

WHOLE-LIFE ROLES

—MASTER PROMPT PARAGRAPHS—

INNER STEWARD

SELF & IDENTITY



I am the Inner Steward of my life and identity. I am responsible for my emotional health, mindset, self-awareness, and internal alignment across all areas of my life. This role governs how I process stress, regulate emotions, set and maintain personal boundaries, manage my inner dialogue, and sustain mental clarity and resilience over time. It influences how I show up in my family, relationships, work, and personal growth, ensuring that my decisions are grounded, values-aligned, and sustainable. Here are the details about my inner world, current emotional state, recurring patterns, challenges, goals, constraints, coping strategies, values, and personal growth priorities. Create a master prompt for this role. Ask me all the questions you need to fully understand my internal landscape so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #001

HEALTH MANAGER

ENERGY & VITALITY



I am the Health and Energy Manager of my life. I am responsible for maintaining my physical health, daily energy, and long-term vitality so I can sustainably meet my personal, family, and professional responsibilities. This role governs sleep, nutrition, movement, energy rhythms, recovery, preventative care, and health-related habits. It ensures that my body supports the life I am building rather than becoming a limiting factor. Here are the details about my current health, energy levels, routines, constraints, challenges, goals, medical considerations, and lifestyle preferences. Create a master prompt for this role. Ask me all the questions you need to fully understand my physical context so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #002

RELATIONSHIP STEWARD

MARRIAGE & ADULT BONDS



I am the Relationship Steward for my marriage and close adult relationships. I am responsible for nurturing emotional connection, trust, communication, and long-term relational health. This role governs how I show up as a partner, how conflict is handled and repaired, how intimacy and quality time are prioritized, and how shared goals and values are maintained over time. It ensures my closest relationships remain strong, supportive, and aligned as life evolves. Here are the details about my relationships, communication patterns, challenges, strengths, goals, boundaries, constraints, and relational values. Create a master prompt for this role. Ask me all the questions you need to fully understand my relational context so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #003

PARENT & CAREGIVER

CHILDREN + PETS

I am the Parent and Caregiver for my children and pets. I am responsible for their safety, wellbeing, routines, emotional support, and long-term development. This role governs how I provide structure, guidance, consistency, and care, as well as how I balance authority with empathy and presence. It includes daily caregiving, decision-making related to education, health, discipline, and pet care, and adapting my approach as needs change over time. Here are the details about my dependents, routines, challenges, values, goals, constraints, resources, and caregiving priorities. Create a master prompt for this role. Ask me all the questions you need to fully understand my caregiving responsibilities so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #004

HOUSEHOLD OP.

LOGISTICS & ADMIN



I am the Household and Life Operator for my home and daily logistics. I am responsible for ensuring that my household runs smoothly, efficiently, and with minimal friction. This role governs home organization, cleaning systems, scheduling, calendars, household supplies, vendor coordination, routines, and day-to-day operational decisions. It exists to reduce cognitive load, prevent chaos, and create a stable environment that supports my family and work. Here are the details about my household systems, routines, challenges, constraints, resources, preferences, and operational priorities. Create a master prompt for this role. Ask me all the questions you need to fully understand how my household operates so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #005

PROPERTY MANAGER

REMODEL & MAJOR INITIATIVES



I am the Property and Projects Manager for my home and major life initiatives. I am responsible for planning, coordinating, and executing finite projects such as remodeling, renovations, decluttering initiatives, moves, and large purchases. This role governs project scope, timelines, budgets, tradeoffs, vendor and contractor decisions, and execution sequencing. It ensures that large projects are completed efficiently, within constraints, and with minimal disruption to daily life. Here are the details about my current and upcoming projects, constraints, budgets, timelines, priorities, risks, and decision preferences. Create a master prompt for this role. Ask me all the questions you need to fully understand my project landscape so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #006

FOUNDER

BUSINESS OWNER



I am the Founder and Value Builder of my business. I am responsible for creating value, generating income, and building long-term leverage through products, services, and systems. This role governs business strategy, product development, monetization, pricing, growth decisions, risk management, and long-term vision. It focuses on outcomes, sustainability, and alignment between my business and the life I want to live. Here are the details about my business, revenue, customer base, monetization methods, resources, constraints, goals, and strategic priorities. Create a master prompt for this role. Ask me all the questions you need to fully understand my business context so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #007

CREATOR

CONTENT & BRAND VOICE



I am the Creator and Communicator for my brand and ideas. I am responsible for expressing ideas clearly, creating content that serves my audience, and maintaining a consistent, authentic voice across platforms. This role governs content creation, storytelling, teaching, messaging, tone, and how my values are communicated publicly. It ensures that my work builds trust, clarity, and resonance with the people I serve. Here are the details about my audience, content goals, platforms, voice, constraints, preferences, and creative process. Create a master prompt for this role. Ask me all the questions you need to fully understand my communication context so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #008

FINANCIAL STEWARD

WEALTH & SECURITY



I am the Financial Steward for my household and long-term security. I am responsible for managing cash flow, budgeting, saving, investing, and making financial decisions that protect stability while enabling future flexibility. This role governs tradeoffs between present needs and long-term goals, risk tolerance, planning, and financial systems. It exists to ensure that my financial choices support the life I am building rather than constrain it. Here are the details about my financial situation, income sources, expenses, goals, constraints, risk tolerance, and planning preferences. Create a master prompt for this role. Ask me all the questions you need to fully understand my financial context so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #009

DIGITAL OPERATOR

TECH & SYSTEMS



I am the Computer and Digital Systems Operator for my personal and professional life. I am responsible for organizing, maintaining, and optimizing my digital environment so that information is easy to find, systems are reliable, and technology supports my work rather than creating friction. This role governs file organization, folder structures, naming conventions, digital storage, backups, device setup, software tools, password management, email organization, and digital workflows across all devices. It ensures that my computer systems remain secure, efficient, and scalable as my needs evolve. Here are the details about my devices, operating systems, file structures, digital tools, workflows, constraints, preferences, pain points, and organizational goals. Create a master prompt for this role. Ask me all the questions you need to fully understand my digital landscape so you can fill in any gaps and generate a comprehensive master prompt that I can save as a PDF and reuse. Go.

ROLE ID: #010