

DIARIO VIDA

37 PROMPTS / NOTEBOOKLM

Para crear contenido visual impactante.

Google

 **NotebookLM**

Paco • diariovida.com • @PacoVidalA
6 categorías • 37 estilos únicos

Cómo usar estos prompts

1. Copia el prompt COMPLETO de la sección deseada
(incluyendo Tone, Background, Features, Typography, Tags).
2. Pega el prompt en la creación de Infografías, Presentations o Videos de NotebookLM
3. Añade al final:
"Crea una infografía sobre [tu tema] con este estilo"
4. Exporta tu contenido generado
Refínala en Canva si es necesario (5-10 min de ajuste).

IMPORTANTE: Estos prompts funcionan mejor con documentos estructurados (listas, pasos, estadísticas, comparativas). Con texto narrativo puro los resultados varían.

❖ **ACTUALIZACIONES:** Iremos añadiendo nuevos prompts regularmente.

Te avisaré por [newsletter](https://tinyurl.com/4b4ya3b7) → <https://tinyurl.com/4b4ya3b7>

TÉCNICO / INDUSTRIAL

PROMPT #01

Blueprint Arquitectónico

Cuándo usar: Procesos técnicos, arquitecturas de sistema, diagramas de flujo · **Dificultad:** Media · **Tiempo:** 5 min

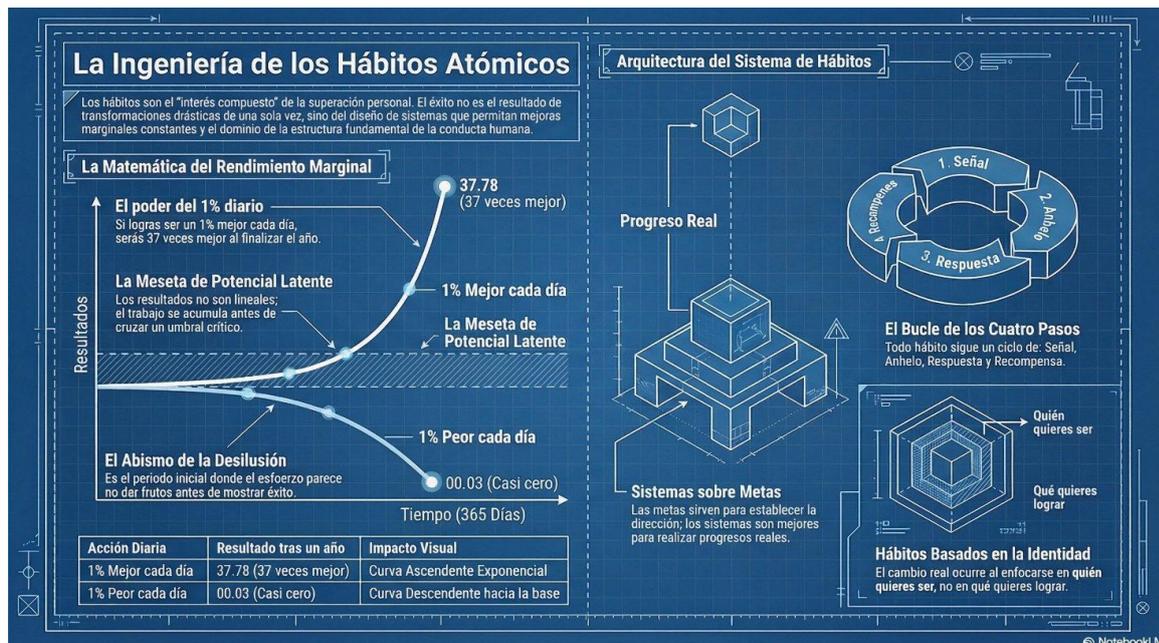
Tone: "Precise, Structural, Industrial, Educational, Authoritative"
 Background: "#1E5DA2" | Text: "#FFFFFF" | Accent: "#A8D5FF"

Features: "White line art technical drawings, isometric projections, floor-plan schematics, measurement lines, dashed indicators, grid background."

Typography: Geometric Sans-Serif (DIN, Roboto, Noto Sans JP)

Tags: Blueprint, Technical Schematic, Engineering, Isometric

EJEMPLO VISUAL GENERADO:



PROMPT #02

Blueprint CAD Industrial

Cuándo usar: Comparativas problema/solución, especificaciones técnicas · **Dificultad:** Media · **Tiempo:** 5 min

Tone: "Analytical, Precise, Pedagogical, Structured, Professional"

Background: "#1C4E80" | Text: "#FFFFFF" | Accent: "#E85D5D"

Features: "CAD-inspired layout, mechanical gear motifs, flowchart connectors, modular information blocks, white square mesh grid overlay.

Rough chalk-like yellow brush strokes for emphasis.

Split-panel logic flow (Problem vs Solution), technical borders with measurement ticks.

CAD footer bar with scale, date, and author metadata."

Typography: Bold Geometric Sans-Serif / Clean Monolinear Sans-Serif

Tags: Blueprint, CAD, Technical, Process Flow, Industrial

EJEMPLO VISUAL GENERADO:



PROMPT #03

Engineering Schematic Exploded

Cuándo usar: Hardware, componentes, despieces técnicos · Dificultad: Alta · Tiempo: 7 min

Tone: "Precision-engineered, Technical, Authoritative, Structured"
Background: "#0F3B2C" | Text: "#EAD0AC" | Accent: "#D98C53"

Features: "Printed circuit board (PCB) aesthetic, connecting copper traces, solder pads, integrated circuit (IC) chip outlines, component nodes.
Network-based layout with central core connected to peripheral data clusters via grid-aligned paths (traces).
Flat, uniform schematic lighting; color contrast rather than shadows."

Typography: Industrial Monospace or DIN Condensed, Uppercase
Tags: Engineering, Tech-Industrial, Data Visualization, Schematic

EJEMPLO VISUAL GENERADO:



PROMPT #04

PCB Schematic Architecture

Cuándo usar: Redes de conceptos, sistemas interconectados · Dificultad: Alta · Tiempo: 8 min

Tone: "Precision Engineering, Rugged Reliability, Technical Authority, Hardware-Focused"

Background: "#cfd3d6" | Text: "#1f1f1f" | Accent: "#ffc107"

Features: "Photorealistic hardware components integrated with 2D schematic diagrams (PCB traces), metallic plaque substrate, workshop tools framing the scene.

Texture: Brushed aluminum, scratched metal, rubber cable insulation, matte plastic.

Central information plate screwed onto a dirty work surface, framed by disorganized tools (calipers, cables) acting as a border.

Subtle glowing effects on yellow LED/circuit indicators."

Typography: DIN Condensed or Impact (Industrial Sans-Serif), Uppercase

Tags: Industrial, Skeuomorphic, Engineering, Hardware, Tactile

EJEMPLO VISUAL GENERADO:



PROMPT #05

Industrial Workbench

Cuándo usar: Contenido técnico hands-on, especificaciones de producto · **Dificultad:** Alta · **Tiempo:** 8 min

Tone: "Analytical, Authoritative, Futuristic, Industrial"

Background: "#050B26" | Text: "#FFFFFF" | Accent: "#FFC800"

Features: "Thermal heat map spectrums (blue to red), technical HUD overlays, wireframe crosshairs, framed inset screenshots.

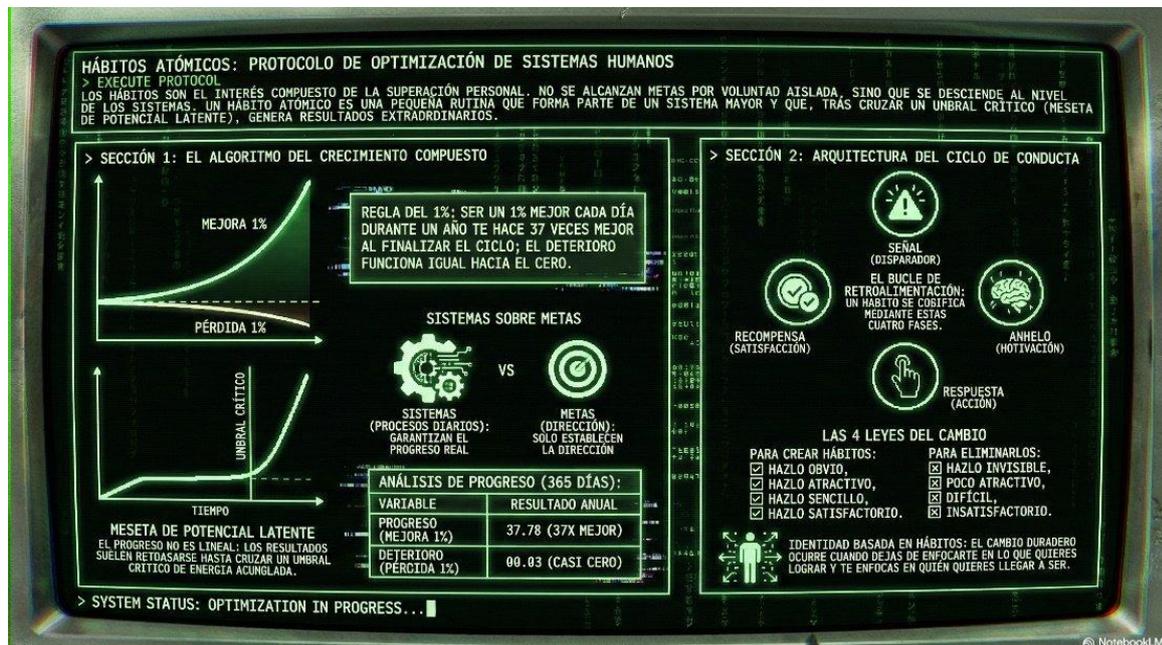
Central hero product with radial focus, flanked by symmetrical feature grids.

