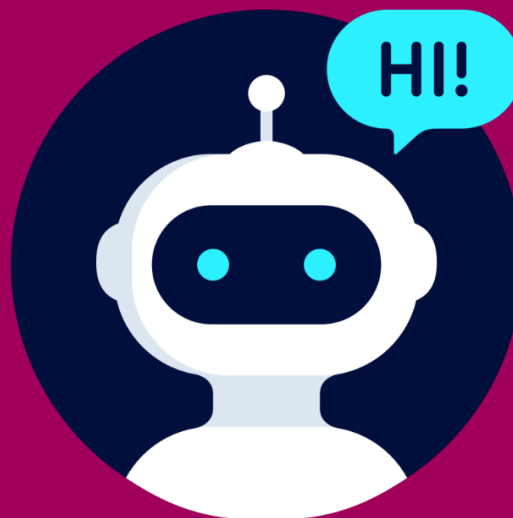


From Curiosity to Creation

How to create your own AI Assistant



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What is a Custom GPT?

A Custom GPT is your own version of ChatGPT that you personalise. Think of it as a helpful sidekick you can train to work exactly how you want. You define:

Instructions — what it should know, how it should talk.

Knowledge — files or examples you upload (FAQs, guides, examples).

Capabilities — browsing, image generation, or code.

The 5 Steps to Create a GPT

Start here: <https://chatgpt.com/gpts/editor>

1. **Name & Identity** — Pick something memorable and add a profile picture.
2. **Persona & Instructions** — Describe its personality, tone, and boundaries. E.g. 'You are a witty social media assistant for a Border Terrier called Smudge.'
3. **Knowledge Base** — Upload FAQs, guides, brand style sheets, or sample docs.
4. **Capabilities** — Switch on web browsing (live info), image generation (creative tasks), or code tools (technical workflows).
5. **Test & Refine** — Ask it to introduce itself or answer a typical question. Adjust until right.

Ideas to Try

- Trip planner for your dream holiday.
- Personal recipe generator for your dietary needs.
- A niche expert in your hobby (e.g. local history guide).
- Content brainstormer for your side project.

Responsible Use

- Fact-check important info.
- Avoid sharing personal or sensitive data.
- Remember AI can reflect bias — review critically.

Useful Links

Create a GPT: <https://chatgpt.com/gpts/editor>

OpenAI Academy: <https://academy.openai.com/>

What's Next?

Once you've built your first GPT, share it with a friend or colleague. Their feedback will help you refine it further.