



Fresh Ideas

*The blank page is no longer an excuse,
your idea partner never sleeps.*

10 prompts to frame a problem, generate options in bulk, explore them, pick the right one and take the first step, from a simple phone.

Free for the SYSTINFO community



GOOD TO KNOW

A partner that unblocks you.

Finding ideas alone, facing a blank page, drains you fast. In 2026, an AI (ChatGPT, Claude, Gemini, Le Chat) becomes an idea partner that never tires: it suggests fast, in bulk, from angles you would not have found. It does not decide for you, you are the one who sorts. Three markers before you start.

- **Quantity first**

Ask for many ideas, no judging. A weak lead can wake up a strong one. You sort afterwards, never during.

- **You stay the judge**

The AI suggests, you choose against your constraints and your taste. The good idea is the one you can carry.

- **Feed the machine**

The more context you give (goal, audience, budget), the sharper the leads. A vague request gives vague ideas.

The right reflex: do not chase the perfect idea first, ask for ten, then choose.

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THE METHOD

Five steps, ten prompts.

A good idea comes in five steps: frame the real problem, generate many leads, explore them from other angles, pick the best one, then make it real. These 10 prompts turn the AI into your idea partner, from the fog to the first step.

Every prompt follows the same recipe: Role, Context, Task, Format. Copy the structure, change the brackets.

01 **Frame**

· 2 prompts

02 **Generate**

· 2 prompts

03 **Explore**

· 2 prompts

04 **Choose**

· 2 prompts

05 **Make it real**

· 2 prompts



The Clear Problem

PROMPT TO COPY

Role: you are a consultant who reframes problems before solving them.

Context: I am stuck on [describe the situation], my real goal is [objective].

Task: reframe my problem three different ways, one broader and one narrower.

Format: three one-line reframings, then the one that opens the most leads.

What you get

A problem set at the right level. Asking the right question is half the answer.



My Real Constraints

PROMPT TO COPY

Role: you are a methodical project framer.

Context: I want ideas for [project], with [budget],
[time], [target audience].

Task: list my constraints and my success criteria so I can
filter later.

Format: a two-column table, constraints on one side,
success criteria on the other.

What you get

A clear grid to judge your ideas later. Without criteria,
you choose at random.



Twenty Leads

PROMPT TO COPY

Role: you are a fast, no-filter idea generator.

Context: my topic is [topic], my constraints are [short reminder].

Task: give me twenty ideas, no judging, from the safest to the boldest.

Format: a numbered list of twenty short lines, one idea per line.

What you get

A wide pool to pick from. Quantity first is what lets quality surface later.



The Unexpected Angle

PROMPT TO COPY

Role: you are a creative who loves breaking the obvious.

Context: on [topic], the usual ideas are [name one or two].

Task: give five ideas nobody would dare, ignoring budget and rules.

Format: five bold ideas, each with the fear it shakes up.

What you get

Leads off the beaten track. The wild idea often holds the seed of the good one.



The Useful Analogy

PROMPT TO COPY

Role: you are an expert in cross-industry analogies.

Context: my problem is [problem] in the field of [my field].

Task: show how another sector (restaurant, sport, video game) would solve it.

Format: three analogies, each with the concrete idea to borrow for my case.

What you get

Solutions from elsewhere, ready to adapt. Borrowing a good reflex saves you time.



The Devil's Advocate

PROMPT TO COPY

Role: you are a kind but demanding critic.

Context: here is my favourite idea so far: [describe the idea].

Task: list its weaknesses and what could make it fail, do not spare me.

Format: five objections, then for each a simple way to answer it.

What you get

The flaws seen before they cost you. An idea that survives critique is sturdier.



The Right Filter

PROMPT TO COPY

Role: you are a neutral decision aid.

Context: here are my ideas [paste your list] and my criteria [short reminder].

Task: score each idea on my criteria and rank them best to worst.

Format: a table, a score out of five per criterion, a total, one verdict line.

What you get

A clear ranking, built on your criteria. A grid beats gut instinct alone.



The Quick Test

PROMPT TO COPY

Role: you are a coach who tests before investing.

Context: I hesitate to commit to [chosen idea], I risk [time or money].

Task: suggest a small test I can run this week, cheap, to check if it works.

Format: the test in three steps, what to watch, the signal that says yes or no.

What you get

Proof before you commit. A small trial costs less than a big mistake.



The First Step

PROMPT TO COPY

Role: you are a planner who hates projects that sit idle.

Context: I picked this idea: [idea], I can give it [time per week].

Task: turn it into a simple plan, with a very first action for today.

Format: three steps, the first doable in thirty minutes, a deadline for each.

What you get

An idea that starts instead of waiting. The first small step beats a tidy big plan.



The Name That Sticks

PROMPT TO COPY

Role: you are a specialist in names and hooks.

Context: my idea is [describe], it is aimed at [audience].

Task: suggest names and a one-line pitch that make people want in.

Format: eight short names, then a one-line presentation.

What you get

A name and a pitch ready to share. A well-named idea is remembered and retold.



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