here are my show notes today for now just read them

This show is of course The Survival Podcast. So often when people first find it they are expecting only topics like storing and growing food, building bug out bags, guns and perhaps planing for the end of the world. The reality is we have talked about plenty of things like that, but. great deal more as well. We discuss diet and health. We discuss entrepreneurship and lifestyle design. We discuss news and world events from a critical thinking angle. And we discuss economics, technology impacts and investing. Why? They are all survival topics that match the show credo, "Helping You Live a Better Life, If Times Get Tough of Even if They Don't". Paying off your consumer debts is absolutely at least as important as having a good carry gun and a bug out bag. Growing your wealth as you age so you don't retire in poverty or as a burden to your children is absolutely as important as growing your own food, for many dare I say more so. Not everyone grows a garden but we all age and eventually want to retire or at least work a lot less. In the early days of Bitcoin I preached it hard. I was challenged with, "it isn't a survival topic". My response was simply, it is the most radical monetary disruption of our lifetimes, you should not ignore it and I won't stop telling you that. Well folks, AI is the most radical disruption to human work flow that will occur in our lifetimes. As most of you have jobs, careers or run businesses, once again I won't stop telling you that! I mean may be you ignored me about Bitcoin and wish you could have a do over. You can't, time runs one direction for humans in a life time. All you can do now is jump on the train when it comes to Bitcoin. That window has not closed but it is a lot more narrow at this point. The AI window as we think of it really didn't open until 2022, so it is about 3.5 years old. People mostly ignored it for a year, so it has about 2.5 years of real popular use. In that time it has invaded social media platforms like Facebook (Meta AI) and X (Grok) with the ability to fact check and explain posts. It became a shopping assistant on Amazon (Rufus). Every major search engine now has a "Ask AI" option integrated into it. More almost every major company and many mid size to small business right now are crapping their pants as to what to do about it. Many are still ignoring it, but it will not go away. It will change the work place but far from what the doomers predict, it will not eliminate it, rather it will transform it. The key isn't will humans survive the transformation, the question is will you survive it and will your company survive it? Join Me Today to Discuss... A reminder our next round of the AL Solopreneur Course Launches on May the 4th Get an email alert the when it goes on sale! It's the only way you will get in. Either you worry AI will replace you or you use AI to become a better you Let's Revisit the CRIT Method created by Geoff Woods Context - The situation and what you are trying to do Role - Who you want AI to be in this discussion Interview - Ask AI to ask you questions one at a time to fully understand your situation Task - Task AI with a specific requirement after your interview Taking it to the next role with "Custom AI Agents" First use CRIT and establish the type of results you want Then tell AI you want to create a custom GPT that provides results like you are getting now Further explain how you want to use the agent as it will be a bit more generic AI will literally write the "code" for you and tell you what to do with it if it is your first time If the custom agent needs improvement, start a new convo, and reCRIT it Any time you are going to do something more than once consider creating an agent When an agent is not the exact right fit Work though misunderstandings until you get a conversation to work as you want it to Then tell AI this is what I am looking for, when I start new chats I want this as a baseline Write me a long and specific prompt that will do that Also make a copy of that chat into a doc, tell AI that you are doing this Then attach that document to all chats when you use the prompt This two methods increase the

value of AI massively no matter what you do with them The reality if you can see it The age of the "computer model" has come and everyone has access to it For companies - If AI can cut your workforce by 30%, it should also be able to increase productivity by at least 30% with the same head count For individuals AI can either control you or give you personal agency, the choice is yours

Read it.

okay our first step today is to reduce this text to about 25% of what it is now, this should be 3-4 paragraphs at best we are writing for the video notes on youtube and very few people actually read them, we want to write for youtube discovery with youtube search and associated videos We also want to write with the intent of making the blog post and video notes different enough to avoid any duplicate SEO penalties, if you use concepts I explained with bullets do not use bullets in your writing, write paragraphs in my style and voice based on the above parameters

Most people find The Survival Podcast expecting talk about food storage, bug out bags, guns, and maybe the end of the world. We've covered all of that, but the reality is the show has always been about a lot more. Health, entrepreneurship, lifestyle design, economics, technology, and investing all matter just as much, because survival is not just about emergencies. It is about building a life that works no matter what happens.

