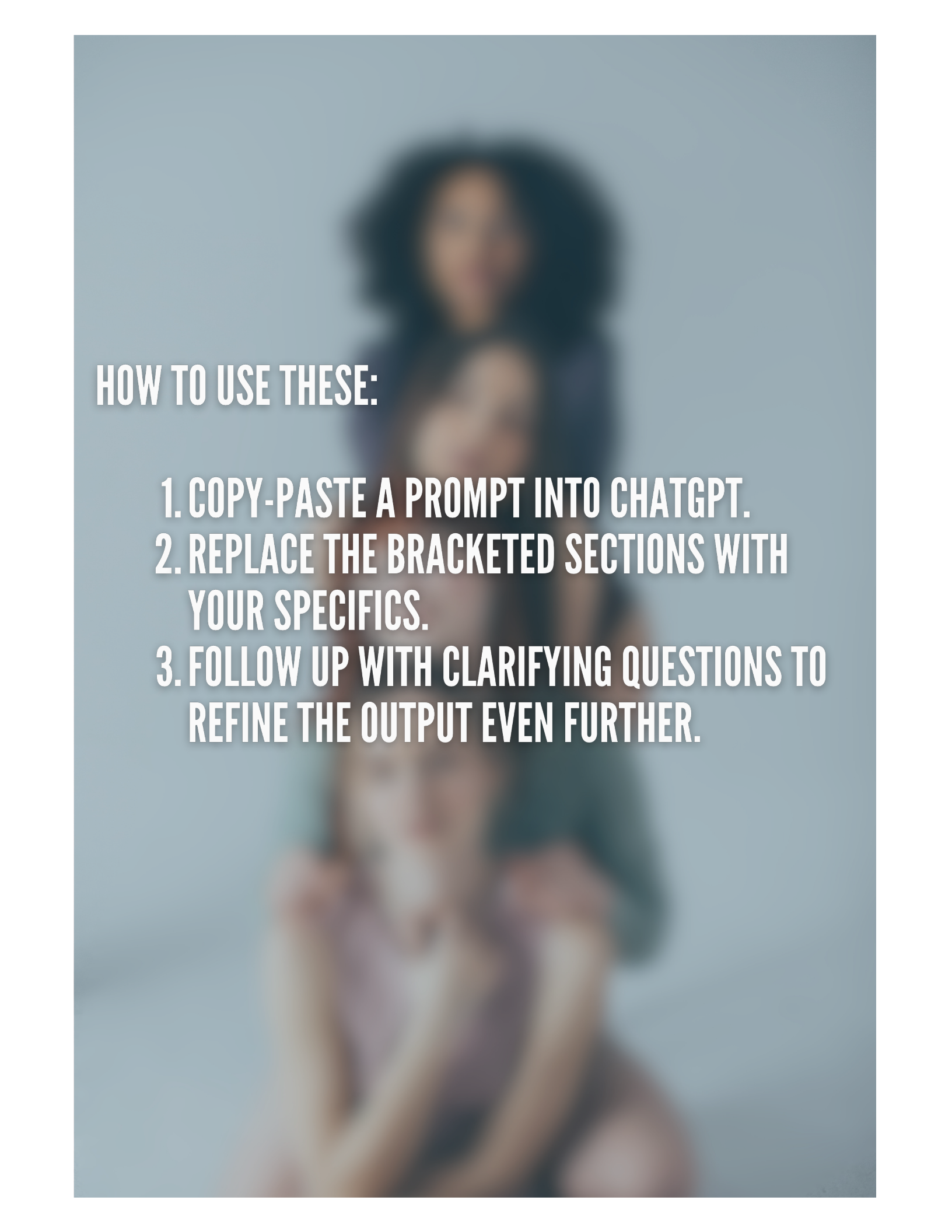


Free Resource



**For Ambitious, Empowered Women
Ready to Level-Up Every Dimension
of Life**



HOW TO USE THESE:

1. COPY-PASTE A PROMPT INTO CHATGPT.
2. REPLACE THE BRACKETED SECTIONS WITH YOUR SPECIFICS.
3. FOLLOW UP WITH CLARIFYING QUESTIONS TO REFINE THE OUTPUT EVEN FURTHER.

1. Personal Vision & Life Design

2. “Clarity Compass”

Prompt:

Act as a life-design strategist. Using the Ikigai framework, guide me—a 35-year-old [profession]—through a 7-step exercise to uncover the intersection of what I love, what I’m skilled at, what the world needs, and what I can be paid for. Provide reflection questions, journaling prompts, and a sample weekly schedule that aligns with the results.

“2. Values Litmus Test”

Prompt:

Create a 20-question assessment that helps me rank my core values. Then outline a system for auditing my calendar and spending to check alignment with my top five values.

