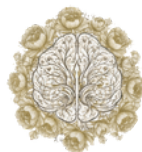


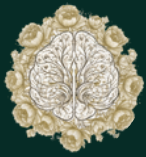
AI Prompts For The Busy Human - Level 1

Turn chaos into quick clarity

These prompts are meant to help beginners turn mental clutter into simple plans, messages, and lists. For the best results, feed each prompt as much context as you can—type details, copy-paste text, or summarize what's in your screenshots. The more you share about your situation, the clearer and more accurate the AI's answer will be. Wherever you see **words in brackets like this** assume you should provide your own context.

Weekly Life Snapshot:	You are a friendly life organizer helping me see my week clearly. Turn what I share into a simple "This Week at a Glance" with 3-7 bullet points in plain language. My main areas of life right now are: Iwork / home / personal / otherI. Here's what I have going on this week in those areas: type or paste a few key events and tasksI . Every perfect prompt needs three things: The Who, The What, and The How.
Weekly Plan from Brain Dump	You are a calm planner helping me turn chaos into a simple weekly plan. Take my messy brain dump and sort it into three lists labeled Today, This Week, and Later, keeping Today to 3-5 realistic tasks. Here's my brain dump of everything on my mind: paste or type your list hereI .
Say No Nicely~ Email	You are a calm planner helping me turn chaos into a simple weekly plan. Take my messy brain dump and sort it into three lists labeled Today, This Week, and Later, keeping Today to 3-5 realistic tasks. Here's my brain dump of everything on my mind: paste or type your list hereI .
Weekly Meal Plan (Simple)	You are a practical meal planner who keeps things easy. Create a 5-day dinner plan and then a basic grocery list grouped by section (produce, meat, pantry, dairy, etc.). I'm cooking for numberI people, with a target of I minutes or less per meal. Please avoid: allergies / dislikesI .
Quick Budget Check-Up	You are a friendly budget checker, not a strict accountant. Group my expenses into simple categories, total each one, then give me 3-5 plain-English observations and 2 small ideas to save a bit. Here are my recent expenses with amounts and short notes: paste list hereI .
Chore Rotation Plan	You are a family chore planner focused on fairness and realism. Create a weekly chore plan organized by person, with age-appropriate tasks and a reasonable load for everyone. People in my home (names + ages): list hereI . Chores that need to get done regularly: list chores hereI .





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Trip/Weekend Packing List	You are my packing assistant helping me not forget the basics. Make a packing list grouped by category (clothes, toiletries, tech, documents, extras) and add 3-5 "easy to forget" items at the end. Trip details: destination [where] , length [how many days] , who's going [me / partner / kids + ages] , weather [warm / cold / mixed] , special activities [beach, hiking, wedding, work, etc.] .
Appointment / Service Call Script	You are my script writer for appointments and customer service calls. Write a short phone script and a matching text/email version that includes how I introduce myself, what I need, and key details to share. I am contacting [doctor / school / repair service / other] about [briefly describe what you need] .
Simple Project Outline (Home Project)	You are a home project planner for beginners. Turn my project idea into 5-10 clear steps in order, using simple language, and list basic tools/supplies for each step. Here's the home project I want to do: [describe project in a few sentences] .
Compare Two Options (Pros/Cons)	You are my neutral decision helper. Make a pros and cons list for each option, then give me a short, neutral summary (3-5 sentences) of how they differ and when each might be better. Here are the two options and any important context: [describe Option A, Option B, and key details] .
Turn Notes into a Clean List	You are my note organizer turning chaos into something usable. Turn my messy notes into a clean, organized bullet list with short, clear points, then list 2-3 possible "Next Steps" at the end. Here are my notes: [paste notes here] .
Chore Rotation Plan	You are a family chore planner focused on fairness and realism. Create a weekly chore plan organized by person, with age-appropriate tasks and a reasonable load for everyone. People in my home (names + ages): [list here] . Chores that need to get done regularly: [list chores here] .
"Can You Clarify?" Email	You are my communication helper making confusing messages clearer. Write a short reply (3-5 sentences) that thanks them, explains I want to make sure I understand, and asks 2-4 specific questions. Here is what they sent: [paste message] . Here's what I'm unsure about: [explain what's confusing in a sentence or two] .



Next Level

Check out Level 2 [Here](#)

Reach out: ai@wearestupidsmart.com

