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Overview

What I'm about to show you is absolutely awesome!

In addition to going through this PDF make sure to watch the video training.

All of the prompts can be found in this PDF and notepad file included in this package.

If you have questions about anything send them to the support email address listed in WarriorPlus.

Thank you for picking up a copy, I truly appreciate it.

Get ready to learn something new...

Overview

The first thing that we're going to do is extract pain points from any niche or for any keyword.

They will be displayed as a list of 25 with the pain point listed and a quote representing the internal dialog someone has.

Within this prompt replace [Your Niche/Keyword] with your niche or keyword -

You are a consumer psychology expert and an expert at uncovering deep psychological pain points. Your task is to identify the most intense the pain points people face with [Your Niche/Keyword], dive deep into their frustrations, fears, and struggles. What annoys them or feels too complicated? What intimidates them or makes them hesitate before starting? What do they find time-consuming, overwhelming, or draining? Explore what keeps them from feeling confident, prepared, or capable. What do they wish they understood better or had more support for? What discourages them or makes them second-guess their decisions? Consider their internal conflicts—what fears, insecurities, or emotional barriers hold them back? What unresolved doubts or past failures make them feel stuck, and what hidden regrets or anxieties prevent them from moving forward? What do they find unreliable, intimidating, or inconsistent? What do they feel they'll never be good enough for, and what makes them feel powerless, judged, or inadequate? Look for the moments when they feel lost, confused, or disconnected. What makes them feel they're constantly failing or falling short? What do they fear losing, neglecting, or sacrificing? Consider the unspoken struggles—what emotional burdens, fears of rejection, or subconscious doubts weigh them down? What do they feel they'll never fully heal from, overcome, or achieve? Identify the blind spots, frustrations, and deeper emotional wounds that keep them from progressing, so their pain points are laid bare for a comprehensive understanding. Start with a summery and then create a list of 25 without separating them into sections. Beside each one create an internal dialog quote of what that person could be telling themselves. Use the niche/keyword or some version throughout to make them directly related to the niche/keyword.

I'm using "weight loss" as an example –

You are a consumer psychology expert and an expert at uncovering deep psychological pain points. Your task is to identify the most intense the pain points people face with [weight loss], dive deep into their frustrations, fears, and struggles. What annoys them or feels too complicated? What intimidates them or makes them hesitate before starting? What do they find time-consuming, overwhelming, or draining? Explore what keeps them from feeling confident, prepared, or capable. What do they wish they understood better or had more support for? What discourages them or makes them second-guess their decisions? Consider their internal conflicts—what fears, insecurities, or emotional barriers hold them back? What unresolved doubts or past failures make them feel stuck, and what hidden regrets or anxieties prevent them from moving forward? What do they find unreliable, intimidating, or inconsistent? What do they feel they'll never be good enough for, and what makes them feel powerless, judged, or inadequate? Look for the moments when they feel lost, confused, or disconnected. What makes them feel they're constantly failing or falling short? What do they fear losing, neglecting, or sacrificing? Consider the unspoken struggles—what emotional burdens, fears of rejection, or subconscious doubts weigh them

The output from this will have a summary and then list 25 pain points-



Summary of Pain Points in the Weight Loss Niche

People seeking weight loss often grapple with deep emotional, psychological, and practical pain points. These include feelings of inadequacy, fear of failure, and frustration with confusing or unreliable information. Many feel overwhelmed by the complexity of weight loss, discouraged by past failures, and burdened by societal judgment. Emotional barriers such as shame, fear of rejection, and unresolved trauma compound their struggles. They may also feel stuck in a cycle of self-doubt, regret, and unattainable expectations, leaving them disempowered and disconnected.

25 Weight Loss Pain Points with Internal Dialog Quotes

1. Confusion about where to start

"There's so much advice out there—I don't even know what's true anymore about weight loss."

2. Feeling overwhelmed by too many options

"Why does every plan feel like an all-or-nothing commitment? I can't handle this right now."

3. Discouragement from past failures

"I've tried everything, and nothing works. I ↓ be I'm just not meant to lose weight."

From these pain points the idea is to produce content or sales material around these pain points since you're tapping into people's feelings and emotions anything you promote will convert higher.

That's why you've always heard people don't buy products they buy solutions.

I'm giving you professional grade prompts to produce all sorts of content.

Let's start with a blog post which can also be used on Medium, LinkedIn, Substack, or anywhere else.

