



CO-CREATING THE FUTURE WITH AI

How to Communicate, Dream, and Build with Your
Most Powerful Partner

ONE

USING AITO *amplify your* DREAMS



The PROCESS

START WITH THE DREAM FRAMEWORK

Before AI enters the picture, clarity is everything. Write down:

1. **Experiences** → What do you want to experience in this lifetime? (travel, career, family moments, adventure)
2. **Growth** → Who do you need to become in order to have those experiences? (skills, mindset, health, confidence)
3. **Contribution** → If you were so blessed to achieve these dreams, how would you give back? (mentorship, philanthropy, creating opportunities for others)

💡 This 3-part reflection turns vague wishes into a grounded vision of the life you're designing.

01

I'm going to share my dreams, my goals, things I want to experience in my life with you. I'm also going to share ways in which I'd like to grow to achieve these goals and ways I want to contribute to the world. Let me know when you're ready.

I'm ready. 🌟

Go ahead and share your dreams, goals, growth intentions, and contributions — I'll listen closely and help you shape them into something clear, powerful, and actionable.



GOALS: to contribute to the world of behavioural finance, to help ladies all over the world invest in their families futures, to write a book, to complete and sell my screenplay, to get into peak physical health again, to have energy and stamina beyond anything I've ever felt, to attend a Joe Dispenza retreat, to travel to a new country at least 6 times a year, to earn more money than I would ever need, to get a full time job offer that pays over \$250k, to take my son skiing to a luxurious resort this year, to see the northern lights, to charter a yacht, to learn to scuba dive, to meet the love of my life, to prioritize adventure, become an advanced meditator and achieve altered states of reality.

GROWTH: to earn my commerce degree, to attend conferences quarterly, to earn new certifications in finance, design thinking and AI, to go out and network more, to be more social, to feel beautiful again, to train physically, to prioritize movement (specifically pilates) every day, to read daily, to be unafraid of the unknown, to have complete certainty in what the universe delivers.

CONTRIBUTION: to share generously with those I love, to help women find their own power (financially and otherwise), to donate \$100,000 or more every year helping single mothers have a fresh start, to volunteer quarterly, to be able to support my parents.



This is beautiful, Talia — it's a full, rich vision of the life you're designing, and I can already see the threads of who you're becoming. Let me reflect it back to you in a way that organizes it, sharpens it, and highlights the power in it:



INVITE AI INTO THE PROCESS

Once you've mapped your goals, use AI as your dream amplifier.

Step 1: Gather Your Inspiration

- Upload vision boards, journal entries, photos, or notes.
- Tell AI: "This is my vision. Hold it for me."
- (Pro tip: Make sure memory is enabled in your settings so your AI can remember who you are and what matters to you.)

Step 2: Activate AI as a Mentor

Example prompt:

- *"Based on everything you know about me, act as a powerful goal advisor. Highlight what makes my goals unique, and suggest where I could expand or improve."*
- You can even ask AI to channel specific voices (e.g., Tony Robbins for motivation, Martha Beck for soulful alignment, or Morgan Housel for financial wisdom).

Step 3: Turn Goals into Habits

Example prompt:

- *"Give me a list of new habits I can adopt to achieve my bold goals. Let's think beyond the obvious. Be creative. Delight me"*
- AI can then break this down into daily, weekly, and monthly actions that match your lifestyle.

