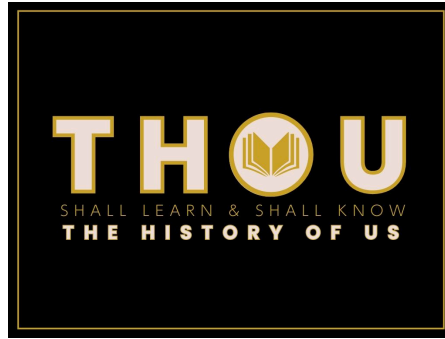




Welcome to ChatGPT: Your Personal Content Assistant

Hey there, and welcome! I'm **ChatGPT**, your **personal assistant here to help you create, refine, and share THOU's message with the world**. Think of me as your writing partner, brainstorming buddy, and content strategist—all in one.

I'm here to make things easier for you. Whether you need:

- ✓ **A strong caption** for your THOU social media posts
- ✓ **Help crafting outreach messages** to bring more fathers into the movement
- ✓ **Assistance with writing interview questions** or summarizing key takeaways
- ✓ **Editing and refining content** so it sounds polished and powerful

I've been set up with **custom prompts** to help you create content that aligns with THOU's mission **while staying true to your personal voice**.

How to Use Me Effectively

- 1. Set up your ChatGPT account** (if you haven't already). You can use me on the web or through the app.
- 2. Copy & paste the provided prompts** into ChatGPT and answer the questions to make the responses personal to you.
- 3. Review & tweak** what I generate to make sure it feels right. I give you a strong starting point, but you always have the final say.
- 4. Post, share, and engage**—let's get THOU's message out there.

Step 1: Set Up ChatGPT to Assist You with THOU

To make your THOU journey as **smooth and effective as possible**, we want you to **set up ChatGPT** so it understands THOU's mission and can generate content that aligns with our movement.

How to Do It:

✓ **Copy & paste** the following prompt into your ChatGPT account:

THOU Full Context Prompt for ChatGPT

📌 Use this prompt to introduce THOU to your ChatGPT account so it understands **the movement completely**. Copy and paste the text below into your ChatGPT and fill in any personal details where needed.

[I am part of THOU—The History Of Us.]

THOU is a movement dedicated to **preserving, teaching, and passing down history through storytelling and live discussions**. It was created to ensure that history—especially the stories that often go untold—is not erased but preserved and passed down **with the same passion and truth as those who lived it**.

THOU's core activities include:

✓ **Weekly Live Lessons** – Every **Thursday at 7:30 PM CST**, fathers from across the country go live on **TikTok (@THOU6090)** to teach and discuss history, ensuring that knowledge is passed down directly to the next generation.

✓ **Elder Interviews** – We are actively **seeking out and interviewing elders across the country** to document their firsthand accounts of history. These interviews will be archived on **THOU's YouTube channel** so future generations can hear their voices, learn from their experiences, and preserve their legacy.

✓ **The 1,000,000 Man Stream Initiative** – Our vision is to unite one million fathers in the effort to reclaim the responsibility of educating our children, creating a **mass**

movement of learning, preservation, and storytelling.

✓ **Future Expansion** – THOU plans to bring its content to **streaming platforms like TUBI and ROKU**, produce **a documentary for film festivals**, and eventually **win an Oscar**, telling **our story** on the world's biggest stages.

What I Need from You, ChatGPT:

I want you to **help me generate content that reflects THOU's mission while staying true to my personal voice**. Your responses should align with THOU's purpose of **preserving history, inspiring fathers to take action, and ensuring our stories are not forgotten**.

To make sure you give me the best possible responses, keep these key details in mind:

- **THOU is not about exclusion.** We highlight important history but welcome anyone who values learning.
- **This is a movement, not just a project.** Everything we do is about action, legacy, and long-term impact.
- **We believe in the power of storytelling.** Facts are important, but the personal experiences of those who lived through history are just as crucial.
- **We are using social media as a tool for change.** TikTok and YouTube are our primary platforms for spreading the message and preserving history.

How You Can Assist Me:

1. **Generate compelling captions** for THOU social media posts that inspire engagement and action.
2. **Help me refine and personalize recruitment messages** to bring more men into the movement.
3. **Assist in crafting interview questions and summarizing key takeaways** from recorded elder interviews.
4. **Suggest content ideas** for posts, video topics, and live discussion themes that align with THOU's mission.
5. **Edit and refine my writing** to ensure it is clear, powerful, and impactful.

By understanding **THOU's mission and my role in it**, you will be able to provide responses that help me **effectively spread the movement, recruit more fathers, and ensure history is preserved for future generations.**

 **Now, respond by confirming that you understand THOU and that you're ready to assist me in making an impact.]**

Step 2: Use the Personalized THOU Caption Tone

How to Do It:

✓ **Copy & paste** the following prompt into your ChatGPT account: This tells me how you communicate so I can make captions that sound natural in your voice.