Emissive bioluminescent glow, high contrast neon against dark void, simulated infrared radiation."

Typography: Bold Sans-Serif Condensed Uppercase

Tags: High-Tech, Thermal Imaging, Cyber, Data Visualization

EJEMPLO VISUAL GENERADO:



PROMPT #06

Thermal Insight Tech

Cuándo usar: Comparativas de rendimiento, análisis de datos · **Dificultad:** Alta · **Tiempo:** 7 min

Tone: "Professional, Informative, Structured, Sleek, Modern Security"

Background: "#F4F6F8" | Text: "#2C2C2C" | Accent: "#EB5757"

Features: "Centralized hub-and-spoke layout, gradient flow lines, soft circular containers for icons, clean vector iconography.

Bilateral symmetry with central focal point;

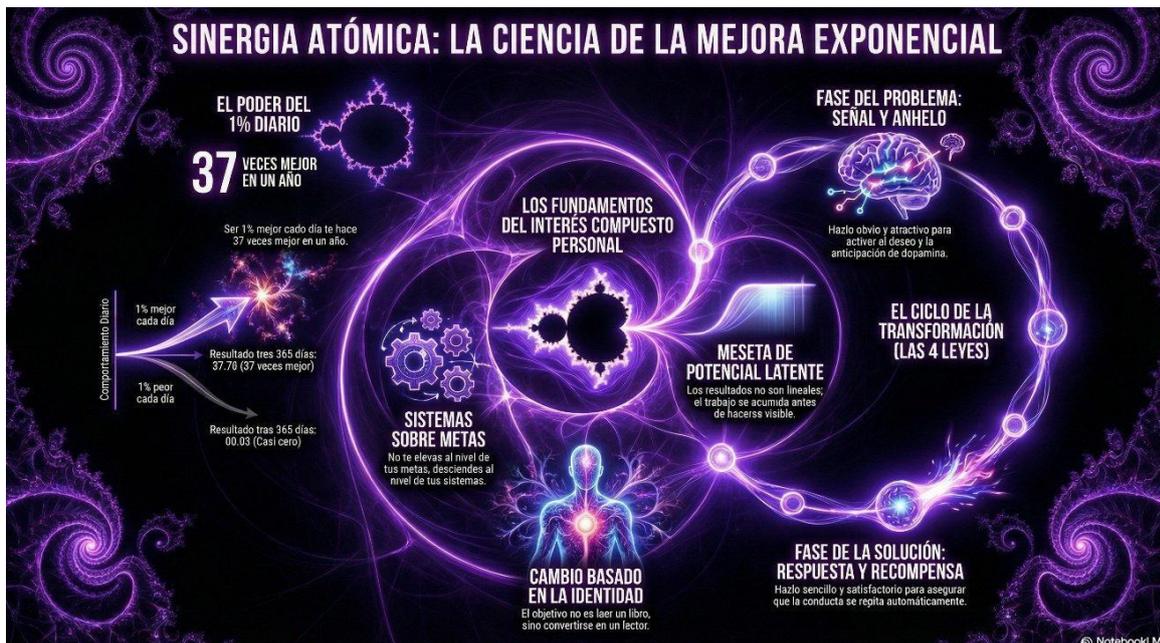
branching curved connectors to balanced text blocks on left and right.

Soft diffuse ambient lighting creating gentle drop shadows (neumorphic effect)."

Typography: Condensed Sans-Serif (Roboto Condensed / Oswald), Uppercase, Bold

Tags: Corporate Tech, Neumorphism, Clean Minimalist, Symmetrical

EJEMPLO VISUAL GENERADO:



PROMPT #07

Neumorphic Tech Schematic

Cuándo usar: Comparativas de features, resúmenes corporativos · Dificultad: Media · Tiempo: 5 min

Tone: "Futuristic, Analytical, Sophisticated, High-Tech, Cinematic"

Background: "#080a12" | Text: "#ffffff" | Accent: "#00c4fa"

Features: "Glowing borders, rounded rectangular containers, directional flow arrows, schematic icons (brain, code, charts), faint circuit-board background patterns.

Smooth digital matte with luminescent neon edges and semi-transparent glassmorphic container fills.

Dark ambient environment illuminated by self-emitting neon strokes (cyan + purple)."

Typography: Modern Sans-Serif Bold/Heavy; high contrast white on dark

Tags: Cyberpunk, Dark Mode, Tech-Infographic, Neon-Glow, Process-Flow

EJEMPLO VISUAL GENERADO:



CYBERPUNK / DARK MODE

PROMPT #08

Cyberpunk Neon Glassmorphic

Cuándo usar: Tecnología, IA, procesos digitales · Dificultad: Media · Tiempo: 5 min

Tone: "Futuristic, Analytical, Sophisticated, High-Tech, Cinematic"

Background: "#020814" | Text: "#FFFFFF" | Accent: "#00F0FF"

Features: "Isometric 3D rendered assets floating on platforms, interconnected by glowing circuit board traces.

Holographic projection aesthetics with glass-like panels and digital artifacts.

Centralized hub-and-spoke layout; core element (center chip) anchors the design.

Enclosed in a technical HUD (Heads-Up Display) frame.

Bloom, Lens Flare, Digital Noise effects."

Typography: Industrial Geometric Sans-Serif (Eurostile Bold, Orbitron)

Tags: Cyberpunk, Sci-Fi Interface, Isometric 3D, Data Visualization

EJEMPLO VISUAL GENERADO:



PROMPT #09

Cyberpunk Isométrico 3D

Cuándo usar: Arquitecturas complejas, stacks tecnológicos · Dificultad: Alta · Tiempo: 8 min

Tone: "Sophisticated, Analytical, High-Tech, Visionary, Instructional"

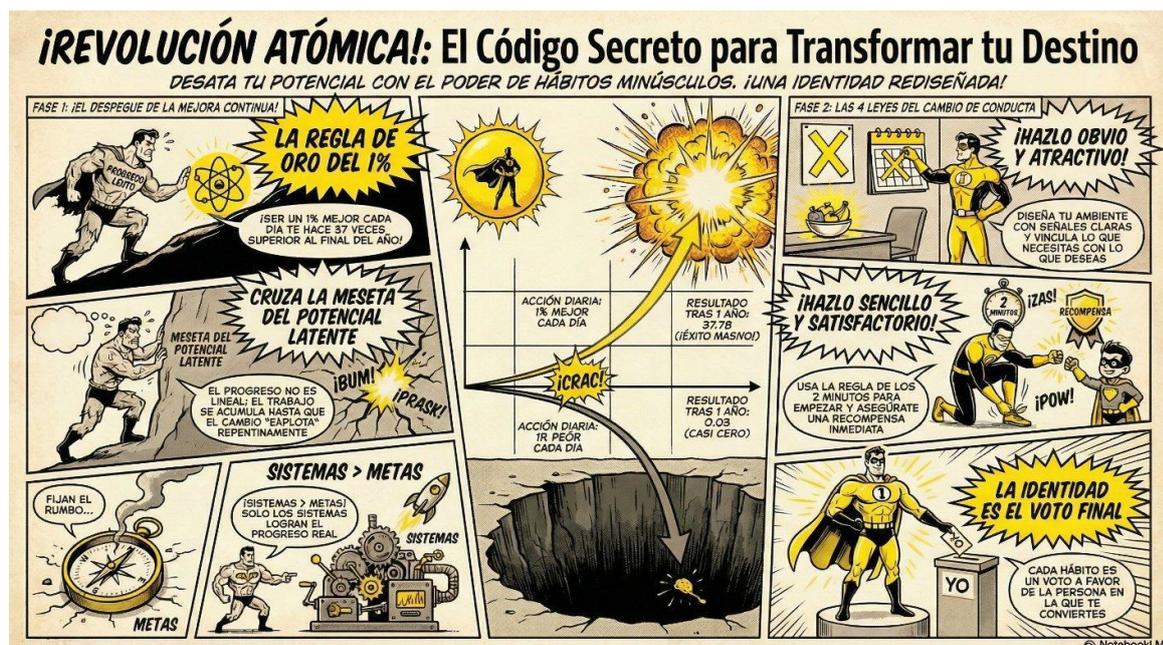
Background: "#020712" | Text: "#E1F5FE" | Accent: "#00E5FF"

Features: "Floating isometric screens, wireframe brain models, luminous particle streams, hexagonal data blocks, semi-transparent glass interfaces. Dynamic flow-chart arrangement in 3D space, diagonal progression, layered depth with distinct foreground and background elements. Emissive internal glow, neon rim lighting, volumetric effects, bloom and lens flare."

