



---

# Prompts to a Better Life

7 Ways ChatGPT Changed Everything

by Hanley Talks AI

---

---

## Prompts to a Better Life

7 Ways ChatGPT Changed Everything

*by Hanley Talks AI*

---

### 01. I Don't Google It. I ChatGPT It.

---

**Tool:** ChatGPT

When you need a real answer - not 10 blue links with ads.

I need to understand [TOPIC].

Explain it like I'm smart but new to this.

Give me:

- The core concept in 2-3 sentences
- Why it actually matters
- The most common misconception people have
- What to learn next if I want to go deeper

Skip the fluff. Be direct.

## Deep Tips

**Follow-up prompts that unlock more:**

- "Give me a real-world example I can relate to"
- "What would an expert say I'm missing?"
- "Explain it a different way - that didn't click"
- "What's the history behind this? Why does it work this way?"
- "What questions should I be asking that I'm not?"

**Power move:** After ChatGPT explains something, say:

"Now quiz me on this. Ask me 3 questions to check if I really understand."

This forces active learning instead of passive reading.

**For controversial topics:**

"Give me the strongest argument FOR this, then the strongest argument AGAINST. Don't tell me which is right - I'll decide."

---

## 02. Need a Translation? Ask ChatGPT.

---

**Tool:** ChatGPT

Context-aware translation that actually sounds natural.

Translate to [LANGUAGE]:

Context: [casual conversation / business email / formal document / social media]

Tone: [friendly / professional / playful / direct]

Text:

[YOUR TEXT HERE]

---

Also:

- Flag any phrases that don't translate well culturally
- Suggest alternatives that sound natural to native speakers
- Tell me if there are regional variations I should know about

## Deep Tips

### Hear the pronunciation:

"Now read this translation out loud using voice"

ChatGPT will speak it - perfect for practicing before a call or trip.

### Understand the culture:

"What's the etymology of [WORD]? Why do they say it this way?" "What cultural context should I know before saying this?" "Is this phrase formal or casual? Would I sound weird using it?"

### Regional variations:

"How would this sound in Spain vs Mexico vs Argentina?" "Is this Beijing Mandarin or would it sound different in Taiwan?"

### Learn while translating:

"Break down the grammar. What's each word doing?" "What are 3 similar phrases I should also know?"

### For important conversations:

"What are common mistakes English speakers make in [LANGUAGE] that would make me sound awkward?"

## 03. Need to Build an App? GPT Helps You Code.

**Tool:** ChatGPT (or GPT API via your code editor)

Turn ideas into working software - even if you're not a developer.

I want to build [DESCRIBE WHAT YOU WANT].

My coding level: [complete beginner / can read code / comfortable coding]

Preferred stack: [whatever you suggest / React / Python / specific tech]

Give me:

1. The simplest approach that will actually work
2. Step-by-step implementation plan
3. The actual code with clear comments
4. How to test that it works
5. Common errors I might hit and how to fix them

Start simple. We can add complexity later.

### Setup: GPT API in Your Code Editor

#### Option 1: Cursor (Recommended for beginners)

1. Download Cursor from [cursor.com](https://cursor.com) (free tier available)
2. It's VS Code but with AI built in - works out of the box
3. Press Cmd+K (Mac) or Ctrl+K (Windows) to chat with AI about your code
4. Uses GPT-4 and Claude - no API key needed for basic use

#### Option 2: VS Code + Continue Extension

1. Install VS Code ([code.visualstudio.com](https://code.visualstudio.com))
2. Install the "Continue" extension from the marketplace
3. Get your OpenAI API key from [platform.openai.com/api-keys](https://platform.openai.com/api-keys)
4. Add your API key in Continue settings

5. Press Cmd+L to chat, Cmd+I to edit code inline

### **Option 3: VS Code + Roo Code Extension**

1. Install "Roo Code" extension in VS Code
2. Add your OpenAI API key in settings
3. Great for larger codebases - reads your whole project

### **API Key Setup (for Options 2 & 3):**

1. Go to [platform.openai.com](https://platform.openai.com) → Sign in
2. Click "API Keys" in the sidebar
3. Create new secret key → Copy it
4. Paste into your extension's settings
5. Add billing at [platform.openai.com/account/billing](https://platform.openai.com/account/billing) (pay-as-you-go)

**Cost:** GPT-4 API is ~\$0.01-0.03 per request. A heavy coding day might cost \$1-5.

## **Deep Tips**

### **When you hit an error:**

"I got this error: [PASTE FULL ERROR MESSAGE]. What's wrong and how do I fix it?"

