

AI-03064 Word Rule Prompt Tutorial

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I checked the link you sent. It's an article titled "*The Secret '3-Word Rule' That Made My ChatGPT-5 Responses 10x Better (Try These 10 Tested Prompts)*" on The Modern Field. ([My Blog](#))

Here's a summary + my thoughts + whether I think it's a "rule" worth adopting (and how to improve upon it).

Summary of the Article

The article introduces a "3-word rule" for prompt engineering with ChatGPT-5. The idea is that every prompt should include three elements (typically expressed as three words or short phrases):

1. **Verb (Action)** — what you want the AI to *do* (e.g. "Generate," "Analyze," "Rewrite," "Explain")
2. **Format (Structure)** — how you want the output *organized* (e.g. "Table," "Bullet-points," "Elevator Pitch," "Mind Map")
3. **Tone (Persona / Voice)** — how you want it to *sound* (e.g. "Confident," "Persuasive," "Simple," "Critical," "Professional")

They argue this helps avoid vague prompts and forces clarity in what you want. ([My Blog](#))

They then provide **10 example prompts** applying the 3-word rule across different domains. Here are a few examples:

Use Case	Prompt (3-Word)
Business strategy	"Generate, Elevator Pitch, Confident" (My Blog)
Technical explanation	"Explain, Analogy, Simple" (My Blog)
Content marketing	"Rewrite, AIDA Framework, Persuasive" (My Blog)
Productivity	"Summarize, Key Takeaways, Concise" (My Blog)

They also explain *why* such constraints help:

- You reduce ambiguity — the model knows exactly the action, structure, tone. ([My Blog](#))
- You constrain the "possibility space" so the output is less generic. ([My Blog](#))
- Tone acts like role-prompting, helping the response align with a persona. ([My Blog](#))

Finally, they encourage the reader to experiment with different verb/format/tone combinations (e.g. "Debate, Dialogue, Sarcastic" or "Invent, Recipe, Enthusiastic") rather than seeing this as rigid. ([My Blog](#))

My Analysis & Critique

I think the "3-word rule" is a **useful heuristic**, especially for people newer to prompt design. But as with any simple rule, it has strengths and limitations.

Strengths

- **Simplicity:** It gives a clear template to follow. If you tend to write vague prompts, this forces you to think in terms of *action*, *structure*, and *tone*.
- **Better outputs:** In many real cases, giving structure (format) + tone + action leads to more useful, less generic responses.
- **Flexibility:** The three categories are broad and can be adapted — you can choose many verbs, many formats, many tones, and mix them.
- **Prompt discipline:** It encourages you to be deliberate rather than vague with AI.

Limitations / Caveats

- **Not truly “3 words” in full use:** The words are placeholders; in practice you often need more context, constraints, or background in the prompt. Just “Generate, Table, Confident” without any subject or context won’t yield a meaningful answer.
- **Over-constraining risk:** If you're too rigid with format/tone, you might lose nuance or creativity. Sometimes you want open exploration.
- **Tone might conflict with clarity:** A tone like “whimsical” or “sarcastic” might produce style over substance, depending on the task.
- **Not a silver bullet:** Complex tasks often need extra instructions (e.g. “Assume this audience,” “Limit to 200 words,” “Include references,” etc.).
- **Model variance:** Different models or versions may respond better/worse to this structure. What works for “ChatGPT-5” (if that exists) might not translate identically to other models.

In short: it’s a **valuable guideline**, especially as a starting point, but it shouldn’t constrain you when more nuance is required.

How I Would Use / Improve the Rule

If I used the 3-word rule, here’s how I’d adapt it:

1. **Use “verb, format, tone” as a *core skeleton***, but always **add context** and **constraints** outside of those three words.
 - Example: “Analyze, SWOT Table, Critical — for XYZ market in 2025 — include up to 5 bullet points per quadrant.”
2. **Be flexible with format:** sometimes “narrative,” “outline,” “comparison table,” “pros/cons” are more useful than rigid forms.
3. **Layer additional instructions:**
 - define audience (e.g. “for non-technical readers”),
 - define length (e.g. “~300 words”),
 - define sources or evidence (e.g. “cite studies”).

