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)

Self-Reflection

Draft › Critique › Rewrite

A {creator} drafts {deliverable} for {audience}, then a {critic} flags {logic gaps, boring spots, risks}, then the {creator} rewrites an improved {final version}.

The Logic

You force the AI to look at its output through a critical lens to find flaws and fix them.

The Proof

MIT researchers found that in complex coding tasks, this "self-correction loop" bumped accuracy from 80% all the way up to 91%.

SR-01 | Ecommerce Product Page Copy (Conversion-Focused)

Role: You are a {direct-response_copywriter}. Task 1 (Draft): Write a product page draft for {product_name} aimed at {target_customer}. Include: {headline}, {subhead}, {benefits_bullets}, {features}, {social_proof_placeholders}, {FAQ}, {CTA}. Keep it {US-friendly, clear, non-hypey}. Task 2 (Self-Review): Now act as an {objective_copy_critic}. Identify the top {5} issues, specifically: {weak persuasion}, {vague claims}, {compliance risks}, {boring sections}, {missing objections}. Task 3 (Improve): Rewrite the page as the final version, fixing every issue you listed. Output both: {final_copy} + {a short change log}.

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%.

SR-02 | Food/CPG Packaging Copy

Draft: Create {10} front-label lines and {1} back-of-pack description for {product_type}. Inputs: {flavor_profile}, {brand_voice}, {ingredients/highlights}, {claims_to_avoid}. Self-Review: As a {packaging_compliance_critic}, flag: {confusing wording}, {generic positioning}, {over-claims}, {hard-to-read phrases}. Improve: Provide {5} improved front-label options + {1} improved back description.

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%.

SR-03 | B2B SaaS Landing Page

You are a {B2B_copywriter}. Draft: Write a landing page for {product_name} targeting {job_title}. Include: {hero}, {pain points}, {solution}, {key features}, {proof}, {CTA}, {objection handling}. Self-Review: As a {conversion_rate_critic}, point out: {unclear value prop}, {missing proof}, {weak CTA}, {info overload}. Improve: Rewrite the final landing page and include a {section-by-section rationale}.

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%.

SR-04 | Clinic Website Patient Instructions (Plain English)

You are a {patient_education_writer}. Draft: Write patient instructions for {procedure/visit_type}. Inputs: {clinic_name}, {prep_steps}, {what_to_expect}, {aftercare}, {when_to_call}. Use {plain American English}. Self-Review: As a {health-literacy_critic}, identify: {medical jargon}, {anxiety-triggering language}, {ambiguity}, {missing safety notes}. Improve: Rewrite the final instructions at about a {6th-8th grade reading level} and add a short {FAQ}.

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%.

SR-05 | Finance App Onboarding Microcopy (Compliance-Aware)

You are a {UX_writer}. Draft: Write onboarding copy for {5} screens for {finance_app_feature}. Inputs: {brand_voice}, {required_disclosures}, {CTA_labels}. Self-Review: As a {compliance_and_clarity_critic}, flag: {risky promises}, {unclear steps}, {tone issues}. Improve: Provide the final {5-screen} microcopy with a {character limit per screen: __}.

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%.

SR-06 | Job Posting (JD) That Converts

You are a {talent_brand_copywriter}. Draft: Write a job posting for {role_title} at {company_type}. Include: {mission}, {impact}, {responsibilities}, {requirements}, {nice-to-haves}, {benefits}, {salary_range_if_allowed}. Self-Review: As a {candidate_experience_critic}, flag: {vague requirements}, {bias-coded language}, {turn-off phrases}, {missing clarity}. Improve: Rewrite the final JD + provide a {top 5 selling points} summary.

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%.

SR-07 | Course Lesson Script (10 Minutes)

You are an {instructional_designer}. Draft: Write a {10-minute} lesson script on {topic} for {audience_level}. Include: {hook}, {3 key ideas}, {example}, {mini-exercise}, {recap}. Self-Review: As a {learning_engagement_critic}, identify: {boring parts}, {logic jumps}, {missing examples}. Improve: Deliver the revised final script + {suggested slide titles}.

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%.

SR-08 | Real Estate Listing Description (No Hype)

You are a {real_estate_copywriter}. Draft: Write a listing description for {property_type} in {neighborhood}. Inputs: {beds/baths}, {square_feet}, {top_features}, {nearby_amenities}, {disclosures}. Avoid {over-promising}. Self-Review: As a {trust_and_compliance_critic}, flag: {exaggeration}, {missing key info}, {confusing layout}. Improve: Provide the final version + a {short bullet summary} for MLS/ads.

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%.

SR-09 | Hotel/Short-Term Rental OTA Description

You are a {hospitality_copywriter}. Draft: Write an OTA description for {property_name}. Inputs: {guest_count}, {amenities}, {nearby_attractions}, {house_rules}, {check-in/out}. Self-Review: As a {booking_conversion_critic}, flag: {generic claims}, {policy ambiguity}, {missing differentiators}. Improve: Rewrite the final description + {3 headline options}.