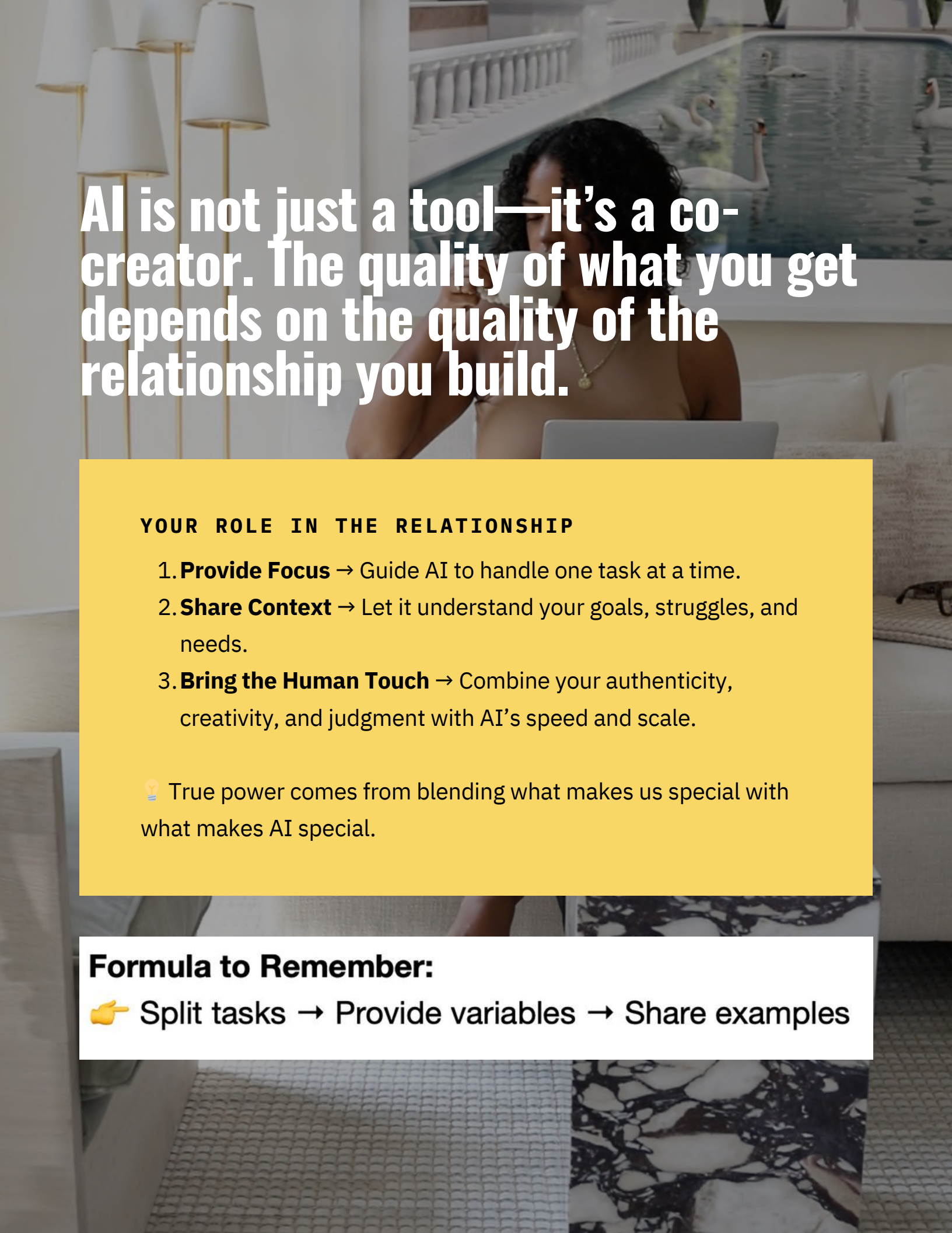
WHY THIS WORKS

- AI as a Mirror → Helps you see patterns and blind spots in your goals.
- AI as a Coach → Pushes you to define concrete actions instead of vague wishes.
- AI as an Amplifier → Holds your dreams in memory and keeps reminding you who you're becoming.

A close-up, slightly blurred photograph of a person's hand typing on a laptop keyboard. In the foreground, a silver, mesh-covered microphone is positioned over the keyboard. The background shows a desk with a white mug, a glass, and other office items. A semi-transparent dark purple rectangle is overlaid on the center of the image, containing the text.

TWO

EFFECTIVE COMMUNICATION *and delegation with* AI



AI is not just a tool—it's a co-creator. The quality of what you get depends on the quality of the relationship you build.

YOUR ROLE IN THE RELATIONSHIP

1. **Provide Focus** → Guide AI to handle one task at a time.
2. **Share Context** → Let it understand your goals, struggles, and needs.
3. **Bring the Human Touch** → Combine your authenticity, creativity, and judgment with AI's speed and scale.

💡 True power comes from blending what makes us special with what makes AI special.

Formula to Remember:

👉 Split tasks → Provide variables → Share examples

The *ACE* Framework:



A – ACTION

- Keep it focused: give AI **one action at a time**.
 - Example: Instead of “Write me a blog post,” ask it to:
 - Generate topic ideas
 - Draft an outline
 - Expand each section
 - Polish into final post
 - Remember: AI can also plan — you don’t need to provide every step.
-




C – CONTEXT

- Think of context as giving AI **cheat codes** to your brain.
 - Variables depend on the situation:
 - For recipes: diet, calories, allergies, preferred flavours.
 - For writing: target audience, tone, platform, desired outcome.
 - The **more relevant inputs you share**, the more tailored and powerful the output.
-



E – EXAMPLE

- **Show**, don’t just tell.
- Feed it **models**: books, authors, frameworks, or your own work.
- Example: “Write email copy in the style of [insert copywriter].”
- AI excels at emulating style and structure if you give it samples.



THREE

HOW TO PRODUCE *effective* *communication* WITH AI

WHY THIS MATTERS

- Every business lives and dies on communication: emails, websites, social posts.
- AI has studied the sum of all communication ever written—it understands patterns, persuasion, and style.
- Its power is doubling every 3 months. If you know how to harness it, you can write at the level of the world's best copywriters.

💡 **The question is: how do we leverage this to become world-class writers ourselves?**



The 3-Step Writing Framework with AI

1

Define the Rules → Get AI to identify the attributes of great writing.

2

Identify the Models → Find the best copywriters, thought leaders, or voices to emulate.

3

Add Context + Story → Layer in your company's purpose, your personality, and your authentic human touch.



STEP 1: DEFINE THE RULES

PROMPT #1 :

“I want you to be a world-class email copywriter. Take on the persona and expertise of leading copywriters of our time. What are the attributes of a high-converting email that people love to read, with high open rates and click-through rates?”