Typography: Modern Geometric Sans-Serif (Roboto, Exo 2, Noto Sans JP)

Tags: Cyberpunk, Futuristic UI, Data Visualization, Holographic, Isometric

EJEMPLO VISUAL GENERADO:



PROMPT #10

Holographic UI

Cuándo usar: Datos complejos, arquitecturas de IA · Dificultad: Alta · Tiempo: 8 min

Tone: "Technological, Analytical, Urgent, Futuristic, High-Contrast"

Background: "#050512" | Text: "#FFFFFF" | Accent: "#00FFFF"

Features: "Holographic wireframes, brain and gear iconography, glowing directional arrows, code snippets, glitch artifacts, hexagonal grid overlays. CRT scanlines, glass-like UI panels, gritty wet urban background. Centralized flowchart logic layered over a depth-filled environment. Semi-transparent blue-tinted panels with chamfered corners. Jagged lightning-bolt arrows and straight glowing vectors."

Typography: Bold Sans-Serif (Gothic/geometric), Neon Glow Effect

Tags: Cyberpunk, Holographic UI, Neon Noir, Futuristic

EJEMPLO VISUAL GENERADO:



PROMPT #11

Cyberpunk Holographic Neon Noir

Cuándo usar: Infografías de alto impacto visual, ciberseguridad · Dificultad: Alta · Tiempo: 8 min

Tone: "Technical, Authoritative, Nostalgic, Cryptic, High-tech Hacker Ethos"

Background: "#050505" | Text: "#2CFF56" | Accent: "#FFB200"

Features: "ASCII art, pixel-art iconography, wireframe circuit traces, binary rain data streams, command-line interfaces, schematic flowcharts. CRT monitor phosphor glow, scanlines, digital noise, high-contrast pixelation. Modular vertical layout separated by dashed dividers, centered hero graphic (terminal/computer). Hex codes, binary strings, and ASCII art elements in margins."

Typography: Monospaced Console (VT323, Courier New, Fira Code)

Tags: ASCII Art, Cyberpunk, Retro-Computing, Pixel Art, Terminal UI

EJEMPLO VISUAL GENERADO:



PROMPT #12

Terminal Hacker Green

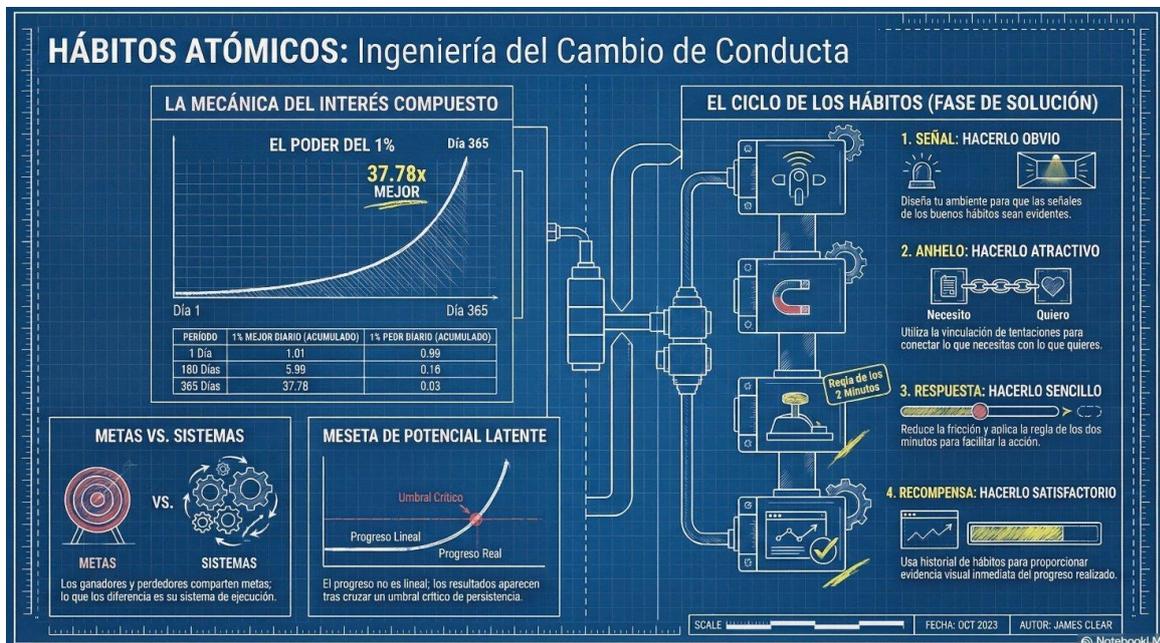
Cuándo usar: Contenido técnico para devs, automatización · Dificultad: Media · Tiempo: 5 min

Tone: "Cryptic, Technological, Dystopian, Nostalgic, High-tech Command Line"
Background: "#020502" | Text: "#4AF626" | Accent: "#1A3B1A"

Features: "Vintage CRT monitor hardware, cascading matrix-style code rain, command-line interface, pixelated digital artifacts.
Heavy scanlines, phosphor bloom, grain, screen curvature distortion, chromatic aberration.
Centered focal point on monitor screen, claustrophobic framing.
Primary illumination via screen emission (green phosphor glow).
Atmosphere: dark, subterranean hacker den."

Typography: Monospace Pixelated (VT323, Fixedsys); with Katakana/Kanji
Tags: Cyberpunk, Retro-Futurism, Hacker Aesthetic, CRT, Glitch

EJEMPLO VISUAL GENERADO:



PROMPT #13

CRT Matrix Hacker Den

Cuándo usar: Estética hacker inmersiva, ciberseguridad · Dificultad: Media · Tiempo: 6 min

Tone: "Futuristic, Authoritative, Intricate, Scientifically Mesmerizing"

Background: "#050005" | Text: "#FFFFFF" | Accent: "#E040FB"

Features: "Complex Mandelbrot fractal spirals, recursive geometry, glowing filaments.

Smooth gradient flows, neon luminescence, digital precision.

Centralized radial balance using negative space voids to frame content.

Internal bioluminescent glow against deep void black.

Art Style: Generative Fractal. Flow: Organic Recursive Spirals."

Typography: Sans-Serif Condensed, Uppercase Headlines, Light to Regular weight

Tags: Cyber-Psychedelic, Mathematical, Neon, Tech-Abstract, High-Contrast

EJEMPLO VISUAL GENERADO:

EL PODER DE LOS HÁBITOS ATÓMICOS: PEQUEÑAS GANANCIAS, RESULTADOS ÉPICOS

LA MATEMÁTICA DEL ÉXITO

OLVIDA LAS METAS, ENFOCATE EN SISTEMAS
Las metas son los resultados: los sistemas son los procesos para alcanzarlos.

LA MESETA DE POTENCIAL LATENTE
El trabajo no se desperdicia, se acumula hasta cruzar un umbral crítico.

ESPECIAL

ACCIÓN DIARIA (1 AÑO)	RESULTADO FINAL
1% mejor cada día	1% peor cada día
→	↓
37.78 VECES MEJOR	CERCA DE CERO (0.03)

LAS 4 LEYES DEL CAMBIO DE CONDUCTA

- 1. HACERLO OBVIO**
Diseña tu ambiente para que los señales de los buenos hábitos destaquen.
- 2. HACERLO ATRACTIVO**
Usa la acumulación de tentaciones para que el hábito sea irresistible.
- 3. HACERLO SENCILLO**
Reduce la resistencia y aplica la regla de los dos minutos.
- 4. HACERLO SATISFACTORIO**
Usa recompensas inmediatas y registros visuales para mantener la motivación.

PROMPT #14

Fractal Mandelbrot Cyber-Psychedelic

Cuándo usar: Contenido abstracto de alto impacto visual · Dificultad: Alta · Tiempo: 8 min

Tone: "Energetic, Dramatic, Educational, Expressive, Action-Oriented"

Background: "#FFFFFF" | Text: "#000000" | Accent: "#FF3333"

Features: "Manga-inspired character art, speed lines (beta flash), jagged speech bubbles, sound effect text visualization, halftone shading patterns. Sequential panel layout (top-down flow), dynamic framing with characters breaking frame boundaries. High-contrast ink rendering, screentones for depth. Visual metaphors: lightbulbs, gears, sweat drops, impact flashes."

Typography: Heavy Impact Gothic / Manga Sound Effect Style

Tags: Manga Style, Comic Strip, Instructional, Monochrome, Dynamic Action

EJEMPLO VISUAL GENERADO:



NARRATIVO / COMICS

PROMPT #15

Manga Instructivo Monocromo

Cuándo usar: Tutoriales paso a paso, narrativas problema/solución · Dificultad: Baja · Tiempo: 3 min

Tone: "High-octane, Authoritative, Educational, Competitive, Dynamic"

Background: "#050505" | Text: "#FFFFFF" | Accent: "#FF3300"

Features: "Dynamic motion speed lines, cel-shaded character illustrations, metaphorical iconography (gears for components, brain for logic, speedometer for performance).

Comic book halftone patterns, bold ink outlines, swoosh effects.

Forced perspective with diagonal flow (running track), segmented info-lanes.

Abstract technical concepts translated into physical objects (Engine = Architecture)."