4. **Iterate:** start with a 3-word prompt, then refine it if the output misses something.
5. **Use dynamic tones:** Sometimes you want partial tones (e.g. "authoritative but friendly") or multi-tone mixes.

Do I Think It's "Real" / Worth Using?

Yes — I think it's a *good tool* in your prompt engineering toolkit. I wouldn't treat it as a rigid "rule of ChatGPT-5," but more as a **heuristic** that helps you structure your prompts better, especially when you find your prompts too vague or generic.

If you like, I can take some prompts you have in mind and rephrase them using the 3-word rule (plus improvements) to see how the output changes. Would you like me to try that?

Got it 👍 — please confirm:

Would you like **22 simple examples of the "3-Word Rule" prompts**, or 22 examples of something else (e.g., a concept from the article like *action-format-tone*)?

If you meant the **3-Word Rule**, here are **22 simple, practical examples** across different domains 📌

22 Simple Examples of the 3-Word Rule (Action – Format – Tone)

#	Prompt (3 Words)	Example Full Prompt
1	Explain, Table, Simple	Explain the difference between ETFs and mutual funds in a simple table.
2	Summarize, Bullets, Concise	Summarize this news article in concise bullet points.
3	Compare, Chart, Objective	Compare iPhone and Samsung Galaxy features objectively in a chart.
4	Rewrite, Paragraph, Formal	Rewrite this casual message into a formal business paragraph.

#	Prompt (3 Words)	Example Full Prompt
5	Generate, Ideas, Creative	Generate creative gift ideas for a nurse moving to the U.S.
6	Describe, Analogy, Simple	Describe blockchain using a simple analogy.
7	Analyze, Table, Critical	Analyze Apple's 2025 financials in a critical table.
8	Plan, Steps, Practical	Plan 5 practical steps to improve sleep hygiene.
9	Outline, Framework, Logical	Outline a logical framework for a personal finance blog.
10	Summarize, Sentences, Friendly	Summarize this scientific article in friendly sentences for beginners.
11	Compare, Pros-Cons, Neutral	Compare renting vs. buying in the U.S. with neutral pros and cons.
12	Create, Checklist, Actionable	Create an actionable checklist for moving to a new apartment.
13	Draft, Email, Polite	Draft a polite email declining a job offer.
14	Explain, Steps, Motivational	Explain how to start a morning routine in motivational tone.
15	List, Examples, Educational	List educational examples of compound interest.
16	Evaluate, Summary, Balanced	Evaluate Tesla's long-term prospects and give a balanced summary.
17	Teach, Lesson, Engaging	Teach basic investing principles in an engaging way.
18	Outline, Story, Emotional	Outline an emotional short story about rediscovery after burnout.
19	Simplify, Concept, Visual	Simplify quantum computing with a visual explanation.
20	Interpret, Quote, Reflective	Interpret this quote in a reflective tone.
21	Recommend, Options, Practical	Recommend practical laptop options under \$1,000.

#	Prompt (3 Words)	Example Full Prompt
22	Summarize, Table, Neutral	Summarize the pros and cons of 401(k) vs. IRA in a neutral table.

Would you like me to make **22 examples specifically for one domain** (e.g., *health, finance, career, relationships, or quality living*) next?

