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)

Meta-Prompting

Make the Model Write the Prompt

A {prompt engineer + domain expert}, ask for {must-have inputs}, then output {one copy-paste master prompt} with {placeholders} that reliably generates {desired output}.

The Logic

You ask the AI to write the best possible prompt for a specific task instead of doing it yourself.

The Proof

According to Google DeepMind’s OPRO research, AI-optimized prompts actually outperformed human-made ones by up to 50%, and it’s about 70% faster than doing it manually.

MP-01 | Build a Master Prompt for Ecommerce Product Descriptions

You are a {top-tier prompt engineer} and an {ecommerce merchandising expert}. Goal: Create the best possible master prompt that generates {high-converting product listings}. Step 1: Ask me the must-have inputs (at least {12} questions) covering {product}, {audience}, {benefits}, {proof}, {constraints}, {brand voice}, {SEO keywords}, {policies}. Step 2: After I answer, output a single “COPY-PASTE MASTER PROMPT” that uses placeholders like {product_name}, {features}, {tone}, {keywords} and produces: {title}, {bullets}, {description}, {FAQ}, {CTA}. Include a short {usage guide} inside the prompt.

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%.

MP-02 | Master Prompt for Restaurant Menu Ideation

You are a {prompt engineer} + {restaurant R&D chef}. First, ask for inputs about {concept}, {target guest}, {food cost}, {prep limits}, {equipment}, {allergens}, {price target}. Then output a “COPY-PASTE MASTER PROMPT” that generates {10 new menu ideas} with {cost estimates}, {prep steps}, and {marketing hooks}.

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%.

MP-03 | Master Prompt for SaaS Onboarding Improvements

You are a {prompt engineer} + {SaaS growth PM}. Ask for: {product}, {persona}, {funnel metrics}, {activation events}, {current onboarding}, {constraints}. Then output a master prompt that produces: {top friction points}, {3 improvement hypotheses}, {experiments}, {tracking plan}, {success metrics}.

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%.

MP-04 | Master Prompt for Clinic Scheduling Optimization

You are a {prompt engineer} + {healthcare operations specialist} (general operations guidance). Ask for: {specialty}, {provider schedule}, {appointment types}, {no-show rate}, {peak times}, {staffing}. Then output a master prompt that returns: {3 schedule templates}, {process changes}, {KPIs}, {implementation checklist}.

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%.

MP-05 | Master Prompt for Shipping Delay Root Cause Analysis

You are a {prompt engineer} + {logistics analyst}. Ask for the data fields and constraints: {order timestamps}, {scan events}, {zones}, {carrier}, {CS reasons}. Then output a master prompt that generates: {root cause categories}, {top drivers}, {fixes}, {monitoring metrics}. Include a section: “If browsing/tools are unavailable, ask me to paste the data.”

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%.

MP-06 | Master Prompt for Manufacturing Defect RCA

You are a {prompt engineer} + {quality engineer}. Ask for: {process steps}, {defect types}, {rates}, {recent changes}, {inspection method}. Then output a master prompt that produces: {5-Why}, {Fishbone}, {corrective actions}, {control plan}, {owner + due date}.

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%.

MP-07 | Master Prompt for Curriculum Design

You are a {prompt engineer} + {instructional designer}. Ask for: {learner profile}, {outcomes}, {time}, {format}, {assessment}, {resources}. Then output a master prompt that generates: {course outline}, {lesson objectives}, {activities}, {quizzes}, {capstone project}.

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%.

MP-08 | Master Prompt for Structured Interviews + Rubrics

You are a {prompt engineer} + {HRBP}. Ask for: {role}, {competencies}, {levels}, {must-have vs nice-to-have}, {company values}. Then output a master prompt that generates: {behavioral questions}, {scoring rubric}, {red flags}, {interviewer guide}.

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%.

MP-09 | Master Prompt for Contract Risk Review (General Info)

You are a {prompt engineer} + {contract risk researcher} (not legal advice). Ask for: {contract type}, {jurisdiction}, {party roles}, {risk tolerance}. Then output a master prompt that identifies: {risky clauses}, {missing clauses}, {questions to ask counsel}, and outputs a {risk summary table}. ddshhhs

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%.

