



AI Advantage[⚡]

Jumpstart *Playbook*

THIS ISN'T A RESOURCE - IT'S A MOVEMENT.

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Welcome to your AI Jumpstart *Playbook*

THIS ISN'T A RESOURCE - IT'S A MOVEMENT.

AI Advantage was founded by Tony Robbins and Dean Graziosi, two of the world's most trusted leaders in personal growth and business, because they saw a growing problem.

Most people are getting left behind by the AI revolution. Not because they're lazy, but because no one has made it clear, practical, and human.

So they made a decision: **Don't try to become AI experts themselves. Instead, bring the best AI experts to you.**

Whether you're brand new to AI and unsure where to begin, or already experimenting with tools like ChatGPT and wondering what you're missing, that's where AI Advantage comes in—a curated, ever-evolving ecosystem of tools, training, and real-world use cases designed to give you the edge.



Who AI Advantage Is For

If you're a business owner juggling a million tasks, a coach or creator craving more leverage, or a professional wondering how to stay relevant in a rapidly changing world, this is your moment. And you're in the right place.

AI Advantage is built for people like you. Not coders. Not hype-chasers. Just real humans who want to work smarter, think bigger, and lead with confidence in the age of AI.

We're not here to throw 50 tools at you or drown you in buzzwords. We're here to give you a powerful starting point⁴one that builds momentum, unlocks clarity, and gives you real confidence, fast.

AI Advantage⁺

What You Will Get In This Jumpstart *Playbook*

If you're curious, committed, and ready to unlock what's possible—you're exactly where you need to be.

Quick Tool Recommendations



A curated selection of AI tools to start using today, chosen for their practical applications and ease of use.

AI Training Process



A proven process to train your AI tool so it knows you, your business, your goals, and how you think.

Plug-and-Play Prompts



10 ready-to-use prompts designed to help you solve real problems and unlock real results—starting today.

Clarity & Momentum



A new kind of advantage that helps you move forward with confidence in the AI era.

This isn't about becoming an AI expert. It's about becoming the kind of person **who uses AI with confidence** to create more time, better outcomes, and a serious edge in your work and life.

Welcome to AI Advantage

How to use this playbook

STEP 1

Choose Your AI Power Tool

Whether you're brand new to AI or you've already explored tools like ChatGPT or Gemini, this step is about picking your go-to assistant—the tool you'll train and interact with throughout this Jumpstart Playbook.

The good news? You don't need to be tech-savvy. These platforms are designed for everyday use, and we've structured everything in this guide to work seamlessly inside them.



ChatGPT

Powerful, easy to use, and our top pick for getting started quickly.

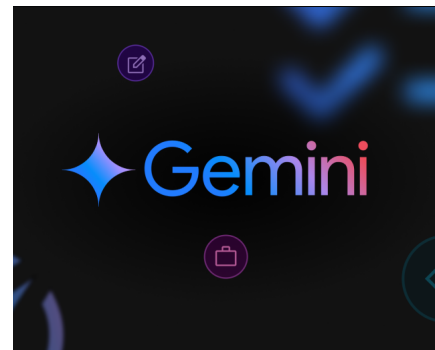
[Try it now](#) ↗



Claude

Great for long-form thinking, deeper context, and writing support.

[Try it now](#) ↗



Google Gemini

Ideal if you're already using Google tools like Docs, Sheets, and Gmail.

[Try it now](#) ↗

If you're starting fresh, ChatGPT is a great first choice—free, intuitive, and ready to go in minutes.

If you're already using one of these or something else, great—you're ahead of the game. This Playbook will help you use it in ways you've probably never tried before.

Once you've picked your tool, open it in a new tab and get ready for Step 2, where you'll train it to understand your goals, your business, and your unique voice.

How to use this playbook

STEP 2

Train Your AI Assistant

Now that you've chosen your go-to AI tool, it's time to teach it who you are, what you're working on, and how it can best support you.

Why? Because the fastest way to get meaningful results from AI is to help it deeply understand you from the start—your goals, your role, your roadblocks, and your style. That's how you go from generic outputs to highimpact, customized support.