Always paste the FULL error - GPT is incredible at debugging when it has context.

### **Understand what you're building:**

"Explain this code to me line by line. I want to learn, not just copy." "What would break if I changed [X]?" "What are the security risks in this code?"

### **Before you start:**

"What's the absolute simplest version of this I could build first? I want a working prototype in 30 minutes."

### **Level up your code:**

"Refactor this to be more readable" "What would a senior developer change about this?" "Add error handling for edge cases"

## Learning faster:

"What concepts do I need to understand to modify this code myself?" "Give me 3 small challenges to practice what I just learned"

## 04. Need Cloud Servers? GPT Sets Them Up.

**Tool:** ChatGPT (or GPT API with terminal access)

DevOps without the pain - deployments, server setup, scripts.

I need to [DESCRIBE TASK] on [AWS / GCP / Azure / DigitalOcean].

Current setup: [what I have now, or "starting fresh"]

End goal: [what I want when this is done]

My experience: [DevOps newbie / some CLI experience / comfortable with serv

Give me:

1. Exact commands to run, in order
2. What each command does (brief, not a lecture)
3. How to verify each step worked
4. Common errors and how to fix them
5. Security considerations I shouldn't skip

Assume I'm copy-pasting these commands. Be precise.

## Setup: GPT-Powered DevOps

### Option 1: Just use ChatGPT

- Paste commands into ChatGPT, copy outputs to your terminal
- Works fine for most tasks - no setup needed
- Best for learning and one-off tasks

### Option 2: Cursor / VS Code with Terminal

- Use Cursor or VS Code with GPT extension (see Coding section)
- Open the built-in terminal (Ctrl+ or Cmd+)
- Chat with AI, then run commands directly in the same window

- AI can see your terminal output and help debug

### **Option 3: Warp Terminal (Mac)**

1. Download Warp from [warp.dev](https://warp.dev) (free)
2. It's a modern terminal with AI built in
3. Press Ctrl+` to ask AI questions about commands
4. AI can see your command history and help fix errors

### **AWS CLI Setup (if using AWS):**

1. Install AWS CLI: `brew install awscli` (Mac) or download from [aws.amazon.com/cli](https://aws.amazon.com/cli)
2. Run: `aws configure`
3. Enter your Access Key ID and Secret (from AWS Console → IAM → Users → Security Credentials)
4. Set default region (e.g., `us-east-1`)
5. Now you can run AWS commands directly

## **Deep Tips**

### **Before running anything:**

"What could go wrong with these commands and how do I recover?" "Which of these commands are reversible and which are permanent?" "What should I backup before doing this?"

### **Understanding costs:**

"What will this cost me per month on AWS?" "What's the cheapest way to do this?" "What can I turn off when I'm not using it?"

### **Security first:**

"Audit this setup for security vulnerabilities" "What permissions am I granting and is that too much?" "How would a hacker try to break into this?"

### **When something breaks:**

"Here's my error log: [PASTE]. What happened and how do I fix it?" "My server is slow. How do I diagnose what's wrong?"

#### Automation:

"Turn these manual steps into a script I can run again" "Set this up so it auto-scales when traffic spikes"

---

## 05. Feeling Confused? Throw It All at ChatGPT.

---

#### Tool: ChatGPT

Turn mental chaos into organized, actionable clarity.

My brain is overwhelmed with [TOPIC/SITUATION].

Here's everything in my head - messy, unfiltered, stream of consciousness:

[DUMP EVERYTHING HERE - half-thoughts, worries, random ideas, things you've

---

Help me:

1. Identify what I'm actually trying to figure out (the real question)
2. Separate the urgent from the important
3. Find the 2-3 decisions that actually matter
4. Create a simple next step I can take in 10 minutes
5. Tell me what I should stop worrying about

Keep my voice. Be direct. Don't sugarcoat.

### Deep Tips

**The messier, the better.** Don't edit yourself. Dump everything - even the embarrassing stuff. ChatGPT doesn't judge.

**Go deeper:**

"What am I not seeing here?" "What question should I be asking that I'm not?"  
"What would someone smarter than me notice about this situation?"

### **Challenge your thinking:**

"Play devil's advocate. What's wrong with my approach?" "What would I tell a friend in this exact situation?" "What am I avoiding dealing with?"

### **For big decisions:**

"What will I regret in 5 years if I choose A vs B?" "What's the reversible version of this decision?" "What would I do if I wasn't afraid?"

