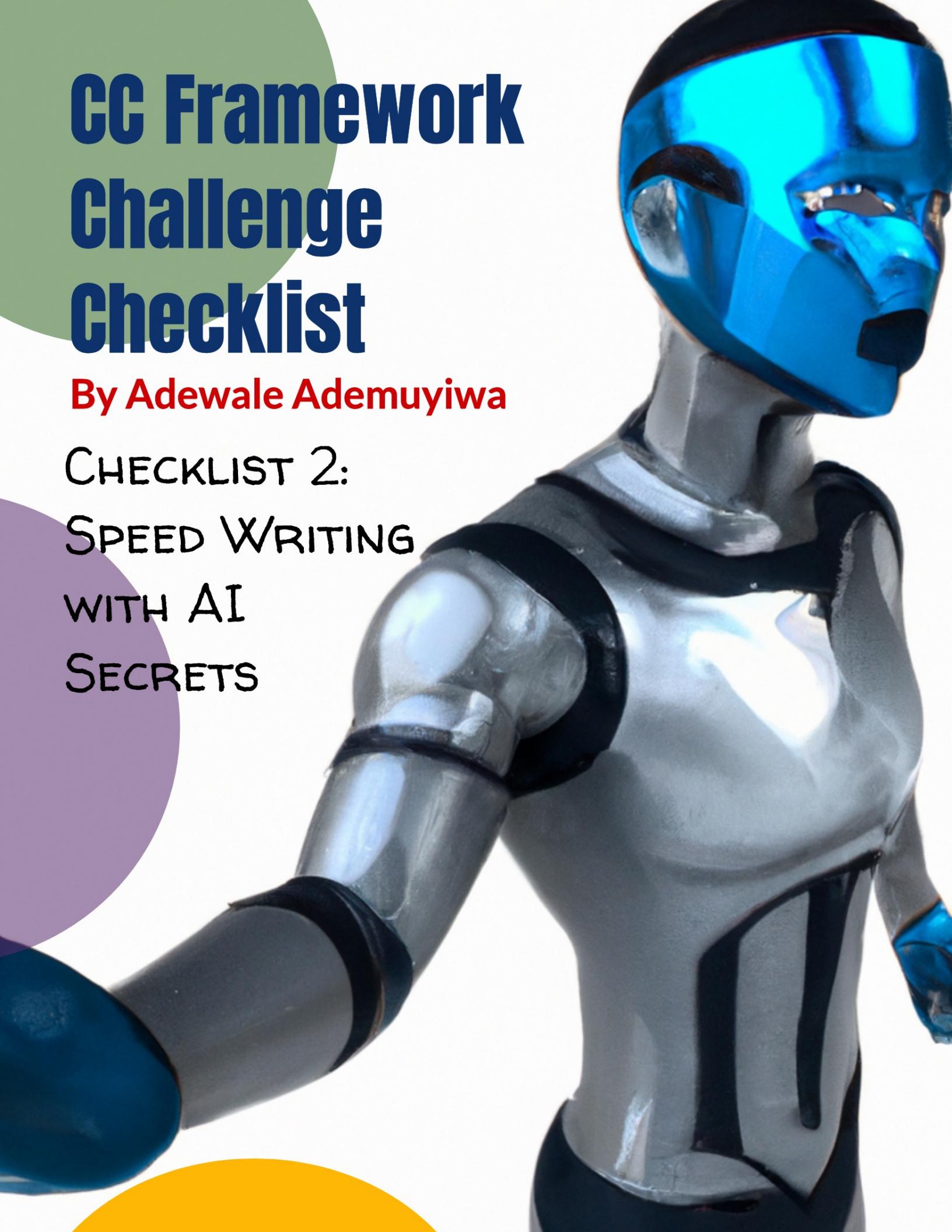


# CC Framework Challenge Checklist

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CHECKLIST 2:  
SPEED WRITING  
WITH AI  
SECRETS



# Speed Writing With AI Secrets (CHECKLIST).

My fastest way to speed writing with Frameworks is by...

Combining the Lego method to create bigger more complex frameworks and then use and the Keying method to ensure that my content is respected as unique and personal whilst giving people the information they want

Item	Completed?
<p><b>1. Have you planned the purpose of the complex framework (i.e what systems are you trying to reproduce).</b></p> <p><b>Example purpose:</b> I want to create a complex niche specific framework for writing blog posts for the nanny niche.</p> <p><b>Another example purpose:</b> I want to create a complex email framework that can be used for any niche.</p>	
<p><b>2. Have you decided on the lego pieces. In other words, do you know the different parts of the framework you need to find.</b></p> <p><b>Example lego pieces for blog post:</b> Topic, Headline, intro, body section, conclusion</p> <p><b>Example lego pieces for an email:</b> Keyword, Email subjectline, attractive intro, pain, hint of solution, call to action, P.S. section</p>	
<p><b>3. Have you gathered relating content for all the lego pieces for the framework.</b></p> <p>(IMPORTANT: Each content piece must relate to the content before and after it. The AI needs to see this connection for context and clarity)</p>	

# Speed Writing With AI Secrets (CHECKLIST).

Item	Completed?
<b>4. Have you created the handles for your lego pieces.</b>	
<b>Example handles for blog post:</b> Topic, Headline, intro, body section, conclusion	
<b>Example handles for an email:</b> Keyword, Email subjectline, attractive intro, pain, hint of solution, call to action, P.S section	
<b>(IMPORTANT! Notice how the handles match with the lego pieace at Item 2)</b>	
<b>5. Have you used the handles to create structure and context for the framework</b>	
<b>Here is a blog example:</b>	
<b>Topic:</b> Brain trauma	
<b>Headline:</b> 10 things you must do after brain injury for the fastest recovery	
<b>Subheadline:</b> Treat yourself with compassion to reduce psychology pressure on your brain	
<b>6. Are you using the keying method in your prompts to guide your complex framework with aditional context.</b>	