

# The AI Course Mapping System

Turn a validated hook into a full course, in your own voice

A practical, prompt-based system for building courses fast without guessing.

## How To Use This PDF

This is not a one-prompt shortcut. Use each step in order. Each prompt builds on the previous one. Progress beats perfection.

## System Overview

1. Define the transformation
2. Generate hooks
3. Stress-test hooks
4. Map the course backwards
5. Break chapters into lessons (2–4 per chapter)
6. Create teaching bullets
7. Match your tone of voice
8. Expand lesson content
9. Sanity-check the course
10. Turn lessons into a PDF (one at a time)

## Step 1 — Define the Transformation

Clarify where the customer starts and where they should end.

Paste this prompt into ChatGPT:

I want to create a course.

My ideal customer currently starts here:

[Describe where they are now]

After finishing the course, they should be here:

[Describe the outcome]

1. Summarize the core promise in one sentence.
2. List the 3 biggest obstacles.

## Step 2 — Generate Hooks

Create hook ideas that stop the right person from scrolling.

Paste this prompt into ChatGPT:

Using the course promise and obstacles:

Generate 10 hook ideas that focus on:

- Avoiding a mistake
- Speeding up results
- Reframing a false belief

Keep them clear and non-hypey.

## Step 3 — Stress-Test Hooks

Choose the hook that best matches the transformation.

Paste this prompt into ChatGPT:

For the top 3 hooks:

1. What problem does each speak to?
2. Who will it attract?
3. Which best fits the outcome, and why?

## Step 4 — Map the Course Backwards

Turn the hook into a logical course structure.

Paste this prompt into ChatGPT:

Using this hook:

[Paste hook]

And this outcome:

[Paste outcome]

Create a step-by-step course map from start to finish.

## Step 5 — Break Chapters Into Lessons

Keep chapters lean and momentum-driven.

Paste this prompt into ChatGPT:

For each chapter:

1. Create 2–4 lessons per chapter.
2. Each lesson should solve ONE clear problem or answer ONE key question.
3. Lesson titles should be action-focused and outcome-driven.
4. If a lesson feels optional or repetitive, remove it.
5. Prioritize clarity and momentum over completeness.

## Step 6 — Create Teaching Bullet Points

Create notes you can teach from.

Paste this prompt into ChatGPT:

For each lesson:

Create bullet points covering:

- What to explain
- What to show
- One example

## Step 7 — Match Your Tone of Voice

Avoid generic AI tone.

Paste this prompt into ChatGPT:

Here is a sample of how I write or speak:

[Paste sample]

Analyze my tone and rewrite one lesson in my voice.

## Step 8 — Expand Lesson Content

Turn bullets into natural teaching notes.

Paste this prompt into ChatGPT:

Using my tone of voice:

Expand the lesson into spoken-style teaching notes.  
Do not write a script.

## Step 9 — Sanity Check

Tighten and simplify.

Paste this prompt into ChatGPT:

Review the course and identify:

1. What can be removed
2. What is missing
3. Where it can be simplified
4. The one clear outcome

## Step 10 — Lesson to PDF (One at a Time)

Format individual lessons for a clean PDF.

Paste this prompt into ChatGPT:

Using Lesson #[X] from the course:

1. Rewrite it for written form
2. Format as a standalone PDF page
3. Remove spoken filler
4. End with a short summary and one action step

Output only the finished lesson.