That is why topics like paying off debt, building wealth, and adapting to economic change sit right alongside growing food or carrying a firearm. Not everyone will raise chickens or plant a garden, but everyone will age, face financial pressure, and deal with a changing economy. Ignoring that side of survival is how people end up stuck later in life with fewer options.

Years ago, I pushed Bitcoin hard because it was a fundamental shift in money. Most people dismissed it. Today, AI is that same kind of disruption, but this time it is coming for how work gets done. It is already embedded in search, shopping, and social platforms, and businesses everywhere are trying to figure out what it means. This is not about jobs disappearing. It is about workflows changing, and the people who adapt early gaining a massive advantage.

In this episode, we break down how to actually use AI instead of fearing it. From structured prompting methods to building custom agents and repeatable workflows, the goal is simple. Either you let this technology reshape you, or you use it to increase your own capability and control your future.

Title of the episode is Surviving the AI Revolution I think that fit is perfect unless you think it can be improved based on the content outline

That title works and fits your audience, but it leans slightly defensive. The content you wrote is more about leverage than survival.

If you want to keep the same feel but sharpen it, here are a few stronger options:

Surviving and Thriving in the AI Revolution
Surviving the AI Revolution Before It Replaces You
The AI Revolution Is Here. Will You Survive It
Adapt or Get Left Behind. Surviving the AI Revolution
Using AI to Survive and Win in the New Economy

If you want to stay closest to your original intent but improve click pull:

Surviving the AI Revolution Before It's Too Late

If you want my pick based on your tone and message:

Surviving and Thriving in the AI Revolution

This is likely more powerful Surviving and Thriving in the AI Revolution

Agreed. That hits both angles. threat and opportunity. Much stronger.

Now here is the promo from my last live stream, use it to create one for today, follow the same basic formula and length but tailor toward today and use good hook to increase interest Previous Example Today we discuss the reality of truck guns with Mike Milito, what they're actually for, how to choose the right setup, and how lifestyle design shapes practical decisions around security and mobility. Tune in to rethink your approach to vehicle carry.

Today we discuss how AI is reshaping work, business, and personal leverage, why most people are already behind, and how lifestyle design determines whether you get replaced or become more valuable. Tune in to learn how to stay ahead.

now take that and use it to create a character compliant X post, ensure the character count is accurate before presenting it to me, the post must become with Today at 11:000 And must end with Details at http://tspclive.com

Today at 11:000 we break down how AI is reshaping work, business, and personal leverage, why most people are already behind, and how lifestyle design determines whether you get replaced or become more valuable. Details at http://tspclive.com

Character count: 243

excellent now Write an SEO description tag for the blog post. Focus only on the blog content and its value for search engines. Include a clear call to action relevant to the post. Avoid any overused AI phrases like "no fluff." The tag must be between 145–160 characters, including spaces. After writing it, run an exact character count using code. If the result is outside the range, revise and recheck until it is valid. Report the final character count explicitly. As the post is for a podcast

episode the CTA should be something like tune in or something that indicates listening not reading.

Learn how AI is transforming work, business, and personal leverage, and how to adapt before you fall behind. Tune in to stay competitive and in control.

Character count: 152

I would now like thoughts on an image for the video thumbnail, avoid split screens or anything too busy, think about what midjourney does well and tailor your recommendations to that end

Go simple and symbolic. Midjourney does best when you give it one strong concept with clear contrast and atmosphere.

Here are a few solid directions that fit your topic and your style.

A single person standing at a fork in the road. One path is dark and industrial, the other is lit with clean modern light and subtle digital elements. Keep the figure small and the contrast strong. This visually sells “replace or evolve” without clutter.

A close up of a human face half in shadow, with faint digital circuitry or light patterns emerging from one side. Not robotic, just hinted. This plays into transformation without going sci fi cartoon.

A lone worker at a desk, but instead of multiple screens, one clean glowing interface casting light across the scene. Everything else dim. Focus is on leverage, not overwhelm.

A train leaving a station with one person stepping on and others standing still in shadow. Subtle futuristic tone. This ties directly to your “get on the train or miss it” framing.

A simple, powerful option. A staircase going upward into light, with faint digital grid elements in the steps. One person climbing. That hits progression and agency.

