



Best ChatGPT

# PROMPT FRAMEWORKS





# The RT-CROS Prompting Framework

A simple, powerful structure to unlock consistent, high-quality AI responses:

- **R – Role**
- **T – Task**
- **C – Context**
- **R – Reasoning**
- **O – Output Format**
- **S – Stop Conditions**

 Swipe left



# Role

- Define a clear persona for ChatGPT to adopt

## Example

- *Act as a personal productivity coach specializing in effective, lesser-known learning methods for mastering a new skill in three months*





# Task



State exactly what you want the AI to do. Be explicit

## Example

- *Begin with a concise checklist (3–7 bullets) of steps to follow, focusing on conceptual planning.*
- *Identify and present the top 3 medium-commitment learning methods (not widely used) that enable strong progress in under 90 days.*
- *Ensure each method offers a unique advantage in efficiency, engagement, or adaptability.*





# Context

- Provide all necessary background, constraints, and details for accurate responses

## Example

- *Prioritize accuracy: Method names must match official or widely recognized sources*
- *Time and resource estimates should be realistic*
- *Highlight what makes each method an outstanding choice in a concise summary*





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# Reasoning



Guide the AI's thought process before delivering the final answer

## Example

- *Internally vet all methods to ensure they are real, underused, and meet all parameter*
- *Cross-check details with credible learning or productivity sources*
- *Optimize for clarity, concise presentation, and practical value*







# Output Format



Specify exactly how you want the response structured

## Example

Return results as a Markdown table with the following columns:

- Method Name
- Main Resources
- Weekly Time Commitment (Hours)
- Estimated Progress in 90 Days
- Summary







# Stop Conditions

- Set clear boundaries for completion.

## Example

- *Task is complete when three verified, unique medium-commitment methods are returned in the specified table format, excluding overly common approaches, with full compliance to all requirements*





# Complete RT-CROS Example

**Role:**

Act as a personal productivity coach focused on recommending lesser-known, effective learning methods for mastering a new skill within three months

**Task:**

- Begin with a concise checklist (3–7 bullets) of conceptual planning steps
- Identify and present the top 3 medium-commitment, underused learning methods for strong progress in under 90 days
- Ensure each method offers a unique advantage

**Context:**

- Prioritize accuracy and realism in method names and time estimates.
- Highlight what makes each method outstanding in a brief summary

**Reasoning:**

- Vet methods for authenticity and relevance
- Cross-check with credible sources
- Optimize for clarity and practicality

**Output Format:**

Markdown table with: Method Name, Main Resources, Weekly Time, Estimated 90-Day Progress, Summary

**Stop Condition:**

Task complete when three verified methods are returned in the specified format, excluding common approaches, with full requirement compliance





# You've got the guide. Now put it to work.

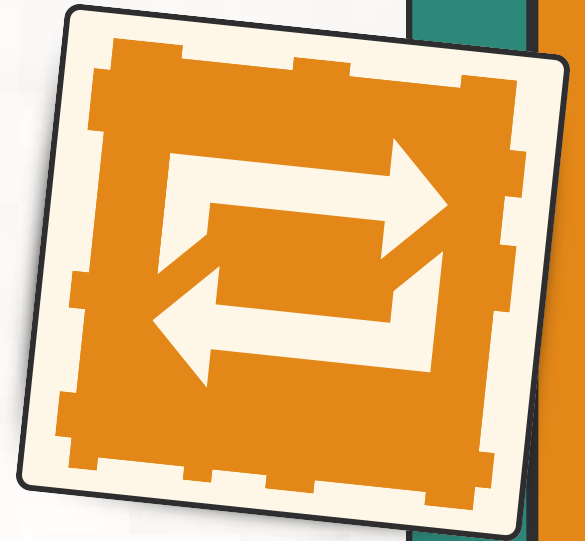
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