PROMPT PACK / REPURPOSE

5 Prompt *Repurpose Pack*

Turn 1 carousel into a full week of content. The 5 prompts, word for word, plus the order to run them in.

HOW IT RUNS

- [ ] **1.** Write the carousel once, like you already do.
- [ ] **2.** Paste the full text into ChatGPT or Claude.
- [ ] **3.** Run the 5 prompts in order.
- [ ] **4.** Each prompt builds on the answer before it.

OUT A reel script, a story sequence, an email and a community post.

FIRST Read the voice rule on page 4 before you run prompt 1.



Extract, then *the reel*

1

PROMPT 1 OF 5

Extract

PASTE THIS

> Here is the text of my carousel. Pull out the one core lesson, the 3 strongest points, and the exact hook line. Give me nothing else.

WHY IT MATTERS: Every output after this is built from this short summary, so the reel, the story and the email all say the same thing, each in the right shape for its platform.

2

PROMPT 2 OF 5

The reel script

PASTE THIS

> Turn this lesson into a 30 second talking head reel script. Open with the hook line. Give the 3 points in plain, spoken words, in short lines. End with the one takeaway people should remember.

WHY IT MATTERS: Film it as is, or tweak the lines that do not sound like you.

The story, then *the email*

3

PROMPT 3 OF 5

The story sequence

PASTE THIS

> Turn this lesson into a 3 part story sequence. Part 1: the problem, one short line. Part 2: the lesson, in the fewest words possible. Part 3: one question my followers can tap an answer to.

WHY IT MATTERS: Stories keep the week warm between posts, and the question at the end is what gets replies.

4

PROMPT 4 OF 5

The email

PASTE THIS

> Turn this lesson into a short email for my list. Give me a subject line, about 150 words, one small example, and end with one question that invites a reply.

WHY IT MATTERS: Your email list is the audience no algorithm can take from you. This keeps it fed without a second writing session.

The community post and *two rules*

5

PROMPT 5 OF 5

The community post

PASTE THIS

> Turn this lesson into a post for my community. The lesson in plain words, one question for members to answer, and one small action they can do today.

WHY IT MATTERS: A community that only gets announcements goes quiet. A lesson and a question every week keeps it alive.

RULE 1 OF 2: THE VOICE RULE

DO THIS FIRST: Paste 2 or 3 of your own past posts at the start of the chat.

THEN ADD TO EVERY PROMPT: match this voice

So the drafts sound like you and your business, not like a robot.

RULE 2 OF 2: THE APPROVAL RULE

- [ ] **1.** The AI drafts.
- [ ] **2.** You read.
- [ ] **3.** You post.

Nothing goes out unchecked. Save the 5 prompts in one note so next week you just run them again.

SAVE THIS / REPURPOSE

Your week from *one carousel*

RUN ORDER

- [ ] **1. Extract:** the lesson, 3 points, the hook
- [ ] **2. Reel:** 30 second script
- [ ] **3. Story:** 3 parts, ends on a question
- [ ] **4. Email:** subject line plus about 150 words
- [ ] **5. Community:** lesson, question, one action

ANY Works for any local business: the shop, the clinic, the contractor, the restaurant.

MY WEEKLY NOTE

Carousel topic _____

Past posts pasted _____

Reel filmed _____

Email sent _____

Join the Momentum AI community on Skool, $29/mo:
https://www.skool.com/momentum-ai/about