Here's the long form content generation prompt –

You are a professional content strategist, expert copywriter, and creative storyteller. Write a 1,000-word blog post based on the following pain point: [Insert Pain Point Here]. Begin the post with a direct quote of the pain point, ensuring it resonates immediately with the reader's emotions and lived experience (e.g., 'Why do I keep failing at this, no matter how hard I try?'). Use this as a jumping-off point to connect deeply with the audience, incorporating conversational language and vivid storytelling. Throughout the post, address the pain point in a deeply human, relatable way, ensuring the tone feels personal, authentic, and conversational to avoid detection as AI-generated content. Use subtle variations in sentence length, natural phrasing, and occasional colloquialisms to enhance the flow and readability. Break the content into logically connected sections that feel organic rather than formulaic, avoiding horizontal lines or explicit separations. Use a mix of narrative examples, questions, and thought-provoking insights to keep readers engaged. Avoid repetitive phrasing and integrate a range of rhetorical devices, such as metaphors, analogies, and rhetorical questions, to create depth and nuance. Include actionable advice or insights to guide the reader toward hope or solutions, but ensure the content feels exploratory and natural, avoiding overly polished or robotic tones. Conclude with a reflective, forward-looking statement that inspires readers to take the next step, wrapping up naturally without explicitly labeling it as a conclusion. Throughout the piece, use human-like imperfections—contradictions, emotional depth, and unique phrasing—to make the content undetectable as AI-generated.

Replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So the prompt I enter into ChatGPT will look like this –

You are a professional content strategist, expert copywriter, and creative storyteller. Write a 1,000-word blog post based on the following pain point: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"]. Begin the post with a direct quote of the pain point, ensuring it resonates immediately with the reader's emotions and lived experience (e.g., 'Why do I keep failing at this, no matter how hard I try?'). Use this as a jumping-off point to connect deeply with the audience, incorporating conversational language and vivid storytelling. Throughout the post, address the pain point in a deeply human, relatable way, ensuring the tone feels personal, authentic, and conversational to avoid detection as AI-generated content. Use subtle variations in sentence length, natural phrasing, and occasional colloquialisms to enhance the flow and readability. Break the content into logically connected sections that feel organic rather than formulaic, avoiding horizontal lines or explicit separations. Use a mix of narrative examples, questions, and thought-provoking insights to keep readers engaged. Avoid repetitive phrasing and integrate a range of rhetorical devices, such as metaphors, analogies, and

You will then get a long form piece of content written for you –



"Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

The question, whispered in shame, shouted in frustration, or quietly mulled over while staring at an empty cookie bag, feels like it cuts to the core. If you've ever asked yourself this, you're not alone. It's not just about the food or the scale—it's about something deeper. That gnawing guilt, the frustration of knowing better but not doing better, can feel like a weight heavier than any number you'll ever see on a scale.

For so many, the struggle with weight loss isn't just about calories or workouts; it's about the stories we tell ourselves when we slip up. It's that relentless, internal voice saying, *"You failed again. Why even bother?"* And it's a voice that's hard to silence, especially when it feels so personal.

The Trap of Guilt

Guilt over food choices isn't just a passing feeling. It's sticky, clinging to every attempt to "start fresh." Maybe you promised yourself that this Monday would be different, that this time you'd stick to the plan. But then life happened. The cupcakes at the office birthday party were too tempting, or the stress of the day made that extra-large fries feel like the only solace.

And then, there it is: that wave of guilt. It's not just, *"I shouldn't have eaten that."* It's, *"Why am I so weak? What's wrong with me?"*

Next, I'll give you a prompt for a call-to-action. You can use these call to action at the end of your content so you can promote whatever you want or drive traffic anywhere.

Here's the call-to-action prompt –

You are a professional copywriter and conversion strategist specializing in creating highly effective calls-to-action (CTAs). Based on the following pain point content: [Insert Pain point Here], write 3 compelling, high-converting CTA options that seamlessly align with the tone and message of the content. Each CTA should directly address the reader's pain point, reinforce the value of taking action, and create a sense of urgency or curiosity. Use conversational, persuasive language that feels personal and authentic, avoiding robotic or overly formal tones. Include action-oriented phrases like 'Click here to [specific benefit]' or 'Learn how to [specific outcome]' while ensuring the CTAs feel like a natural extension of the blog post. Keep each CTA concise (1-3 sentences) and emotionally resonant, making the reader feel understood and motivated to click through to the next step. Present the CTAs without horizontal lines or explicit separations to maintain a seamless and visually cohesive format.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So the prompt I enter into ChatGPT will look like this –

You are a professional copywriter and conversion strategist specializing in creating highly effective calls-to-action (CTAs). Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"], write 3 compelling, high-converting CTA options that seamlessly align with the tone and message of the content. Each CTA should directly address the reader's pain point, reinforce the value of taking action, and create a sense of urgency or curiosity. Use conversational, persuasive language that feels personal and authentic, avoiding robotic or overly formal tones. Include action-oriented phrases like 'Click here to [specific benefit]' or 'Learn how to [specific outcome]' while ensuring the CTAs feel like a natural extension of the blog post. Keep each CTA concise (1-3 sentences) and emotionally resonant, making the reader feel understood and motivated to click through to the next step. Present the CTAs without horizontal lines or explicit separations to maintain a seamless and visually cohesive format.

