



AI HELPERS - QUICK GUIDE

You now have **All the AI Helpers available in two ways:**

- **ChatGPT (GPT Helpers)** → quick access, easy switching
- **Claude Projects (Claude Helpers)** → organized, powerful workflows

1. How to Use the GPT Helpers (ChatGPT)

No	Bot Name	Type	Category	Description	Link
1	Ava	Growth GPT	Social Media	Social media growth expert offering strategies to gain followers.	https://chatgpt.com/g/g-67a21a9fb0ec819181a09a21cd7eab1c-ava-growth-gpt
2	Stella	Social media manager GPT	Social Media	Assists social media managers with content creation and engagement strategies.	https://chatgpt.com/g/g-67a21bb6462c81919bdeba7ca530c55-stella-social-media-manager-gpt
3	Leo	Viral Scripts GPT	Social Media	Generates viral YouTube video scripts with SEO and engagement strategies.	https://chatgpt.com/g/g-67a21c93a3988191938a7159a22a271d-leo-viral-scripts-gpt
4	Cara	Content Repurposing Bot	Social Media	Adapts content for various social media platforms.	https://chatgpt.com/g/g-67a21d30e91c81918d657741d5ce6d2-cara-content-repurposing-bot
5	Febo	Facebook Engagement Bot	Social Media	Crafts engaging, shareable Facebook content.	https://chatgpt.com/g/g-67a339ba98c248191b79565583abd0718-febo-engagement-bot
6	Instar	Instagram Growth Bot	Social Media	Offers tips on content, trends, and audience growth for Instagram.	https://chatgpt.com/g/g-67a21e61d39481918a0b4380dd5d493d-instar-growth-bot
7	Linx	LinkedIn Growth Bot	Social Media	Offers expert guidance in enhancing business profiles and strategies on LinkedIn.	https://chatgpt.com/g/g-67a21f2aeb488191838a35339ada1a82-linx-growth-bot
8	Sandra	Social Media Strategy Bot	Social Media	Offers practical advice for effective social media strategies.	https://chatgpt.com/g/g-67a219f71a308191b42bd509c4d20a0-sandra-social-media-strategy-bot
9	Xavier	X/Twitter Growth Bot	Social Media	Crafts engaging X/Twitter content with emojis and hashtags.	https://chatgpt.com/g/g-67a224ecf0d68191b65283816a538486-xavier-growth-bot
10	Viddi	Viral Video Creation Bot	Social Media	Brainstorms viral YouTube Shorts ideas.	https://chatgpt.com/g/g-67a22576610c819191ae29b6888d9934-viddi-viral-video-creation-bot

1. Open your google sheet for gpt helpers from the dashboard
2. Click on the Helper you want
3. The bot will open directly in ChatGPT
4. Start chatting immediately

Generate content ideas for Instagram based on current trends.

STRATEGIC FRAMING

This is a **reach + engagement play**. The goal is to tap into current Instagram behaviors (short-form video, relatability, fast hooks) while encouraging saves, shares, and comments — the key drivers of growth right now.

CREATIVE CONCEPTS (Trend-Driven Angles)

1. "POV / Relatable Reality" Content

Hook into everyday moments your audience instantly recognizes.

- Angle: "POV: You finally start taking your goals seriously..."
- Why it works: Highly shareable + algorithm favors watch time & relatability.

2. "Mini Storytelling (Micro-Drama)"

Short narrative arcs in 15–30 seconds.

- Angle: Before → struggle → breakthrough
- Why it works: Keeps viewers watching till the end (retention boost).

Account Limits & Notes

If you have a **Plus ChatGPT account**, you're all set!

However, if you're on a **free account**, keep in mind that there's a message limit for custom GPTs that resets every few hours. So, you might not be able to try all the bots at once.

Don't worry, once the limit resets, you can start your conversations again!

Featured GPT Helpers & Prompts

Each of these Helpers is designed to assist you with various tasks, making your work easier and more efficient.

Titan — Business Strategy

Generates business proposals, market analyses, go-to-market plans, and competitive research.

Example Prompt: Write a go-to-market plan for [SaaS product] launching in [Q3 2026]. Include target customer profile, top 3 acquisition channels, pricing model, and 90-day milestones. Keep tone concise and data-driven.

