PARAGRAPHS FROM SCRATCH [ORIG]

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.

INSTRUCTIONS AND WORKFLOW SUGGESTIONS

The Frase AI template "Paragraphs from Scratch [ORIG]" is designed to write multiple paragraphs on a subtopic for a larger main topic. It excels at staying on point for subject matter that the AI knows about. However, for topics the AI knows less about, the "Paragraphs from Keywords" or "Paragraphs from Facts" templates are better suited for the task.

In the community template section of Frase, you'll find both an [ALT] and [ORIG] version of this template. The ALT version is designed to generate thick paragraphs whereas the ORIG version is designed to generate thinner paragraphs.

In regards to workflow use cases, this template is ideally positioned after you create your blog outline with multiple H2 headings. Use the "Paragraphs from Scratch" template to fill out the content for each H2 section.

Matt Zimmerman

RankingTactics Founder & CEO

2

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 SCRATCH [ORIG]: 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.

INPUT

Title: Secrets to Organizing Your House

Heading: Store Dry Food in Clear Containers

OUTPUT: FREE VERSION

Dry food storage containers are great because they're lightweight, stackable, and dishwasher safe. They're perfect for storing grains, beans, nuts, seeds, pasta, rice, and cereals.

But there's another reason to store dry foods in these containers: they keep bugs out. Bugs can be a real problem when you're storing dry food, especially if you live in an area where pests are common.

If you store your dry food in airtight containers, you won't have to worry about any pesky insects getting inside. And since most dry food storage containers are made of plastic, they're also BPA free.

-- Analysis: A

-- Comments: I think the output is great. It's not too long and it's not too short. It's also on point, and introduces some interesting thoughts, such as how these containers can keep out bugs.

OUTPUT: PRO VERSION

Dry food storage containers are great for storing dry foods like cereal, pasta, rice, beans, nuts, etc. They're inexpensive, durable, and stackable.

But there's one problem: most dry food containers are opaque, which makes them hard to identify at a glance. This means you need to open each container individually to find out what's inside.

That's where clear food storage containers come in handy. Not only do they allow you to easily identify the contents of each container, they're also transparent, allowing you to see exactly what's inside.

Clear food storage containers are available in many sizes, shapes, and designs. Some are made of glass, others plastic, and some are even made of metal. Whatever type you prefer, just remember to keep them clean and free of odors.

-- Analysis: A+

-- Comments: I love this output because it's on point, adds the fact that opaque containers aren't the way to go, and it's long enough take up a full H2 subsection.

PARAGRAPHS FROM SCRATCH [ORIG]: 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.

INPUT

Title: Vinyl Plank Flooring vs. Wood Flooring

Heading: Vinyl Plank Flooring is Waterproof

OUTPUT: FREE VERSION

Vinyl plank flooring is waterproof, making it ideal for kitchens and bathrooms. Vinyl plank floors are durable and long lasting. They're also great for kids' rooms because they won't stain easily.

However, vinyl plank flooring isn't recommended for areas where water may be splashed frequently. This includes laundry rooms, mudrooms, and playrooms.

Wood flooring is another option. Wood floors are beautiful and offer many benefits, including being resistant to stains and scratches. However, wood floors require regular maintenance, such as waxing and polishing.

If you plan to install vinyl plank flooring in any area that regularly sees moisture, consider installing a protective sealant between the floorboards and the subfloor. The sealant will protect the floor from staining and damage.

-- Analysis: C

-- Comments: The first paragraph started out great, but then it fell off in the second paragraph. Vinyl plank flooring is waterproof (I just installed some myself) and so the second paragraph isn't true (unless you're installing something super cheap). Overall, I could use this output but I'd have to tweak some things.

OUTPUT: PRO VERSION

Wood flooring has been popular since ancient times. But vinyl plank flooring is now becoming increasingly popular because it's waterproof. This means that it won't absorb water and become slippery when wet.

This makes vinyl plank flooring ideal for kitchens, bathrooms, basements, garages, and any areas where there may be moisture. And unlike wood flooring, which requires regular maintenance, vinyl plank flooring doesn't need sanding or refinishing. So it's perfect for those who hate cleaning.

But vinyl plank flooring isn't just great for homes. Vinyl plank flooring is also used in commercial settings, including restaurants, hotels, retail stores, offices, and warehouses. It's also very durable and resistant to scratches, stains, and wear.

And because vinyl plank flooring is made from recycled materials, it's environmentally friendly. Plus, it comes in many different styles and patterns, making it easy to find one that suits your home decor.

-- Analysis: B+

-- Comments: The output from the first two paragraphs is fantastic. And while the third paragraph is moving away from waterproofness, the fact that vinyl flooring is waterproof could still be a reason that it's great for other settings (such as commercial too). The reason that this doesn't move up to an A is because the last paragraph starts talking about environmental benefits which is outside the scope of the H2. But it would be simply to delete out of the final article.

PARAGRAPHS FROM SCRATCH [ORIG]: 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.

INPUT

Title: How to Swim the Breaststroke

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

OUTPUT: FREE VERSION

Warm-ups are essential for any sport, including swimming. They help prepare muscles for exercise and reduce muscle soreness after exercise. Warm-ups also improve performance because they strengthen muscles and joints, making them stronger and more flexible.

If you're not familiar with breaststrokes, here's a quick overview:

• The front crawl starts with feet together and toes pointed forward.

• The back stroke begins with feet apart and toes pointed backward.

• The butterfly kick is done with legs straight out behind you.

• The freestyle kicks are done with legs bent at 90 degrees.

• The breaststroke is done with arms extended over head.

To warm-up properly, perform each stroke slowly and smoothly until you feel comfortable with the movement. Then gradually speed up the strokes and repeat several times.

After warming up, assume the core position (feet shoulder width apart) and practice the basic strokes. Start with the front crawl, followed by the back stroke, then the butterfly, then the freestyle, then the breaststroke. Repeat this sequence several times.

When you've finished practicing the strokes, take a break and cool down by walking slowly and stretching.

-- *Analysis: C*

-- *Comments: I liked how I got bullet points, but it doesn't seem they are relevant. I don't think a "back stroke" is a breast stroke, neither is a butterfly kick. So I think there is some BIG factual problems in this output. I'm not giving it a D because it did technically talk about warming up and then it mentioned the "core" position (which is hard for the AI to pick up on).*

OUTPUT: PRO VERSION

Warm-ups are essential to any sport. They're especially important for swimming, where muscles need to be warmed up before exertion.

Before diving into the breaststroke, perform a series of arm strokes at the surface. This helps loosen up the shoulders and arms, which are often stiff after performing the crawl stroke.

Next, practice kicking with your legs. The kick should feel loose and relaxed. Then, dive down and assume the core position (chest facing forward). Next, push off the wall with your feet and begin moving through the water.

Finally, pull yourself back onto the wall, turn over, and repeat the process. Repeat these steps until you feel ready to move on to the breaststroke.

-- *Analysis: B+*

-- *Comments: I feel this is a good output around the concept of warming up for a breaststroke. It's on point and long enough. The reason it doesn't get an A is because it leaves out the bit about assuming the core position.*

PARAGRAPHS FROM SCRATCH [ORIG]: 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.

INPUT

Title: Why Do Cats Meow?

Heading: It's trying to get your attention

OUTPUT: FREE VERSION

Cats meow because they're trying to get your attention. They're not just saying hello; they're telling you that there's something wrong. And when cats meow, they're usually asking for help.

They're trying to tell you that they need food, water, shelter, or playtime. But most importantly, they're trying to let you know that they're hurt or sick. So if you ignore them, they may be forced to resort to begging.

If you're feeling generous, give them some attention. Otherwise, they'll keep meowing until you pay attention.

-- *Analysis: B-*

-- *Comments: The quantity of the output is lacking and the breadth of the output is limited. There are many other reasons why a cat may be trying to get our attention. I wish the template went into detail about some of those reasons.*

OUTPUT: PRO VERSION

Cats meow because they're trying to get your attention. They're not just making random noise; they're communicating something important to you.

They're telling you that they need your help. And they're asking you to pay attention to them. So, if you ignore them, they'll keep meowing until you stop ignoring them.

If you're busy, cats may meow at you repeatedly until you finally notice them. But if you're paying attention, they won't bother you again.

When you're working hard, cats will sometimes meow to let you know that you need some attention too.

And if you're feeling stressed out, cats will often meow to try to calm you down.

But if you're relaxed, they'll usually leave you alone.

That's why cats meow: to communicate with you. To tell you that they need your attention. And to ask you to pay attention to what they're saying.

-- *Analysis: A+*

-- *Comments: Fantastic output. It's on point and explains that cats meow because they are trying to get our attention.*

PARAGRAPHS FROM SCRATCH [ORIG]: 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.

INPUT

Title: Understand Your Risks to Prevent a Heart Attack

Heading: High Blood Cholesterol

OUTPUT: FREE VERSION

Cholesterol is a waxy substance found in animal fats (meat, eggs, milk) and vegetable oils (olive oil). High cholesterol levels may lead to heart disease.

There are two types of cholesterol: HDL ("good") cholesterol and LDL ("bad") cholesterol. The ratio between these two types of cholesterol is important because too many bad cholesterol molecules can clog arteries.