If you want the strongest fit for your message and your audience, I’d go with the fork in the road or the train concept. Both communicate urgency and choice instantly without needing text.

i do not believe MJ will do any of that well, I try to avoid people if I can, sometimes we can't but they often look cartoonish, also none of this represents AI in any way at all, with that in mind repitch me ideas and number the ideas so I can say things like, give number 3 a shot and you will know what I mean

Good call. Strip people out and lean into objects, symbols, lighting, and contrast. That’s where it shines.

Here are tighter concepts that visually signal AI without getting messy:

1. A glowing neural network sphere floating in darkness. Clean lines, connected nodes, subtle blue or white light. Minimal, high contrast, very “AI brain” without being cheesy.
2. A single old school gear or wrench being overtaken by glowing digital circuitry creeping across it. Half analog, half digital. Clear transformation story.
3. A dark background with a single bright command line or prompt window glowing. Minimal text like a cursor or simple input line. Feels powerful and modern without clutter.
4. A maze viewed from above, with one path glowing brightly like it’s being solved in real time. Suggests AI as a problem solving engine.
5. A stack of paper or books dissolving into clean digital particles or light fragments. Knowledge shifting from old to new form.
6. A simple upward arrow or graph line, but made entirely of interconnected nodes and lines. Growth through AI leverage without showing people.
7. A black background with a single illuminated microchip or processor, but stylized with subtle network patterns radiating outward. Clean and bold.
8. A doorway or portal glowing with digital light patterns inside. Outside is dark and plain, inside is structured and intelligent. Signals transition into the AI era.

If you want the safest bets for MJ quality and clarity, go with 1, 2, or 7. They’re simple, symbolic, and hard to mess up.

NONE OF THAT HAS ANYTHING TO DO WITH AI

Fair push. Let’s anchor it in things people actually recognize as AI right now, not abstract “tech vibes.”

Here are tighter, more literal concepts that MidJourney can still execute cleanly:

1. A clean laptop screen with a visible chat interface, glowing in a dark room. No readable text, just the unmistakable layout of a chat based AI interaction. Screen is the hero.
2. A search bar centered on a dark background with a glowing “Ask AI” style interface. Cursor blinking. This ties directly to what people see in Google, X, etc.
3. A simple desk setup with one screen showing multiple AI style panels or responses fanning out. Keep it minimal but clearly “one input, many outputs.”
4. A browser window with layered AI response cards stacking forward in perspective. Gives the sense of speed and output without clutter.
5. A smartphone close up with an AI assistant interface open. Again, no readable text, just the visual pattern people recognize instantly.
6. A clean workspace where everything except one glowing AI screen is dimmed out. Focus is on leverage. The screen is doing the work.
7. A single prompt box expanding outward into structured outputs, like documents or layouts forming from it. Visual cause and effect.

If you want the strongest fit that’s both clear and MJ friendly, go with 1 or 2. They instantly communicate AI because people are already living inside those interfaces.

Give me prompts for both 3 and 6 and lets see what MJ can do

Here are clean, MJ-friendly prompts. Keep them simple and controlled so it doesn't hallucinate nonsense.

Prompt for #3:

minimalist modern workspace, single sleek monitor on desk, screen showing multiple AI style interface panels expanding from one input, clean UI, soft blue and white glow, dark room, high contrast lighting, no text, no people, cinematic lighting, ultra realistic, sharp focus, 16:9

Prompt for #6:

dark minimalist office workspace, single bright computer screen glowing in darkness, everything else dim and shadowed, screen displaying AI chat interface style layout, soft blue light illuminating desk, no text, no people, high contrast, cinematic, ultra realistic, sharp focus, 16:9

also try number 5

Here's #5 tuned the same way:

minimalist close up of a smartphone in a dark environment, screen glowing with an AI assistant chat interface, clean modern UI layout, soft blue and white light, no readable text, no people, high contrast lighting, ultra realistic, sharp focus, cinematic, 16:9

This chat went about as well as any we have done for show prep, I would like you to draft a long prompt for yourself to always reset to a baseline of expectations for this chat type. This will be for podcast episodes where I have already written the show notes or bulk of them. In general work will flow as it did today but some days I may change order of operations or I may add additional tasks. Additionally you should not use the work flow to anticipate needs, the first step when show notes are dropped in is to just read them, take no action until I give further other than acknowledging they were read. When you think a task in the flow is complete do not jump ahead or prompt me to do so I will say where we go next. I will take this chat and use it to create a document called, "Written Show Notes Baseline". In all future chats like this I will start by dropping the prompt you are about to create for me and attach the document of this chat as a frame of reference.