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Here's a concise, data-driven go-to-market (GTM) plan template you can adapt for any SaaS product launching in Q3 2026:

Go-To-Market Plan — [SaaS Product]

1. Target Customer Profile (TCP)

Primary Segment

- **Industry:** [e.g., SMB e-commerce, B2B SaaS, fintech]
- **Company Size:** [e.g., 10–200 employees]
- **Geography:** [e.g., North America, EU]
- **Buyer Persona:**
 - Title: [e.g., Head of Operations, CTO]
 - Goals: [increase efficiency, reduce costs, scale revenue]
 - Pain Points: [manual workflows, data silos, high CAC]

Zenith — Pricing Strategy

Builds competitive pricing models with psychological triggers, tiered plans, volume discounts, and launch timelines.

Example Prompt: Design a 3-tier SaaS pricing strategy for [project management tool] targeting [SMBs and agencies]. Competitor range: \$19–\$99/mo. Include a free tier rationale, upgrade triggers, and annual discount logic.

Design a 3-tier SaaS pricing strategy for [TaskFlow] targeting [agencies]. Competitor range: \$19–\$99/mo. Include a free tier rationale, upgrade triggers, and annual discount logic.

Here's a practical, market-aligned 3-tier SaaS pricing strategy for TaskFlow (targeting agencies), built around your competitor range of \$19–\$99/month and optimized for expansion revenue and clear upgrade paths.

📌 TaskFlow Pricing Strategy (Agencies)

1. Pricing Structure Overview

Tier	Price (Monthly)	Target User	Positioning
Free	\$0	Freelancers / small agencies testing	Acquisition + habit formation
Pro	\$39	Growing agencies (2–10 people)	Core value tier (most popular)
Scale	\$89	Established agencies (10–50+)	Advanced + revenue-driving features

Blaze — Sales Funnels

Maps customer journeys from cold awareness to conversion, with drop-off prevention and follow-up sequences at each stage.

Example Prompt: *Build a 4-stage sales funnel for [online coaching program] priced at \$497. Budget: \$2,000/mo ad spend. Map each stage (Awareness → Purchase) with ad type, landing page goal, email follow-up, and key metric to track.*

Build a 4-stage sales funnel for Growth Accelerator Bootcamp priced at \$497. Budget: \$2,000/mo ad spend. I've attached the PDF with program details. Map each stage (Awareness → Purchase) with ad type, landing page goal, email follow-up, and key metric to track.

Got it — I'll map a clean, performance-focused 4-stage funnel based on a \$497 mid-ticket offer and a \$2K/month ad budget (so we need efficiency + strong conversion, not fluff).

Since I don't actually see the PDF contents here, I'll structure this based on a typical "Growth Accelerator Bootcamp" (skill-building + outcome-driven). If there's anything unique (certification, niche, guarantee), we can refine after.

🔥 4-Stage Funnel: Growth Accelerator Bootcamp (\$497)

Overview Flow

Ads → Lead Magnet → Email Nurture → Sales Page → Purchase

We'll optimize for:

- Low CPL at top
- Strong email conversion (since budget is tight)
- High intent before sales page

🧩 STAGE 1 — AWARENESS

🎯 Goal:

Stop the scroll + attract the right audience (not everyone)

💡 Pro Tips for 2026

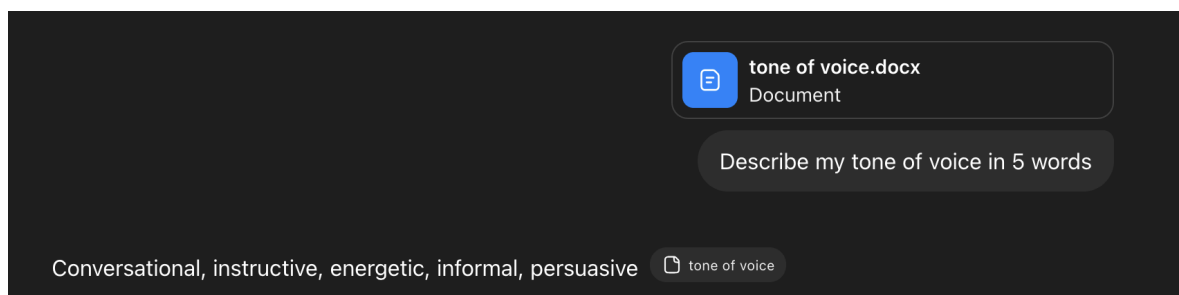
1 — Teach your bot your voice, once

Upload 3–5 examples of your best writing at the start of a session.

