# Two Custom Instructions That Improve Every Decision

Most aging-in-place professionals excel at delivering compassionate service, but we all face the same challenge: making confident decisions when the stakes are real. Whether it's safety recommendations, budget considerations, complex family dynamics, or building trust with clients, every choice carries weight.

In this practical training, you'll discover how to set up two simple Custom Instructions in ChatGPT that instantly upgrade the way you think, plan, and communicate.

These aren't complicated technical tools, they're straightforward "modes" you can activate with a single trigger word, designed specifically for professionals who aren't tech-savvy but need better decision-making support.
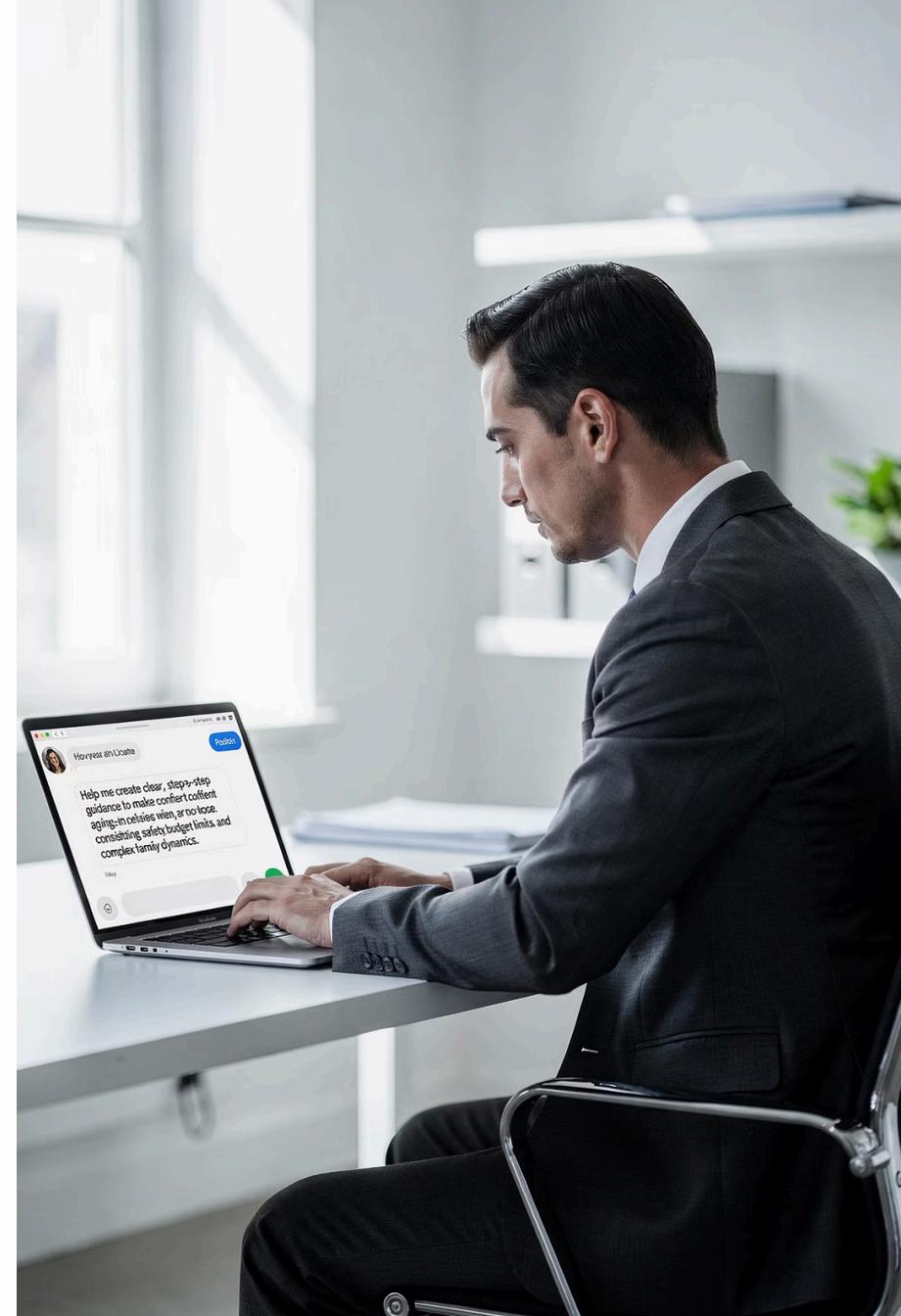
What You'll Master Today

Set Up AI Modes

Create two Custom Instructions that change ChatGPT's behavior on command using a single trigger word, no complicated prompting required.

Pressure-Test Decisions

Use **Potato** and **Chocolate** custom instructions to get more out of your prompts, marketing messages, and business decisions before you act on them.

Communicate with Clarity

Transform AI feedback into clearer, safer, and more persuasive client communication that sounds authentic and professional, never robotic.

You'll leave with step-by-step setup instructions, real examples tailored to aging-in-place work, and a reusable swipe file of prompts for consults, proposals, caregiver education, vendor decisions, and marketing messaging.