Excellent. Below are **22 examples each** of the *3-Word Rule (Action-Format-Tone)* across the six domains you use most often:

- Quality Living
- Health
- Relationships
- Career
- Finance
- Investing

Each example follows this pattern:

3-Word Prompt → Example Full Prompt

1. Quality Living — 22 Examples

#	3-Word Prompt	Example Full Prompt
1	Reflect, Paragraph, Peaceful	Reflect in a peaceful tone on what “living simply” means.
2	Explain, Steps, Mindful	Explain mindful ways to start and end your day.
3	List, Habits, Sustainable	List sustainable habits for a slower, balanced life.
4	Describe, Scene, Serene	Describe a serene morning routine promoting inner calm.
5	Summarize, Takeaways, Minimalist	Summarize key takeaways from minimalist living philosophy.

#	3-Word Prompt	Example Full Prompt
6	Outline, Routine, Practical	Outline a practical daily routine to reduce overwhelm.
7	Generate, Goals, Meaningful	Generate meaningful life goals aligned with personal values.
8	Write, Affirmations, Gentle	Write gentle affirmations for self-acceptance.
9	Analyze, Habits, Reflective	Analyze your daily habits through a reflective lens.
10	Compare, Lifestyle, Honest	Compare busy vs. slow lifestyle with honest insights.
11	Create, Checklist, Balanced	Create a balanced checklist for quality living.
12	Explain, Concept, Wabi-Sabi	Explain wabi-sabi as applied to daily life.
13	Design, Plan, Simple	Design a simple plan to reduce mental clutter.
14	Draft, Journal, Warm	Draft a warm journal entry about gratitude.
15	Summarize, Table, Grounded	Summarize grounded living principles in a short table.
16	Illustrate, Analogy, Gentle	Illustrate "being like water" with a gentle analogy.
17	Evaluate, Practices, Mindful	Evaluate mindful practices that increase daily joy.
18	List, Lessons, Timeless	List timeless lessons from simplicity.
19	Describe, Feeling, Content	Describe the feeling of quiet contentment.
20	Suggest, Activities, Restorative	Suggest restorative activities after burnout.
21	Explain, Quote, Reflective	Explain this quote about presence in reflective tone.
22	Plan, Month, Minimalist	Plan a minimalist month challenge for personal clarity.

2. Health — 22 Examples

#	3-Word Prompt	Example Full Prompt
1	Explain, Table, Clear	Explain macronutrients in a clear table.
2	Design, Routine, Realistic	Design a realistic workout routine for beginners.
3	List, Foods, Energizing	List energizing foods for morning workouts.
4	Describe, Process, Simple	Describe the digestion process simply for laypeople.
5	Summarize, Tips, Preventive	Summarize preventive health tips for busy workers.
6	Plan, Meals, Balanced	Plan balanced meals for a week.
7	Analyze, Symptoms, Objective	Analyze possible causes of lightheadedness during workouts.
8	Create, Checklist, Practical	Create a practical hydration checklist.
9	Explain, Mechanism, Concise	Explain how glucose fuels exercise concisely.
10	Compare, Diets, Neutral	Compare low-carb vs. balanced diet neutrally.
11	Generate, Routine, Calming	Generate a calming evening wellness routine.
12	Describe, Habit, Healthy	Describe a healthy sleep habit.
13	Outline, Steps, Consistent	Outline steps to stay consistent with workouts.
14	Explain, Science, Accessible	Explain the science of recovery in accessible terms.
15	Summarize, Table, Simple	Summarize vitamins and benefits in a simple table.
16	Suggest, Exercises, Gentle	Suggest gentle stretches for desk workers.
17	Evaluate, Plan, Sustainable	Evaluate a sustainable long-term fitness plan.

#	3-Word Prompt	Example Full Prompt
18	List, Mistakes, Common	List common mistakes in dieting.
19	Describe, Feeling, Energized	Describe the feeling after consistent exercise.
20	Compare, Metrics, Informative	Compare heart rate zones in an informative tone.
21	Write, Reminder, Motivational	Write a motivational health reminder for Mondays.
22	Plan, Morning, Intentional	Plan an intentional morning for better mental health.