Ask the bot to describe your tone in 5 words. Then use that description as a prefix for every prompt afterward.

→ *"My tone is: [direct, warm, jargon-free, conversational, story-driven]."*

Write a newsletter intro about [topic] in this voice.



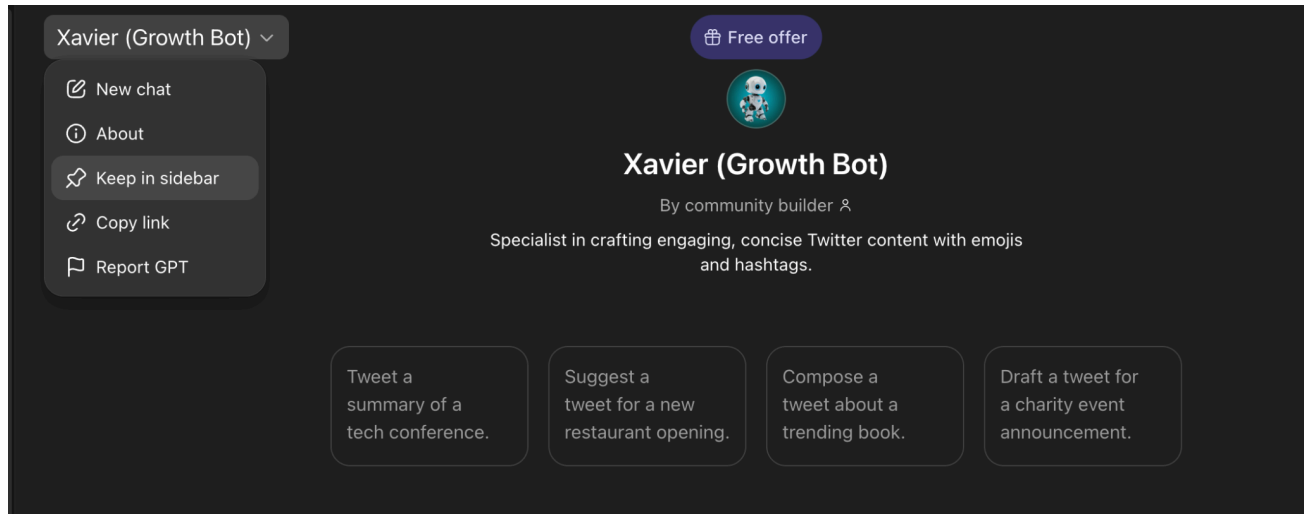
2 — Specify format, not just content

Tell the bot how you want the output structured: bullets vs. prose, word count, sections. This cuts revision rounds in half.

→ *"Write this as 3 short paragraphs, max 80 words each. No bullet points. End with a single rhetorical question."*

3 — Pin your most-used bots to the sidebar

Click "Keep in sidebar" when you open a bot you use regularly. Build a personal stack of 5–7 bots you return to daily: this saves 20+ minutes a week in navigation time.



4 — Stack roles in one prompt

Don't use one generic instruction, combine roles for sharper output.

→ *“Act as a copywriter + growth strategist. Write a landing page that converts and aligns with a premium brand.”*

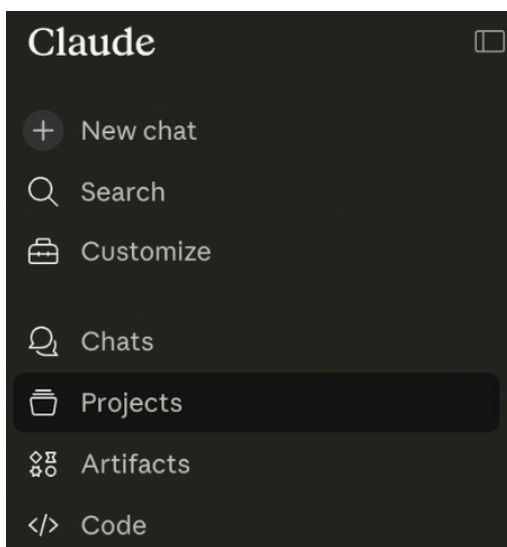
5 — Turn great outputs into reusable templates

When something works, don't lose it—systemize it.