The output will look like this –



1. Ready to break free from the guilt and frustration? Discover simple, compassionate strategies to take back control of your eating habits without feeling like you're constantly battling yourself. **Click here to start your journey today.**
2. You don't have to face this alone, and you don't need superhuman willpower to make progress. Learn how to silence that inner critic and create lasting change with small, meaningful steps. **Start here and see what's possible.**
3. Imagine letting go of the shame and finally feeling confident in your choices. It's time to rewrite your story and take the first step toward a guilt-free approach to weight loss. **Learn how now.**

Next, I'll give you a prompt for blog titles. This produces 10 blog titles to choose from that you can use for your content.

Here's the blog title prompt –

You are a professional SEO strategist and headline copywriter specializing in creating high-performing blog titles. Based on the following pain point content: [Insert Pain Point Content Here], generate 10 compelling blog post title options that align perfectly with the tone and message of the content. The titles should directly address the pain point, include emotionally resonant language, and incorporate relevant keywords for optimal search engine performance. Ensure each title is concise (under 60 characters where possible), engaging, and actionable, appealing both to readers and search engines. Use a variety of styles, such as how-tos, listicles, and question-based headlines, while maintaining a natural, human tone that avoids clickbait but still drives curiosity and clicks.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.


I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So the prompt I enter into ChatGPT will look like this and you will get 10 blog titles to choose from –

You are a professional SEO strategist and headline copywriter specializing in creating high-performing blog titles. Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"], generate 10 compelling blog post title options that align perfectly with the tone and message of the content. The titles should directly address the pain point, include emotionally resonant language, and incorporate relevant keywords for optimal search engine performance. Ensure each title is concise (under 60 characters where possible), engaging, and actionable, appealing both to readers and search engines. Use a variety of styles, such as how-tos, listicles, and question-based headlines, while maintaining a natural, human tone that avoids clickbait but still drives curiosity and clicks.



1. "Why Can't I Stop Eating What I Shouldn't? Here's the Truth"
2. "Struggling with Willpower? A New Way to Approach Weight Loss"
3. "How to Overcome Guilt and Take Control of Your Eating Habits"
4. "Breaking the Cycle of Food Guilt: What's ully Holding You Back"

Next, I'll give you a prompt for social media ads. This produces 3 social media ads to choose from along with an image generation prompt.

Here's the social media ads prompt –

You are a professional ad copywriter, Facebook Ads strategist, and visual storytelling expert. Based on the following pain point content: [Insert Pain Point Content Here], create 3 Facebook Ads that comply with Facebook's advertising guidelines while resonating emotionally and practically with the audience. Each ad should include an attention-grabbing headline, concise yet impactful ad copy (up to 125 words), and a clear call-to-action. The tone should be conversational, empathetic, and engaging, directly addressing the audience's pain point and offering a relatable solution or benefit. For each ad, suggest a detailed AI image generation prompt for creating ultra-realistic, visually stunning imagery optimized to grab attention on Facebook. The visuals should avoid excessive text, focusing instead on striking imagery that evokes strong emotions and complements the ad's message. Include elements such as relatable human expressions, natural or dynamic lighting, vibrant colors, or realistic scenarios to create scroll-stopping visuals. Ensure the image prompts are designed to evoke curiosity, resonate emotionally with the audience, and align seamlessly with the tone and pain points of the ad.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So, the prompt I enter into ChatGPT will look like this and you will get 3 social media ads to choose from –

You are a professional ad copywriter, Facebook Ads strategist, and visual storytelling expert. Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"], create 3 Facebook Ads that comply with Facebook's advertising guidelines while resonating emotionally and practically with the audience. Each ad should include an attention-grabbing headline, concise yet impactful ad copy (up to 125 words), and a clear call-to-action. The tone should be conversational, empathetic, and engaging, directly addressing the audience's pain point and offering a relatable solution or benefit. For each ad, suggest a detailed AI image generation prompt for creating ultra-realistic, visually stunning imagery optimized to grab attention on Facebook. The visuals should avoid excessive text, focusing instead on striking imagery that evokes strong emotions and complements the ad's message. Include elements such as relatable

The output will look like this –



Ad 1

Headline: *"Feel Like Willpower is Letting You Down? You're Not Alone."*

Ad Copy:

