

# THE BTE METHOD: BRAIN. TRAIN. EXECUTE.

*Why AI gives most people surface-level output – and the three-stage method that turns it into real leverage. My signature framework, on one page.*

BY DANIEL RIVERA – DANIEL ON PURPOSE · RIO GRANDE VALLEY, TX · 2026

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Most people open AI, type a question, and get something generic back. The problem isn't the model. It's that AI is being asked to help with zero context, zero framework, and maximum hope. BTE fixes the order of operations.

## 01 BRAIN – BUILD YOUR DIGITAL BRAIN FIRST

Before AI can help you meaningfully, **it needs context**. Write down the thing you're working on as structured notes: the project scope, the stakeholders, the partners, the timeline, the intended impact, the audience. Plain text is fine – a folder of notes is fine (see Guide N° 02).

*"When you build this first, AI stops guessing. It starts assisting."*

## 02 TRAIN – MAKE AI ASK YOU THE QUESTIONS

This is the stage everyone skips. Power users don't just ask AI questions – **they ask AI to ask them questions**. Hand it your context, then flip the interview:

THE FLIP – COPY THIS LINE

Before you answer, ask me the questions you need to understand this better.

Or the deeper version: "Before you answer, ask me 20 questions that would help you understand this better."

- 01 Give AI the bones first – your Brain notes, the goal, the constraints.
- 02 Run the flip line above.
- 03 Answer conversationally – **use voice-to-text** so you think out loud instead of typing carefully.
- 04 Watch the nuance stack up: edge cases, constraints, and context you'd never have volunteered.

Answering sharpens **your** thinking before anything gets produced. That's the point – AI becomes a thinking partner, not a vending machine.

## 03 EXECUTE – NOW SCALE IT

Only now do you ask for the deliverable: the plan, the draft, the document, the analysis. The output is built from structured context and a framework you refined together – so it comes back specific, usable, and in your language instead of generic filler.

*"It's built from structured context and a refined framework... because YOU improved your thinking – not because AI got smarter."*

## 04 THE WHOLE METHOD ON ONE LINE

STAGE	MOVE	OUTPUT
BRAIN	Write the context down before you prompt	AI stops guessing
TRAIN	"Ask me the questions you need"	The framework gets refined – and so do you
EXECUTE	Ask for the deliverable, then scale it	Specific, usable output – on the first real try

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