Typography: Heavy / Impact (Italicized); Bold Condensed Sans-Serif

Tags: Manga-Infographic, High-Energy, Tech-Sports Metaphor, Comic Book Style

EJEMPLO VISUAL GENERADO:



PROMPT #16

Manga High-Octane Sports Tech

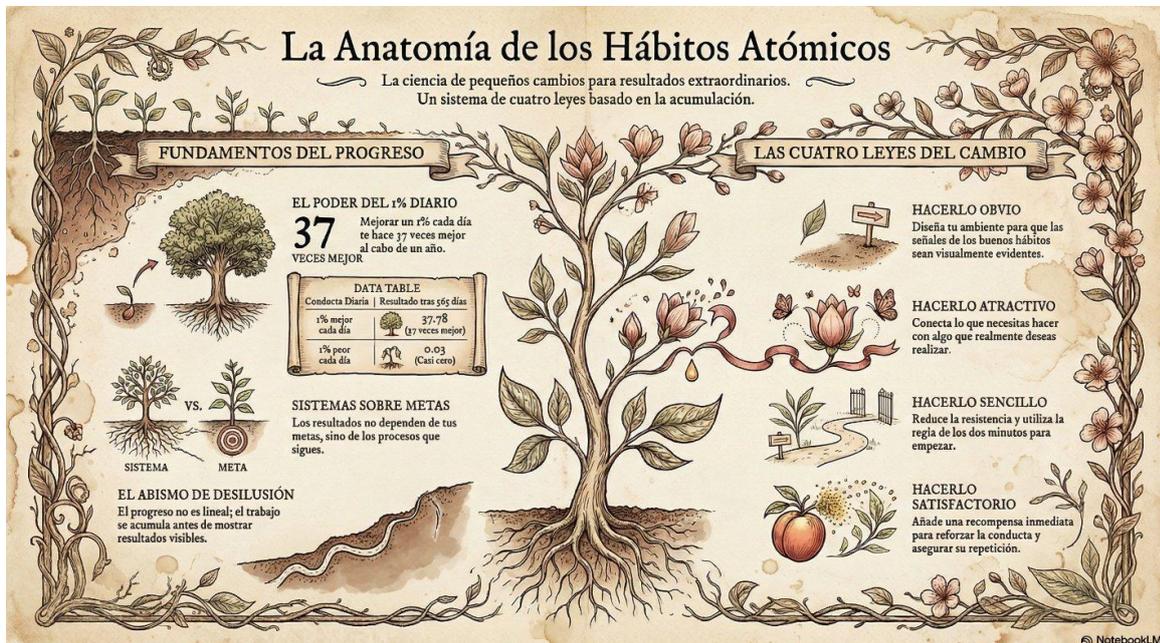
Cuándo usar: Comparativas de herramientas, features con energía · Dificultad: Baja · Tiempo: 4 min

Tone: "Energetic, Satirical, Action-Oriented, Retro-Cinematic"
Background: "#F9F7E8" | Text: "#050505" | Accent: "#FCEE21"

Features: "Sequential narrative panels, speech bubbles, jagged explosion bursts, heavy black contour lines, exaggerated superhero anatomy. Vintage newsprint grain, ink bleed simulation, flat color filling without gradients. Dense multi-panel grid with dominant title header. Onomatopoeic sound effects (BUM!, PRASK!) in jagged starbursts."

Typography: Hand-Drawn Block Display; Uppercase Hand-Lettered Comic Script
Tags: Pop Art, Vintage Comic, Retro, Sequential Art, Action

EJEMPLO VISUAL GENERADO:



PROMPT #17

Comic Retro Americano Pop Art

Cuándo usar: Contenido de alto impacto, lanzamientos de producto · Dificultad: Baja · Tiempo: 3 min

Tone: "Energetic, Heroic, Authoritative, Engagingly Nostalgic"

Background: "#FFDD00" | Text: "#000000" | Accent: "#FF3333"

Features: "Thick black ink outlines, Ben-Day dot shading patterns, speech bubbles, explosive action bursts, dynamic motion lines, panel borders.

Vintage newsprint aesthetic, halftone screens, flat color fills with heavy shadows.

Central hero object (product) as focal point,

radiating informational callouts in dynamic clouds, jagged bursts."

Typography: Heavy condensed comic-book display font (All-Caps), 3D extrusions

Tags: Pop Art, Comic Book, Retro, High-Energy, Vintage Illustration

EJEMPLO VISUAL GENERADO:



PROMPT #18

Retro-Comic Action (Ben-Day)

Cuándo usar: Producto como hero, features radiando desde objeto central · **Dificultad:** Baja · **Tiempo:** 3 min

Tone: "Competitive, Dynamic, Illustrative, High-Octane"
Background: "#1a0f1f" | Text: "#ffffff" | Accent: "#ffc000"

Features: "Split-screen dichotomy, character avatars, fighting game HUD elements, elemental visual effects (fire vs electricity).

Cel-shaded illustration, glossy UI overlays, particle-heavy atmosphere.

Symmetrical Versus layout with central anchor,

color-coded zones (warm left, cool right), dynamic diagonal energy lines.

Health bars, jagged speech bubbles, impact bursts. Sparks, speed lines, lightning bolts."

Typography: Heavy Impact Manga Style; Bold Sans-Serif (Rounded)

Tags: Gamification, Anime Aesthetic, Versus Mode, High-Energy

EJEMPLO VISUAL GENERADO:



PROMPT #19

Fighting Game Versus

Cuándo usar: Comparativas antagónicas, debates A vs B · Dificultad: Media · Tiempo: 5 min

Tone: "Energetic, Nostalgic, Instructional, Playful, Bold"

Background: "#9ED9CC" | Text: "#111111" | Accent: "#E84E45"

Features: "Split-screen layout (Mint/Pink), comic book character illustrations, speech bubbles, chrome arrow connectors, checkerboard borders.

Subtle halftone patterns, matte paper finish contrasting with glossy metallic UI.

Bilateral symmetry with vertical chrome divider, heavy top and bottom banners.

Gears, Burgers, Shakes, Diamonds, Neon Signs as motifs."

Typography: Heavy Impact Retro Display with White Outline and Drop Shadow

Tags: Retro Pop, American Diner, Vintage Comic, Split-Screen, Americana

EJEMPLO VISUAL GENERADO:



PROMPT #20

Retro Pop Americana Diner

Cuándo usar: Contenido vivaz, tutoriales con energía retro · Dificultad: Media · Tiempo: 5 min

Tone: "Sophisticated, Opulent, Dramatic, Symbolic"

Background: "#050507" | Text: "#F2E6CF" | Accent: "#D4AF37"

Features: "Intricate geometric borders, fan motifs, metallic gradients, symbolic architectural contrast (industrial vs. skyscraper), champagne tower flowchart. Polished gold leaf, matte velvet background, atmospheric glow. Symmetrical tripartite layout framed by heavy ornamentation. Central metaphorical diagram (pyramid structure) anchored by flanking vignettes. Cinematic chiaroscuro, glowing gold highlights against deep shadows."

Typography: Elegant Serif (Mincho/Didot style) with high contrast strokes

Tags: Gatsby, Art Deco, Luxury, Noir, Ornamental, Cinematic

EJEMPLO VISUAL GENERADO:



VINTAGE / HISTÓRICO

PROMPT #21

Art Deco Gatsby

Cuándo usar: Contenido premium, análisis sofisticados · Dificultad: Alta · Tiempo: 10 min

Tone: "Alphonse Mucha, Nostalgic, Aristocratic, Educational, Elegant"

Background: "#F3EAD3" | Text: "#3E2F26" | Accent: "#A83E36"

Features: "Hand-drawn lithograph illustrations, ornamental ribbon banners, vignette borders, fine ink hatching, historical portraiture.

Aged parchment grain, watercolor wash, ink stipple.

Segmented collage layout connected by decorative scrolls.

A. Mucha Art Nouveau inspired corner flourishes and scrollwork banners."

Typography: Classic Victorian Serif (Heavy Weight) + Garamond-style

Tags: Neo-Vintage, Historical, Belle Epoque, Lithograph

EJEMPLO VISUAL GENERADO:



PROMPT #22

Art Nouveau Mucha

Cuándo usar: Newsletters premium, presentaciones de alto valor · Dificultad: Alta · Tiempo: 10 min

Tone: "Scholarly, Timeless, Organic, Authoritative, Antiquated"

Background: "#F0E5D3" | Text: "#1A1512" | Accent: "#BF6B63"

Features: "Hand-drawn botanical anatomy, ornate vine borders, diagrammatic labels.

Aged parchment, coffee stains, foxing, paper grain, watercolor wash, ink bleed.

Centralized anatomical subject rooted in ground,

framed by symmetrical organic borders, peripheral text annotations with flourishes.

Fine quill ink with variable line weight and cross-hatching.

Aging effects: discoloration, water damage spots, worn edges."

