

Prompt Examples

Topic: Declutter

Context: A clutter-free space can reduce stress and help you feel more in control of your home environment.

Expected Result: Bullet points on how to get started with decluttering and maintain a tidier space

Sample Prompt:

You are a professional home organizer. I need help creating a simple plan to declutter my home without getting overwhelmed. I live in a two-bedroom apartment and feel like things have piled up over the years. I work part-time, so I have some flexibility in my schedule. Can you give me a plan I can follow over the next few weeks, with small steps I can do each day?

Topic: Create a Family Chore System

Context: A clear chore system can build teamwork and ensure that household tasks are shared fairly.

Expected Result: A weekly chore chart or system tailored to the size and needs of the household

Sample Prompt:

You are a family coach. Help me build a family chore system that works for us. There are three people in our home: me, my spouse, and our 10-year-old granddaughter. I want to make sure chores are age-appropriate and feel fair. I'd like the system to be easy to follow and maybe even fun.

Topic: Plan a Home Improvement Project

Context: Planning ahead makes home improvement projects more successful and less stressful.

Expected Result: A step-by-step plan including budget, supplies, and timeline

Sample Prompt:

You are a home renovation expert. I want to plan a small home improvement project — updating my bathroom with a new sink, cabinet, and paint. I have a budget of about \$800 and can work on weekends. Can you help me break this project down into manageable steps and let me know what supplies I'll need?

Topic: Maintain Your Car

Context: Regular car maintenance helps prevent bigger problems and keeps your vehicle running longer.

Expected Result: A checklist or schedule of regular car maintenance tasks

Sample Prompt:

You are an auto mechanic. I want to take better care of my car, but I'm not sure what needs to be done and when. It's a 2016 Toyota Camry with about 85,000 miles on it. Can you give me a basic maintenance schedule and explain what things I can do myself?

Topic: Organize Your Weekly Meal Planning & Prep

Context: Planning meals ahead of time can reduce stress, improve nutrition, and save money.

Expected Result: A simple weekly plan with shopping list suggestions and meal prep tips

Sample Prompt:

You are a nutrition coach. I want help planning easy, healthy meals for the week. I live alone and prefer meals that don't take more than 30 minutes to cook. I usually shop once a week and don't like wasting food. Can you help me create a simple weekly plan with meals and a shopping list?

Topic: Reduce Food Waste

Context: Reducing food waste helps the environment and saves money by using what you already have.

Expected Result: A system or tips to use up food before it goes bad

Sample Prompt:

You are a kitchen efficiency expert. I often forget what's in my fridge and end up throwing out spoiled food. I'd like to get better at using leftovers and organizing my food better. Can you give me a simple system or checklist to help me waste less?

Topic: Improve Your Cooking

Context: Cooking skills can improve nutrition, confidence, and enjoyment of meals.

Expected Result: Steps to improve basic cooking techniques or try new recipes

Sample Prompt:

You are a cooking instructor. I want to get better at cooking at home, but I'm not sure where to start. I know how to boil pasta and make scrambled eggs. I'd like to learn a few simple, healthy meals I can master. Can you recommend beginner-friendly dishes and what tools I might need?

Topic: Create a Fitness Plan

Context: Regular physical activity can improve energy, strength, and mental health.

Expected Result: A personalized fitness plan based on current activity level and goals

Sample Prompt:

You are a personal trainer. I want to get more active, but I'm not sure what's safe or realistic for me. I'm 68, walk a few times a week, and have arthritis in my knees. I'd like to improve my strength and flexibility. Can you make a weekly fitness plan that works for my needs?

Topic: Provide Emotional Support & Guidance

Context: Emotional well-being is just as important as physical health and can be strengthened with regular self-care.

Expected Result: Simple practices or tools to manage emotions, build resilience, or support others

Sample Prompt:

You are a compassionate mental health coach. I've been feeling more overwhelmed lately and want to take better care of my emotional well-being. Can you guide me through a few daily habits I can build to feel more grounded and positive?

Topic: Prepare for a Medical Visit

Context: Being prepared for doctor visits helps ensure you get the information and care you need.

Expected Result: A checklist of questions to ask, documents to bring, and symptoms to track

Sample Prompt:

You are a healthcare advocate. I have a check-up coming up and want to make the most of the visit. I take two medications, and I've been having some new joint pain. Can you help me create a list of questions to ask and things I should bring to the appointment?

Prompt Examples – Part 2

Topic: Apply for Jobs

Context: A well-prepared application increases your chances of getting noticed by employers.