### **Emotional processing:**

"I just need to vent: [DUMP]. Don't fix it, just reflect back what you're hearing."  
"Help me figure out why I'm actually upset about this"

### **After clarity:**

"Now turn this into a simple checklist I can follow" "What's the ONE thing I should do today?"

---

## **06. Need Concept Images? Ask ChatGPT.**

---

**Tool:** ChatGPT (uses GPT-image-1 / DALL-E built in)

Get ideas out of your head and into visuals - right in the chat.

I need a visual for [PURPOSE: YouTube thumbnail / social post / presentation]

My rough concept: [describe what you're imagining]

Mood/vibe: [professional / playful / dark / minimal / bold / techy / warm]

Must include: [specific elements, text, objects]

Avoid: [things you don't want]

Reference style: [like Apple ads / cyberpunk / minimal / hand-drawn / etc.]

Generate an image based on this. Then give me:

1. What you created and why
2. 2 alternative directions if I want to iterate
3. Color palette you used

## Control Your Output

### Resolution & Aspect Ratio (gpt-image-1 options):

"Generate at 1024×1024" (square - Instagram feed, profile pics) "Generate at 1536×1024" (landscape - YouTube thumbnails, headers) "Generate at 1024×1536" (portrait - Stories, Reels, TikTok, Shorts)

These are the three supported sizes. Choose based on your use case:

- **Square (1024×1024):** Social posts, avatars, product shots
- **Landscape (1536×1024):** Thumbnails, banners, presentation slides
- **Portrait (1024×1536):** Vertical video covers, phone wallpapers, Stories

### Style & Detail:

"Photorealistic, highly detailed" "Simple, flat design - minimal details" "Stylized, low-poly, geometric" "Illustration style, hand-drawn feel"

### Lighting Control:

"Golden hour lighting, warm tones" "Dramatic side lighting, high contrast shadows" "Soft diffused light, no harsh shadows" "Neon lighting, cyberpunk atmosphere" "Studio lighting, white background"

### Camera/Lens Effects:

"Shot on 35mm film, film grain" "Shallow depth of field, blurred background" "Wide angle lens, slight distortion" "Macro close-up shot" "Aerial drone view, looking down"

## Deep Tips

### Be specific about style:

"Make it look like a [specific artist/brand] would design it" "Flat vector illustration, limited color palette" "Photorealistic, cinematic" "Watercolor texture, hand-painted feel"

### For thumbnails that pop:

"Make it readable at 100px wide - YouTube thumbnail size" "High contrast, simple composition, one clear focal point" "Face with exaggerated expression looking at [object]" "Bold colors: red, yellow, or cyan backgrounds"

### Iterate effectively:

"Keep everything the same but change [ONE THING]" "More contrast" / "Less busy" / "Warmer colors" "Zoom in on the [element]" "Move the subject to the left third"

### Get variations:

"Give me 4 completely different concepts for this same idea" "Same concept but in 4 different art styles"

### Add text to images:

"Add the text '[YOUR TEXT]' in a bold sans-serif font, top center" "Text should be white with black outline for readability"

### Learn from the output:

"What prompt would recreate this image if I wanted to?" "What makes this image work visually? Teach me."

## 07. Crazy Video Idea? Sora Brings It to Life.

**Tool:** ChatGPT with Sora (video generation)

Turn a concept (or still image) into motion - directly in ChatGPT.

I want to create a [LENGTH: 5-10 second] video clip for [PURPOSE: b-roll /

Concept: [describe the scene or action]

Starting point: [text description / or "I have a still image of X"]

Mood: [cinematic / dreamy / energetic / calm / dramatic]

Camera movement: [static / slow pan / dynamic / handheld feel]

Generate a video based on this. Then tell me:

1. What you created
2. Alternative approaches if I want to try again
3. Music/sound vibe that would match

### Using Cameos (Put Yourself in Sora Videos)

Sora's Cameo feature lets you appear in AI-generated videos with your actual face and voice.

#### One-time setup:

1. Open your Profile in the Sora app
2. Tap "Create character"
3. Record a short video with audio (verifies your identity and captures your likeness)
4. Position camera at eye level, arm's length for a full face view
5. Use bright, even light. Face the camera. Speak clearly.

