

My Prompts Reference Sheet

Track your progress through all 10 prompts across every training session.

Participant Name:

Business Name:

Program start date:

#	Prompt Name	Recommended AI	Session	Date Run	Quality 1-5	✓
1	Customer Persona	ChatGPT/Gemini Free	1-Day·6-Day D1·10W M1			☐
2	Value Proposition	ChatGPT/Claude Free	1-Day·6-Day D2·10W M1			☐
3	Brand Identity Brief	Claude Free	1-Day·6-Day D2·10W M2			☐
4	Capability Statement	Claude/Copilot	6-Day D4·10W M3			☐
5	Capacity Statement	Claude/Copilot	6-Day D4·10W M3			☐
6	WHS Policy Overview	Claude/Copilot	6-Day D3·10W M3			☐
7	GBP + 50 Posts	Gemini Pro ★	6-Day D5·10W M2			☐
8	Deep Research: Tenders	ChatGPT/Gemini Pro ★★	6-Day D6·10W M5			☐
9	Deep Research: Grants	ChatGPT/Gemini Pro ★★	6-Day D6·10W M5			☐
10	Deep Research: WHS Std	Gemini/ChatGPT Pro ★★	6-Day D3·10W M3			☐

★ Paid subscription required (Gemini Pro / ChatGPT Plus) ★★ Deep Research mode required (ChatGPT Pro / Gemini Pro with Deep Research enabled)
Quality 1–5: 1 = poor / 2 = usable / 3 = good / 4 = strong / 5 = excellent — use to decide if a re-run with better DNA would help

My Business DNA block is saved at:

Session Notes

My Notes & Improvement Log

Use this page between sessions to track what worked, what to improve, and questions for your facilitator.

Prompt Improvement Log

Which prompts gave weak output? What would you change next time?

Prompt	What I tried (AI tool/version)	What I'd do differently

Best Output So Far

Paste or note the best extract you got from any prompt run — the one that best represents your business

Questions for My CDD Facilitator

Note anything you want to cover in the next session

AI Tools & Accounts I Have Access To

List your tools so your facilitator knows what to recommend

AI Tool	Plan (free / paid)	Notes

My next session target: