

FRASE AI TEMPLATE BLUEPRINT

PARAGRAPHS FROM KEYWORDS

In this blueprint, you'll learn how to use both the FREE and Pro versions of this template, and how this template might fit into your workflow. The next few pages include some sample input and output for the template. Be very careful with your input. Study the following examples and analyze them carefully. Why? So you can achieve better results. In more than 95% of cases, people who get poor output after 3 generations had poor input. That's why it's critical to fully understand what type of input a template expects before you start using it. Join the [Frase Facebook group](#) if you have questions or are struggling.

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INSTRUCTIONS AND WORKFLOW SUGGESTIONS

The Frase AI template "Paragraphs from Keywords" is designed to write multiple paragraphs on a subtopic using keywords you supply.

When should this template be used instead of the Paragraphs from Scratch templates? First, sometimes you want Frase to use certain SEO keywords from the optimize section. Using AI to write content using SEO keywords will allow you to fill out your H2 sections and optimize your content at the same time. A second reason is that the AI sometimes needs help in writing about obscure topics that it knows little about. It is possible to supply 1-3 keywords to awaken the AI's brain and make virtual connections to write more effectively about your topic.

Note: AI can't write about "crazy" topics. If your main topic is "how to train for a marathon" and your subtopic is "buy the right shoes" and you supply the keyword "bubblegum", the AI probably won't use bubblegum in its writing. How come? Because its virtual brain cannot connect marathon training, shoes, and bubblegum. In most cases, using a common sense term such as "velcro" or "cushioning" will work much better.

Matt Zimmerman

RankingTactics Founder & CEO

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RESOURCES TO HELP YOU

The following resources will help you in your content generation workflow while using Frase.

Need Frase? Use code "rankingtactics" and our affiliate [link](#) for a great deal.

Frase Beginner to Master Course

Includes more than 8 hours of expert training on using Frase from an SEO perspective, creating your own AI template, and a heck of a lot more!

www.rankingtactics.com/frase-course

Frase Pro Templates

Virtually all of my templates have a free and pro version. The free version is found in the Frase community template section. But if you want the best possible output, then get the pro template.

www.rankingtactics.com/frase-pro-templates

PARAGRAPHS FROM KEYWORDS: EXAMPLE 1

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

TEMPLATE INPUT

Title: Secrets to Organizing Your House

Keywords: organization, lid, labels

Heading: Store Dry Food in Clear Containers

TEMPLATE OUTPUT: FREE VERSION

Organize your food storage containers. This tip alone will save you hours of frustration every week when you're trying to find something in the back of the cupboard.

If you store dry food in clear plastic containers, label them with permanent marker. Then, use a rubber band to keep them together.

This simple trick makes finding items in the cupboard a breeze. And, it saves you from having to dig through multiple boxes looking for the right container.

-- Grade: C

-- Comments: *The template used the keyword organization (organize) and also labels (label). It didn't mention lids though, and it was off base too because it suggested using a rubber band to keep them together, whatever that means. I could easily delete that section but then I'm left with even less output. I probably did not get a lot of output because this is a harder topic for the AI to write about when given keywords.*

TEMPLATE OUTPUT: PRO VERSION

If you're like me, you've got a lot of dry food in your pantry. But where does it go? Do you keep it in plastic bags or containers? Or maybe you just throw it away after opening?

Well, there's a better way! Store dry food in clear containers instead of plastic bags or opaque jars. This makes it easy to find what you need and prevents cross contamination between foods.

Clear containers come in many shapes and sizes. They include glass jars, metal cans, and plastic tubs. The most important thing is that they must be airtight. So avoid plastic tubs and open containers. Instead, opt for metal cans or glass jars.

To store dry food in clear containers, simply place the food inside the container and close the lid. Then label the top of the container with the name of the food and its expiration date.

This simple tip will help you organize your pantry and prevent cross contamination.

-- Grade: A+

-- Comments: *I am very impressed with the output. It used each of the three keywords, provided a large amount of output, flows well, and makes logical sense. I would easily publish this without any edits.*

PARAGRAPHS FROM KEYWORDS: EXAMPLE 2

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

TEMPLATE INPUT

Title: Vinyl Plank Flooring vs. Wood Flooring

Keywords: pets, spills, kids

Heading: Vinyl Plank Flooring is Waterproof

TEMPLATE OUTPUT: FREE VERSION

If you're thinking about installing vinyl plank flooring in your home, you may be wondering whether it's waterproof. Vinyl plank flooring is actually very water resistant, making it perfect for homes where children play outside and pets spill things on the floors.

The only downside is that vinyl plank flooring isn't stain resistant. So if you have kids who eat crayons or dogs who lick their feet, you should consider wood flooring instead.

-- Grade: D

-- Comments: *The phrase "kids who eat crayons" made me fall of my chair. But it's not usable. The output is just low, it missed the spills, and just sounds awful. Again, it seems this is a tougher topic for the AI to write about as the connections in it's AI model are too distant*

TEMPLATE OUTPUT: PRO VERSION

If you're looking for vinyl plank flooring, you've come to the right place! Vinyl plank floors are waterproof, durable, and affordable. They're perfect for kitchens, bathrooms, laundry rooms, and any room where water damage is common.

However, some homeowners think that vinyl plank flooring isn't suitable for wet areas because it's not completely waterproof. But that couldn't be further from the truth!

Waterproof vinyl plank flooring has been tested and proven to withstand heavy foot traffic and moisture. So whether you have kids, pets, or spill things on them, vinyl plank flooring is totally safe.

And since vinyl plank flooring is made out of wood, it's naturally resistant to scratches and dents. Plus, it comes in many different styles and patterns, making it ideal for any home decor style.

-- Grade: A

-- Comments: *I feel this is a very good output and it recited each of the three keywords. I am not giving it an A+ simply because I don't like the second half of the first sentence; it's too corny. Aside from some slight edits, this is quality output and ready to publish.*

PARAGRAPHS FROM KEYWORDS: EXAMPLE 3

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

TEMPLATE INPUT

Title: How to Swim the Breaststroke

Keywords: scull, drill, core position

Heading: Do a warm-up swim before assuming the core position

TEMPLATE OUTPUT: FREE VERSION

The breaststroke is a great stroke for beginners because it requires little effort and doesn't require a lot of strength. But there's a catch: it takes practice to master the technique. To help you learn this important skill, here's a quick video tutorial on how to swim the breaststroke.

First, you need to assume the correct core position. This means keeping your head above water and your shoulders level with your hips. Your arms should be straight out in front of you at shoulder height. Then, when you're ready, kick off your back foot and begin swimming forward.

Once you've mastered the basics, try adding some drills to build muscle memory. Start with simple drills like sculling. Once you feel comfortable with these drills, add some core exercises to strengthen your abdominal muscles.

Finally, once you've mastered the basics and added some drills and core exercises, you can move on to the advanced techniques. These include variations on the basic strokes, including the dolphin kick and butterfly. And finally, once you've mastered those techniques, you can dive deeper into the world of competitive swimming.

-- Grade: A

-- Comments: *First, I want to state that anytime we have the AI write about "steps" to do things, especially something like body movements, you're going to want to fact check. Now with all that said, the AI did hit on the different keywords we wanted, and it sounds good. So I would fact check this, edit as necessary, and then hit publish. It's very good.*

TEMPLATE OUTPUT: PRO VERSION

If you're planning to learn how to swim the breaststroke, you should practice the basic strokes before attempting the advanced ones. The same goes for learning any sport skill.

Before diving into the breaststroke, you need to master the basics. To begin, you must learn how to scull with your hands. This is done by holding onto the wall and moving your head back and forth. Sculling helps build strength in your shoulders and arms.

Next, you need to learn how to hold your body in the correct position during the breaststroke. Your core muscles (the abdominal muscles) help keep your spine straight and prevent injury.

To achieve the proper core position, place one hand on the wall and extend your arm outwards. Then, bend at the elbow and bring your forearm towards your chest. Finally, pull your shoulder blades together and tuck them under your armpits.

Once you've mastered these three steps, you can move on to the next step: drilling. Drill means practicing the stroke over and over again until it becomes second nature.

Drilling is important because it allows you to perfect your technique. Once you've drilled enough times, you'll no longer think about your movements. Instead, you'll just perform the motions automatically.

Finally, once you've perfected the basic strokes, you can move on and attempt the advanced strokes. These include the dolphin kick, flutter kick, and butterfly kicks.

-- Grade: A+

-- Comments: *I like that we got more output in the Pro version than the free version. It also sounds better. But as with the free version, I would fact check everything and edit as necessary. Other than that, it's excellent output*

PARAGRAPHS FROM KEYWORDS: EXAMPLE 4

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

TEMPLATE INPUT

Title: Why Do Cats Meow?

Keywords: affection, hungry, playtime

Heading: It's trying to get your attention

TEMPLATE OUTPUT: FREE VERSION

When cats meow, they're not just saying hello. They're trying to get your attention. And when they do, they're usually hungry. So, if you hear a cat meowing outside your window at night, it may be trying to tell you that he needs food.

If you've ever had a pet cat, you know that cats are very affectionate animals who love to cuddle and play. But sometimes, they need some extra attention too. Like most pets, cats are creatures of habit. They prefer routine and predictability.

That means that if you feed them every day at the same time, they'll expect that meal to come at the same time each day. If you change those habits, they won't understand why they suddenly aren't getting fed.

And if you don't give them enough attention, they'll try to get your attention by meowing loudly until you notice them. Then, they'll sit there patiently waiting for you to pay attention to them.

– Grade: B

– Comments: The AI template used the three keywords (or variations thereof) but the output itself is more choppy than I would like. It's technically correct, but it just doesn't flow beautifully

TEMPLATE OUTPUT: PRO VERSION

It's trying to get your attention

Keywords: affection, hungry, playtime

Cats are known for being playful, friendly, and loving creatures. But cats also have a strong desire to communicate with us. And one of the ways they try to get our attention is through meowing.

When we hear a cat meow, we often feel compelled to respond. We may pet the cat, feed it, or simply ignore it. The reason we're drawn to cats is because they're trying to connect with us.

And there's nothing wrong with that. Cats are just trying to show off their affection for us. So next time you hear a cat meow at you, give them some love back!

– Grade: B+

– Comments: I love the output. It sounds great, used the keywords we wanted (or variations thereof), but it's just slightly shorter than the free template. Is that a bad thing? Not necessarily as some H2 subsections are only one paragraph, whereas this is three. So it's more of a personal taste thing. But that's the only reason that I haven't bumped it up to an A or A+. Also, as mentioned earlier, sometimes the AI just stops talking when it doesn't have anything else to say on a topic, which could be what happened here.

PARAGRAPHS FROM KEYWORDS: EXAMPLE 5

Test Method: Here's an example of what the template expects to see as input, and what it generates as output. For each template, the AI generated three outputs and I selected the highest quality one. Grading was based on whether the selected generation made logical sense, flowed smoothly, and could easily be converted into a blog post.

TEMPLATE INPUT

Title: Understand Your Risks to Prevent a Heart Attack

Keywords: arteries, plaque, blood clot

Heading: High Blood Cholesterol

TEMPLATE OUTPUT: FREE VERSION

The most common cause of heart attacks is atherosclerosis (plaque buildup). Plaque builds up inside our arteries over many years, slowly narrowing them until they become blocked. This causes blood clots to form, which block off the artery completely.

If we're lucky, this process happens gradually and doesn't cause symptoms. But sometimes, plaque breaks free and forms a blood clot, causing a heart attack.

Fortunately, there are ways to prevent a heart attack. One of these ways is to keep your cholesterol level below 200 mg/dL.

Cholesterol is made up of two types: HDL ("good") cholesterol and LDL ("bad") cholesterol. High levels of LDL cholesterol are associated with a greater risk of developing coronary heart disease.

To lower your cholesterol, eat healthy foods and exercise regularly. Avoid saturated fats and trans fats. These fats raise your cholesterol levels. Also avoid alcohol and tobacco. They contain harmful chemicals that contribute to cardiovascular diseases.

Another important factor in preventing heart attacks is controlling your weight. Being overweight increases your chances of having a heart attack. Excess body fat puts stress on the heart muscle, making it work harder than necessary.

Finally, be aware of your family history. If you have a parent who had a heart attack at a young age, you may be at a higher risk of experiencing a heart attack yourself. Be proactive and talk to your doctor about preventive measures.

-- Grade: A+

-- Comments: The output is top notch and spot on. It also used every single one of our three keywords, which makes sense because the AI knows a lot about this topic.

TEMPLATE OUTPUT: PRO VERSION

High cholesterol is one of the most common risk factors for heart disease. High cholesterol causes atherosclerosis (plaque build-up) in the arteries. This plaque buildup narrows the artery walls, which reduces blood flow through the body and can lead to blood clots.

If you have high cholesterol, you're at greater risk of developing coronary heart disease. The sooner you treat high cholesterol, the better off you'll be.

There are two ways to lower your cholesterol level: diet and exercise. Both work well together. But there are some things you can do to help prevent a heart attack before it happens.

One of these things is to eat foods rich in omega-3 fatty acids. Omega-3 fatty acids reduce inflammation, which helps keep your arteries clear. They also reduce triglycerides, another type of fat found in the bloodstream.

Another thing you can do is to avoid smoking cigarettes. Smoking increases the amount of bad cholesterol in your blood. And it makes the lining of your arteries thicker. So smoking not only raises your chances of getting heart disease, but it also makes it harder to reverse any damage already done.

Finally, you should try to maintain a healthy weight. Being overweight puts extra strain on your heart. And being obese means you have a higher risk of diabetes, stroke, and cancer.

-- Grade: A+

-- Comments: The output is fantastic. Just like the free template, the Pro template used the supplied keywords and the output is basically ready to publish

PARAGRAPHS FROM KEYWORDS: EXAMPLE 6

TEMPLATE INPUT

Title: How to Train for a Marathon

Keywords: endurance, pace, hydrated

Heading: Try Running a Half Marathon First

TEMPLATE OUTPUT: FREE VERSION

Running a half marathon is a great way to test out your training regimen before running a full marathon. You'll be able to gauge whether you're ready to run 26 miles and learn whether you need to adjust your training plan.

If you've never run a half marathon before, try running a 10K race instead. This gives you a better idea of your current fitness level and helps you determine whether you should train harder or slower during your next marathon training cycle.

Once you decide to run a full marathon, you'll need to prepare yourself physically and mentally. Start by building strength and stamina through interval training. Interval training involves alternating between short bursts of intense activity followed by periods of recovery.

To build strength and stamina, use intervals of walking, jogging, sprinting, stair climbing, and hill repeats. To recover, take long walks after each interval session.

Also, drink plenty of water throughout the day. Drink at least 1 gallon (3 liters) per hour during exercise and 2 gallons (6 liters) per hour when not exercising.

Finally, eat well and avoid overtraining. Eat foods rich in carbohydrates, protein, and healthy fats. Avoid junk food and alcohol. And stay away from caffeine and nicotine.

After completing your training, you'll be ready to run a full marathon. Runners who complete marathons typically experience soreness and fatigue. But these symptoms go away within days.

The most important thing to remember is that there's no right or wrong way to train for a marathon. Do whatever works for you.

-- Grade: A

-- Comments: I love the output, but and the template talked about each of the keywords even though it didn't explicitly use them. Sometimes the AI does this, and it's perfectly okay because Google is more concerned about context than keywords. As an example, the output says "build strength and stamina" and stamina and refer to endurance. Likewise, "drink plenty of water" refers to hydration. So the keywords helped guide the AI in what to talk about. Great job!

TEMPLATE OUTPUT: PRO VERSION

Running a half marathon is one of the most popular running events in the world. But before you run a full marathon, try running a half marathon first.

Why? Because running a half marathon is a great way to test out your training regimen. And since you're only running 13 miles instead of 26, you won't feel quite as exhausted at the end. Plus, you'll learn some valuable lessons along the way.

When you run a half marathon, you'll find out whether you're ready for a full marathon. Are you able to keep up the pace? Do you need to adjust your training program? Can you handle the heat? Will you be able to finish? These questions and many others will help you prepare for a successful race.

And once you've completed your half marathon, you'll have a better idea of how long it takes to train for a full marathon. So you'll be prepared to set realistic goals for yourself next time.

If you decide to run a full marathon after completing a half marathon, you may experience muscle soreness, fatigue, and dehydration. To avoid these problems, drink plenty of water during your training period. Drink enough to stay properly hydrated.

Also, take care not to overtrain. Don't push too hard. Instead, ease back into your training schedule. This will prevent injury and allow your body to recover.

Finally, remember to treat your body well. Eat right, sleep well, and exercise regularly. Your body will thank you for it!

-- Grade: A+

-- Comments: I couldn't be more pleased with the output! It's fantastic. It explicitly used the keywords pace and hydrated, while indirectly hitting on endurance. It's ready to publish.

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www.rankingtactics.com/frase

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tips and secrets to getting the most out of
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