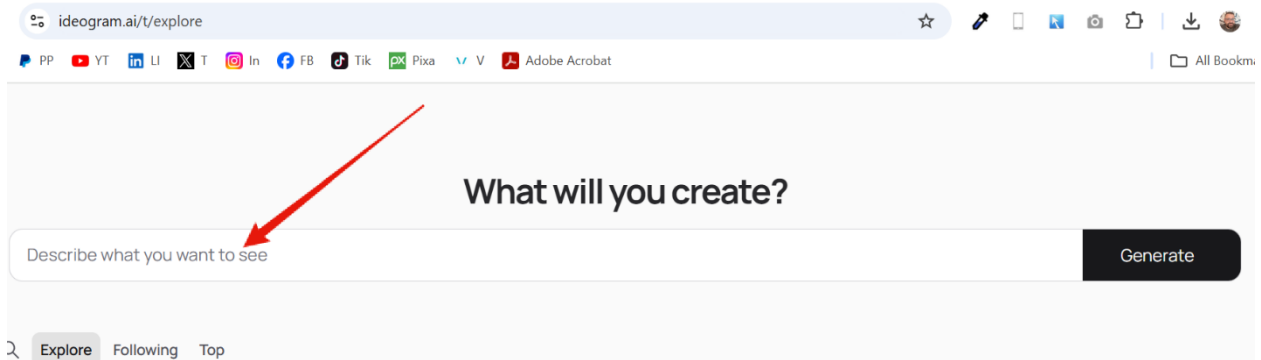
"Why can't I stop eating the things I know I shouldn't?" If this question haunts you, it's not your fault. Willpower isn't the problem—it's the way we've been taught to approach weight loss. Discover how to break free from guilt and find a kinder, more effective path to a healthier you. You deserve progress without the shame.

CTA: *Learn More*

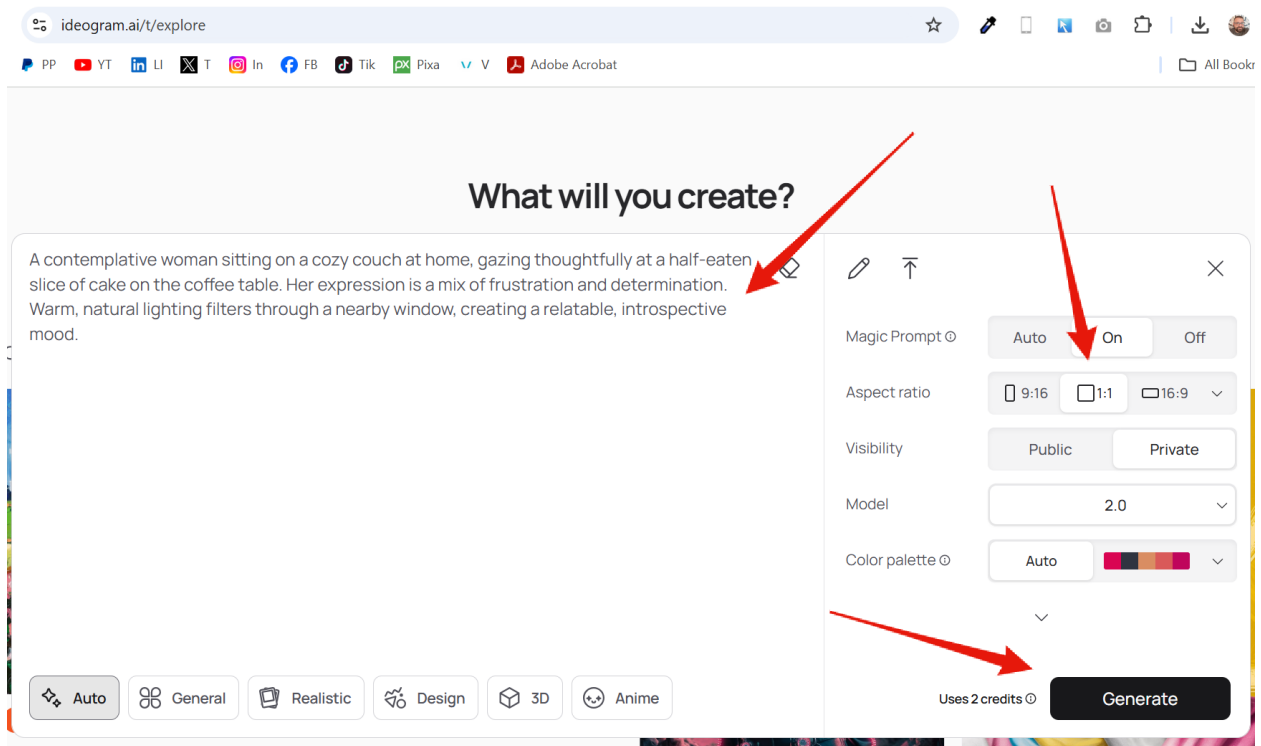
AI Image Prompt:

A contemplative woman sitting on a cozy couch at home, gazing thoughtfully at a half-eaten slice of cake on the coffee table. Her expression is a mix of frustration and determination. Warm, natural lighting filters through a nearby window, creating a relatable, introspective mood.

