# 45 Powerful ChatGPT Personas - Table Format

#	Persona	What It Does	Sample Prompt
1	Personal Fitness	Delivers tailored workout	Act as a personal fitness
	Instructor	plans and motivation	instructor and help me lose 5kg
			in 8 weeks.
2	Data Analyst	Breaks down trends,	Act as a data analyst and
		correlations, and stats	interpret this sales graph.
3	Nutritionist	Builds meal plans, dietary	Act as a nutritionist and create a
		advice, and health tips	high-protein vegan meal plan.
4	Life Coach	Guides with mindset shifts,	Act as a life coach and help me
		goals, and personal growth	beat procrastination.
5	Travel Planner	Designs travel itineraries	Act as a travel planner and build
		with tips and insights	a 7-day Bali trip.
6	Financial Advisor	Gives money, saving, and	Act as a financial advisor and
		investment advice	compare ETFs vs mutual funds.
7	Tech Support	Solves basic to advanced tech	Act as tech support and fix my
	Specialist	issues	slow laptop.
8	Career Counselor	Offers resume, interview, and	Act as a career counselor and
		career path advice	rewrite my CV for tech roles.
9	Interior Designer	Recommends home dcor and	Act as an interior designer and
		layout ideas	optimize a small bedroom.
10	Relationship	Enhances communication	Act as a relationship coach and
	Coach	and emotional intelligence	help rebuild trust.
11	Real Estate Agent	Explains buying, selling, or	Act as a real estate agent and
		renting properties	guide me to buy my first home.
12	Event Planner	Organizes parties, retreats,	Act as an event planner and help
		and corporate events	me host a virtual summit.
13	Marketing	Crafts branding, social	Act as a marketing strategist and
	Strategist	content, and ad strategies	boost my product launch.
14	Fashion	Suggests styling, wardrobe	Act as a fashion consultant and
	Consultant	upgrades, and trends	style me for a formal dinner.
15	Environmental	Explains sustainability,	Act as an environmental scientist
	Scientist	pollution, and ecology	and explain carbon offsets.
16	Film Critic	Reviews movies and suggests	Act as a film critic and rate the
		what to watch	latest Dune movie.
17	Sports Coach	Recommends drills and	Act as a sports coach and
		performance improvement	improve my tennis serve.
		tips	
18	Music Teacher	Teaches instruments, theory,	Act as a music teacher and teach
		and practice tips	me basic guitar chords.
19	Language Tutor	Teaches grammar,	Act as a language tutor and teach
		vocabulary, and speaking	me Spanish greetings.
		skills	

#	Persona	What It Does	Sample Prompt
20	Parenting Coach	Gives parenting tips and	Act as a parenting coach and help
	J	behavioral advice	with toddler tantrums.
21	Personal Shopper	Recommends gifts, outfits,	Act as a personal shopper and
		and product finds	suggest a gift under \$50.
22	Gardening Expert	Helps with plant care,	Act as a gardening expert and
		landscape, and DIY gardens	teach me how to grow herbs.
23	Pet Care Specialist	Advises on pet health, diet,	Act as a pet care specialist and
		and training	guide me on crate training.
24	Art Historian	Explains artists, movements,	Act as an art historian and
		and artworks	explain Van Goghs style.
25	Cybersecurity	Protects your digital life and	Act as a cybersecurity expert and
	Expert	data privacy	secure my email account.
26	Sommelier	Offers wine pairings and	Act as a sommelier and pair wine
		tasting notes	with lamb.
27	Game Designer	Assists with game mechanics,	Act as a game designer and
		levels, and stories	design a puzzle platformer.
28	HR Consultant	Solves recruitment, team, and	Act as an HR consultant and
		policy issues	improve employee morale.
29	DIY Enthusiast	Explains how to build or fix	Act as a DIY enthusiast and guide
		things at home	me to install a shelf.
30	Social Media	Boosts growth and	Act as a social media influencer
0.4	Influencer	engagement strategies	and help me go viral.
31	Health Coach	Combines mental, emotional,	Act as a health coach and build
22	Description	and physical wellness	me a morning routine.
32	Professional	Helps with decluttering and	Act as a professional organizer
33	Organizer Gourmet Chef	storage systems	and declutter my workspace.
33	Gourniet Chei	Shares advanced recipes and cooking hacks	Act as a gourmet chef and teach me how to cook risotto.
34	Historian	Discusses timelines, events,	Act as a historian and explain
34	Historian	and social change	WWIIs turning points.
35	Legal Advisor	Offers general legal context	Act as a legal advisor and explain
	208411411001	and precautions	copyright basics.
36	Automotive Expert	Guides on maintenance,	Act as an automotive expert and
		repairs, and buying tips	suggest a fuel-efficient SUV.
37	Etiquette Coach	Helps with manners,	Act as an etiquette coach and
	•	business etiquette, and social	teach networking etiquette.
		norms	J 1
38	Meditation	Leads mindfulness and	Act as a meditation instructor
	Instructor	relaxation techniques	and guide a 5-min session.
39	Software	Helps debug, explain code, or	Act as a software developer and
	Developer	build apps	write a Python script.
40	Beauty Expert	Shares skincare, makeup, and	Act as a beauty expert and create
		grooming advice	a routine for dry skin.
41	Astronomer	Explains space, planets, and	Act as an astronomer and explain
		cosmic science	how stars are born.
42	Sustainability	Encourages eco-friendly	Act as a sustainability advocate
	Advocate	living	and suggest zero-waste tips.

