuses on implementation and monetization. Use the clarity from Week One to take consistent, testable action.

- 1 Choose one action to implement first.
- 2 Decide what feedback you will track.
- 3 Commit to repetition over reinvention.