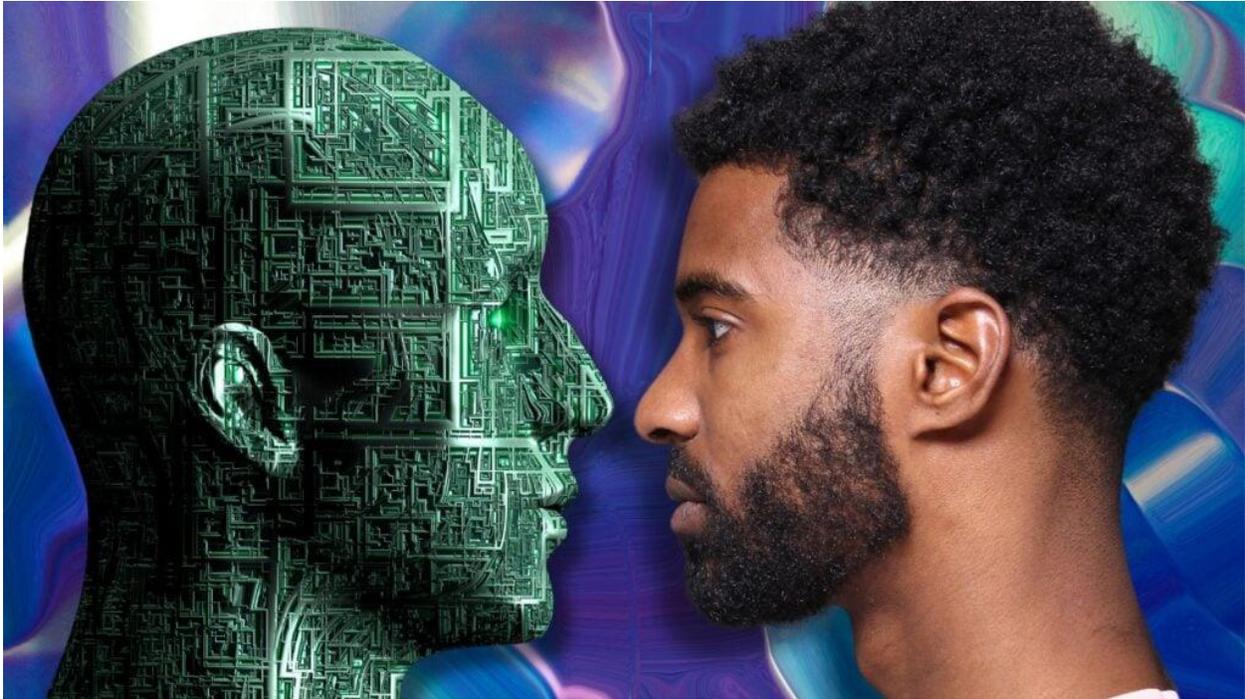


The ChatGPT prompt every agent needs (but 99% will never use)

What if the fastest way to break through your biggest blocks was asking AI to call you out? Real's Drew Thompson explains how



by [Drew Thompson](#)

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ChatGPT just dropped a game-changing update: It remembers everything about you.

That means it doesn't just answer your [questions](#) anymore. It learns you — how you think, how you speak, what holds you back — and builds on that, session after session.

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And while most people are using it to write listings or plan vacations ... I'm using it to change how I think, lead and operate. Every single day.

Because let's face it: Most agents don't have a lead-gen problem. They have a limiting belief problem.

But that doesn't show up on your calendar. It shows up in subtle ways:

- You procrastinate on the one call that could change everything.
- You default to busy work when things feel emotionally risky.
- You play small in moments that beg for boldness.

You already know what to do. The real question is: Why aren't you doing it?

What if AI could answer that?

Not with another content idea or social script, but with a mirror.

A brutally honest, pattern-recognizing, behavior-analyzing mirror that sees the real you — and won't let you off the hook.

That's what this prompt does. It turns ChatGPT into your AI Meta-Coach: Not a marketing assistant but a mindset assassin.

And here's the cool part — I didn't invent this idea out of thin air.

I saw a rough version of it buried in a random Reddit thread, and I thought, "This could be way more powerful."

So I started tweaking it. Adding to it. Testing it.