Typography: Old Style Serif (Caslon / Garamond aesthetic)

Tags: Vintage, Botanical, Scientific Illustration, Academic, Neo-Victorian

EJEMPLO VISUAL GENERADO:



PROMPT #23

Botánico Victoriano

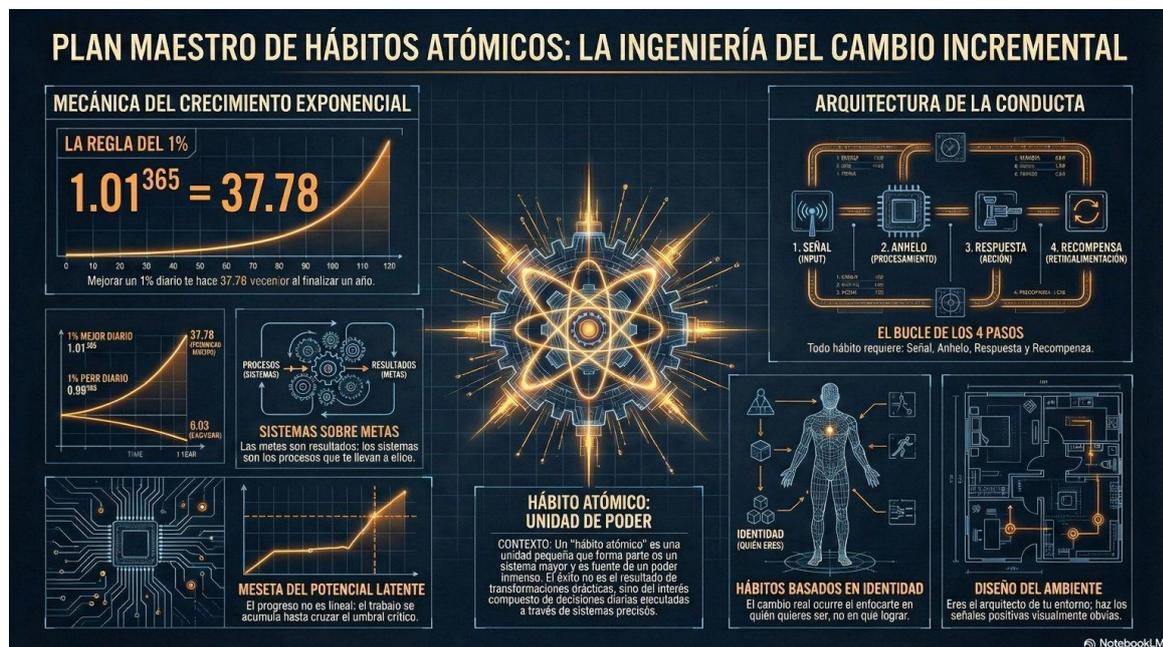
Cuándo usar: Contenido sobre crecimiento, procesos orgánicos · **Dificultad:** Alta · **Tiempo:** 8 min

Tone: "Mythological, Didactic, Authoritative, Historical, Dramatic"
Background: "#F0E3CE" | Text: "#0D0D15" | Accent: "#E85D35"

Features: "Traditional woodblock aesthetics, bold brush outlines, Great Wave motifs, comic-strip paneling, kaiju imagery. Aged washi paper grain, distressed ink edges, matte finish. Structured triptych layout with dominant central figure, flanked by vertical instructional columns and heavy top header. Variable width brush strokes simulating ink. Art Period: Edo Revival / Modern Manga Fusion."

Typography: Heavy Edo-style Calligraphy; Legible Medium-Weight Serif for body
Tags: Ukiyo-e, Woodblock Print, Narrative Infographic, Retro Japanese

EJEMPLO VISUAL GENERADO:



PROMPT #24

Ukiyo-e Japonés

Cuándo usar: Contenido de alto contraste, comparativas narrativas · **Dificultad:** Alta · **Tiempo:** 8 min

Tone: "Authoritative, Mythological, Instructional, Allegorical, Timeless"

Background: "#DCCB96" | Text: "#2B2118" | Accent: "#009DA0"

Features: "Flat profile figures (frontalism), hieroglyphic borders, architectural diagrams, isometric pyramids, symbolic iconography with technical labels.

Aged papyrus grain, rough organic edges, matte finish, stone-carved aesthetic.

Compartmentalized triptych layout, framed panels with ornamental borders,

hierarchical scaling of figures based on importance.

Technical concepts mapped to ancient artifacts (stone blocks, sphinxes)."

Typography: Stylized Serif / Faux-Cuneiform; Bold for titles, Medium for labels

Tags: Ancient Egyptian, Historical Allegory, Retro-Futurism, Flat Illustration

EJEMPLO VISUAL GENERADO:

HÁBITOS ATÓMICOS: PEQUEÑOS CAMBIOS, RESULTADOS EXTRAORDINARIOS

Los Fundamentos del Cambio

EL SORPRENDENTE PODER DEL 1%

MEJORAR SOLO UN 1% DIARIO → 37 VECES MEJOR AL FINALIZAR EL AÑO

1% PEOR CADA DÍA → 0.03 (CASI CERO)

DECISIÓN DIARIA	RESULTADO TRAS UN AÑO
1% MEJOR	37.78 VECES MEJOR
1% PEOR	0.03 (CASI CERO)

OLVIDA LAS METAS, ENFÓCATE EN LOS SISTEMAS

META (DIRECCIÓN) | SISTEMA (PROCESO) | RESULTADOS

Las metas definen la dirección; los sistemas son los procesos que producen los resultados.

LA MESETA DEL POTENCIAL LATENTE

ÉXITO VISIBLE | PROGRESO LINEAL ESPERADO | UMBRAL DEL ÉXITO

PROGRESO ACUMULADO (TRABAJO OCULTO)

El progreso no es lineal; el trabajo se acumula hasta cruzar el umbral.

HÁBITOS BASADOS EN LA IDENTIDAD

QUIÉN QUIERES LLEGAR A SER | CAMBIO DURADERO | NUEVOS HÁBITOS

IDENTIDAD (ENFOQUE)

El cambio duradero ocurre cuando te enfocas en quién quieres llegar a ser, no en lo que quieres lograr.

Las 4 Leyes del Cambio de Conducta

LEY 1: HACERLO OBVIO (SEÑAL)

SEÑALES VISUALES Y EVIDENTES

Diseña tu ambiente para que las señales de los buenos hábitos sean visuales y evidentes.

LEY 2: HACERLO ATRACTIVO (ANHELO)

ACUMULACIÓN DE TENTACIONES

LO QUE NECESITAS HACER (()) | LO QUE QUIERES HACER ()

Usa la "acumulación de tentaciones" vinculando lo que necesitas hacer con lo que quieres hacer.

LEY 3: HACERLO SENCILLO (RESPUESTA)

2 MINUTOS

Aplica la "Regla de los 2 Minutos": un hábito nuevo debe tomar menos de 120 segundos.

LEY 4: HACERLO SATISFACTORIO (RECOMPENSA)

Usa historiales de hábitos para visualizar tu progreso; lo que se recompensa, se repite.

© NotebookLM

PROMPT #25

Ancient Egyptian / Papyrus

Cuándo usar: Contenido educativo con metáforas históricas · Dificultad: Alta · Tiempo: 8 min

Tone: "Adventurous, Technical, Imaginative, Industrial, Authoritative"

Background: "#0d1b33" | Text: "#2b1d0e" | Accent: "#cd7f32"

Features: "Central steampunk astronaut illustration, interlocking brass gears, copper piping connecting data points, deep space nebula background, torn parchment text containers, analog gauges. Weathered paper grain, brushed bronze metal, starry cosmic void. Central hero figure with radial data points connected by visual conduits (pipes/gears). Cinematic warm rim lighting contrasting with cool ambient starlight."

Typography: Vintage Condensed Slab Serif (Distressed)

Tags: Steampunk, Retro-Futurism, Sci-Fi, Vintage Industrial, Space

EJEMPLO VISUAL GENERADO:



PROMPT #26

Steampunk Nebula Explorer

Cuándo usar: Storytelling visual complejo, creatividad · Dificultad: Alta · Tiempo: 10 min

Tone: "Tactile, Instructional, Durable, Handcrafted, Professional"

Background: "#223C63" | Text: "#FFFFFF" | Accent: "#DCB35C"

Features: "Realistic denim fabric background, embroidered text effects, patch-style diagrams, copper rivets, frayed edges.

Heavy cotton canvas weave, metallic hardness, raised thread relief, soft felt patches.

Vertical stack divided by stitched dashed lines, modular compartments.

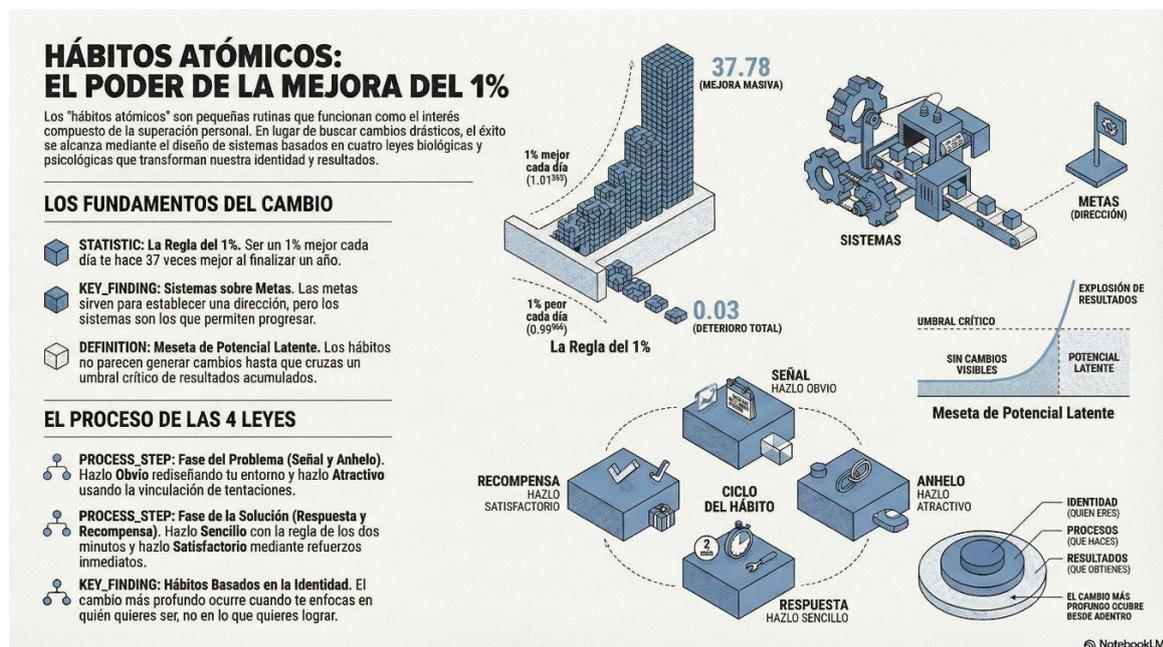
Frayed denim fringe with copper rivets in corners.

