

Signature Moment Prompt

Courtesy of Dr. Raelie Bach

Directions:

After writing your Signature Moment stories as described in Chapter 7, copy and paste the following prompt into your favorite AI tool.

Tips for getting the most from your AI partner:

- Engage in a dialogue. Ask clarifying questions. Push back on what doesn't resonate.
- Stay open to what it sees in you, you may be surprised.
- If you're feeling stuck, ask it to help you brainstorm additional Signature Moments.
- Once you've received your Signature Brilliance, ask AI to turn it into:
 - A values list
 - A summary reminder you can post somewhere
 - Or anything else that will help you integrate what you've discovered

< Start of prompt >

Hi [AI of choice]. I'm doing a self-reflection exercise to uncover my core strengths and brilliance.

Step 1: I'm going to share 10 personal stories that I believe represent "Signature Moments" in my life. These are moments when:

- I showed up powerfully, creatively, or courageously
- I solved a problem in a way that felt uniquely me
- I felt proud, alive, in flow, or quietly badass
- Others might have overlooked the moment, but I know it mattered
- I didn't just succeed—I acted from character, clarity, or insight

Please read them carefully and then do two things:

Step 2: Quality Check

Before generating insights, assess whether my Signature Moments have enough depth and diversity to reflect my full range of talents. Ask yourself:

- Are these moments emotionally meaningful or rich in detail?

- Do they show different contexts (work, relationships, challenges, improvisation)?
- Do they reflect action, not just insight?
- Is there enough raw material to extract patterns or themes?

If not, please guide me to revise or expand my stories before continuing.

Step 3: Generate My Signature Brilliance

Once you're confident the stories are robust, please synthesize what you've learned about me. Your output should include:

1. **Five Core Brilliance Qualities**
 - Describe each in 2–3 paragraphs
 - Use plain yet vivid language
 - Pull from my stories, but feel free to interpret, connect dots, and elevate themes
2. **Additional Gifts or Shadow Strengths**
 - Traits that might not be “top five” but are still worth naming
 - Bonus: include any qualities I may undervalue in myself
3. **Summary**
 - A one-liner that captures my unique brilliance in the format of a personal mantra
 - A personal brand statement

You can structure your answer like a personal mirror—something I can come back to whenever I need to remember who I am at my best.

Let me know when you're ready for my Signature Moments, and I'll paste them in.

<end of prompt>