

ChatGPT Essentials:

Becoming Superhuman Using ChatGPT

Introduction: Why This Matters

Welcome to *ChatGPT Essentials*.

This isn't about turning you into a tech expert. It's about showing you how to unlock more time, more clarity, and more output—with less effort. ChatGPT is your 24/7 thinking partner. Once you learn how to use it, you'll never go back.

Every year I spend between \$500k - \$1m on growth & development. I find the best people in the world, track them down, and pay them extraordinary amounts of money to teach me what they know, so I can fasttrack my results.

I never ask them to do it for me. I ask them to **show me how they did it** so I can go implement it myself.

And I've never had a coach or advisor that didn't give me a positive ROI. Not because every person I've engaged has been amazing - far from it - but because I realise that when I engage a coach, **the responsibility is on me to make it work for me**.

When I'm working with a coach, I've found ChatGPT to be an invaluable tool. ***Coaching gives you direction. ChatGPT gives you momentum between sessions.***

I learn from the coach, I take the frameworks they give me, and I start applying them straight away. But in between sessions—when I'm implementing, troubleshooting, or working through something—I'll often use ChatGPT to help me keep moving.

That way, by the time I come back to the coach, I've already progressed further than I would have otherwise. And that means **the time we spend together becomes even more valuable**.

Part 1: Breaking Through the Fear

Before we dive into tactics, let's dismantle the invisible walls that stop most business owners from using AI.

The 5 AI Blockers

Limiting Belief	Empowering Truth
I don't understand AI, I'm not a tech person	If you can type a message, you can use AI. It's like talking to a really smart friend—no tech skills required.
AI scares me	AI is your superpower—it's the cheat code. Being the one who doesn't use it should scare you more.
I'm comfortable doing things the way I've always done them	Once you start using AI, you will wonder how you ever got by without it. AI will make you better—without more effort.
I don't have time to learn another tool	When it comes to ChatGPT, <u>there is nothing to learn</u> . Just talk to it. It gives you your time back.
I feel guilty relying on AI	You're not outsourcing intelligence—you're enhancing it. The best leaders delegate. This is the smartest delegation available.

Part 2: How I Use ChatGPT Every Day

For me, ChatGPT isn't something I use occasionally—it's integrated into almost everything I do. Big decisions, small tasks, personal reflection, high-stakes execution—it's all in there.

I use it to write, think, plan, prioritise, pressure test, reflect, and solve. Whether I'm mapping a growth strategy or just feeling overwhelmed and need clarity—I talk to ChatGPT.

This isn't about using it for one specific thing. It's about creating a rhythm where it becomes your go-to thinking partner, problem solver, and sounding board.

Once you start using it like this, it stops being a tool—and starts becoming a kind of superpower.

Things I Use ChatGPT For:

- Journaling when I'm overwhelmed or stuck
- Clarifying strategy and pressure testing implementation between coaching sessions
- Writing sales copy, emails, ads, landing pages
- Reviewing scripts and giving feedback on messaging for content
- Getting second opinions on business problems and opportunities
- Prepping for speaking engagements and high-stakes meetings
- Improving sleep, fitness, and recovery based on my daily data
- As a co-pilot when I'm sick to help me recover as quickly as possible
- Navigating tough conversations and relationships
- Coaching myself through mindset or emotional blocks
- Making complex problems simple and solvable
- Refining ideas until they're clear, sharp, and actionable

Part 3: The Personal Power of ChatGPT

Most people think of ChatGPT as a business tool. But where it becomes truly powerful is in your personal life.

ChatGPT can help you:

- Shift your mindset
- Improve your relationships
- Work through limiting beliefs
- Gain clarity around money and life decisions
- Reflect, reset, and refocus in just a few minutes

This is how I use it every day to stay aligned and move through the emotional, mental, and personal blocks that could otherwise slow me down.

To help with this, I've created a tool called **The Clarity Catalyst**—a set of 5 journal prompts that bring clarity fast, help you think deeply, and reconnect you to what matters.

The Clarity Catalyst

SUMMARY OF JOURNAL PROMPTS:

- **Prompt 1:** The Morning Kickstart
- **Prompt 2:** The Yesterday Reflection
- **Prompt 3:** The Bottleneck Analysis
- **Prompt 4:** The 80/20 Life Audit
- **Prompt 5:** The Compounding Projection

Note: These journal prompts are for YOU to answer - each morning, week, or whenever you want to create some momentum in yourself. You then take your answers to the Journal Prompts and put them into ChatGPT using The ChatGPT Prompt at the bottom of page 5. This enables you to utilise ChatGPT as a personal coach in between Coaching Sessions.

Journal Prompt 1: The Morning Kickstart

Set a 5-minute timer. One sentence max per question:

- What's 1 thing I'm grateful for?
- What's 1 thing I'm excited about?
- What's 1 virtue I want to exhibit?
- What's 1 thing I'm avoiding?
- What's the 1 thing I need to do?

Journal Prompt 2: The Yesterday Reflection

Set a 5-minute timer:

- What are three things I am grateful for from yesterday?
- What were my biggest wins of the day?
- Did I have any major realizations?
- What's on the agenda for today?

Journal Prompt 3: The Bottleneck Analysis

This is the single prompt that has most accelerated my personal growth:

- What's the biggest bottleneck to achieving my next goal?
- Why aren't I working on it today?

Journal Prompt 4: The 80/20 Life Audit

Set a 5-minute timer. Start with two lists:

- Where am I feeling satisfied?
- Where am I feeling dissatisfied?

Brain dump anything: health, finances, relationships, career, spirituality.