MP-10 | Master Prompt for Financial Statement Insights (General Info)

You are a {prompt engineer} + {FP&A analyst} (not investment advice). Ask for: {income statement}, {balance sheet}, {cash flow}, {time period}, {industry}, {goals}. Then output a master prompt that returns: {key ratios}, {red flags}, {drivers}, {questions to investigate}.

The Proof

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MP-11 | Master Prompt for Performance Marketing Optimization

You are a {prompt engineer} + {performance marketer}. Ask for: {platform}, {campaign structure}, {creative types}, {metrics}, {budget}, {target}. Then output a master prompt that generates: {diagnosis}, {3 test ideas}, {new ad angles}, {measurement plan}.

The Proof

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MP-12 | Master Prompt for Support FAQ + Macros

You are a {prompt engineer} + {customer support lead}. Ask for: {ticket logs}, {policies}, {tone}, {refund rules}, {legal constraints}. Then output a master prompt that generates: {FAQ}, {macro replies}, {do-not-say list}, {escalation rules}.

The Proof

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MP-13 | Master Prompt for Real Estate Listing + Ads

You are a {prompt engineer} + {real estate copywriter} (no misleading claims). Ask for: {property facts}, {neighborhood highlights}, {disclosures}, {target buyer}. Then output a master prompt that generates: {MLS description}, {3 ad headlines}, {short social captions}, {call script}.

The Proof

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MP-14 | Master Prompt for Custom Travel Itineraries

You are a {prompt engineer} + {travel planner}. Ask for: {dates}, {budget}, {pace}, {must-dos}, {food prefs}, {mobility needs}. Then output a master prompt that generates: {day-by-day schedule}, {map-friendly stops}, {Plan B}, {packing list}.

The Proof

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MP-15 | Master Prompt for Game Balance Patch Proposals

You are a {prompt engineer} + {game balance designer}. Ask for: {pick rate}, {win rate}, {player sentiment}, {meta goals}, {constraints}. Then output a master prompt that generates: {patch options}, {risk analysis}, {A/B test plan}, {player messaging}.

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%.

MP-16 | Master Prompt for SEO Blog Posts (EEAT)

You are a {prompt engineer} + {SEO strategist}. Ask for: {keyword}, {search intent}, {audience}, {brand voice}, {must-include sources}. Then output a master prompt that produces: {outline}, {draft}, {FAQs}, {meta title/description}, and requires {citations for claims}.

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%.

MP-17 | Master Prompt for Inventory Reorder Rules

You are a {prompt engineer} + {inventory planner}. Ask for: {sales history}, {lead time}, {MOQ}, {service level}, {storage limits}. Then output a master prompt that generates: {reorder point}, {order quantity}, {exceptions}, {simulation steps}.

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%.

MP-18 | Master Prompt for Small Farm Planning

You are a {prompt engineer} + {farm business coach}. Ask for: {land size}, {crops}, {market channels}, {labor}, {climate}, {risk tolerance}. Then output a master prompt that generates: {crop plan}, {calendar}, {budget}, {risk plan}.

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%.

MP-19 | Master Prompt for Carbon Footprint + Reduction Plan

You are a {prompt engineer} + {carbon accounting practitioner}. Ask for: {energy usage}, {scope boundaries}, {emissions factors source}, {reduction goals}. Then output a master prompt that returns: {baseline estimate}, {assumptions}, {reduction actions}, {tracking KPIs}.

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%.

MP-20 | Master Prompt for Grant Applications (US-Style)

You are a {prompt engineer} + {grant writer}. Ask for: {funding program}, {eligibility}, {problem statement}, {solution}, {budget}, {team}, {timeline}, {outcomes}. Then output a master prompt that produces: {narrative sections}, {logic model}, {budget justification}, {evaluation plan}, {risk mitigation}.

The Proof

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