The AI Workflow Catalyst

Cheat Sheet

1. Recognize when I'm stuck or procrastinating.

2. Ask myself why

3. What would be a dream-come-true scenario for me?

4. What prompt could I give AI so it's more likely to generate that dream-come-true scenario. (The prompt should include a combination of background info/context and a question.)

5. Look at the results. Then ask myself one or more self-reflection questions:

   - What's good here?
   - What could be better?
   - What's missing?
   - What ideas surfaced that I didn't expect?
   - How can I dive in a little deeper?
   - How can I build on this?
   - What other follow-up, probing, or clarifying questions (if any) do I need to ask myself or the AI to get even richer insights or ideas?

6. Use these questions and insights to prompt the AI further so it can help me find better answers, solutions, or ideas.

7. Repeat steps 5 & 6 as needed.