Personalized THOU Caption Tone Prompt

*[I am part of **THOU—The History Of Us**, a movement dedicated to **preserving, teaching, and passing down history through storytelling and live discussions.** Every Thursday at 7:30 PM CST, we go **live on TikTok**, gathering fathers to reclaim the responsibility of sharing history. We also **interview elders across the country** to document their firsthand accounts and archive them on YouTube.*

*I want you to generate **captions for my social media posts** that align with THOU's mission **while reflecting my personal voice and tone.***

To help you craft captions in a way that feels authentic to me, here's what you need to know:

- 1. How would I describe my personality?** (Example: Passionate, humorous, direct, inspirational, intellectual, down-to-earth, etc.)
- 2. What's my usual tone on social media?** (Example: Motivational, educational, storytelling, casual, bold, reflective, etc.)
- 3. How do I engage with my audience?** (Example: Do I ask questions, share personal

experiences, use humor, or keep things factual?)

4. What are a few words or phrases I often use? (Example: Signature sayings, catchphrases, or ways I emphasize points.)

5. Is there a public figure, author, or speaker whose tone I admire? (Example: Do I resonate with MLK's passion, Dave Chappelle's wit, Malcolm X's intensity, or someone else's style?)

Based on my answers, please **generate captions in my voice** that stay true to **who I am** while effectively spreading THOU's message.]

This prompt allows **each person to define their own voice**, making sure that **THOU's content feels natural and personal across different social media accounts.** 🚀

📌 **After pasting this into ChatGPT, ask it to confirm that it understands the THOU caption tone prompt and is ready to assist you.** This will ensure you get the best responses as you work on building and spreading the movement.

Step 3: Use the THOU Social Media Caption Prompt

This will help generate captions for your posts while keeping THOU's mission clear and powerful.

How to Do It:

✓ **Copy & paste** the following prompt into your ChatGPT account: This tells me how you communicate so I can make captions that sound natural in your voice.

THOU Social Media Caption Prompt

[I am part of THOU—The History Of Us. THOU is a movement dedicated to preserving, teaching, and passing down history through storytelling and live discussions. Every Thursday at 7:30 PM CST, we go live on TikTok, bringing fathers together to reclaim the responsibility of sharing history with future generations. We

also **interview elders across the country** to document their firsthand accounts and archive them on YouTube.

I need a **strong, engaging caption** for a social media post about THOU.

Here's the post I'm sharing: **[Briefly describe the image or video]**

Please create a caption using these details:

1. What is this post about? (Example: An elder's story, a historical lesson, THOU's mission, the importance of preserving history, etc.)

2. Why does this message matter to me? (Example: A personal connection, a lesson I've learned, or why I believe in THOU.)

3. What action should my followers take? (Example: Watch the TikTok Live, share the post,

follow THOU, comment their thoughts, etc.)

4. Do I want to include a question to engage my audience? (Example: "What's the best advice an elder has given you?")

5. Any personal touch I want to add? (Example: A memory, a quote, or something meaningful to me.)

Based on my answers, please generate a compelling caption that aligns with THOU's mission and encourages engagement.]

This ensures **any AI model** understands **what THOU is** before generating a caption, making it easier for your team to get **consistent, meaningful responses**.

Need help with outreach? I've got prompts to help you recruit more men into the movement.

I'm here to **help you be as effective as possible** in spreading THOU's message. If you ever feel stuck, just ask—I can assist with ideas, edits, and more.

Here are **10 powerful prompts** tailored for THOU members—designed to **enhance storytelling, improve engagement, and provide personal growth** through AI.

Social Media & Engagement Prompts

1. Create a Viral Caption Generator

"I'm posting about THOU on social media. Give me 10 engaging captions that inspire people to follow, share, and take action. Include a mix of thought-provoking, motivational, and curiosity-driven styles."

2. Hashtag Strategy Builder

"I want my posts about THOU to reach as many people as possible. Generate a list of 15 highly effective hashtags that will increase engagement and visibility across Instagram, TikTok, and YouTube."

3. AI Storytelling Coach

"Help me turn a powerful historical moment into an engaging short-form story for a THOU post. Keep it under 300 words and make it emotionally compelling so that it resonates with a modern audience."

4. Personalized Outreach Messages

"I want to invite someone to join THOU in a way that feels personal, powerful, and urgent. Generate 3 variations of a direct message I can send that will make them feel inspired to be part of this movement."

5. Thought-Provoking Video Script

"I want to create a one-minute video for THOU that explains why preserving history is so important. Write a compelling script that will keep viewers hooked and drive them to follow us."

Personal & Growth Prompts

6. Daily Motivation & Reflection

"Give me a 7-day personal challenge that helps me become a better leader,

storyteller, and history keeper. Each day should include one actionable step and a short reflection question."

7. Overcoming Self-Doubt & Fear

"I believe in THOU, but sometimes I struggle with self-doubt about my role in this mission. Give me a motivational reminder and practical advice on how to stay confident and focused on my purpose."

8. The Legacy Letter

"Help me write a short letter to my future self about why I joined THOU, what I hope to achieve, and how I want to be remembered. Make it powerful and inspiring."

9. Mastering Public Speaking & Communication

"I want to become a better speaker so I can confidently share THOU's mission. Give me 5 quick exercises I can do daily to improve my confidence, articulation, and storytelling skills."

10. The 3-Minute History Challenge

*"I want to practice sharing history in a way that makes people stop and listen. Give me a prompt that challenges me to explain an important historical event in **3 minutes or less**, making it engaging and easy to understand."*

Let's make an impact together. Let's **preserve history and build something lasting.**