3. Relationships — 22 Examples

#	3-Word Prompt	Example Full Prompt
1	Explain, Pattern, Honest	Explain avoidant behavior patterns honestly.
2	List, Boundaries, Healthy	List healthy boundaries in friendships.
3	Summarize, Lessons, Reflective	Summarize reflective lessons from failed relationships.
4	Describe, Act, Kind	Describe an act of kindness that builds trust.
5	Compare, Reactions, Empathetic	Compare pity vs. concern in an empathetic tone.
6	Draft, Message, Respectful	Draft a respectful text to express feelings clearly.
7	Explain, Dynamics, Calm	Explain conflict dynamics in a calm, neutral tone.
8	Create, Plan, Realistic	Create a realistic plan to rebuild trust.
9	List, Signs, Positive	List positive signs of emotional maturity.
10	Outline, Conversation, Thoughtful	Outline a thoughtful conversation to clear misunderstandings.
11	Describe, Behavior, Compassionate	Describe compassionate communication habits.

#	3-Word Prompt	Example Full Prompt
12	Compare, Intentions, Insightful	Compare intention vs. impact in relationships.
13	Explain, Cycle, Simple	Explain the push-pull cycle simply.
14	Suggest, Approach, Respectful	Suggest a respectful way to reconnect with a friend.
15	Summarize, Traits, Supportive	Summarize traits of supportive partners.
16	List, Activities, Connecting	List connecting activities for long-term couples.
17	Analyze, Conflict, Neutral	Analyze a common couple's conflict neutrally.
18	Describe, Friendship, Genuine	Describe genuine friendship in daily gestures.
19	Write, Reflection, Honest	Write an honest reflection on boundaries crossed.
20	Evaluate, Relationship, Balanced	Evaluate a relationship's balance of give-and-take.
21	Explain, Behavior, Compassionate	Explain avoidant behavior from a compassionate lens.
22	Plan, Conversation, Peaceful	Plan a peaceful talk after a misunderstanding.

4. Career — 22 Examples

#	3-Word Prompt	Example Full Prompt
1	Draft, Resume, Professional	Draft a professional resume summary.
2	Explain, Role, Simple	Explain the role of a charge nurse simply.
3	Summarize, Goals, Clear	Summarize clear short- and long-term career goals.
4	Write, Email, Polite	Write a polite follow-up email after an interview.

#	3-Word Prompt	Example Full Prompt
5	Create, Plan, Strategic	Create a strategic career development plan.
6	Outline, Steps, Achievable	Outline achievable steps toward promotion.
7	Analyze, Strengths, Reflective	Analyze personal strengths reflectively.
8	List, Skills, Transferable	List transferable skills for nurses moving into leadership.
9	Compare, Jobs, Neutral	Compare staff RN vs. travel nurse jobs neutrally.
10	Generate, Ideas, Innovative	Generate innovative career paths for healthcare professionals.
11	Explain, Concept, Motivational	Explain the concept of career plateau in motivational tone.
12	Summarize, Lessons, Practical	Summarize practical lessons from burnout recovery.
13	Describe, Workplace, Ideal	Describe an ideal workplace culture.
14	Evaluate, Decision, Objective	Evaluate objectively whether to change jobs.
15	Plan, Transition, Smooth	Plan a smooth career transition from hospital to clinic.
16	Write, Vision, Inspiring	Write an inspiring personal career vision.
17	Outline, Interview, Confident	Outline confident answers for common interview questions.
18	Summarize, Milestones, Clear	Summarize major career milestones in clear language.
19	Explain, Conflict, Constructive	Explain how to handle workplace conflict constructively.
20	Create, Schedule, Efficient	Create an efficient workweek schedule.
21	Draft, Letter, Sincere	Draft a sincere resignation letter.