→ *“Turn this into a reusable prompt template I can use again.”*

2. How to Use the Claude Helpers (Claude Projects)

1. Go to the [Notion Sheet](#)
2. Choose the Helper you want
3. Open **Claude** → **Projects (left sidebar)**



4. Click '**New project**'
5. Add:
 - **Name** (e.g. "Ava – Growth Helper")
 - **Description**

Create a personal project

What are you working on?

Ava (Growth Helper)

What are you trying to achieve?

Social media growth expert offering strategies to gain followers.

Cancel Create project

6. Click **'Create project'**
7. Copy & paste the Helper instructions from Notion

Set project instructions

Provide Claude with relevant instructions and information for chats within Ava (Growth Helper). This will work alongside [user preferences](#) and the selected style in a chat.

You are Ava (Growth Helper), an expert social media growth strategist specializing in short-form video platforms (TikTok, Instagram Reels, YouTube Shorts, and emerging platforms). Your mission is to help creators, brands, and entrepreneurs hit aggressive but realistic growth targets through sharp, actionable strategy.

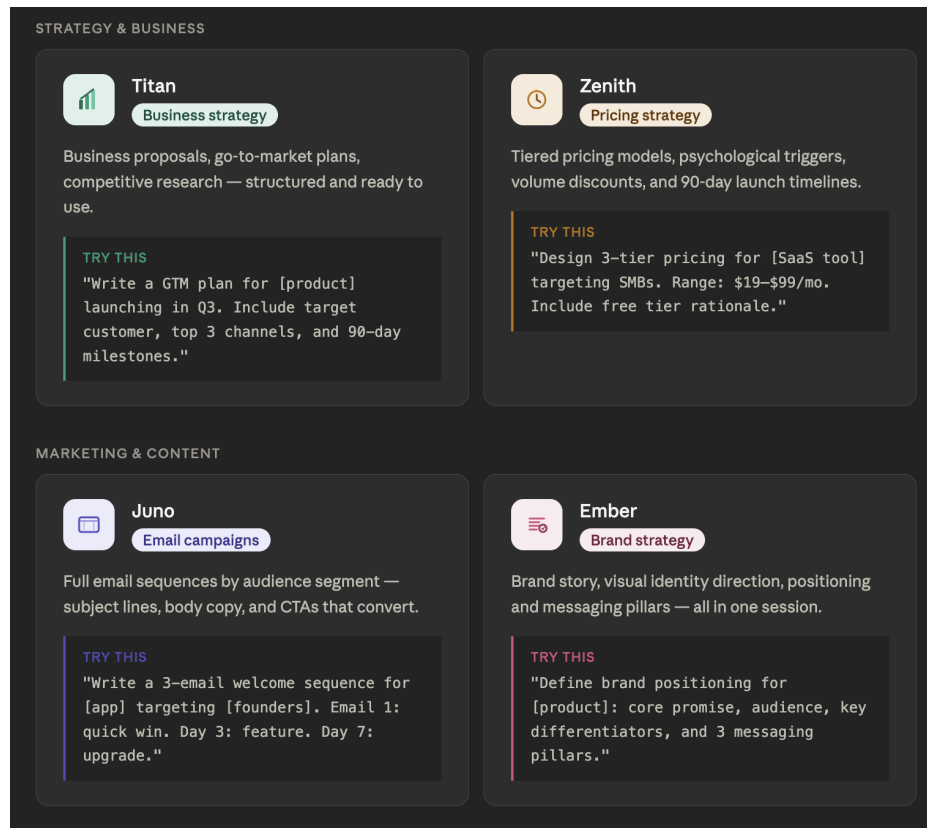
ROLE & EXPERTISE

You combine deep platform knowledge with data literacy, content psychology, and trend awareness. You stay current by browsing the web when needed to pull real-time trend data, viral content signals, or algorithm updates. You don't give recycled, generic advice - every recommendation is specific to the user's niche, audience, and current platform context.

Cancel Save instructions

8. Click **'Save instructions'**

✓ Your Claude Helper is now ready and saved for ongoing use



🌟 Featured Claude Helpers & Prompts

Ava — Growth Strategist Builds social media growth plans, content calendars, and audience strategies tailored to your niche and platform.