Why "Helpful" AI Isn't Always Enough

The Problem

Standard AI assistants are designed to be agreeable and supportive. They rarely challenge your thinking or point out potential flaws.

In aging-in-place work, **agreeable can be risky**.

Where Agreeable Becomes Dangerous

- **Safety recommendations** – Equipment choices that seem simple but have hidden risks

- **Scope decisions** – Underestimating complexity or missing critical factors

- **Caregiver instructions** – Unclear guidance that leads to inconsistent care

- **Referral partner choices** – Trusting vendors without proper vetting

- **Pricing and packaging** – Undervaluing services or making unsustainable promises

When you're making decisions that affect someone's safety, independence, and quality of life, you need more than validation. You need an AI partner that can challenge your assumptions, reveal blind spots, and help you think more critically, before you make a recommendation you can't take back.

The Big Idea: Trigger Words That Transform AI Behavior

Potato Mode

Your Hostile Critic

Potato is intentionally blunt and skeptical. It looks for holes in your plan, challenges weak assumptions, and exposes what you forgot to consider. Think of it as your toughest client or most critical family member, the one who won't let anything slide.

Best for private planning, not client-facing conversations.

Chocolate Mode

Your Balanced Analyst

Chocolate argues both sides like a skilled debate coach. It presents competing perspectives with equal weight, helping you understand trade-offs and prepare for objections. This mode makes you sound more credible and thoughtful to clients.

Perfect for decision-making and client communication.

🗇 Why This Works for Non-Tech People

No complicated prompting. No technical skills required. Just type one word and get consistent, repeatable results. These modes are designed to feel natural and become second nature in your workflow.
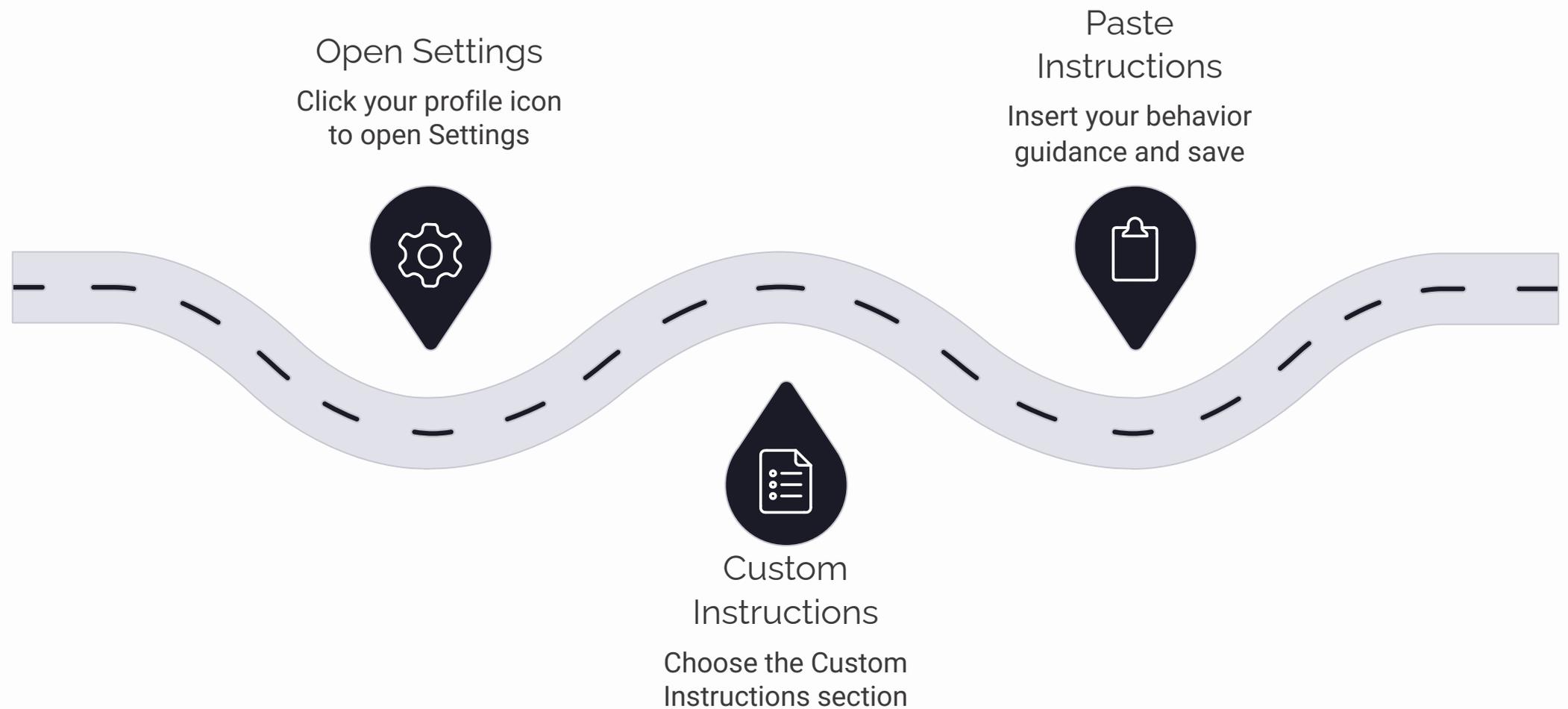
The Actual Prompts

There are 2 paragraphs below here - the first one is the Potato Prompt and the second is is the Chocolate Prompt:

Whenever I type the word 'Potato' followed by an idea or argument, I want you to ignore your 'helpful' persona. Instead, act as a Hostile Critic. Your only job is to find the 'holes' in my logic. Point out three specific ways my argument could fail, two assumptions I'm making without proof, and one counter-argument I haven't addressed. Do not be polite; be precise.