#	3-Word Prompt	Example Full Prompt
22	Recommend, Courses, Useful	Recommend useful online courses for leadership growth.

5. Finance — 22 Examples

#	3-Word Prompt	Example Full Prompt
1	Explain, Table, Simple	Explain budgeting vs. saving in a simple table.
2	Plan, Budget, Realistic	Plan a realistic monthly budget for a nurse in NJ.
3	Compare, Accounts, Neutral	Compare checking vs. high-yield savings accounts neutrally.
4	Summarize, Steps, Practical	Summarize practical steps to build an emergency fund.
5	List, Expenses, Necessary	List necessary vs. discretionary expenses.
6	Outline, Plan, Balanced	Outline a balanced 50/30/20 budget plan.
7	Explain, Concept, Simple	Explain compound interest simply.
8	Create, Table, Clear	Create a clear table for monthly cash flow.
9	Analyze, Spending, Objective	Analyze monthly spending patterns objectively.
10	Summarize, Strategies, Practical	Summarize practical debt-repayment strategies.
11	Design, Plan, Sustainable	Design a sustainable financial plan for single earners.
12	List, Habits, Smart	List smart money habits for beginners.
13	Compare, Methods, Informative	Compare envelope vs. digital budgeting methods informatively.
14	Evaluate, Goal, Achievable	Evaluate if saving \$500/month is achievable.
15	Summarize, Tips, Simple	Summarize simple tips to control impulse buying.

#	3-Word Prompt	Example Full Prompt
16	Explain, Rule, Concise	Explain the 4% retirement withdrawal rule concisely.
17	Draft, Plan, Actionable	Draft an actionable financial independence plan.
18	List, Priorities, Sensible	List sensible priorities when salary increases.
19	Outline, System, Efficient	Outline an efficient bill payment system.
20	Write, Reminder, Motivational	Write a motivational reminder about saving early.
21	Describe, Feeling, Secure	Describe the feeling of financial security.
22	Plan, Review, Annual	Plan an annual personal finance review.

6. Investing — 22 Examples

#	3-Word Prompt	Example Full Prompt
1	Explain, Concept, Simple	Explain ETFs simply for beginners.
2	Compare, Assets, Neutral	Compare stocks vs. bonds neutrally.
3	List, Metrics, Important	List important metrics for evaluating ETFs.
4	Summarize, Risk, Concise	Summarize key investment risk types concisely.
5	Analyze, Portfolio, Balanced	Analyze a balanced portfolio for a 32-year-old RN.
6	Explain, Strategy, Simple	Explain dollar-cost averaging simply.
7	Create, Table, Informative	Create an informative table showing asset allocations.
8	Compare, Indexes, Objective	Compare NASDAQ vs. S&P 500 objectively.
9	Outline, Steps, Beginner	Outline beginner steps to open a brokerage account.
10	Summarize, Trends, Clear	Summarize 2025 tech ETF trends clearly.

#	3-Word Prompt	Example Full Prompt
11	Describe, Behavior, Rational	Describe rational vs. emotional investing behavior.
12	Evaluate, Option, Cautious	Evaluate a new ETF option with cautious reasoning.
13	List, Habits, Smart	List smart investing habits for long-term growth.
14	Explain, Concept, Visual	Explain diversification visually.
15	Analyze, Data, Objective	Analyze market data objectively for tech sector.
16	Summarize, Insights, Simple	Summarize insights from Warren Buffett's investing style.
17	Compare, Accounts, Informative	Compare Roth IRA vs. 401(k) informatively.
18	Outline, Strategy, Defensive	Outline a defensive investing strategy during market volatility.
19	Plan, Allocation, Logical	Plan a logical allocation for 70/20/10 strategy.
20	Describe, Approach, Patient	Describe the patient investor's approach to wealth.
21	Explain, Bias, Educational	Explain confirmation bias in investing educationally.
22	Summarize, Lessons, Timeless	Summarize timeless lessons from index investing.

Would you like me to **condense all 132 examples into a downloadable prompt-sheet (PDF or DOCX)** for daily use or training reference?