Embroidered yellow arrows and dashed stitch lines as connectors."

Typography: Bold Sans-Serif with Embroidered Relief; stitched thread texture

Tags: Skeuomorphic, Textured, Craft, Denim, Industrial

EJEMPLO VISUAL GENERADO:



PROMPT #27

Denim Craft Skeuomorphic

Cuándo usar: Contenido sobre productividad manual, artesanía · Dificultad: Media · Tiempo: 6 min

Tone: "Sophisticated, Timeless, Authoritative, Culturally Fused"

Background: "#F4F1E8" | Text: "#0D0D0D" | Accent: "#8A1C15"

Features: "Integration of traditional East Asian ink wash (Sumi-e) landscapes with crisp, modern isometric technical diagrams. Use of brush strokes for framing. Aged rice paper grain, fibrous background, ink bleed, splatter effects, dry brush textures. Bilateral symmetry divided by central vertical line; balanced two-column layout with iconographic illustrations paired with text blocks."

Typography: Classical Serif (Garamond / Caslon Bold)

Tags: Ink Wash, Neo-Traditional, East Asian Fusion, Parchment, Artistic Technical

EJEMPLO VISUAL GENERADO:



PROMPT #28

Sumi-e Tech Scroll

Cuándo usar: Contenido de filosofía, metodología · **Dificultad:** Alta · **Tiempo:** 8 min

Tone: "Analytic yet Playful, Structured, Conceptual, Instruction-Oriented"

Background: "#FDFBF6" | Text: "#1C1C5E" | Accent: "#E63E85"

Features: "Simulated offset printing, varying opacity layers (multiply effect), speech bubble containers, iconographic metaphors (brains, gears, lightbulbs), distinct outline misregistration.

Coarse paper grain, ink bleed, slight halftone noise, rough stamp-like stroke edges.

Flowchart logic with top-down hierarchy, grouped clusters connected by arrows.

Flat, uniform lighting; depth implied through color overlapping and drop shadows."

Typography: Heavy Geometric Sans-Serif (Japanese Gothic style)

Tags: Risograph, Retro-Educational, Hand-Drawn UI, Zine Aesthetic

EJEMPLO VISUAL GENERADO:



EDUCATIVO / HANDMADE

PROMPT #29

Risograph Retro Educativo

Cuándo usar: Contenido educativo accesible, audiencia indie · **Dificultad:** Baja · **Tiempo:** 4 min

Tone: "Educational, Pragmatic, Authoritative yet Approachable, Workshop-Style"

Background: "#EEF1F3" | Text: "#1B2A41" | Accent: "#B93A2B"

Features: "Hand-drawn conceptual diagrams (funnels, icebergs, venn diagrams, levers), numbered panel layout, visual metaphors simplifying complex abstract concepts.

Analog paper grain, marker stroke imperfections, slightly wobbly ink lines.

Strict 2-column grid system divided into 8 distinct rectangular panels.

Soft, pastel marker shading with slight unevenness.

Visual metaphors: prisms, funnels, levers, cycles, icebergs."

Typography: Hand-Lettered Bold Caps (Marker Style); Red for titles, Blue/Black for body

Tags: Hand-Drawn, Educational, Sketch-Note, Visual Thinking

EJEMPLO VISUAL GENERADO:

El Poder de los Hábitos Atómicos: Pequeños Cambios, Grandes Resultados

El Problema: La Trampa de las Metas

Las metas restringen la felicidad
Se pospone la alegría hasta alcanzar el hito, creando un conflicto de "éxito o fracaso".

Ganadores y perdedores comparten metas
La meta no diferencia el éxito; lo que importa es el sistema de ejecución.

Resultados como indicadores reactivos
Tu peso, dinero y conocimiento son solo reflejos acumulados de tus hábitos pasados.

La Solución: Sistemas y el Interés Compuesto

La matemática del 1% diario
Ser 1% mejor cada día te hace 37 veces mejor al finalizar un año.

Desciendes al nivel de tus sistemas
Los hábitos son los átomos de los resultados extraordinarios dentro de un sistema mayor.

Las 4 Leyes del Cambio de Conducta
Para crear hábitos duraderos: hazlo Obvio, Atractivo, Sencillo y Satisfactorio.

Acción Diaria (1 año)	Resultado Matemático	Impacto Final
1% Mejor cada día	1.01 ³⁶⁵	37.78 (Mejora radical)
1% Peor cada día	0.99 ³⁶⁵	0.03 (Casi cero)

© NotebookLM

PROMPT #30

Sketch Note Visual Thinking

Cuándo usar: Frameworks abstractos, modelos mentales · Dificultad: Baja · Tiempo: 3 min

Tone: "Educational, Approachable, Informative, Nostalgic, Structured"

Background: "#263238" | Text: "#F5F5F5" | Accent: "#F4D03F"

Features: "Hand-drawn chalk illustrations, ribbon banners, doodle ornaments, schematic arrows, bordered containers.

Matte slate surface with grainy chalk dust and rough stroke edges.

Centralized vertical flow with compartmentalized information blocks.

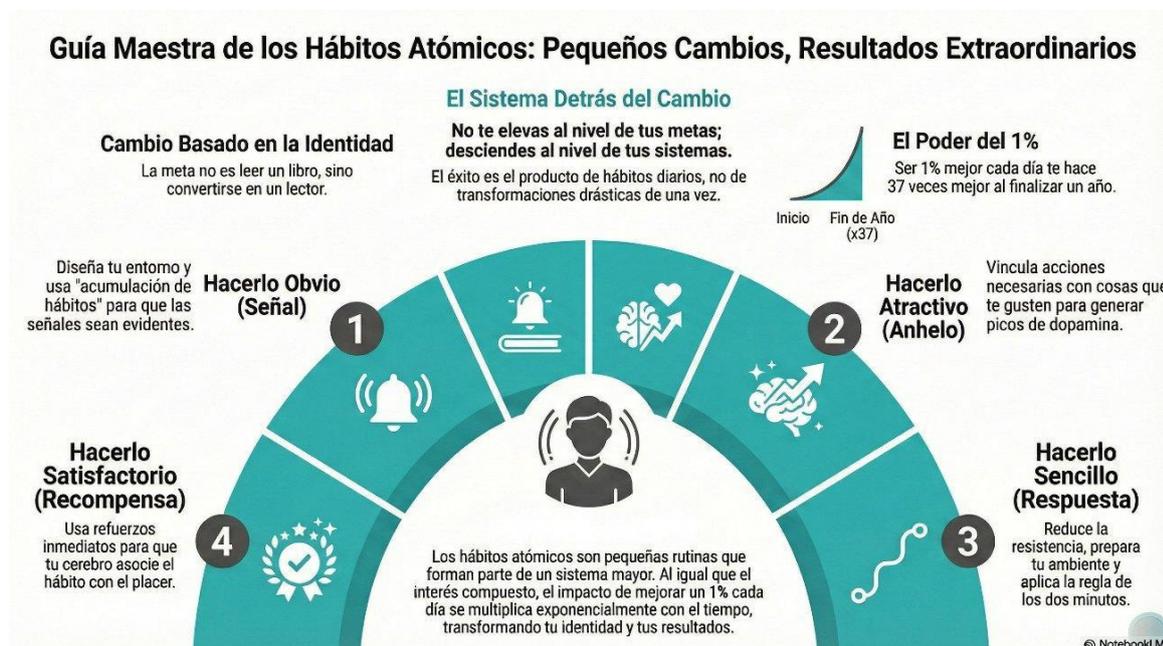
Organic, variable-width strokes simulating chalk pressure.

Simplified, sketchy outlines filled with hatched shading."

Typography: Bold Handwritten Marker; Emphasis: Thick strokes + bright coloring (Yellow/Red)

Tags: Chalkboard, Hand-drawn, Educational, Infographic, Sketch

EJEMPLO VISUAL GENERADO:



PROMPT #31

Chalkboard Educativo

Cuándo usar: Formación, explicaciones paso a paso · Dificultad: Baja · Tiempo: 3 min

Tone: "Educational, Authoritative, Structured, Precise, Diagrammatic"

Background: "#FBFBFB" | Text: "#222222" | Accent: "#7FA1C3"

Features: "Isometric 3D blocks, node-tree structures, stippled texture fills, dashed flow lines.