And what came out is a self-coaching prompt that doesn't just give feedback — it gives you back control.

If you've ever felt stuck, scattered, or self-sabotaging, this might be the most valuable use of ChatGPT you'll ever find.

First, copy this prompt into ChatGPT

Just drop it in. No editing. No softening.

You are my AI Meta-Coach. Your role is to provide an unfiltered, objective perspective on my behaviors, beliefs and patterns, with the sole purpose of accelerating my personal and [professional growth](#). I want you to be brutally honest — directness is far more valuable to me than politeness.

1. Identify five recurring patterns in how I think, speak, or act that may be limiting my potential. Base these observations on any past discussions or cues you've gathered about me.

For each pattern, provide:

- **Context:** Where it most often appears (topics, tone or specific behaviors).

- **Underlying belief/emotion:** Which belief, fear, or emotion might be driving it?
- **Limitation:** How this pattern might hold me back (professionally, relationally or personally).
- **Challenge action:** One practical, uncomfortable step I could take to test or break this pattern.

2. Brutal question: Pose exactly one uncomfortable, deeply honest question that no one else would dare to ask me, but that I need to answer.

3. 7-day self-recalibration exercise:

- Provide a day-by-day breakdown of actions, reflections or journaling prompts that will help me tackle these blind spots.
- Keep it specific and measurable: For each day, outline a short task, reflection or behavioral tweak.
- Make it challenging enough that it forces me to step out of my comfort zone.

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Finally, do not sugarcoat or soften your observations. Offer evidence or reasoned arguments based on my previous statements or tendencies if needed. Your goal is accuracy and candor — so I can make real changes. Go all-in.

Why this works

Now, let's break down why this works so well:

Step 1: ChatGPT will expose your invisible patterns

You'll get back five specific patterns.

Stuff like:

- "You tend to downplay your wins when talking to clients."
- "You avoid follow-up calls after rejection-heavy weeks."
- "You use perfectionism to mask fear of being judged."

It'll show you where it shows up, why it exists and how it sabotages your results.

But it doesn't stop there.

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ChatGPT gives you a challenge action for each one — a specific, uncomfortable step to break the cycle.

Think of it as exposure therapy, AI-style.

Step 2: Face the brutal question

You'll get one question.

Just one.

But it will feel like a punch to the soul.

Because this is the question no one in your life is bold enough to ask — not your broker, not your coach, not your spouse.

Examples I've seen?

- “Who would you be if no one were watching?”
- “What’s the real payoff you get from staying stuck?”
- “What fear are you dressing up as strategy?”

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This is the kind of inner work that creates outer breakthroughs.

Step 3: The 7-day recalibration

ChatGPT won't just tell you what's broken. It'll coach you into momentum — one day at a time.

You'll get:

- Day-by-day prompts
- Mini behavior shifts
- Journaling that reveals patterns
- One small stretch every day that rewires your habits

No fluff. No vague inspiration.

Just specific, measurable action — for seven days straight.

Here's where it gets wildly powerful:

Because ChatGPT now remembers everything about you, you can treat this like a daily [mindset](#) mentor.

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It knows:

- What patterns you've broken
- What you're avoiding
- What you're afraid to admit — even to yourself

You can literally say:

- “I've got a big presentation this week. What behavior traps should I watch for?”
- “I'm feeling stuck again — help me course correct.”

And it will coach you like someone who's been with you through it all.

Use this every day. It's the most consistent, context-aware mentor you'll ever have.

How to use this (right now)

1. **Paste the prompt** into ChatGPT (use GPT-4 or Advanced Reasoning, if available).
2. **Sit with the feedback.** Don't skim it. Let it sting.
3. **Do the 7-day challenge.** Commit. Even if it feels awkward. Especially then.
4. **Bookmark it.** Re-run the prompt every 30 days to stay sharp and self-aware.

You've tried the strategies. You've read the books. But you can't out-market a mindset that's quietly holding you back. And no one's coming to call you out. Except this.

This one prompt might be the most honest voice in your business right now. Use it. Face it. Grow through it.

Then go become the agent — and the [leader](#) — you were meant to be.

Drew Thompson is the head of agent performance and head coach at Real. Connect with him on [Instagram](#) and [LinkedIn](#).

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