



D.O.P.E. STORYTELLING QUICK START GUIDE

AI-Powered Book Writing for High Achievers

◆ **REMEMBER: AI shouldn't write FOR you. It's a tool to help you. YOU are the architect (author); AI is the power tool.** ◆

YOUR AI WRITING TEAM: The 4 Essential Prompts

Copy and paste these into four separate AI chat windows to build your executive team:

Window 1: "Dev" - The Developmental Editor

You are my Developmental Editor, "Dev." Your job is to find:

- Plot holes and logic gaps
- Where my voice becomes generic or weak
- Sections that need more showing vs. telling
- Pacing issues

CRITICAL: Never rewrite my work. Instead, ask questions like:

- "This section tells me X, but can you SHOW me a scene where this happens?"
- "I'm not feeling the stakes here. What's at risk if this doesn't work?"
- "This doesn't sound like you. What would you actually say in this moment?"

Give me a writing challenge after each critique.

Window 2: "Scout" - The Marketing Strategist

You are my Book Marketing Strategist, "Scout." Your job:

1. Research current trends in [MY GENRE] using web search
2. Analyze what's working in successful recent releases
3. Identify gaps in the market my book could fill
4. Suggest 3 compelling angles/hooks for positioning

Format: Brief trend report + 3 specific recommendations with examples

Window 3: "Fact" - The Research Assistant

You are my Research Assistant, "Fact." Your job:

- Verify historical details, timelines, locations
- Find supporting data for arguments or claims
- Locate relevant sources, studies, expert quotes
- Flag anything that seems questionable



When I give you something to check, provide:

1. Verification (correct/incorrect/needs clarification)
2. Source links
3. Additional context that enriches the story

Use a web search. If you can't verify, say so.

Window 4: "PM" - The Project Manager

You are my Project Manager, "PM." Your job:

1. Break my book goal into weekly milestones
2. Create daily writing targets (word count or time-based)
3. Identify dependencies (research before writing, etc.)
4. Send accountability check-ins

First task: Ask me:

- My deadline
- My available writing time per week
- My target word count
- My biggest obstacle

Then create a realistic 12-week plan.



THE D.O.P.E. FRAMEWORK

D - DREAM: Clarifying the Blur

Goal: Transform your abstract idea into a "high-definition" vision

- **Who is your target audience?**
 - Who do you want to tell your story to?
 - Who needs it the most?
 - Who will enjoy your story the most?

💡 DREAM STARTER PROMPT:

"I want to write a book about [MY STORY/TOPIC]. I have the raw material, but I need help identifying the most compelling angles. Act as a world-class story consultant and interview me.

Your goal: Ask me 5 penetrating questions that help me discover:

1. Which moments have the highest emotional stakes
2. What transformation I (or my character) undergoes
3. Which scenes will resonate most with [MY AUDIENCE]`
4. What "inciting incident" changes everything
5. What universal truth or lesson emerges

After my answers, map these insights to the following H.O.O.K., R.O.C.K., L.O.A.D. structure:

Part 1: The Introduction (H.O.O.K.)

This section functions like a "movie trailer," starting with the ending to grab immediate attention.

- **H - Hook:** A punchy opening line tailored to the audience's cravings.
- **O - Orient:** Define key terms and introduce the main characters or concepts.
- **O - Outcome:** Overtly state the final result or answer right away (don't bury the lead).
- **K - Keep Going:** Use a theatrical transition (e.g., "It all started when...") to link the end back to the beginning.

Part 2: The Body (R.O.C.K.)

This structure is repeated for three main points or scenes to prove the solution.

- **R - Reason:** State the main point or activity clearly.



- **O - Observe:** Provide facts, evidence, citations, or detailed descriptions of the activity.
- **C - Connect:** Explain exactly how the evidence proves the reason.
- **K - Keep Going:** Use a transition sentence to link to the next idea or the overall thesis.

Part 3: The Conclusion (L.O.A.D.)

The "landing" that delivers a powerful final message and call to action.

- **L - Lure:** Refocus the reader's mind with a strong opening sentence.
- **O - Overtly State:** Reiterate the main point/thesis using loud, exciting language.
- **A - Answer:** Refer back to the original Hook to complete the "story circle".
- **D - Determine:** Give the reader a "Call to Action"—something to do, feel, or a cliffhanger for a sequel.