**Using your Cameo in prompts:** In the Sora editor, tag your character by name where you want to appear:

@YourName walks into a modern office, looks at the camera, and says "Welcom

### **Cameo tips:**

"Name the character, location, and action" "If you want your cameo to speak, include the dialogue and tone" "Keep prompts simple and direct"

### **Privacy controls:**

- You control who can use your cameo (Only me, People I approve, Mutuals, or Everyone)
- You can review any video drafts that include you
- Revoke access or remove any video with your likeness at any time

**Pet & Object Cameos:** You can also create cameos from your pets or objects:

- Record a 3-10 second clip of your pet/object
- Keep it clearly visible the entire time
- For pets: record at eye level, capture natural movement

## **Creating Multi-Clip Sequences**

Each Sora clip is generated separately. To maintain consistency across clips, you need to describe the same elements in every prompt.

**The key to consistency:** Repeat your character/setting descriptions in each clip prompt. Sora doesn't remember between generations.

### **Plan your sequence first:**

I'm making a 30-second video about [TOPIC].

Break this into 5-6 short clips (4-6 seconds each) that I can stitch together

- Opening hook shot
- 3-4 content shots
- Closing shot

For each clip, give me:

1. What happens in the shot
2. Camera angle and movement
3. The exact prompt to generate it

IMPORTANT: Include consistent descriptions of characters, clothing, setting

I'll edit these together in [CapCut / Premiere / DaVinci].

**Example sequence - notice how FULL character details repeat in every clip:**

"Clip 1: A 35-year-old Asian man with short black hair, light stubble, wearing a navy blue blazer over a white t-shirt, sitting in a modern minimalist office with white walls, large floor-to-ceiling windows, a wooden desk with a MacBook. Wide establishing shot, soft natural daylight from windows, cinematic look."

"Clip 2: A 35-year-old Asian man with short black hair, light stubble, wearing a navy blue blazer over a white t-shirt, medium shot at wooden desk, white ceramic coffee cup with steam rising, MacBook open in front of him. Modern minimalist office with white walls and large windows, soft natural daylight, shallow depth of field."

"Clip 3: Close-up of hands typing on a MacBook keyboard, navy blue blazer sleeves visible, white t-shirt cuffs showing. Wooden desk surface, soft natural daylight, shallow depth of field, cinematic."

"Clip 4: Over-shoulder shot of a 35-year-old Asian man with short black hair, light stubble, navy blue blazer over white t-shirt, looking at MacBook screen showing code. Modern office with white walls, large windows, soft natural daylight from the left."

"Clip 5: Wide shot of modern minimalist office with white walls, floor-to-ceiling windows, golden hour light. A 35-year-old Asian man with short black hair, light stubble, navy blue blazer over white t-shirt, sitting at wooden desk with MacBook, leaning back satisfied."

**Key:** Copy-paste your character description into every single prompt. Age, ethnicity, hair, facial hair, clothing layers, colors - all of it, every time.

**Pro tip for Sora Pro users:** The Storyboard feature (\$200/month tier) helps maintain consistency automatically across scenes up to 25 seconds.

## Deep Tips

**Start with a still image:** Generate an image first, then say:

"Now animate this image. Subtle movement - just [describe motion]."

This gives better results than pure text-to-video.

**Camera movement vocabulary:**

"Slow push in" / "Pull back" / "Dolly left to right" "Pan left" / "Pan right" / "Tilt up" / "Tilt down" "Orbit around subject" / "360 rotation" "Crane shot rising up" / "Drone shot descending" "Handheld, slight shake" / "Locked off, perfectly static" "Tracking shot following subject"

**Describe motion precisely:**

"Hair blowing gently in the wind" "Steam rising from the coffee cup" "Clouds moving in timelapse" "Person turns head slowly toward camera" "Particles floating in light beam"

**For b-roll:**

"Seamless loop - ends exactly where it starts" "No people, just environment and objects" "Slow motion, 50% speed feel" "Cinematic letterbox aspect ratio"

**Describe the feeling:**

"The vibe of a [specific movie/music video/commercial]" "Nostalgic 90s home video aesthetic, VHS grain" "Clean, Apple-commercial energy, white background" "Blade Runner neon noir" "Wes Anderson symmetrical, pastel colors"

---

## How to Use These Prompts

---

1. **Copy the template** - don't start from scratch
  2. **Fill in the [BRACKETS]** - be specific, add context
  3. **Paste into ChatGPT** - works on web, mobile, or API
  4. **Use the deep tips** - follow-up questions are where the magic happens
  5. **Save your best outputs** - build your personal prompt library
- 

## The Meta-Prompt

---

When you're stuck on how to prompt:

I want to [GOAL] but I'm not sure how to ask you effectively.

Help me write a better prompt. Ask me clarifying questions first, then give

---