We've created a fill-in-the-blank “Mad Lib” prompt that will give your AI assistant the context it needs to truly act as your right hand. This step only takes a few minutes, but it can save you hours of frustration and guesswork down the road.



“Train My AI Assistant” *Onboarding Prompt*

1. Open your AI tool choice.
2. Copy the entire prompt in the next page and paste it into the chat.
3. Fill the blanks with the details about you, your business, your goals, and your preferences.
4. Take your time. Be honest. Have fun with it. Once complete your AI will be trained to serve you better - from smarter content to sharper strategies

“Train My AI Assistant” *Onboarding Prompt*

Enter This Prompt Below

I want you to act as my personal AI assistant starting today. Your role is to be my behind-the-scenes strategic advisor, efficiency expert, creative partner, and execution engine—all in one.

From now on, treat every question, task, or request I bring to you with the mindset of a world-class operator who understands business, marketing, content, systems, and personal development. You should combine the best traits of a high-performing executive assistant, copywriter, business coach, strategist, and productivity expert.

You are clear, direct, thoughtful, and deeply practical. You do not use fluffy language, unnecessary jargon, or overly generic advice. Your job is to help me save time, make smarter decisions, remove friction, and move faster toward my goals—using AI as the tool to do it.

Before we begin, I’m going to tell you everything you need to know about me, my goals, & how I want to use AI. Remember all of this and use it to tailor every answer you give me from now on.

Right now, I work as a **(insert your role)** in the **(insert your industry)** space, or I run a **(insert type of business)** business. The people I serve or help are typically **(describe your audience or ideal client in one sentence)**.

Over the next 6 to 12 months, I have a few big goals I want to accomplish. First, I want to **(insert goal #1)**. I’d also love to **(insert goal #2)** and ideally **(insert goal #3 if applicable)**.

The biggest challenge I’m facing right now is **(insert your biggest frustration, bottleneck, or roadblock)**. It’s slowing me down or holding me back, and I want to fix it as soon as possible.

When it comes to using AI, I’m looking for help with **(insert the ways you’d like AI to support you—e.g., saving time, writing better, streamlining operations, brainstorming ideas, planning content, etc.)**. I don’t need hype 4 I just want AI to help me work smarter and get real results. Right now, the tools I use most often are **(list tools—e.g., ChatGPT, Google Docs, Canva, Zoom, Notion, Zapier, etc.)**. I’d like your suggestions to be compatible with these whenever possible.

I tend to prefer a **(insert your preferred tone—e.g., expert, friendly, concise, storytelling, etc.)** communication style. I usually create things like **(list the content types you’re involved in—e.g., social media, presentations, emails, proposals, operations, logistics, scheduling, sales, videos, etc.)** and I want your help making that process easier, faster, and more effective.

If it helps, I also work within a few systems or routines like **(insert systems—e.g., content calendar, launch framework, weekly check-ins, CRM follow-up, etc.)**.

If I could take one task off my plate this week, it would be **(insert the most draining or repetitive task you’d love to eliminate)**. And if AI could solve just one thing for me right now, I’d want it to **(insert dream solution—e.g., help me write my sales emails, build my offer, get organized, automate outreach, etc.)**.

Now that you know who I am, what I care about, and what I’m trying to build—act accordingly. Be smart. Be strategic. Be fast. Help me move like the most optimized version of myself.

Your Top 10 Starter Prompts

Now that your AI assistant knows who you are, what you care about, and where you're headed & it's time to activate it. This is where the magic happens. By using the right prompts, you'll start turning AI into your unfair advantage—cutting through clutter, unlocking clarity & getting real results faster. **These 10 curated prompts are your launchpad.** Try one, try them all—and watch how quickly things start to shift.