2. Professional & Leadership Mastery

3. “Quarter-Billion Roadmap”

Prompt:

Act as a Fortune 500 executive mentor. Help me design a 5-year strategic roadmap to scale my [industry] business from \$[current revenue] to \$250 M. Include visionary goals, KPIs, hiring plan, and quarterly milestones.

2. “Stakeholder Whisperer”

Prompt:

I need to persuade a cross-functional leadership team to adopt a new [initiative]. Draft a 10-slide narrative arc (Problem, Opportunity, Solution, Impact, Ask) with data points and emotional hooks tailored to CFO, COO, and CMO personas.

3. “Executive Presence Feedback Loop”

Prompt:

Design a 30-day experiment to strengthen my executive presence: daily micro-habits, self-recording prompts, and a peer-feedback rubric. Include metrics to track improvement in confidence, clarity, and gravitas.

3. Financial Power Moves

1. “Wealth-Gap Eliminator”

Prompt:

Act as a fiduciary CFP and tax strategist. Build a 10-year plan for me, earning \$[amount] annually, to achieve \$5 M net worth by age [age]. Detail tax-efficient investment vehicles (including solo 401(k), backdoor Roth, real-estate syndications), risk management, and annual rebalance checkpoints.

2 . “Passive Income Matrix”

Prompt:

List and rank at least eight passive-income streams (digital products, dividend ETFs, short-term rentals, etc.) by ROI, time commitment, and upfront capital. For the top three, provide a 90-day launch checklist customized for a busy executive.

3. “Negotiation Win-Sheet”

Prompt:

Craft a five-part script to negotiate a 20 % raise and flexible work-from-anywhere arrangement. Include data-backed talking points, objection handling, and a BATNA (Best Alternative to a Negotiated Agreement).

4. Style & Personal Brand (Fashion / Aesthetics)

1. “Signature Style Blueprint”

Prompt:

Act as a celebrity image consultant. Build a capsule wardrobe plan for a [body type], [preferred color palette] woman who travels twice a month and speaks on stage. Include key pieces, fabric guidelines, and styling formulas for business, casual, and evening.

2. “Color Psychology Audit”

Prompt:

Analyze the colors I wear most frequently (black, navy, emerald, ivory). Explain the psychological signals each sends in leadership contexts and suggest strategic swaps to project approachability without losing authority.

3. “Brand-Ready Photoshoot Checklist”

Prompt:

Create a detailed brief for a personal-brand photoshoot: mood board keywords, shot list (headshots, lifestyle, flat-lays), location ideas, wardrobe, props, and poses that convey confidence, warmth, and innovation.

5. Personal Development & Mindset

1. “C-Suite Mental Fitness Circuit”

Prompt:

Design a daily 30-minute mental fitness routine combining visualization, gratitude, and cognitive reframing to reduce decision fatigue and increase resilience. Provide audio-script samples and habit-tracking templates.

2. “Limiting-Belief Recode”

Prompt:

Walk me through a 3-step NLP-inspired process to identify and replace my top three limiting beliefs about money and leadership. Include journaling prompts and anchor phrases.

“ 3. Year of 52 Micro-Experiments”

Prompt:

Generate a calendar of 52 weekly micro-challenges (one per week) that push me slightly outside my comfort zone in areas of networking, creativity, physical endurance, and altruism. Include reflection questions for each.

6. Health & Wellness Optimization

1. “CEO Energy Protocol”

Prompt:

Act as a functional-medicine MD. Create a holistic plan—nutrition, intermittent-exercise bursts, and sleep hygiene—to sustain peak cognitive performance through long days of back-to-back meetings. Include snack ideas, 5-minute desk-workouts, and biomarker targets.

2. “Travel-Proof Fitness Stack”

Prompt:

Design a body-weight and resistance-band workout routine that fits into hotel rooms, requiring ≤ 30 minutes, five times a week. Include progression levels and a printable tracker.

7. Relationships & Networking

1. Influence Circle Map”

Prompt:

Help me map my current network using concentric circles (inner circle, collaborators, mentors, industry icons). Then propose a 6-month plan to deepen each tier: touch-point cadence, value-add ideas, and elegant outreach scripts.

3. Power Partner Pitch”

Prompt:

Draft an email and 2-minute pitch to propose a co-branded masterclass with [thought-leader] that benefits both audiences, outlining win-win outcomes and easy next steps.

8. Philanthropy & Social Impact

1. “Purpose-Driven Giving Portfolio”

Prompt:

Create a framework to allocate 10 % of my annual income toward high-impact causes aligned with women’s empowerment and education. Include due-diligence criteria, a shortlist of vetted organizations, and metrics to measure social ROI.

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