AI PROMPT 2026

5 AI PERFORMANCE UPGRADE PROMPT LAWS OF 2026

PROMPT FORMULA PLAYBOOK US EDITION

100 COPY-PASTE PROMPTS ACROSS 5 FRAMEWORKS

Included frameworks: Tree of Thoughts (ToT), Self-Reflection, Meta-Prompting, RAG, ReAct
How to use: Replace anything in {curly_braces} and run the prompt in your favorite AI tool.

Important: This playbook is for productivity and writing support. It is not legal, medical, financial, or professional advice.

Table of Contents

- Tree of Thoughts (ToT)
- Self-Reflection (Draft -> Critique -> Rewrite)
- Meta-Prompting (Make the Model Write the Prompt)
- Retrieval-Augmented Generation (RAG)
- Reason + Act (ReAct)

Tip: Each section starts with a "Formula Card" (easy to paste into Canva/design templates)

Tree of Thoughts (ToT)

A {role} agent, solve {problem} with {3 parallel strategies}, evaluate each on {pros/cons, cost, time, risk, expected impact}, prune {the weakest option}, deliver {one best recommendation + action plan + success metrics}.

The Logic

You’re asking the AI to explore different strategies, weigh the pros and cons, and pick the winner itself.

The Proof

A Princeton study showed that on a complex math puzzle called 'Game of 24,' this method boosted accuracy from a measly 4% to a staggering 74%.

ToT-01 | Ecommerce (Etsy/Shopify) Pricing & Promo Plan

You are a {ecommerce_growth_strategist}. Goal: {increase_monthly_revenue_by_%}. Context: {product_category}, {average_order_value}, {COGS}, {gross_margin_%}, {inventory_level}, {seasonality}, {top_3_competitors_and_prices}, {ad_budget}.

Task: Think in {3} parallel strategies (e.g., {pricing}, {bundles}, {limited-time promos}, {subscription/loyalty}). For each strategy, provide: {pros}, {cons}, {estimated_cost}, {time_to_launch}, {risks}, {expected_KPI_impact}. Prune: Remove the least rational strategy and explain why. Deliver: The best strategy + a {14-day} step-by-step plan + a KPI checklist ({conversion_rate}, {AOV}, {CAC}, {refund_rate}, {net_margin}).

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ToT-02 | Restaurant/Cafe New Menu Launch

You are a {restaurant_product_developer}. Goal: {launch_a_new_menu_item_that_sells_%_per_day}. Inputs: {concept}, {target_guests}, {ingredient_costs}, {prep_time_limit}, {equipment_constraints}, {competitor_menu_examples}, {price_range}. Create {3} launch strategies (e.g., {seasonal_feature}, {limited_drop}, {combo/meal_deal}). Evaluate each on: {food_cost_%}, {operational_complexity}, {brand_fit}, {repeat_purchase_potential}, {marketing_hook}. Prune the weakest option. Deliver the winner with: {menu_name}, {recipe_outline}, {price}, {prep_workflow}, {2-week test plan + metrics}.

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ToT-03 | B2B SaaS Free-to-Paid Conversion

You are a {B2B_SaaS_PM}. Goal: {double_free_to_paid_conversion}. Context: {current_funnel_metrics}, {core_value_moment}, {persona}, {pricing_tiers}, {top_competitors}. Generate {3} distinct conversion strategies (e.g., {onboarding}, {paywall_design}, {trial_offer}, {in-product_nudges}). Score each on: {dev_effort_low_med_high}, {risk}, {expected_lift}, {time_to_ship}. Prune the weakest. Deliver: 1 winning strategy + {PRD-style} requirements + event tracking plan ({events}, {properties}, {success_criteria}).

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ToT-04 | Clinic Scheduling: Reduce Wait Time

You are a {clinic_operations_consultant}. Goal: {reduce_patient_wait_time_by_%}. Inputs: {specialty}, {providers_count}, {appointment_types}, {walk-in_ratio}, {peak_hours}, {no-show_rate}, {current_process}. Propose {3} operational strategies (e.g., {schedule_templates}, {staggered_check-in}, {pre-visit_intake}, {overbooking_rules}). Evaluate: {patient_experience}, {staff_load}, {cost}, {implementation_risk}, {compliance_risk}. Prune 1 weak strategy. Deliver: The best workflow as a {step-by-step process map} + KPIs ({avg_wait}, {throughput}, {no-show}, {patient_satisfaction}).

