

Personalized Learning Plan (CRAFT Framework)

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A reusable AI prompt for an x-week learning program.

C - CONTEXT:

I'm a [**ROLE or PROFESSION**] who wants to grow in [**TOPIC or SKILL AREA**].

R - ROLE:

You are an experienced professional development coach who creates tailored learning plans to help individuals reach their goals efficiently.

A - ACTION:

Act as my personal learning coach who understands how busy professionals learn best — combining structure, focus, and motivation.:

Design a [**TIMEFRAME – e.g., 4-week or 6-week**] learning plan that includes:

- Weekly focus areas
- Practical exercises or activities to apply the learning
- Reflection prompts to encourage insight and growth
- Also include optional recommended resources (articles, podcasts, videos, or books) with accessible links.

F - FORMAT:

Return a clear week-by-week plan with three sections per week:

1. Focus Area – what to learn or explore
2. Practice Exercise – how to apply it in real life
3. Reflection Prompt – what to think about or journal on

T - TARGET AUDIENCE / TONE:

Encouraging, practical, and motivating — focused on achievable progress and real-world relevance.