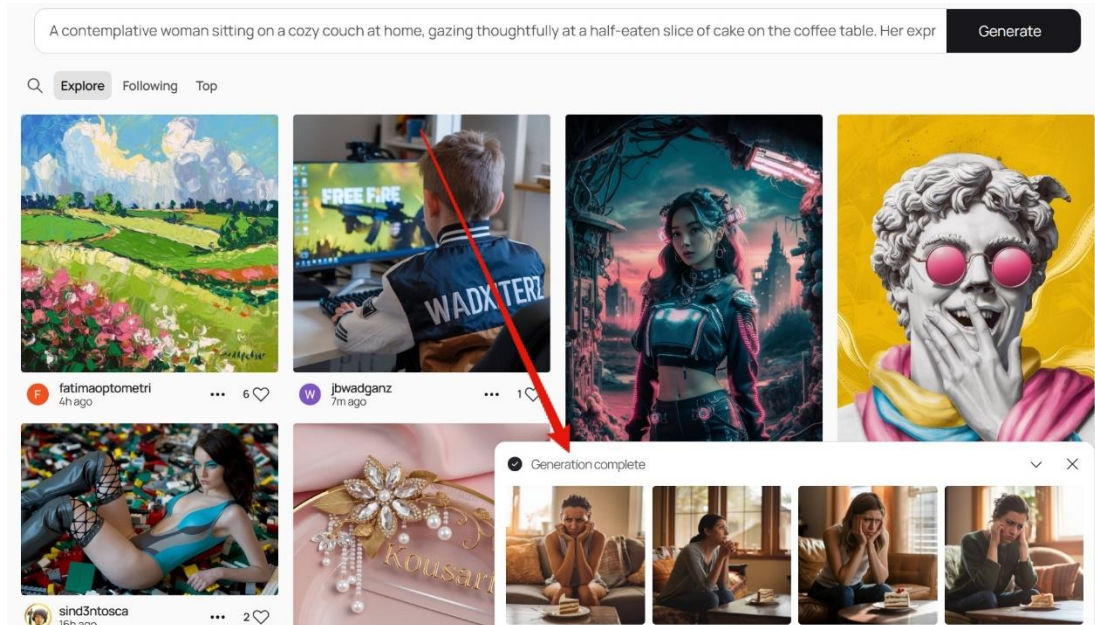
To generate the image for FREE go to <https://ideogram.ai> and click on the generate bar at the top and paste in the image generation prompt-



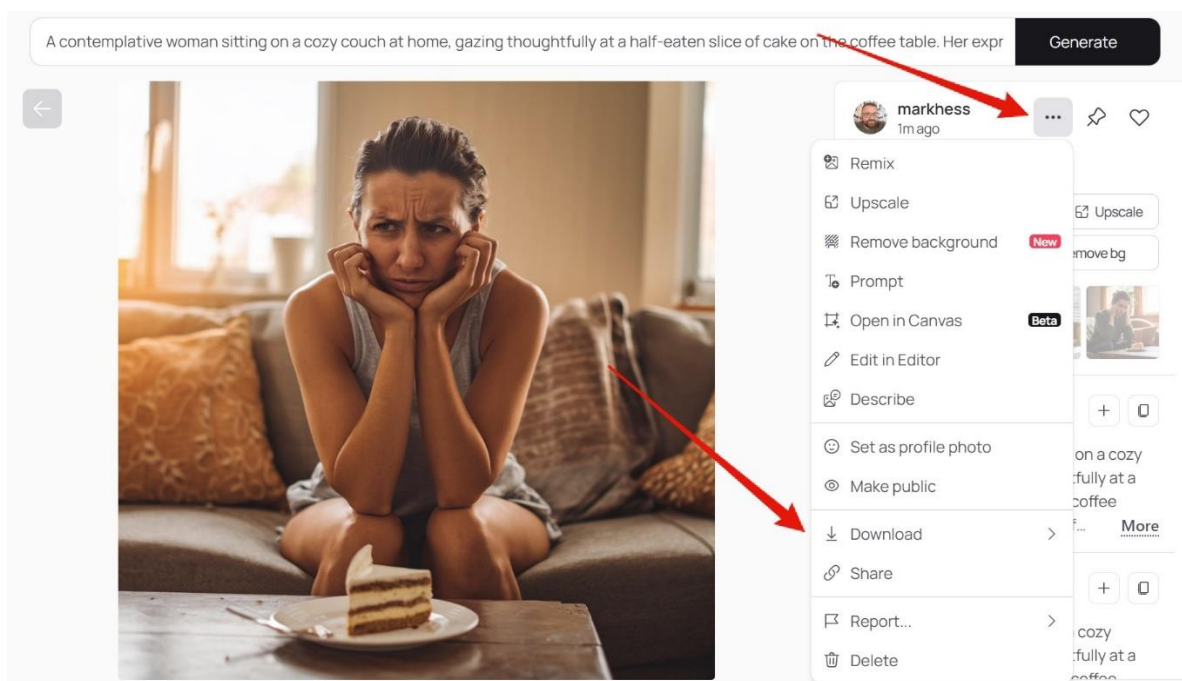
Paste in the prompt, set the ratio to 1:1 and click the “generate” button –