"

O - OFFLOAD: Build Your Executive Team

Goal: Stop doing it alone. Delegate specialized tasks to your AI team.

Action: Open four separate chat windows (see Page 1 for prompts)

- **Think of yourself as the CEO of your book project:**
 - Dev keeps your voice authentic
 - Scout ensures market fit
 - Fact verifies your claims
 - PM keeps you on track

P - PLAN: Build Your Story Skeleton

Goal: Use H.O.O.K., R.O.C.K., and L.O.A.D. to create your outline

- **Ask your PM AI:**

"Given my goal of finishing [MY STORY/TOPIC] in [TIMEFRAME], give me a 12-week execution plan. What should my tasks be each week?"

- **Ask your Dream AI:**

"Act as a journalist. Look at my H.O.O.K., R.O.C.K., L.O.A.D. outline. For each section, ask me leading questions that will pull the most vivid details from my [MEMORY/IDEA/UNDERSTANDING OF THE TOPIC]."



E - EXECUTE: You Write, AI Supports

Goal: Overcome writer's block and maintain momentum

- **When you hit a wall:**
 - Go back to Dream AI for new interview questions
 - Ask Dev AI: "What's missing from this section?"
 - Use Fact AI to research and enrich your content
 - Check with PM AI to adjust your timeline

⚠ CRITICAL REMINDER: YOU do the writing. AI asks questions, finds gaps, verifies facts, and keeps you accountable. Your voice, your story, your words.



THE STORY STRUCTURE: H.O.O.K. (Introduction)

This is your punchy movie trailer that grabs readers and gives them the ending first!

STEP	YOUR NOTES
H – HELP the reader overcome their desire to throw your story away. Grab your reader by showing them why THIS story matters to THEM. What do they crave? Give them a reason to keep reading!	
O – OPEN with the answer. Give away the ending! Start like a movie that begins with the final scene, then flashes back. Don't build suspense - deliver the answer NOW.	
O – ORIENT the reader. Define key terms, introduce main characters, and set the scene. Give context that subtly points toward your solution.	
K – KEEP them on the edge of their seat. Then do a theatrical flashback transition. "It all started when..." or "But to understand how we got here..."	

EXAMPLE: H.O.O.K. in Action

Book: "From Broke Brother to Breakthrough Bob"

H - "My life was a lot like Groundhog Day; I woke every morning at the same time, brushed my teeth the same way, ate the same bland boiled eggs and oatmeal for breakfast, and drove the same route to clock in for 60 hours at the same job I've had for 10 years...You get the point. I was fattening someone else's pockets and living their dream until I finally tapped in..."

O – "It should come as no surprise that I worked all those hours but was broke. By broke, I mean living paycheck to paycheck, eating sardines and crackers for



dinner every night! I thought I'd get a "fresh start" with bankruptcy, but turns out that lawyers still want their money and creditors won't give you money. I had to start from the bottom and work my way up. Five years of toiling led me to run a 7-figure business from my laptop."

O - "Bankruptcy isn't just losing money - it's losing your identity, your confidence..."

K - "The turning point came on a Tuesday morning in a coffee shop. Let me take you back..."



THE BODY: R.O.C.K. (Repeat 3 Times)

Each body section proves your thesis or advances your story with evidence.

STEP	BODY SECTION #1
R – REASON State your main point (“reason”) or activity for this section (1-2 sentences)	
O – OBSERVE the facts. Provide evidence: data, story, example, citation, or detailed description	
C – CONNECT the dots. Explain HOW the evidence proves your point. This is where you earn trust.	
K - KEEP GOING Transition sentence that links to your next section	

 **TIP:** Repeat R.O.C.K. two more times for Body Sections #2 and #3. Each section should build on the previous one, creating momentum toward your conclusion.



THE CONCLUSION: L.O.A.D.

Stick the landing with a powerful final message that your reader will remember.

STEP	YOUR CONCLUSION
L – LURE them back in. Refocus wandering minds with a strong opening sentence for your conclusion	
O – OVERTLY state your main point. State your thesis/main point LOUDLY . No subtlety - make sure they got the message!	
A – ANSWER the original H.O.O.K. Circle back to your H.O.O.K. to complete the story's arc	
D – DETERMINE what you want the reader to do next. What should the reader DO, FEEL, or THINK next? Give them clear next steps.	