HDL helps remove excess cholesterol from blood vessels, keeping them open and free of plaque buildup. Too much LDL, however, leads to plaque buildups inside artery walls. Over time, this plaque hardens and narrows the arteries, restricting blood flow. This reduces oxygen supply to organs and tissues, causing damage and leading to health problems.

To reduce risk factors associated with cardiovascular diseases, eat foods rich in omega-3 fatty acids, such as fish and flaxseed oil. Omega-3 fatty acids help lower triglyceride levels and improve blood vessel function. They're also essential building blocks for cell membranes, hormones, and neurotransmitters.

Omega-3 fatty acids are found in walnuts, salmon, tuna, sardines, flaxseeds, and chia seeds. However, most Americans consume far less than the recommended daily intake of 1 gram per day.

If you're concerned about your cholesterol level, talk to your doctor about ways to control it.

-- Analysis: A+

-- Comments: The output is spot on and top notch. Its easier for the AI to generate content around this because it's such a well-discussed topic. Accordingly, we expect good output from a template.

OUTPUT: PRO VERSION

Cholesterol is one of those things we hear about every day, yet most of us don't understand exactly what cholesterol does in our bodies.

What is cholesterol anyway? And what causes high blood cholesterol?

Cholesterol is a waxy substance found inside cells called lipids (lipid). Lipids are used to build cell membranes and hormones. They're also used to store energy in the form of fat.

When there's too much cholesterol in the body, it can lead to heart disease. High cholesterol levels may cause plaque buildup in arteries, which narrows them and reduces blood flow. This increases the risk of developing cardiovascular diseases, including coronary artery disease, stroke, and peripheral vascular disease.

There are two main types of cholesterol: HDL ("good") and LDL ("bad"). The ratio between these two types determines whether your cholesterol level is considered healthy.

If your total cholesterol is above 200 mg/dL, your doctor may recommend lifestyle modifications to reduce your risk of heart disease. These include eating a diet rich in fruits, vegetables, whole grains, fish, poultry, nuts, beans, and olive oil; exercising regularly; quitting smoking; and controlling weight.

If your total serum cholesterol is below 150 mg/dL, your risk of heart disease is very small. However, if your total cholesterol is greater than 240 mg/dL, you should talk to your doctor about your options.

Your doctor may suggest taking medication to lower your cholesterol. Statins are commonly prescribed for this purpose. Other medications may be available, depending on your specific health needs.

-- Analysis: A+

-- Comments: I expected high quality output on this because the concept is very well known in the AI's brain. The output is very impressive!

PARAGRAPHS FROM SCRATCH [ORIG]: EXAMPLE 6

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.

INPUT

Title: How to Train for a Marathon

Heading: Try Running a Half Marathon First

OUTPUT: FREE VERSION

Running a half marathon is a great way to test out your training regimen. But be careful not to overdo it. Start slow and build up gradually.

If you're just getting back into running after years away, try a 5K race first. This gives you a taste of the distance and pace you'll need to run at during your full marathon.

Once you've completed your half marathon, you can move onto a full marathon. Be prepared for soreness and fatigue, especially when you cross the finish line. Runners who complete marathons often suffer from muscle cramps, dehydration, and exhaustion.

But these symptoms usually pass quickly. And once you recover, you'll feel better than ever before. So give yourself plenty of time to train properly, and remember to drink water regularly.

-- Analysis: A

-- Comments: The output is not as long as I would like, but it's on point. The only thing I'd have to edit is the 5K bit because that's not a half marathon (it's like 21k or something along those lines). Otherwise, it stayed on point and the output is very usable.

OUTPUT: PRO VERSION

If you're thinking about running a marathon, try running a half marathon first. The reason: you need to build endurance before tackling 26 miles.

Running a half marathon is a great way to test out your training regimen. Plus, it gives you a taste of what it feels like to run 26 miles straight.

When you train for a race, you should focus on building endurance. Endurance means being able to sustain a certain level of activity over a long period of time.

To build endurance, you must gradually add distance to your runs. Start off slowly, increasing your mileage every week until you reach your goal. Once you've reached your goal, reduce your weekly mileage back down to where you were at the beginning of your program.

This gradual approach helps prevent injuries and keeps you healthy during your training.

Once you've built endurance, you can move onto longer distances. Run a full marathon next. Then, after completing that challenge, tackle a 50K (31 mile) race.

-- Analysis: A+

-- Comments: The output is on point and discusses trying to run a half marathon first, before running a full marathon. It got some bonus points too for suggesting running a 50K after you end up tackling a marathon.

VISIT MY FRASE RESOURCE PAGE

www.rankingtactics.com/frase

Visit my resource page to find lots of juicy tips and secrets to getting the most out of Frase.