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ToT-05 | Real Estate Agent: Hyper-Local Lead Gen

You are a {real_estate_marketing_strategist}. Goal: {generate_%_qualified_leads_per_month}. Inputs: {city/neighborhood}, {property_type}, {target_buyer_or_seller}, {monthly_budget}, {unique_strength}, {competitors}. Build {3} strategies (e.g., {local_SEO+content}, {paid_lead_ads}, {partner_referrals}). Evaluate: {lead_quality}, {CPA}, {time_to_results}, {effort}, {scalability}. Prune the weakest. Deliver: A {30-day} plan with a content calendar + follow-up script + metrics.

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ToT-06 | Last-Mile Delivery: Reduce Late Orders

You are a {last_mile_ops_manager}. Goal: {reduce_late_deliveries_by_%}. Inputs: {zones}, {daily_volume_by_hour}, {driver_count}, {hub_locations}, {cutoff_times}, {CS_complaints_summary}. Create {3} strategies (e.g., {dispatch_rules}, {hub_rebalancing}, {cutoff_adjustment}). Evaluate: {cost}, {expected_impact}, {driver_pushback_risk}, {service_risk}. Prune the weakest. Deliver: The winning strategy + implementation checklist + dashboard metrics ({on-time_%}, {avg_route_time}, {CS_rate}).

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ToT-07 | Manufacturing Quality: Lower Defect Rate

You are a {quality_engineer}. Goal: {defect_rate_%_to_%}. Inputs: {process_steps}, {top_defect_types}, {scrap_cost}, {inspection_method}, {shift_staffing}, {recent_changes}. Propose {3} strategies (e.g., {process_adjustment}, {inspection_upgrade}, {standard_work_training}). Evaluate: {CAPEX}, {OPEX}, {lead_time}, {prevention_strength}, {change_management_risk}. Prune the weakest. Deliver: The best plan using {RCA/5-Why} framing + an action list + control plan.

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ToT-08 | Education/EdTech Curriculum Redesign

You are a {curriculum_designer}. Goal: {increase_course_completion_rate_by_%}. Inputs: {learner_level}, {learning_outcomes}, {course_length}, {content_constraints}, {competitor_courses}. Create {3} curriculum strategies (e.g., {project-based}, {sprint-based}, {exam-ready}). Evaluate: {engagement}, {learning_efficiency}, {production_cost}, {support_load}. Prune 1 strategy. Deliver: The final curriculum with weekly breakdown + assessments + retention hooks.

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ToT-09 | Travel Itinerary: 4-Day Trip Plan

You are a {travel_planner}. Goal: {design_a_4_day_trip_that_matches_preferences}. Inputs: {destination}, {budget}, {travel_style}, {must_do_list}, {mobility_constraints}, {food_preferences}. Build {3} itinerary strategies (e.g., {relaxed}, {packed_highlights}, {local_hidden_gems}). Evaluate: {pacing}, {transport_efficiency}, {uniqueness}, {risk_weather/closures}. Prune the weakest. Deliver: The best itinerary with time blocks + Plan B options for bad weather.

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ToT-10 | Personal Budget: Cut Spending Without Misery

You are a {personal_finance_coach} (general guidance, not financial advice). Goal: {increase_savings_rate_to_%}. Inputs: {monthly_income}, {fixed_costs}, {variable_spend_by_category}, {debt_payments}, {goals}. Propose {3} budget strategies (e.g., {zero-based}, {50/30/20}, {targeted_category_cuts}). Evaluate: {sustainability}, {stress_level}, {savings_%}, {risk_of_rebound_spending}. Prune the least realistic plan. Deliver: A weekly routine + check-in checklist + adjustment rules.

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ToT-11 | Insurance Claims Ops: Faster Cycle Time

You are a {claims_operations_lead}. Goal: {reduce_claim_cycle_time_by_%_and_complaints_by_%}. Inputs: {current_process_steps}, {backlog_by_stage}, {required_documents}, {team_capacity}, {system_constraints}. Generate {3} process improvement strategies (e.g., {triage_rules}, {automation}, {documentation_simplification}). Evaluate: {implementation_cost}, {risk}, {impact_on_quality}, {compliance}. Prune the weakest. Deliver: A RACI map + KPIs + a 30-day rollout plan.

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ToT-12 | Recruiting: Shorten Time-to-Hire

You are a {talent_acquisition_lead}. Goal: {reduce_time_to_hire_by_%_without_lowering_quality}. Inputs: {role}, {funnel_counts}, {drop-off_reasons}, {interviewer_availability}, {compensation_range}. Create {3} strategies (e.g., {JD_rewrite}, {screening_rubric}, {process_simplification}). Evaluate: {speed}, {fairness}, {candidate_experience}, {hiring_quality}. Prune the weakest. Deliver: A revised hiring flow + templates + metrics dashboard.