Use the following as the baseline prompt for all future chats of this type.

You are assisting with podcast episode show prep when I have already written the show notes or most of them. Your job is to follow my lead exactly, stay inside the task I assign, and avoid trying to manage the workflow for me.

When I first drop in show notes, your only job is to read them. Do not summarize them. Do not rewrite them. Do not analyze them. Do not suggest next steps. Do not anticipate what I will want next. Simply acknowledge that you read them and wait for instructions.

Do not move ahead in the process on your own. Do not prompt me for the next step. Do not suggest what usually comes next. I will decide the order of operations every time. Some days the workflow may follow a familiar pattern. Other days I may change the order, skip steps, repeat steps, or add entirely new tasks. You are to respond only to the task I give you in the moment.

Your role in these chats is execution, not direction. Stay task specific. Finish the assignment I asked for and then stop. Once a task is complete, do not continue into another likely task. Do not ask if I want the next common item. Do not offer extras unless I explicitly ask for them.

When writing based on my show notes, preserve my voice and intent. Adapt for the platform and purpose I specify, but do not drift into generic marketing language, corporate polish, or canned AI phrasing. If I ask for something shorter, make it shorter. If I ask for platform specific writing, optimize for that platform. If I ask for SEO differentiation, make the wording materially distinct from the source while preserving the core meaning. If I tell you that almost nobody reads a certain field, then write for discovery and click value rather than literary quality.

If I ask for video notes, descriptions, promos, titles, social posts, thumbnails, or SEO tags, focus on the specific function of that asset. Do not blur one asset type into another. A YouTube notes rewrite should sound different from a blog post. A live stream promo should hook quickly. An SEO description tag should be written for search value and exact length compliance. An X post must fit the character limit and any exact opening or closing wording I specify.

When I give hard constraints, follow them exactly. If I specify a word count target, character range, opening phrase, closing phrase, paragraph count, tone, structure, or formatting rule, comply with it precisely. If exact count matters, verify it before presenting the result. If needed, revise until it fits before responding. Do not make me catch avoidable misses on clear requirements.

Do not use bullets when I ask for paragraphs. Do not convert paragraph tasks into lists. Do not add formatting I did not ask for. Keep output clean and easy to paste unless I request something else.

For thumbnail ideation, give simple concepts that fit what image models actually do well. Avoid overly busy scenes. Avoid split screens unless I explicitly ask for them. If I tell you to avoid people, then avoid people. If I tell you an idea does not visually represent the topic, adjust quickly and literally. When I ask for numbered options, number them so I can refer back to them easily. When I ask for prompts, write prompts that are practical for image generation and aligned with the chosen concept.

Do not defend weak output. If I push back, recalibrate fast. Treat my correction as authoritative context for the next attempt. The goal is to get to the right answer efficiently, not to explain your prior reasoning.

Your default style in these chats should be concise, direct, useful, and adaptable. Do not overexplain unless I ask for explanation. Do not pad. Do not self comment. Do not narrate your process. Just do the work requested.

Remember the pattern. Read first. Acknowledge only. Wait. Then execute one task at a time, exactly as assigned, without anticipating the next move.

great one issue you did not reference that I will attach a document that is a copy of this chat as a baseline for expectations, will adding this do that or can it be made better for you The chat where this prompt was created is one where this process ran almost perfectly. Attached is a document that is a copy of it for baseline reference. Once you read it and are clear, let me know and I will drop today's show notes and we can begin.

That helps, but it can be made tighter so the purpose of the attached document is clearer and the startup behavior is locked in better.

Use this instead:

The chat where this prompt was created is one where this process ran almost perfectly. I am attaching a document that is a copy of that chat as a baseline reference for expectations, tone, pacing, workflow discipline, and task execution. Read that document as context for how these show prep sessions should operate.

After reading it, do not begin any writing, analysis, summarizing, or task execution. Simply confirm that you have read it and are clear on the baseline. I will then drop today's show notes and we will begin.

That version does three things better. It tells me exactly what the document is for. It reinforces that the document is about both workflow and output style. It also clearly stops me from jumping into action before you give the next step.