The software will run and it will render 4 different versions –



Click on one of the images and you will be taken to a different screen where you can see all 4 in full size. Choose the one you would like to use and click the 3 dots next to your username and click download –



Next, I'll give you a prompt for social media ads. This produces 3 social media posts to choose from along with an image generation prompt.

Here's the social media post prompt –

You are a professional social media strategist, content creator, and visual storytelling expert. Based on the following pain point content: [Insert Pain Point Content Here], create 3 engaging social media posts that start with a direct quote from the pain point to immediately capture attention. Each post should be concise, emotionally resonant, and tailored to encourage interaction or drive clicks. Ensure the tone aligns with the pain point content, using conversational, empathetic language that feels personal and relatable. Include a strong call-to-action or thought-provoking question at the end to foster engagement or guide readers toward the next step. For each post, suggest a detailed AI image generation prompt for an ultra-realistic, visually stunning image optimized to grab attention on social media. The visuals should avoid excessive text within the images and instead rely on striking imagery, evocative elements, and clear focal points to convey the message. Ensure the image prompts focus on emotion, context, and eye-catching aesthetics that directly complement the pain point.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So, the prompt I enter into ChatGPT will look like this and you will get 3 social media posts to choose from –

You are a professional social media strategist, content creator, and visual storytelling expert. Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"], create 3 engaging social media posts that start with a direct quote from the pain point to immediately capture attention. Each post should be concise, emotionally resonant, and tailored to encourage interaction or drive clicks. Ensure the tone aligns with the pain point content, using conversational, empathetic language that feels personal and relatable. Include a strong call-to-action or thought-provoking question at the end to foster engagement or guide readers toward the next step. For each post, suggest a detailed AI image generation prompt for an ultra-realistic, visually stunning image optimized to grab attention on social media. The visuals should avoid excessive text within the images and instead rely on striking imagery, evocative elements, and clear focal points to convey the message. Ensure the

The output will look like this –

Post 2

"Why can't I stop eating the things I know I shouldn't?"

If you've ever asked yourself this, you're not alone. Guilt over food choices can feel overwhelming, but what if it's not about willpower at all? What if it's about understanding yourself and finding balance?

You don't have to fight this battle alone or perfectly. One small step toward self-compassion can change everything.

Click the link in bio to learn how to break free from food guilt today.

AI Image Prompt:

An overhead view of a comforting kitchen table scene with a colorful salad and an indulgent dessert side-by-side. A hand is reaching for the dessert, with the other holding a fork for the salad. The lighting is natural and soft, symbolizing balance and acceptance.

To generate the image use the same process as I outlined in the social media ads using ideogram.ai

Next, I'll give you a prompt for landing page copy.

Here's the landing page copy prompt –

You are a professional conversion copywriter and landing page strategist. Based on the following pain point content: [Insert Pain Point Content Here], create a high-converting landing page headline and persuasive sales copy that directly addresses the reader's pain point. The headline should be concise, emotionally compelling, and optimized to immediately capture attention. The sales copy should flow naturally, starting with an empathetic opening that resonates with the reader's struggles and transitions into the benefits and solutions offered. Use conversational, persuasive language that feels personal and relatable, avoiding robotic or overly formal tones. Incorporate a clear structure with a problem-agitation-solution framework, highlighting the emotional and practical benefits of taking action. End with a strong call-to-action that reinforces urgency or curiosity and motivates readers to take the next step. Do not include testimonials or other forms of social proof. Ensure the copy is engaging, emotionally resonant, and optimized for conversions.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So, the prompt I enter into ChatGPT will look like this –