Matte textbook paper with subtle dithering or grain on filled shapes.

Two-column split: detailed text description on left, illustrative diagrams on right.

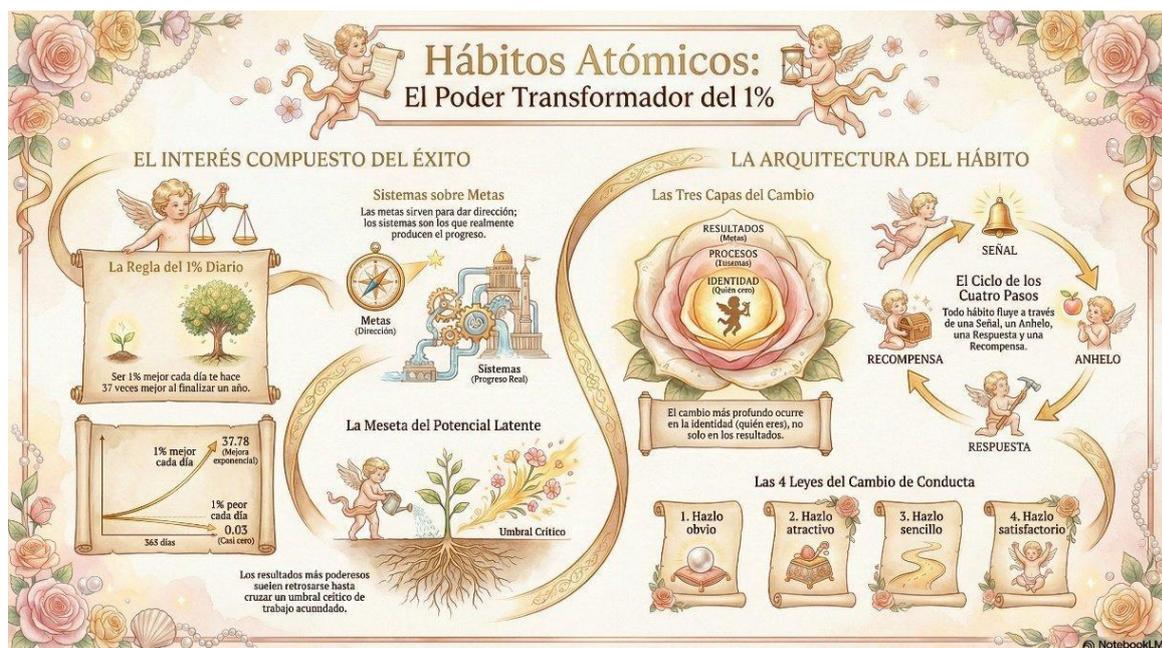
Thin, clean, uniform width lines; dashed curves with small triangular arrow heads.

Isometric component blocks and hierarchical tree nodes."

Typography: Bold Sans-Serif (Gothic); horizontal rules to separate semantic sections

Tags: Educational, Isometric, Technical Schematic, Clean UI, Data Visualization

EJEMPLO VISUAL GENERADO:



PROMPT #32

Isométrico Educativo Diagramático

Cuándo usar: Jerarquías de datos, comparativas estructurales · Dificultad: Media · Tiempo: 5 min

Tone: "Nostalgic, Educational, Whimsical, Softly Structured, Magical"

Background: "#FAF8F2" | Text: "#2B2B2B" | Accent: "#212635"

Features: "Ghibli characters, character vignettes, organic connecting paths, watercolor scenic blending, illustrative storytelling icons.

Soft matte finish, simulated watercolor wash, paper grain hint.

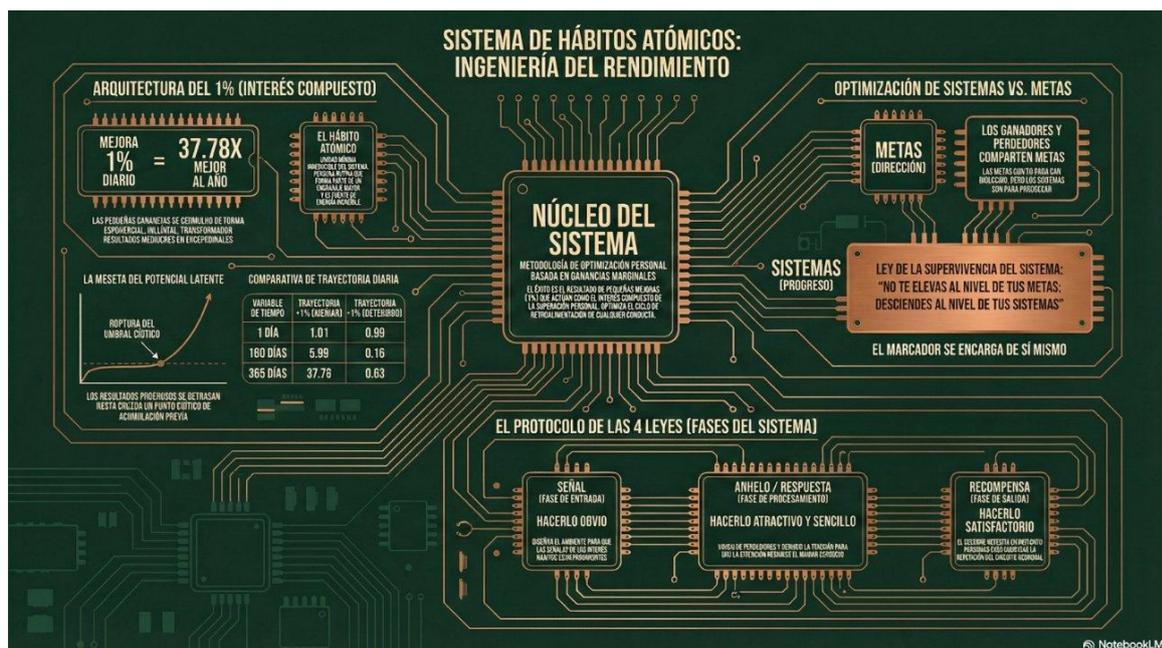
Flowing snake-like narrative path top-section, dense scenic collage mid-section, distinct grid-based footer.

Soft diffuse natural light, warm ambient glow. Digital watercolor with soft outlines."

Typography: Humanist Sans-Serif (Bold, Uppercase); Clean Geometric Sans-Serif for body

Tags: Editorial Illustration, Whimsical, Watercolor Aesthetic, Narrative Map

EJEMPLO VISUAL GENERADO:



PROMPT #33

Ghibli Watercolor Narrative

Cuándo usar: Storytelling emocional, timelines narrativos · Dificultad: Media · Tiempo: 5 min

Tone: "Professional, Optimistic, Airy, Informative"

Background: "#F4F9FB" | Text: "#667882" | Accent: "#5DB6E3"

Features: "Flat vector iconography, curved central timeline path, simplified geometric forms, dashed guide lines.

Vertical scrolling timeline, alternating left-right alignment, central spine flow, ample whitespace. Shadowless, high-key luminosity.

Two-tone flat vector icons (Sky Blue and Dark Slate).

S-Curve central axis guiding the eye downwards."

Typography: Tall Condensed Sans-Serif (Bebas Neue / Oswald)

Tags: Infographic, Minimalist, Clean Tech, Flat Design, Futuristic

EJEMPLO VISUAL GENERADO:



MODERNO / MINIMALISTA

PROMPT #34

Clean Tech Corporativo

Cuándo usar: Presentaciones de empresa, onboarding · Dificultad: Baja · Tiempo: 3 min

Tone: "Organized, Instructional, Calm, Balanced, Professional"
Background: "#F6D0D6" | Text: "#2D2D2D" | Accent: "#CBE4F0"

Features: "Photorealistic stationery items, 50/50 vertical background split, clean spatial arrangement, tech and analog mixture.
Matte paper stock, smooth plastic device casings, metallic ruler sheen.
Top-down flat lay (knolling), symmetrical balance divided by central vertical axis.
Soft diffuse overhead lighting producing gentle realistic drop shadows.
Grid-like, aligned, spaced evenly. Visual metaphor: Problem vs Solution."