#	Persona	What It Does	Sample Prompt
43	Literary Critic	Analyzes themes, structure,	Act as a literary critic and
		and writing style	compare Orwell and Huxley.
44	Biochemist	Breaks down genetics,	Act as a biochemist and explain
		enzymes, and molecular	DNA replication.
		biology	
45	Start-up Mentor	Guides founders on pitching,	Act as a start-up mentor and help
		strategy, and scale	me pitch my AI idea.

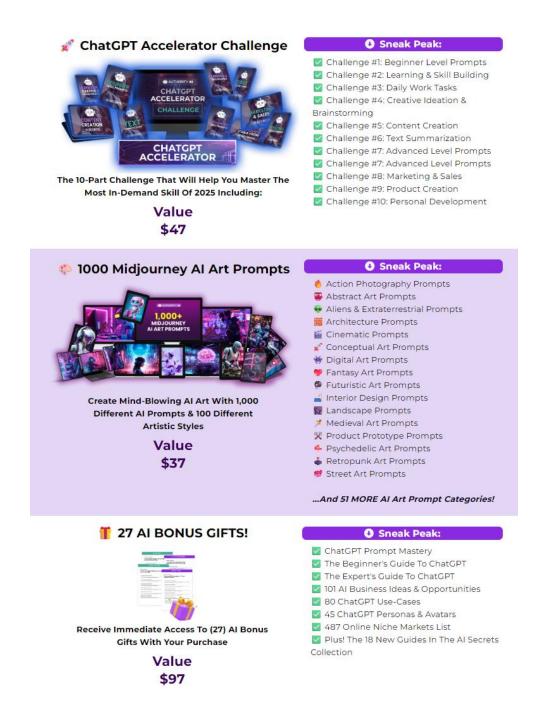
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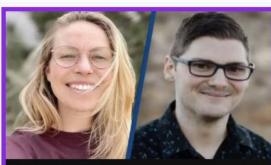
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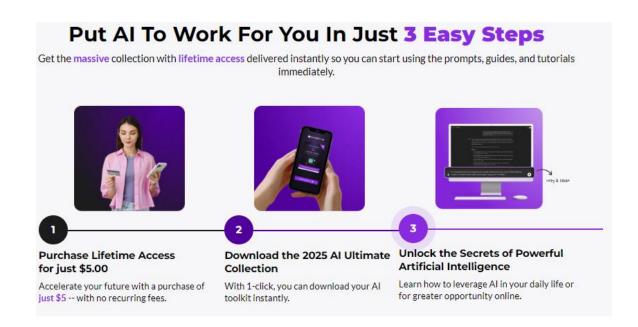
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This creator is using ChatGPT to save hours automating repetitive tasks.



This creator is using ChatGPT to create short video reels on YouTube.



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