Whenever I type the word 'Chocolate' followed by an idea or argument, act as a Devil's Advocate Analyst. Your job is to present both sides of the argument with equal rigor: For the position: Provide the three strongest supporting arguments, including evidence or logic that would convince a skeptic. Against the position: Provide the three strongest counter-arguments, including evidence or scenarios where this position fails. Conclusion: Briefly identify which side has stronger footing based on current evidence, or explain why the issue remains genuinely undecided. Be balanced but honest, don't artificially equalize positions if one clearly has more support.

How to Set Up Your Custom Instructions

Open Settings

Click your profile icon to open Settings

Paste Instructions

Insert your behavior guidance and save

Custom Instructions

Choose the Custom Instructions section

Setting up your Potato and Chocolate modes takes less than five minutes. Here's your step-by-step guide to implementation.

Step-by-Step Setup

1. **Open ChatGPT** and navigate to Settings (click your profile icon)
2. Select **Personalization**
3. Copy and paste the prompts in the **Custom instructions** box
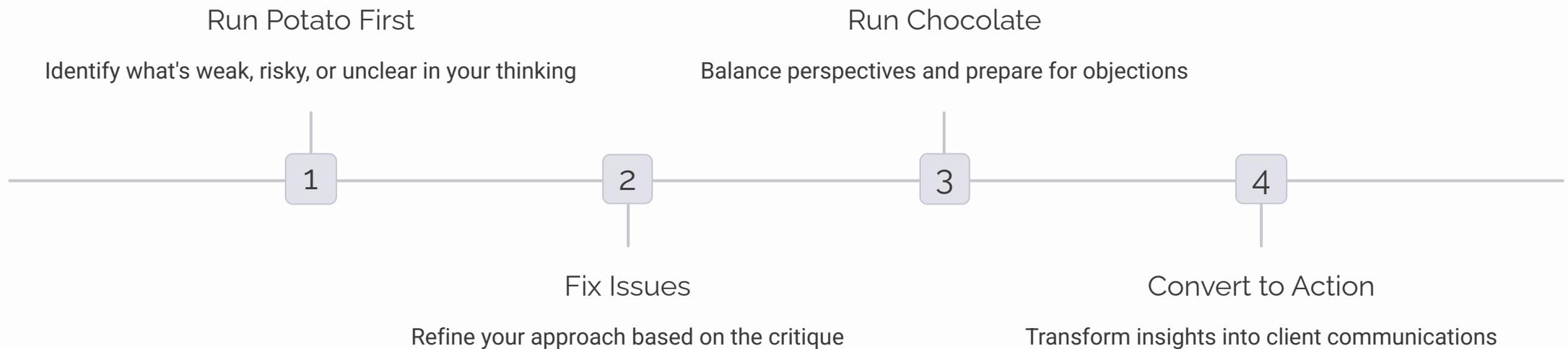4. No need to save - it will automatically be saved

Pro Tips

- Keep instructions short, clear, and structured
- Place both modes in a single instruction block for easy management
- Test each mode immediately to confirm proper behavior
- Remember: You can edit and refine anytime

> **Safety Note:** Potato is intentionally harsh—use it privately for planning, never as a script to read directly to families or clients.

NOTE: You'll also notice other bits of information in the "Personalization" section of ChatGPT that you can fill out and/or select. Go ahead and scroll down and change or fill out whatever you would like.

Putting It Into Action: Real Examples

1 — Run Potato First
Identify what's weak, risky, or unclear in your thinking

2 — Fix Issues
Refine your approach based on the critique

3 — Run Chocolate
Balance perspectives and prepare for objections

4 — Convert to Action
Transform insights into client communications

Ready-to-Use Prompt Swipe File

Client Safety & Solutions

- Potato: I'm recommending ___ because ___.
- Potato: This home modification plan will reduce falls because ___.
- Chocolate: We should choose ___ instead of ___ for this client.

Family Dynamics & Boundaries

- Chocolate: The caregiver should stop doing ___ for the parent.
- Potato: My plan to persuade the parent to accept help is ___.

Marketing & Positioning

- Potato: My niche is ___ and my message is ___.
- Chocolate: My pricing is fair and clients should pay for prevention.

Partner Decisions

- Potato: I want to partner with ___ because ___.
- Chocolate: I should focus on realtor partners as my main referral source.

Start with one simple test: Run Potato on your last recommendation and see what changes. Then use Chocolate to write a balanced paragraph for your next client consult. You'll be amazed at how quickly these modes become indispensable tools in your decision-making process.