You are a professional conversion copywriter and landing page strategist. Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"], create a high-converting landing page headline and persuasive sales copy that directly addresses the reader's pain point. The headline should be concise, emotionally compelling, and optimized to immediately capture attention. The sales copy should flow naturally, starting with an empathetic opening that resonates with the reader's struggles and transitions into the benefits and solutions offered. Use conversational, persuasive language that feels personal and relatable, avoiding robotic or overly formal tones. Incorporate a clear structure with a problem-agitation-solution framework, highlighting the emotional and practical benefits of taking action. End with a strong call-to-action that reinforces urgency or curiosity and motivates readers to take the next step. Do not include testimonials or other forms of social proof. Ensure the copy is engaging, emotionally resonant, and optimized for

The output will look like this –

Sales Copy

Does this sound familiar?

"Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

If you've ever asked yourself this, you're not alone. The struggle with food guilt can feel like a never-ending cycle—one slip-up turns into shame, and before you know it, you're convinced you'll never succeed.

But here's the truth: *Willpower isn't the problem.*

We've been taught to think that weight loss is all about self-control—about fighting cravings, resisting temptation, and "sticking to the plan." But that approach doesn't work, because it ignores the real issue: the emotional and psychological barriers that keep you stuck.

It's time to break free from guilt and take back control—without the shame, the endless restrictions, or the impossible standards.

Imagine this instead:



- Feeling confident in your choices without second-guessing every bite.

Next, I'll give you a prompt for sales copy headlines.

Here's the sales copy headlines prompt –

You are a professional copywriter, NLP specialist, and expert in crafting psychologically impactful headlines for sales and landing pages. Based on the following pain point content: [Insert Pain Point Content Here], create 10 attention-grabbing headline options that leverage loaded language, NLP techniques, and emotional triggers to captivate the reader. Each headline should be designed to hook the reader instantly by tapping into their deepest fears, desires, or frustrations, using persuasive and emotionally charged phrasing. Incorporate techniques such as urgency, scarcity, curiosity gaps, or sensory-rich language to create a compelling call to attention. Use bold statements, rhetorical questions, or transformative promises that speak directly to the reader's pain point while igniting curiosity and the desire to take immediate action. Ensure each headline is concise, impactful, and carefully crafted to leave a lasting impression.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So, the prompt I enter into ChatGPT will look like this and you will get 10 headlines to choose from –

You are a professional copywriter, NLP specialist, and expert in crafting psychologically impactful headlines for sales and landing pages. Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?], create 10 attention-grabbing headline options that leverage loaded language, NLP techniques, and emotional triggers to captivate the reader. Each headline should be designed to hook the reader instantly by tapping into their deepest fears, desires, or frustrations, using persuasive and emotionally charged phrasing. Incorporate techniques such as urgency, scarcity, curiosity gaps, or sensory-rich language to create a compelling call to attention. Use bold statements, rhetorical questions, or transformative promises that speak directly to the reader's pain point while igniting curiosity and the desire to take immediate action. Ensure each headline is concise, impactful, and carefully crafted to leave a lasting impression.

The output will look like this –



1. "What's Really Stopping You From Losing Weight? It's Not Willpower."
2. "The Secret to Breaking Free From Food Guilt (No Willpower Needed)."
3. "Why Do You Keep Failing at Weight Loss? The Truth Changes Everything."
4. "Stop Fighting Yourself: Unlock the Hidden Key to Guilt-Free Eating."
5. "Feel Like Willpower Is Holding You Back? Here's How to Finally Break Through."
6. "Why Can't I Just Stop Eating? The Surprising Answer Nobody Talks About."
7. "Escape the Cycle of Guilt and Shame—Start Taking Control Today."
8. "Tired of Feeling Powerless Around Food? Discover the Real Fix Now."
9. "Is Food Guilt Sabotaging Your Weight Loss? Take Back Control in Minutes."
10. "What If Willpower Wasn't the Answer? Transform Your Approach Starting Today."

Next, I'll give you a prompt for sales blurbs. This produces 3 sales blurbs to choose from.