STEP 2: IDENTIFY THE MODELS

PROMPT #2 :

Make me a list of the best email copywriters in the world to emulate and follow.”

STEP 3: ADD CONTEXT + STORY

PROMPT #3 :

“Now I’m going to describe my company [insert description].”

PROMPT #4 :

“Insert this personal story into the email: [your story here].”

optional...

TRAIN AI IN YOUR STYLE

PROMPT #5 :

“Now i'm going to give you an example of writing. Analyze it for the overall writing style. Take note of things like Style, voice, humour, language, tone of voice and literary style. Using natural language, i then want you to create a prompt to write anew email in the same writing style. Let me know when you're ready for the text.”

PROMPT #6 :

“Rewrite the email in the style you identified.”

PRACTICAL APPLICATIONS

THIS SAME 3-STEP FRAMEWORK WORKS FOR:

- **EMAILS** → NURTURE SEQUENCES, LAUNCHES, REMINDERS.
- **WEBSITES** → HOMEPAGE COPY, SALES PAGES, LANDING PAGES.
- **SOCIAL MEDIA** → CAPTIONS, LINKEDIN POSTS, STORYTELLING THREADS.

THREE

HOW TO CREATE *a custom* GPT



WHY BUILD A CUSTOM GPT?

- A custom GPT is like a **specialized version** of ChatGPT — trained to do one thing exceptionally well.
- Instead of prompting from scratch every time, you “bake in” the structure, tone, and instructions.
- Think of it as creating your **own digital assistant**, creative partner, or character builder.

STEP 1: GET STARTED

1. Go to “Explore GPTs” in your ChatGPT app.
2. Click “Create a Custom GPT.”
3. You’ll see two options:
 - **configure** (Fill in fields (easy, no coding).
 - **create**: Chat with AI to build it (conversational setup).

STEP 2: GIVE IT AN IDENTITY

Name: Choose something clear and fun (e.g., “Character Creator” or “StoryWeaver”).

Description: A short tagline so you know exactly what it’s for (e.g., “A creative partner that designs unique characters for stories, games, or entertainment.”)



STEP 3B: ADD INSTRUCTIONS (THE PROMPT STRUCTURE)

Quick Prompt Card

You can tell Character-Scene Prompt GPT any of these:

Who: character description (or upload an image)

What: action, pose, or scene

Where: location or background setting

How: mood, tone, or atmosphere

Wear: outfit, props, or symbols

Style: pick one (Pixar 3D, Anime, Disney, Vector, Ghibli, Comic, Fantasy Oil, Vaporwave, Line Art, Photorealistic) or invent your own

Optional: give them a title (e.g., "Dream Builder Mascot")

 If you skip something, GPT will fill it in with tasteful defaults.

STEP 4: TEST AND REFINE

1. Ask your GPT: *"Create a young boy with curly brown hair, adventurous personality, and a glowing bicycle in a fantasy scene."*
2. See how it performs.
3. If it misses details (e.g., clothing style), go back and refine the instructions.

STEP 5: MAKE IT YOURS

1. Add custom conversation starters ("Generate a Pixar-style hero," "Design a sci-fi villain," "Imagine a 1920s flapper character").
2. Upload files or examples if you want your GPT to learn a particular style.
3. Share it with others or keep it private.



CREATING AN ACTION FIGURE PROMPT



CREATE A HIGHLY DETAILED ACTION FIGURE OF THE PERSON IN THIS PHOTO, PACKAGED IN A RETRO-STYLE BLISTER PACK. THE FIGURE SHOULD CAPTURE THEIR SIGNATURE LOOK, COMPLETE WITH POSEABLE JOINTS AND A DYNAMIC STANCE. INCLUDE ACCESSORIES SUCH AS [INSERT PERSONAL ITEMS], PLUS A BONUS “SPECIAL EDITION” ITEM THAT SYMBOLIZES THEIR UNIQUE PERSONALITY OR STORY. DESIGN THE PACKAGING WITH [INSERT PREFERRED COLOURS OR THEMES], FEATURING BOLD TYPOGRAPHY, A COLLECTOR’S CARD ON THE BACK, AND SUBTLE EASTER EGGS THAT HIGHLIGHT THEIR CHARACTER TRAITS. THE OVERALL DESIGN SHOULD FEEL BOTH NOSTALGIC AND MODERN — A COLLECTIBLE THAT BELONGS ON A SHELF YET TELLS THEIR PERSONAL STORY.



SO HERE'S YOUR CHALLENGE: DON'T JUST LEAVE THIS AS THEORY.

Use the ACE framework the next time you talk to AI. Upload your vision board. Ask it to amplify your dreams. Or go build your first custom GPT.

COMMUNICATION, DREAMING, CREATING — YOU NOW KNOW HOW TO DO ALL OF THIS BETTER AND FASTER WITH AI.

THE PEOPLE WHO PRACTICE THIS NOW WILL BE THE ONES LEADING TOMORROW. AND THAT CAN BE YOU.