Expected Result: Steps to prepare a resume, write a cover letter, and apply

Sample Prompt:

You are a career coach. I want to apply for a part-time job at the local library or community center. I haven't written a resume in years. Can you help me create a basic resume and show me what to include in a cover letter?

Topic: Practice Interviewing

Context: Interview practice builds confidence and helps you clearly explain your strengths.

Expected Result: Mock interview questions with suggestions for improvement

Sample Prompt:

You are a job interview coach. I have a job interview coming up for a front desk assistant position. Can you help me practice some common questions and give me feedback on how I answer them?

Topic: Negotiate Higher Compensation

Context: Understanding your worth and how to discuss salary can lead to better financial outcomes.

Expected Result: Sample talking points and strategies for negotiating pay

Sample Prompt:

You are a career advisor. I've been working part-time for over a year and feel I deserve a raise. I'm not sure how to bring it up. Can you help me plan what to say when I ask for a pay increase?

Topic: Review & Negotiate Contracts

Context: Carefully reviewing contracts protects your rights and ensures fair terms.

Expected Result: Checklist of what to look for and how to ask for changes

Sample Prompt:

You are a contract expert. I was just offered a freelance contract for a short-term admin job. I want to make sure I understand it and know what to ask about before signing. Can you walk me through what to check?

Topic: Draft Year-End Reviews

Context: Year-end reviews are an opportunity to reflect, document progress, and plan for future goals.

Expected Result: Template or guidance to write a self-review or team feedback

Sample Prompt:

You are a performance coach. I need help writing my year-end review. I worked part-time at a local clinic, helped implement a new scheduling system, and trained a new hire. Can you help me organize these accomplishments into a professional summary?

Topic: Improve Professional Communications

Context: Clear communication builds trust and improves work relationships.

Expected Result: Examples or advice on writing better emails, giving feedback, or handling tough conversations

Sample Prompt:

You are a workplace communication expert. I want to write more professional emails. Can you show me how to politely ask for clarification or express disagreement with a colleague?

Topic: Evaluate New Opportunities

Context: Making informed career decisions requires reflection and comparison of options.

Expected Result: A framework to weigh the pros and cons of new job or volunteer opportunities

Sample Prompt:

You are a career advisor. I'm deciding between staying at my current role at the community center or taking a new part-time job at the museum. Can you help me compare the two and figure out which one might be a better fit?

Topic: Elevate Your Professional Brand in Social Media (LinkedIn)

Context: A strong online presence can help you connect with others and showcase your skills.

Expected Result: A short LinkedIn bio, headline, or profile improvement tips

Sample Prompt:

You are a LinkedIn coach. I want to update my profile to reflect my recent volunteer work with the food bank and my background in healthcare. Can you help me write a short professional summary and suggest how to make my profile stand out?

Prompt Examples – Part 3

Topic: Boost Your Savings

Context: Saving money regularly builds financial security and peace of mind.

Expected Result: Steps to set savings goals and build habits

Sample Prompt:

You are a financial planner. I want to save more, but I'm not sure where to start. I get Social Security and have a little income from a side job. Can you help me build a simple plan to save \$100 a month toward an emergency fund?

Topic: Negotiate Larger Expenses

Context: Knowing when and how to negotiate big purchases can lead to long-term savings.

Expected Result: Strategies and scripts for negotiating major costs (cars, repairs, medical bills, etc.)

Sample Prompt:

You are a smart shopper. I need to get my roof repaired and received an estimate that feels too high. Can you help me figure out how to ask questions or negotiate a better deal?

Topic: Prepare Your Taxes

Context: Being organized for tax season helps reduce stress and avoid mistakes.

Expected Result: Checklist of what to gather and what to ask a tax preparer

Sample Prompt:

You are a tax assistant. I want to be ready for filing taxes this year. I receive Social Security, have a small retirement account, and did some contract work. What documents do I need to gather, and what should I ask my tax preparer?

Topic: Buy a Home

Context: Buying a home is a big financial decision and requires preparation.

Expected Result: Checklist of financial steps and things to consider before buying

Sample Prompt:

You are a real estate advisor. I'm thinking about buying a condo and would like to know what steps I need to take. I've never bought property before. Can you help me understand how to get started and what I should consider?

Topic: Sell Your Stuff

Context: Selling unused items can declutter your space and bring in extra cash.

Expected Result: Tips for where, how, and what to sell

Sample Prompt:

You are a secondhand sales expert. I want to sell some furniture and electronics I no longer use. I've never sold anything online before. Can you walk me through the best way to list items and what to watch out for?

Topic: Learn How to Invest

Context: Understanding investment basics can help grow long-term wealth.