Then reflect:

- What are the 20% of places, habits, people, or beliefs driving 80% of your positive or negative results?

Journal Prompt 5: The Compounding Projection

Set a 5-minute timer:

- If I repeated every action I took today, every day for a year, where would I end up?
- Is this the place I want to be?

If you're on the right path, this will build confidence. If not, it will help you course correct.

Now, Use ChatGPT to Reflect

Once you've written your answers, you can copy and paste them into ChatGPT, **starting with this ChatGPT Prompt:**

You are a world-class therapist and peak performance coach. I want you to read my latest journal entry and reflect back to me any insights, distinctions, and suggestions that you can. You'll see in my journal entry there are questions and answers.

This turns ChatGPT into your personal mirror. It sees things you might miss, and helps you break through mental fog and blockages. This ensures your momentum stays red hot between coaching sessions!

Part 4: The Growth Engine – Using ChatGPT to Accelerate Business Outcomes

Now let's shift gears.

ChatGPT isn't just for clarity—it's a business accelerant. It helps you get done in minutes what used to take hours or days. From marketing to sales to delivery, it becomes your thinking partner, strategist, writer, and problem-solver.

Here's how to use it to move faster in every core area of business.

ATTRACT (Marketing)

Use ChatGPT to:

- Write ad copy, social posts, and headlines fast
- Brainstorm hooks, offers, angles, and CTAs
- Repurpose old content into new formats
- Analyse competitors and pull out positioning angles
- Clarify your customer avatars and buying motivators

CONVERT (Sales)

Use ChatGPT to:

- Write objection-handling scripts
- Improve your follow-up messages and email sequences
- Craft call frameworks and pitch outlines
- Roleplay buyer objections to sharpen your team
- Build personalised outreach messages for cold or warm leads

DELIVER (Customer Delivery & Experience)

Use ChatGPT to:

- Write SOPs, how-to guides, onboarding emails
- Create frameworks, cheat sheets, and training docs
- Optimise feedback loops and NPS surveys
- Improve customer retention communication
- Troubleshoot operational roadblocks or delivery bottlenecks

What you'll start to notice:

- You move faster
- You write better
- You think clearer
- And you waste less time stuck in friction

[Click here to access The Entourage ChatGPT Prompts Vault.](#)

Part 5: The Coaching CoPilot

The most successful Entourage Members don't just learn faster—they implement faster. And the secret isn't always more coaching. It's having the right support between sessions.

This is where ChatGPT becomes your **Coaching CoPilot**.

You already know that coaching sessions are designed to give you clarity, strategy, and direction. But what about the moments between those sessions—when you're taking action, hitting roadblocks, or trying to make decisions on the fly?

That's where ChatGPT comes in.

When used the right way, ChatGPT helps you:

- Stay in motion instead of waiting for the next session
- Troubleshoot and refine as you go
- Get further down the path, so your next session goes deeper
- Accelerate not just your own growth, but your team's as well

This is how coaching ROI compounds—because you're not just getting breakthroughs during your sessions. You're converting every insight into forward momentum.

The Coaching CoPilot Prompt

Use this anytime after a coaching session. It helps you turn your session recap into a clear next step, and breaks through stuck points.

Copy this Prompt into ChatGPT:

"ChatGPT, these are the notes from my last coaching session:

[INSERT SESSION WRAP-UP NOTES FROM COACHING HUB HERE]

So far, I have: [List what you have done or implemented so far]

Where I'm currently stuck is: [Write clearly where you're stuck, unsure, or hitting resistance]

Please help me:

- Break this problem down
- Explore a couple of options or next steps
- Refine the solution so I can keep moving forward"

Optional Add-On:

If you want feedback on your work so far, add this to the end:

"Also, give me feedback on the work I've done so far. What could be improved or simplified?"

This turns your coaching session into a runway, not a one-off event. Use it consistently. Share it with your team. Let ChatGPT become your implementation partner.

Part 6: Implementing like a Pro - The Power of Starting

You now have everything you need to start using ChatGPT like a pro. Not as a gimmick. Not as another tool collecting dust. But as a real-time partner in execution, clarity, and scale.

And here's the truth: **the people who get the most out of ChatGPT aren't the ones who understand AI—they're the ones who use it consistently.**

If you want this to change how you operate, don't wait until you need it. Use it daily. Build the muscle. Make it a habit.

7-Day Challenge: Use ChatGPT Every Day

For the next 7 days, spend just 5 minutes a day inside ChatGPT.

You can use it to:

- Plan your day
- Work through a decision
- Write an email or ad
- Clarify your focus
- Journal and reflect
- Troubleshoot a roadblock

That's it. Just one touch point a day.

Because what happens after a week of using it isn't just better output—it's sharper thinking, faster momentum, and fewer bottlenecks.

Let's Recap

Here's what we've covered in this manual:

- **We shattered the myths** about AI being technical, scary, or unnecessary
- **You saw how I use it** personally and professionally to get more done with less friction
- **You journaled with The Clarity Catalyst** and saw how it can unlock insight
- **You learned to move faster across marketing, sales, and delivery**
- **You now have a prompt to plug in your coaching session and keep moving between calls**

This is how you create compound growth: with tools that help you think, write, decide, and act better—daily.

Final Call to Action

Start now. Not later. Not when you feel ready.

Open ChatGPT. Choose one of the prompts we gave you. Or just type what's on your mind.

The most powerful shift comes when you stop thinking of it as a tool you *sometimes* use—and start treating it as a partner that helps you go further, faster.

You don't have to master AI. You just have to start using it.

Let this be the beginning of a new rhythm in your execution. Because the business owner who leverages this *daily* is the one who pulls away from the pack.