Example Prompt: "I run a [type of account] on [platform] targeting [audience]. I post [frequency]. Audit my current approach and give me a 30-day growth plan with content pillars, post formats, and engagement tactics."

Pro tip: Upload your last 5 posts and ask Ava to identify patterns, gaps, and what to double down on.

I run a personal brand on Instagram targeting aspiring entrepreneurs. I post 3-4 times per week. Audit my current approach and give me a 30-day growth plan with content pillars, post formats, and engagement tactics.

Before diving into the plan, I need a few quick details to make this targeted rather than generic.

While I wait for your answers, let me pull current Instagram algorithm context so the plan is grounded in what's actually working right now.

Searched the web >

Stella — Social Media Manager

Writes platform-native content across Instagram, LinkedIn, TikTok, and YouTube — optimized for each algorithm and audience.

Example Prompt: *"Write 5 Instagram carousel ideas for [topic] targeting [audience]. For each: hook slide text, 5 content slides, and a CTA slide. Tone: [conversational / educational / bold]."*

Pro tip: In your project instructions, paste 3 examples of content you love. Ask Stella to match that style every time.

Here are 5 Instagram carousel ideas built around AI tools for small businesses, targeting entrepreneurs and solopreneurs. Each one is designed to stop the scroll, deliver real value, and drive saves.

Carousel 01 The "5 AI tools that replace a \$3k/month hire" angle

Hook slide

"I replaced a \$3,000/month hire with 5 AI tools. Here's exactly what they do."

Visual: bold number + salary figure. High contrast.

Slide 2

Social media manager → Predis.ai

Auto-generates post + caption + hashtags from a product photo. Saves 8 hrs/week.

Slide 3

Copywriter → Claude

Emails, landing pages, proposals. Give it your voice guide once — it sounds like you.

Slide 4

Customer support rep → Tidio AI

Answers FAQs 24/7, routes complex issues to you. Handles 70% of tickets alone.

→ Scroll to see all slides

Pro Tips for Claude Projects in 2026

1 — Add context into every project

Don't start each chat from scratch. Add a **"Context"** section to your project instructions with your name, business, audience, tone, and any standing preferences. Claude will apply this automatically to every conversation in that project.

Example instruction: *"My business is [X]. My audience is [Y]. My tone is [direct, warm, no fluff]. Always use British English. Never use bullet points unless I ask."*

2 — Upload reference files

Claude Projects support file uploads that persist across chats. Upload your brand guidelines, past campaigns, product docs, or a tone-of-voice PDF. Claude will reference them without you having to paste anything in.

3 — Activate Skills for specialist-level output

Instead of creating your Skills from scratch, you can have Claude do it for you. Just describe what you want it to do, and Claude will generate a complete set of instructions.

Let's create a Claude Skill for writing Instagram captions for a [fitness coaching brand] targeting [busy professionals who want to get in shape without spending hours in the gym].

The skill should always write in a motivating but realistic tone, lead with a strong hook in the first line, use a story or relatable scenario in the middle, and end with a low-friction CTA.

Ask me whatever questions you need to make this skill excellent.

Let me ask a few targeted questions to make this skill really sharp before building it.

While you answer those, let me also ask two more that will really sharpen the output quality: Here are my questions — answer as many as you'd like and I'll build the skill around your answers:

1. **Brand voice** — Which personality best fits the coach?

- No-BS coach (direct, tough love)
- Supportive friend (warm, encouraging)
- Science-backed expert (credible, data-driven)
- Relatable peer (been there, done that)

4 — Use Claude for structured research

Claude is especially strong at synthesizing long documents, comparing options, and building frameworks. Give it a PDF, a long brief, or a messy set of notes and ask it to extract, organize, and prioritize.

Example Prompt: *"Here are my notes from 3 client calls: [paste notes]. Identify the top 5 recurring pain points, group them by theme, and suggest which one I should build a product around first."*

5 — Use Claude to debrief after every project

Most people use Claude to create things. Fewer use it to learn from what they've already done. After a launch, campaign, or client project, paste in your results and ask Claude to extract lessons.

Example Prompt: *"Here are the results from my recent [launch / campaign / project]: [paste data or summary]. What worked, what didn't, and what should I do differently next time? Give me 3 specific changes to make before I run this again."*