YOUR FIRST WEEK: 7-Day Action Plan

Follow this checklist to build momentum and see real progress:

□ Day 1: Set Up Your AI Team

- Open 4 separate AI chat windows (Claude, ChatGPT, or your preferred tool)
- Paste the 4 persona prompts from Page 1
- Test each one with a quick question to see their "personality."

□ Day 2: Run Your Dream Interview

- Use the Dream Starter Prompt with your Dream AI
- Answer all 5 questions thoughtfully
- Save the AI's insights - these are gold for your outline

□ Day 3: Complete Your H.O.O.K.

- Fill in the H.O.O.K. template (Page 3)
- Draft your opening 2-3 paragraphs
- Don't worry about perfection - just get it down

□ Day 4: Get Editor Feedback

- Share your H.O.O.K. draft with Dev AI
- Ask: "What's missing? Where did I lose my voice?"
- Revise based on the questions (not the AI's rewrites)

□ Day 5: Market Research

- Ask Scout AI to research your genre/topic
- Review the 3-angle recommendations
- Decide which angle feels most authentic to you

□ Days 6-7: Outline Your R.O.C.K. Sections

- Brainstorm 3 main points/stories for your body
- Fill in one R.O.C.K. section completely
- Ask PM AI for your Week 2 plan



🎯 SUCCESS METRIC: By Day 7, you should have:

- ✓ Your 4 AI employees set up and tested
- ✓ A complete H.O.O.K. outline
- ✓ At least one R.O.C.K. section drafted
- ✓ Clear market positioning for your book
- ✓ A 12-week roadmap from your PM

That's more progress than most writers make in a month!



QUICK REFERENCE: Key Principles

The Golden Rule

AI doesn't write FOR you, it writes WITH you.

You are the architect. AI is the power tool.

When AI Helps Most

- ✓ Interviewing you to surface your best stories
- ✓ Finding gaps in logic or narrative flow
- ✓ Researching facts, trends, and market positioning
- ✓ Keeping you accountable to deadlines
- ✓ Asking hard questions you avoid asking yourself

When AI Hurts Most

- ✗ Writing entire sections for you
- ✗ "Improving" your voice into generic corporate-speak
- ✗ Making creative decisions about YOUR story
- ✗ Replacing your authentic experiences with fabricated ones

Troubleshooting Common Issues

Issue: "The AI keeps rewriting my work"

Solution: Remind it in your prompt: "Don't rewrite. Ask questions instead."

Issue: "I have writer's block"

Solution: Go to Dream AI and ask: "Interview me about [STUCK SECTION]. Ask 10 questions to help me remember the details."

Issue: "My writing sounds too formal"

Solution: Ask Dev AI: "This section sounds stiff. What would I actually SAY if I was telling this to a friend?"

Issue: "I'm not sure this is marketable"

Solution: Ask Scout AI to search for recent books in your genre and identify what makes bestsellers work.



Questions? Want to go deeper?

Book Olaolu for the full D.O.P.E. Storytelling Workshop!

Visit: www.parent-child-connect.com | Email: parentchildconnectemail.com

Bio:

Olaolu Ogunyemi is a loving husband, father, mentor, award-winning writer, and U.S. Marine Officer with a deep passion for working with children and developing leaders. Known for his infectious energy and creativity, Olaolu channels his personality into every aspect of his work. As the fifth of six children, he learned the value of storytelling early, inspiring him to write books that foster meaningful family connections and teach invaluable life lessons.

He is the author of the award-winning and Amazon best-selling children's book *Crow From the Shadow*, along with *Horace the Horsefly* and *Billy Dipper's Time to Shine*, and his upcoming book, *Lead Last*. His professional insights and creative work have been featured in numerous platforms, including "Military Families Magazine" (where he published "Lessons from a Deployed Father" and was separately highlighted for his work), YouVersion Bible App, "Marine Corps Gazette," and many more publications, podcasts, and media outlets.

Olaolu's writing and speaking style captivate audiences by combining entertaining storytelling with practical insights, encouraging families and leaders alike to embrace challenges and grow. When he isn't mentoring or writing, he enjoys playing music, exercising, traveling, and spending quality time with his wife and children.