Expected Result: Explanation of investment types and a beginner strategy

Sample Prompt:

You are a financial educator. I'm new to investing and want to understand how to get started safely. I've heard of stocks and mutual funds but don't know the difference. Can you explain the basics and help me make a simple plan?

Topic: Become Your Life Coach

Context: Learning how to reflect, plan, and take action can help you steer your own life with confidence.

Expected Result: Self-reflection questions and goal-setting strategies

Sample Prompt:

You are a life coach. I want to feel more in control of where I'm heading in life. I'm semi-retired and looking for purpose and structure. Can you guide me through some questions to reflect on what I value and how I can build a routine around that?

Topic: Achieve Your Goals

Context: Setting realistic goals and tracking progress builds momentum and confidence.

Expected Result: A goal-setting framework with milestones and tracking ideas

Sample Prompt:

You are a goal-setting expert. I have a goal to write a memoir about my childhood, but I don't know where to start. Can you help me break this down into smaller, doable steps and give me tips for staying motivated?

Topic: Aid Decision Making

Context: Having a process for weighing options can reduce stress and lead to better choices.

Expected Result: A step-by-step decision-making process with pros/cons

Sample Prompt:

You are a decision-making coach. I'm trying to decide whether to move closer to my daughter or stay in my current home. Can you help me sort through the pros and cons and think about what matters most to me?

Topic: Learn New Skills

Context: Lifelong learning keeps the brain sharp and opens new opportunities.

Expected Result: A personalized learning plan with resources

Sample Prompt:

You are a learning coach. I want to learn how to use Canva to make birthday cards and flyers. I'm comfortable with email but haven't used many design tools. Can you recommend a learning path that works for beginners?

Topic: Summarize Learning Materials

Context: Summarizing helps you retain and understand complex topics better.

Expected Result: Clear summary of a document, book, or video

Sample Prompt:

You are a study partner. I just read a long article about climate change and want to remember the key points. Can I paste the article here and have you summarize the most important ideas in simple language?

Topic: Learn a Foreign Language

Context: Learning a new language builds confidence, memory, and communication skills.

Expected Result: Beginner phrases, practice plan, or conversation tips

Sample Prompt:

You are a language tutor. I'm traveling to Italy next year and want to learn some basic Italian. Can you help me practice common greetings, how to order food, and ask for directions?

Topic: Study and Prepare for Tests

Context: Studying with structure improves recall and reduces anxiety.

Expected Result: Study plan and tips based on test type and timeline

Sample Prompt:

You are a test prep coach. I'm taking a driver's license renewal test soon. I want to make sure I remember road signs and rules. Can you help me make a study plan with practice questions?

Topic: Strengthen Relationships

Context: Strong relationships contribute to happiness and health.

Expected Result: Conversation starters or activities to reconnect with loved ones

Sample Prompt:

You are a relationship coach. I want to reconnect with an old friend I haven't spoken to in years. Can you help me figure out what to say in a message that feels warm but not awkward?

Topic: Engage Better with Others

Context: Small improvements in communication can help build trust and ease tension.

Expected Result: Practical tips for listening, expressing yourself, and making others feel heard

Sample Prompt:

You are a communication expert. I sometimes feel like I talk too much in conversations and don't leave room for others. Can you help me with tips to be a better listener and have more balanced conversations?

Topic: Resolve Conflicts

Context: Conflict is natural but can be managed respectfully and effectively.

Expected Result: Conflict resolution strategies and conversation guides

Sample Prompt:

You are a mediator. I had a disagreement with my neighbor about noise, and now things feel tense. Can you help me prepare what to say to clear the air without making things worse?

Topic: Give Great Gifts

Context: Thoughtful gifts show appreciation and create joyful moments.

Expected Result: Personalized gift ideas for different people and occasions

Sample Prompt:

You are a gift expert. I want to get something meaningful for my grandson who just graduated high school. Can you give me a few ideas based on his interests in music and technology?

Topic: Deliver Memorable Messages

Context: A heartfelt note can leave a lasting impression.

Expected Result: Help crafting personal messages for cards, speeches, or videos

Sample Prompt:

You are a writer. I want to write a short message for my sister's birthday that reflects how much she means to me. Can you help me make it warm, funny, and meaningful?

Topic: Throw Stellar Parties

Context: Hosting brings people together and strengthens community ties.

Expected Result: Party plan with checklist, theme ideas, or conversation games

Sample Prompt:

You are an event planner. I'm thinking of hosting a potluck dinner for my neighbors. Can you help me come up with a theme, invite message, and a few fun icebreaker activities?

Topic: Navigate Parenthood

Context: Supporting children and grandchildren often requires guidance and flexibility.