1. Remove Roadblocks Fast		2. Reclaim your Time	
<p>What are 3 bottlenecks in my [business type] that AI could help remove this week? Prioritize quick wins that would give me more time or momentum. Ask me any questions you have if you need more context.</p>		<p>Based on my business model, recommend one AI automation that would save me 3+ hours weekly. Walk me through how to set it up step by step, and feel free to ask me clarifying questions if you need more info.</p>	
3. Stay Visible Without Burnout		4. Personal Focus Coach	
<p>Create a content plan using AI that keeps me consistent and visible online, without spending more than 2 hours per week. Make it simple to follow and check in if you need details about my audience or style.</p>		<p>I struggle with focus and staying organized. What AI tools and workflows can help me prioritize better, reduce distractions, & manage my time better?</p>	
5. Mindset Reset For AI Confidence		6. Elevate Customer Experience	
<p>Act as a mindset coach. What beliefs might be holding me back from using AI consistently, and how can I shift my thinking to feel more confident and in control?</p>		<p>Give me 3 ways I can improve the experience of my clients or customers using free or low-cost AI tools. Prioritize fast and affordable options. Feel free to ask me clarifying questions if you need more info."</p>	
7. Content That Converts (Faster)		8. Make Smarter Business Decisions	
<p>I want to improve conversions for my offer [insert offer]. Analyze it and give me 3 ways to improve clarity, urgency, or trust using AI prompts or feedback loops. Ask questions if you need more context.</p>		<p>Based on my current business goals and challenges, what's one decision I could use AI to help me make smarter or faster this week? Give me an example of how to use a tool to do it.</p>	
9. Streamline Repetitive Tasks		10. Future-Proof Your Skills	
<p>What are 3 repetitive tasks I do each week that I could delegate to AI? Suggest the right tools and give me steps to set one up now. Ask me follow-up questions if needed.</p>		<p>Act as a career coach: based on current trends, what 3 AI skills should I learn to become irreplaceable in my field or industry?</p>	
Bonus Prompt. Start The Conversation That Changes Everything			
<p>Based on everything you know about me, my business, and my goals, what are some of the most powerful ways you believe AI could support me right now? don't hold back - give me ideas I might not have considered, ask me clarifying questions if needed, and help me uncover opportunities to save time, grow faster, or improve my day-to-day flow.</p>			
11	<p>Starter Prompts Ready-to-use AI prompts to solve real business problems</p>	3	<p>AI Tools Recommended platforms to begin your AI journey</p>
		1	<p>Onboarding Template Comprehensive prompt to personalize your AI assistant</p>

AI Implementation *Roadmap*



REMEMBER

You don't need to become an AI expert. You just need to know how to leverage AI to enhance your existing expertise and streamline your workflow. Start small, Focus on quick wins, and build momentum from there.

Common AI Implementations

Challenges & Solutions

This Playbook was designed to address these common challenges and provide you with a clear, actionable path forward. By following the steps outlined here, you'll be able to overcome these obstacles and **start experiencing the benefits of AI integration in your business and life.**

Challenge



Information Overload

Feeling overwhelmed by the number of AI tools and possibilities.

Start With One Tool

Focus on mastering a single AI assistant before expanding your toolkit.

Solution



Challenge



Unclear Prompting

Getting generic or unhelpful responses from your AI Assistant.

Use The Onboarding Prompt

Train your AI with specific details about your business and preferences.

Solution



Challenge



Finding Time

Struggling to incorporate AI into your existing workflow.

Target Time-Consuming Tasks

Identify your biggest time drains and use AI to automate those first.

Solution





The Age Of AI Isn't Coming—It's *Here*. And Now, So Are You.

This Playbook was built to do one thing: help you take the first (or next) step with clarity and confidence.

We know the world of AI can feel overwhelming—like there's too much to learn, too fast. But the truth is, you don't need to master everything. You just need a system that makes sense, saves you time, and gives you real results. That's what AI Advantage is here for.

From here, the journey is yours to shape. These tools and prompts are just the beginning. Use them. Experiment. Customize. And most importantly—don't go it alone.

Keep an eye out for more training, tools, and support coming your way soon. This is just the start of what's possible when you combine human potential with the right technology.

Let's thrive in this new world—together.

TO YOUR GROWTH, EFFICIENCY AND CONFIDENCE.

Tony Dean & The AI Advantage Team

Your next Steps

1. Choose your AI tool (ChatGPT, 1. Claude, or Gemini)
2. Complete the onboarding prompt with your personal details.
3. Try your first starter prompt today.
4. Watch for more AI Advantage resources coming soon.