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ToT-13 | Law Firm Case Strategy (General, Not Legal Advice)

You are a {case_strategy_researcher} (general information, not legal advice). Inputs: {case_summary}, {key_issues}, {evidence_list}, {opposing_arguments}, {timeline_constraints}. Develop {3} defense/response strategies with different angles. Evaluate: {strengths}, {vulnerabilities}, {missing_evidence}, {time/cost}. Prune the weakest. Deliver: The best strategy with an {issue-to-evidence} map + next-step checklist.

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ToT-14 | YouTube Channel Growth: 4-Week Plan

{increase_subscribers_by_%_and_stabilize_views}. Inputs: {channel_niche}, {last_10_videos_metrics}, {audience_retention}, {upload_capacity}, {monetization_goal}. Create {3} growth strategies (e.g., {series_format}, {shorts_funnel}, {collabs}). Evaluate: {production_load}, {growth_potential}, {algorithm_risk}, {brand_fit}. Prune one. Deliver: A 4-week content calendar + title/hook templates + KPI targets.

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ToT-15 | Mobile Game Monetization Without Backlash

You are a {game_economy_designer}. Goal: {increase_ARPU_while_minimizing_churn}. Inputs: {core_loop}, {current_offers}, {payer_%}, {level_distribution}, {top_player_complaints}. Propose {3} monetization strategies (e.g., {battle_pass}, {starter_bundles}, {rewarded_ads_balance}). Evaluate: {player_sentiment_risk}, {pay-to-win_risk}, {dev_effort}, {revenue_uplift}. Prune the weakest. Deliver: The best strategy with A/B test design + guardrails.

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ToT-16 | Small Farm/CSA Production Plan

You are a {small_farm_manager}. Goal: {maximize_profit_and_reduce_waste}. Inputs: {crop_options}, {growing_time}, {expected_prices}, {labor_hours}, {storage_limits}, {weather_risks}. Create {3} planting/harvest strategies (e.g., {diversified}, {high-margin_focus}, {staggered_succession}). Evaluate: {risk}, {profitability}, {workload}, {resilience}. Prune the weakest. Deliver: A month-by-month operations calendar + risk mitigation plan.

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ToT-17 | Commercial Building: Cut Utility Bills

You are an {energy_manager}. Goal: {reduce_utility_cost_by_%}. Inputs: {building_type}, {peak_hours}, {equipment_list}, {thermostat_policy}, {utility_rate_structure}. Propose {3} strategies (e.g., {schedule_optimization}, {setpoint_policy}, {retrofit_options}). Evaluate: {upfront_cost}, {payback_period}, {tenant_comfort_risk}, {implementation_complexity}. Prune 1. Deliver: A roadmap split into {quick_wins}, {mid_term}, {long_term}.

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ToT-18 | City/County Program Design (Public Sector)

You are a {policy_analyst}. Goal: {improve_outcomes_for_program}. Inputs: {current_program}, {budget}, {target_population}, {success_metrics}, {known_pain_points}. Design {3} policy/program alternatives. Evaluate: {effectiveness}, {equity}, {operational_feasibility}, {unintended_consequences}. Prune the weakest. Deliver: The best option with KPI framework + implementation risks and mitigations.

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ToT-19 | Nonprofit Fundraising Campaign

You are a {fundraising_campaign_director}. Goal: {raise_$__in__days}. Inputs: {mission}, {donor_personas}, {channels}, {budget}, {campaign_timeline}. Create {3} campaign concepts (e.g., {story-led}, {matching_gift}, {challenge_campaign}). Evaluate: {conversion_likelihood}, {brand_fit}, {ops_load}, {donor_trust}. Prune 1 concept. Deliver: The best concept with messaging pillars + content sequence + KPIs.

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ToT-20 | Cybersecurity Incident Response (Defensive)

You are a {security_incident_coordinator}. Goal: {contain_incident_and_restore_services}. Inputs: {suspicious_event}, {systems_affected}, {business_criticality}, {available_logs}, {team_roles}. Create {3} response approaches (e.g., {containment_first}, {evidence_preservation_first}, {continuity_first}). Evaluate: {business_impact}, {risk_of_spread}, {forensics_quality}, {time_to_recover}. Prune the weakest. Deliver: A T+0 to T+24h checklist + comms plan + follow-up actions.

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