Expected Result: Tips for communication, boundaries, or multi-generational support

Sample Prompt:

You are a parenting advisor. I help care for my teenage granddaughter and sometimes struggle with setting boundaries around screen time. Can you help me set rules that are fair and respectful?

Topic: Get Personalized Destination Ideas

Context: Choosing the right travel destination based on your interests, budget, and mobility makes the trip more enjoyable.

Expected Result: A list of travel destinations tailored to your preferences

Sample Prompt:

You are a travel planner. I'd like to take a relaxing trip this fall. I enjoy nature, mild weather, and don't want to fly more than 4 hours from Colorado. Can you suggest a few great destinations with easy walking and good food?

Topic: Create an Itinerary

Context: A clear plan helps you make the most of your travel time without feeling overwhelmed.

Expected Result: A day-by-day itinerary with times, activities, and rest breaks

Sample Prompt:

You are a travel guide. I'm going to New York City for 4 days. I want to see museums, eat good food, and catch a Broadway show, but I also need time to rest. Can you build me a simple itinerary that balances fun and relaxation?

Topic: Discover Activities at Your Destination

Context: Researching ahead helps you enjoy the best experiences available at your location.

Expected Result: A curated list of local activities and experiences

Sample Prompt:

You are a local tour expert. I'm going to Santa Fe next month and want to do more than just shop. I love art, history, and light hiking. Can you recommend some activities or places to visit?

Topic: Get 'Know-Before-You-Go' Details

Context: Knowing local customs, weather, safety tips, and travel requirements makes your trip smoother.

Expected Result: A practical guide with must-know info before departure

Sample Prompt:

You are a travel assistant. I'm heading to Mexico City for the first time. Can you give me a quick overview of what I should know — local customs, currency, safety, and weather?

Topic: Make a Recommended Packing List

Context: A smart packing list helps you avoid overpacking and ensures you're prepared.

Expected Result: A personalized packing checklist for your destination and trip type

Sample Prompt:

You are a packing pro. I'm going to Florida for 5 days in June. I'll be at the beach, doing light walking, and attending a family dinner. What should I pack to stay comfortable and prepared?

Topic: Get Translation Assistance Abroad

Context: Language support can help you communicate more confidently in a foreign country.

Expected Result: Translated phrases and quick reference for common needs

Sample Prompt:

You are my travel translator. I'm going to Paris and want to learn some useful phrases for ordering food, asking for directions, and basic greetings. Can you help me practice?

Topic: Entertain Children

Context: Creative activities help kids learn, stay active, and connect with loved ones.

Expected Result: List of games, crafts, or stories to try

Sample Prompt:

You are a fun-loving grandparent. I'm watching my 7-year-old grandson this weekend and want to keep him entertained without screens. Can you suggest a few games or crafts we can do together?

Topic: Make Work More Fun

Context: Adding joy to routine tasks can boost motivation and productivity.

Expected Result: Tips or tricks to lighten the mood while working

Sample Prompt:

You are a workplace motivator. I work from home doing bookkeeping and it gets repetitive. Can you give me ideas to make my workday more enjoyable and help me stay energized?

Topic: Learn About the World Around You

Context: Staying curious keeps the mind sharp and conversations interesting.

Expected Result: A brief learning plan or discovery activity

Sample Prompt:

You are my curiosity coach. I want to learn a bit more about astronomy. Can you give me a simple explanation of how constellations work and how to start stargazing?

Topic: Help with Game Night

Context: Game night is a fun way to build community and laugh together.

Expected Result: Game suggestions and setup tips for different group sizes

Sample Prompt:

You are a game master. I'm hosting a game night with a few friends. Some love trivia and others prefer word games. Can you recommend games that everyone might enjoy and tell me how to explain the rules?

Topic: Play 1:1 Games with AI

Context: Playing games with AI is a fun way to stay mentally sharp or just unwind.

Expected Result: A ready-to-play word or logic game

Sample Prompt:

Let's play a game. Can you be my opponent in 20 Questions? I'll think of an object and you try to guess what it is.

Topic: Conduct a Role Play

Context: Practicing real-life situations through role play builds confidence and preparation.

Expected Result: A guided role play for a scenario like asking for help, giving a speech, or calming a tense situation

Sample Prompt:

Let's do a role play. Pretend I'm calling my doctor's office to reschedule an appointment. I'll practice what to say, and you can help me with any improvements.

Topic: Get Inspired

Context: A little inspiration can spark creativity, hope, and action.

Expected Result: Quotes, stories, or actions that uplift and motivate

Sample Prompt:

You are an inspiration coach. I'm looking for a bit of motivation today. Can you share an inspiring story or quote that reminds me it's never too late to start something new?