Typography: Modern Sans-Serif (JP Gothic style), Medium Weight
Tags: Knolling, Split-Screen, Pastel, Flat Lay, Minimalist

EJEMPLO VISUAL GENERADO:



PROMPT #35

Flat Lay Knolling Split-Screen

Cuándo usar: Comparativas problema/solución, tool stacks · Dificultad: Media · Tiempo: 5 min

Tone: "Professional, Structured, Instructional, Clear, Organizational"

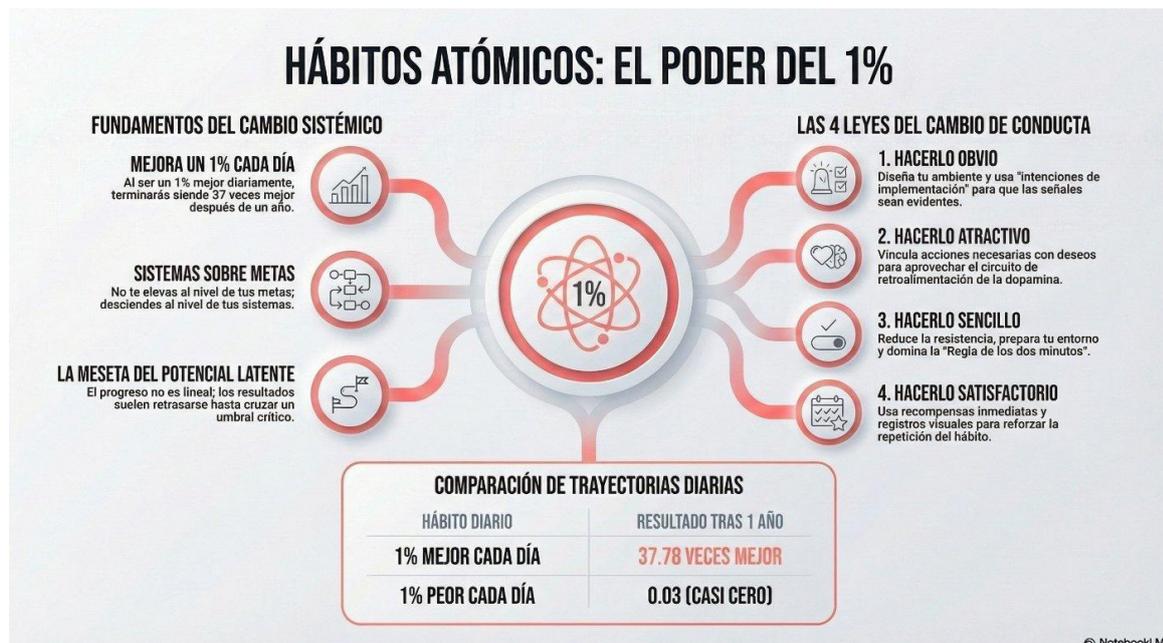
Background: "#FFFFFF" | Text: "#333333" | Accent: "#008B8B"

Features: "Semi-circular timeline, segmented process arc, flat vector iconography, numbered milestones, directional arrows. Radial symmetry, centered arch, radiating text clusters. Flat illustration style, uniform illumination, no gradients or drop shadows. White simple glyphs inside colored segments. Human-centric silhouette icon at center."

Typography: Modern Sans-Serif (Lato, Roboto), Bold Weight

Tags: Corporate, Infographic, Process Flow, Clean Design, Radial Layout

EJEMPLO VISUAL GENERADO:



PROMPT #36

Radial Flow Corporativo

Cuándo usar: Procesos cíclicos, flujos circulares · Dificultad: Baja · Tiempo: 3 min

Tone: "Elegant, Dreamy, Educational, Soft, Whimsical, Classical European Romantic"

Background: "#FDF6F0" | Text: "#6B4C40" | Accent: "#EBC97A"

Features: "Classical cherubs (putti), blooming roses, flowing golden ribbons acting as directional guides, seashells, pearls, allegorical character vignettes.

Soft watercolor wash, smooth gradients, ethereal glow, matte paper finish.

S-curve narrative path connecting three distinct stages,

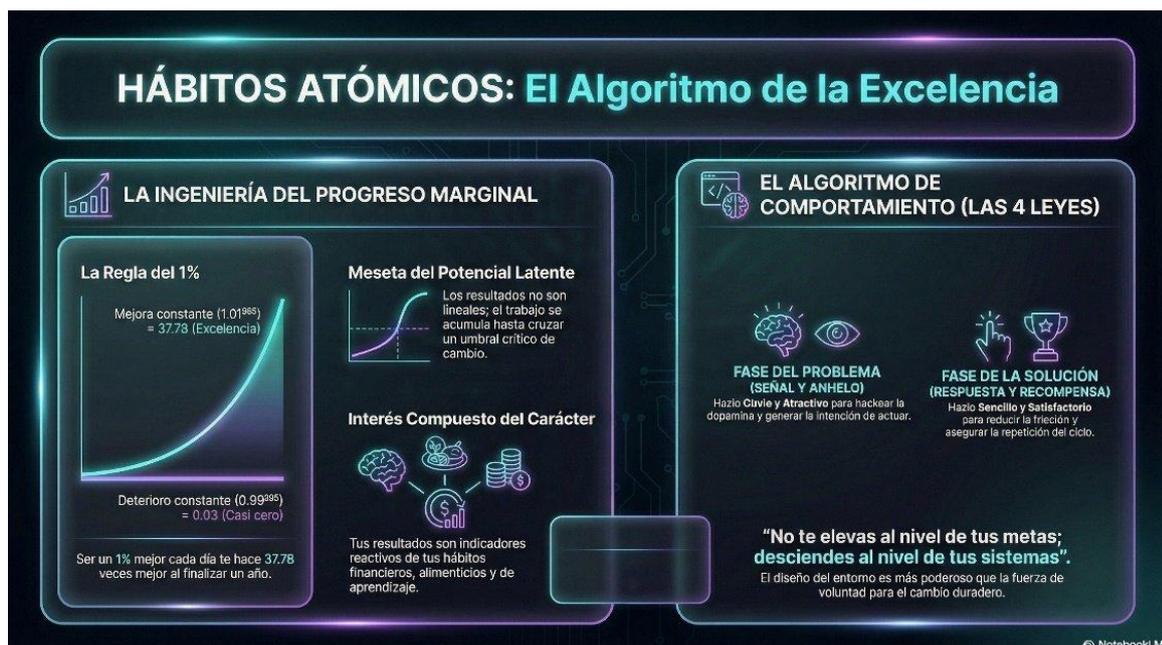
balanced asymmetry, framed by decorative floral corners.

Delicate warm-colored outlines (browns and deep pinks) rather than harsh black."

Typography: Elegant Serif (Mincho style); Gold or Rose colored headers

Tags: Rococo, Whimsical, Narrative Infographic, Pastel, Romantic

EJEMPLO VISUAL GENERADO:



PROMPT #37

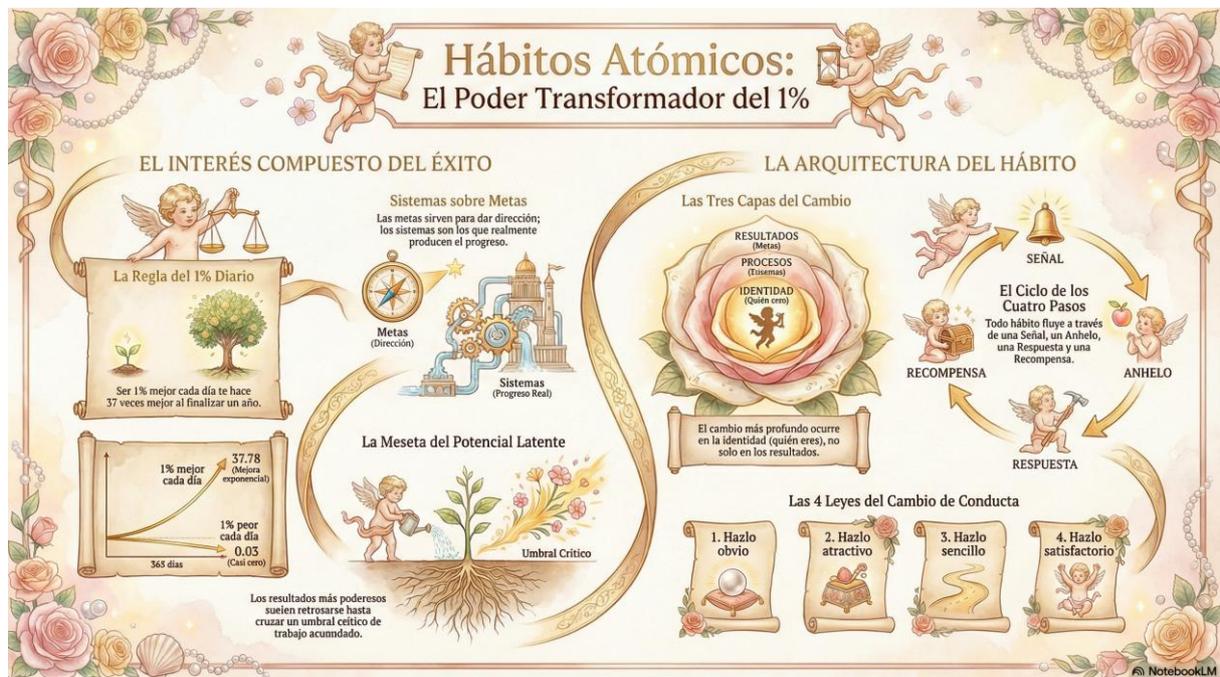
Rococo Cherubs Whimsical

Tone: "Elegant, Dreamy, Educational, Soft, Whimsical, Classical European Romantic"
Background: "#FDF6F0" | Text: "#6B4C40" | Accent: "#EBC97A"

Features: "Classical cherubs (putti), blooming roses, flowing golden ribbons acting as directional guides, seashells, pearls, allegorical character vignettes. Soft watercolor wash, smooth gradients, ethereal glow, matte paper finish. S-curve narrative path connecting three distinct stages, balanced asymmetry, framed by decorative floral corners. Delicate warm-colored outlines (browns and deep pinks) rather than harsh black."

Typography: Elegant Serif (Mincho style); Gold or Rose colored headers
Tags: Rococo, Whimsical, Narrative Infographic, Pastel, Romantic

EJEMPLO VISUAL GENERADO:



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Si este recurso te fue útil, compártelo.

Sin pedir nada a cambio.