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%.

SR-10 | Customer Support Macro Responses

You are a {CX_lead}. Draft: Write {3} support macros for {issue_type}. Inputs: {policy}, {tone_guidelines}, {refund/return_rules}. Self-Review: As a {risk_and_empathy_critic}, flag: {over-apologizing liability}, {blame language}, {missing next steps}. Improve: Provide the final {3} macros + a {do-not-say list}.

The Proof

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SR-11 | Legal/Tax Blog Post (General Info)

You are a {content_writer}. Topic: {topic}. Audience: {non-expert readers}. Draft: Write a blog post with {clear headings}, {examples}, and a {disclaimer: not legal/tax advice}. Self-Review: As a {risk_critic}, flag: {overly definitive statements}, {missing caveats}, {confusing structure}. Improve: Rewrite the final post + add a {reader FAQ}.

The Proof

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SR-12 | Manufacturing SOP (Standard Work)

You are a {manufacturing_process_writer}. Draft: Write an SOP for {process_name}. Inputs: {equipment}, {safety_rules}, {quality_checks}, {acceptable_limits}. Self-Review: As a {floor_supervisor_critic}, flag: {ambiguous steps}, {unsafe gaps}, {missing tools}. Improve: Deliver a final SOP formatted as a {checklist} + {training notes}.

The Proof

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SR-13 | Security Policy (Practical & Enforceable)

You are a {security_policy_writer}. Draft: Write a policy for {policy_topic} covering {scope}, {requirements}, {exceptions}, {auditing}. Self-Review: As a {security_ops_critic}, flag: {unrealistic requirements}, {loopholes}, {conflicts with ops}. Improve: Provide the final policy + {rollout plan} + {FAQ for employees}.

The Proof

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SR-14 | Startup Pitch Storyline (10 Slides)

You are a {startup_pitch_writer}. Draft: Create a pitch storyline for {startup_name} using {10 slides}: {problem, solution, why now, market, product, traction, business model, go-to-market, competition, team}. Self-Review: As a {skeptical_investor_critic}, flag: {weak differentiation}, {hand-wavy numbers}, {boring flow}. Improve: Rewrite the final storyline + provide {one killer one-liner} and {3 proof points}.

The Proof

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SR-15 | Game Patch Notes (Player-Friendly)

You are a {community_manager}. Draft: Write patch notes for {update_version}. Inputs: {changes}, {bug_fixes}, {balance_adjustments}, {compensation_if_any}. Self-Review: As a {player_sentiment_critic}, flag: {potential outrage triggers}, {unclear explanations}, {missing context}. Improve: Rewrite the final patch notes + include a {TL;DR} and {FAQ}.

The Proof

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SR-16 | Travel Itinerary Handout

You are a {travel_coordinator}. Draft: Write a 1-page itinerary handout for {trip_name}. Inputs: {schedule}, {meeting points}, {tickets}, {weather}, {emergency contacts}. Self-Review: As a {confusion_critic}, flag: {unclear times}, {missing addresses}, {too much text}. Improve: Provide a final, scannable handout + {packing checklist}.

The Proof

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SR-17 | Press Release (US Style)

You are a {PR_writer}. Draft: Write a press release for {announcement}. Include: {headline}, {dateline}, {lead}, {quotes}, {bullet highlights}, {boilerplate}, {media contact}. Self-Review: As a {journalist_critic}, flag: {too much fluff}, {missing facts}, {weak angle}. Improve: Rewrite the final release + include {3 email subject lines}.

The Proof

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SR-18 | ESG/Sustainability One-Page Summary

You are an {ESG_communications_writer}. Draft: Summarize {report_or_initiative} into a one-page overview: {key metrics}, {wins}, {gaps}, {next steps}. Self-Review: As a {greenwashing_risk_critic}, flag: {unsupported claims}, {vagueness}, {missing baselines}. Improve: Provide the final summary with {clear numbers} and {caveats}.

The Proof

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SR-19 | Research Paper Plain-Language Summary

You are a {science_communicator}. Draft: Summarize {paper_title_or_abstract} for general readers: {what was studied}, {what was found}, {why it matters}, {limitations}. Self-Review: As a {misinterpretation_critic}, flag: {causation vs correlation}, {overconfidence}, {missing limitations}. Improve: Provide the final summary + {3 key takeaways} + {1 caution note}.

The Proof

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SR-20 | App Microcopy for Errors & Empty States

You are a {UX_writer}. Draft: Write {10} microcopy lines for {scenario_type: error/loading/empty_state}. Inputs: {user_goal}, {brand_tone}, {required_action}. Self-Review: As a {clarity_and_empathy_critic}, flag: {blame language}, {vagueness}, {missing next step}. Improve: Provide the final {10} lines with {one suggested CTA} each.

The Proof

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