Here's the sales blurbs prompt –

You are a professional copywriter and sales strategist specializing in creating high-converting, emotionally impactful sales blurbs. Based on the following pain point content: [Insert Pain Point Content Here], write 3 concise yet powerful sales blurbs, each 3–4 sentences long. These blurbs should grab attention immediately by addressing the reader's pain point, vividly agitating their struggle, and presenting the solution as the ultimate relief or transformation. Use emotionally charged language, loaded words, and NLP techniques to amplify urgency, curiosity, and desire. Focus on benefit-driven phrasing and conversational tones that feel personal and relatable, making the reader feel understood and compelled to act. Avoid filler words and ensure every sentence builds momentum, culminating in a subtle but effective call-to-action to spark immediate engagement.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So, the prompt I enter into ChatGPT will look like this and you will get 3 sales blurbs to choose from –

You are a professional copywriter and sales strategist specializing in creating high-converting, emotionally impactful sales blurbs. Based on the following pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?], write 3 concise yet powerful sales blurbs, each 3–4 sentences long. These blurbs should grab attention immediately by addressing the reader's pain point, vividly agitating their struggle, and presenting the solution as the ultimate relief or transformation. Use emotionally charged language, loaded words, and NLP techniques to amplify urgency, curiosity, and desire. Focus on benefit-driven phrasing and conversational tones that feel personal and relatable, making the reader feel understood and compelled to act. Avoid filler words and ensure every sentence builds momentum, culminating in a subtle but effective call-to-action to spark immediate engagement.

The output will look like this –



1. **"Why can't I just stop eating the things I know I shouldn't?"** If you've ever asked yourself this, you're not alone. The guilt, the shame, the endless cycle of frustration—it's exhausting. But here's the truth: Willpower isn't the problem. The real solution lies in breaking free from the guilt trap and uncovering a sustainable way to feel in control. **Start your transformation today.**
2. You've tried everything—strict diets, sheer willpower, and endless promises to yourself—but the guilt always creeps back in. What if the problem isn't you, but the approach? Imagine waking up free from food shame and finally seeing progress that feels effortless and real. **Click here to take the first step toward guilt-free change.**
3. The constant battle in your head—"Why can't I stop? What's wrong with me?"—feels impossible to win. But what if you didn't have to fight? It's time to stop blaming yourself and start a new approach that works with your mind, not against it. **Discover the breakthrough that changes everything today.**

Finally, I'll give you a prompt for emails. (although you should get my [Inbox Ignition product](#) for emails because that mixed with this pain point method = \$\$\$\$)

Here's the email prompt –

You are a professional email copywriter and engagement strategist. Based on the following context or pain point content: [Insert Pain Point Here], write an email that is compelling, emotionally resonant, and designed to drive action. Start with an attention-grabbing subject line that aligns with the reader's struggles or desires, followed by an opening sentence that hits a nerve by directly addressing their pain point, fear, or frustration. Transition into the body of the email by vividly agitating their pain and highlighting the benefits of the solution being offered, using persuasive yet conversational language. Include a clear, benefit-driven call-to-action that feels natural and encourages the reader to click through or respond. Keep the tone empathetic, relatable, and authentic, ensuring the email feels personal while maintaining a focus on results. Avoid overly formal or robotic tones, and aim for an email length of 150–250 words, with short paragraphs and plenty of white space for readability.

Once again, replace [Insert Pain Point Here] with a pain point from the list you generated using the pain point generation prompt which gave you a list of 25.

I'm using "Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

(I always like to put the name of the niche before the pain point)

So, the prompt I enter into ChatGPT will look like this –

You are a professional email copywriter and engagement strategist. Based on the following context or pain point content: [Weight loss: Guilt over lack of willpower: "Why can't I just stop eating the things I know I shouldn't? What's wrong with me?], write an email that is compelling, emotionally resonant, and designed to drive action. Start with an attention-grabbing subject line that aligns with the reader's struggles or desires, followed by an opening sentence that hits a nerve by directly addressing their pain point, fear, or frustration. Transition into the body of the email by vividly agitating their pain and highlighting the benefits of the solution being offered, using persuasive yet conversational language. Include a clear, benefit-driven call-to-action that feels natural and encourages the reader to click through or respond. Keep the tone empathetic, relatable, and authentic, ensuring the email feels personal while maintaining a focus on results. Avoid overly formal or robotic tones, and aim for an email length of 150–250 words, with short paragraphs and plenty of white space for readability.



The output will look like this –



Subject Line: *"Struggling With Food Guilt? Here's the Real Fix."*

Body:

Hi [First Name],

"Why can't I just stop eating the things I know I shouldn't? What's wrong with me?"

If this thought has ever crossed your mind, you're not alone. The guilt, the frustration, the constant cycle of trying and "failing"—it's exhausting, isn't it?

But here's something no one tells you: *Willpower isn't the problem*. It's not about fighting cravings or resisting temptation; it's about understanding the deeper patterns that keep you stuck.

Imagine letting go of the guilt for good. No more beating yourself up over food choices. Instead, you wake up feeling in control, confident, and free to enjoy life without shame dictating your every move.

This isn't another diet or quick fix—it's a proven approach that works with your mind and body, not against them.

Are you ready to break free from the guilt and start fresh?



[Click here to discover how to take the first step today.](#)

In addition to going through this PDF
make sure to watch the video training.