

My Second Brain

10 AI Prompts That'll Give You
Your Brain Back

The Mental Load Relief You've Been Looking For

mysecondbrain.xyz

The Problem We're Solving

You know that feeling at 11pm when you're finally in bed and your brain goes:

"Did I respond to that teacher email? What's for dinner tomorrow? When's that dentist appointment? Did I sign the permission slip or just think about signing it? We're out of... something. What are we out of?"

You're not losing your mind. You're just carrying too much in it.

What This Is

This isn't about becoming a tech person. It's not about "productivity hacking" or doing more, faster.

It's about having a thinking partner for all the invisible stuff you manage. A second brain that doesn't forget, doesn't judge, and is available at 11pm when you remember the class party is tomorrow.

How to Use These Prompts

1. Copy the prompt (we've made them easy to grab)
2. Paste it into ChatGPT, Claude, or whatever AI you have access to
3. Fill in the [bracketed parts] with your specific details
4. Get actual, useful help in seconds

That's it. No learning curve. No tech skills required.

Prompt #1

The "What's For Dinner" Solver

The Problem: It's 5pm. You're staring at the fridge. Nothing sounds good. Everyone's hungry. The decision fatigue is real.

Copy This:

I need dinner ideas for tonight. Here's what I'm working with:

What's in my fridge/pantry: [list what you actually have - be honest about the sad vegetables]

Dietary needs: [any allergies, preferences, picky eaters]

How much time I have: [be realistic]

How much energy I have: [low/medium/high - no judgment]

Give me 3 realistic options, ranked from easiest to most effort. For each one, tell me:

- What I need to do
- What I might need to grab if I'm missing something small
- Roughly how long it'll take

Skip anything complicated. I need to feed people, not impress a cooking show.

Why It Works:

You're not asking for generic recipes. You're telling it YOUR constraints and getting personalized solutions.

■ **Pro Tip:** Save your family's dietary stuff as a note on your phone. Paste it in every time so you don't have to re-type it.

Prompt #2

The Weekly Meal Plan (That You'll Actually Use)

The Problem: Sunday meal planning takes forever and by Wednesday you've abandoned it anyway.

Copy This:

Help me plan dinners for this week. Here's my reality:

Family: [number of people, ages of kids if relevant]

This week's schedule:

- Monday: [what's happening - late soccer practice?]
- Tuesday: [work deadline?]
- Wednesday: [etc.]
- Thursday:
- Friday:

Dietary stuff: [allergies, preferences, things kids won't touch]

Budget vibe: [tight this week / normal / can splurge]

Cooking energy: [which days I have time vs. need fast]

Give me:

1. A dinner for each day that matches the schedule reality
2. One combined grocery list organized by store section
3. Any prep I can do on Sunday to make the week easier

Be realistic. If Tuesday is chaos, don't give me a 45-minute recipe.

Why It Works:

It accounts for the LIFE happening around the meals, not just the food itself.

Prompt #3

The Teacher Email You've Been Avoiding

The Problem: You need to email your kid's teacher about something and you've rewritten the first sentence 4 times.

Copy This:

Help me write an email to my child's teacher. Here's the situation:

What I need to communicate: [the issue, request, or concern]

Tone I'm going for: [friendly but clear / more formal / warm / direct]

What I want to happen: [specific outcome you're hoping for]

Any context that matters: [relationship with teacher, previous conversations, sensitive factors]

Things I want to avoid: [sounding like I'm blaming them / being too apologetic / coming across as demanding]

Write me a draft that's:

- Professional but human
- Clear about what I need
- Not longer than it needs to be

Then give me 2-3 alternative phrases for the most important sentence in case I want options.

Why It Works:

Teachers get hundreds of emails. This helps you be clear and respectful without agonizing over word choices.

■ **Works For:** Asking for accommodations, addressing concerns, following up, thank you notes

Prompt #4

The "Explain It Like They're [Age]" Prompt

The Problem: Your kid asks a hard question and you're caught off guard. Or you need to explain something difficult and don't know where to start.

Copy This:

My [age]-year-old just asked me: "[their actual question]"

Help me explain this in a way that:

- Is appropriate for their age and development
- Is honest but not scary or overwhelming
- Gives them enough to understand without TMI
- Leaves room for follow-up questions

Context that might matter: [why they're asking, what prompted it, their personality]

Give me:

1. A simple, direct answer I can start with
2. Follow-up points if they want to know more
3. Questions I can ask them to make it a conversation
4. What to say if I don't know the answer or need time to think

Why It Works:

Age-appropriate explanations are hard to come up with on the spot. This gives you a starting point you can adapt to your kid and your family's values.

■ **Works For:** *Where babies come from, why people die, current events they overheard, family situations, "why does that person look different," anything that catches you off guard*

Prompt #5

The Birthday Party Planner

The Problem: You said yes to hosting a party and now you're staring down a Pinterest board feeling overwhelmed.

Copy This:

Help me plan a birthday party. Here's what I'm working with:

Child's age: [x]

Theme or interests: [what they're into, or "no theme, just fun"]

Number of kids: [approximately]

Location: [home / park / venue]

Date and time: [and how long]

Budget: [rough range]

My bandwidth: [high energy for crafts / need simple and easy / in between]

Give me:

1. A simple timeline for the party (when to do what)
2. 3-4 activity ideas that match my energy level
3. Food that's easy and kids will actually eat
4. A week-before checklist
5. A day-before checklist
6. A day-of checklist

Keep it realistic. I don't need Pinterest-perfect, I need "kids had fun and no one cried."

Why It Works:

It gives you structure without overwhelm, and the checklists mean you're not holding everything in your head.

Prompt #6

The Boundary Script Generator

The Problem: You need to say no to something (another volunteer request, a family obligation, an overstepping in-law) and you can't find the words.

Copy This:

I need help setting a boundary. Here's the situation:

What's happening: [the request or behavior]

Who it's with: [relationship]

Why it's hard: [guilt, history, fear of reaction, etc.]

What I want to communicate: [the boundary itself]

The relationship I want to maintain: [close / cordial / doesn't matter / complicated]

Give me:

1. A direct way to say this (clear and kind)
2. A softer version if I need to ease into it
3. What to say if they push back or guilt-trip
4. A way to end the conversation if it goes sideways

Help me be firm without being mean. I want to protect my boundary AND the relationship if possible.

Why It Works:

Boundaries are hard because we can't find the words in the moment. Having scripts ready makes it easier to actually hold the line.

Prompt #7

The Overwhelm Brain Dump

The Problem: Everything feels like too much and you can't even figure out where to start.

Copy This:

I'm overwhelmed and need help sorting through everything in my head. Here's the brain dump:

[Just type everything. Every task, worry, thing you're carrying. Don't organize it, just dump it out. Small stuff, big stuff, all of it.]

Now help me:

1. Separate what's actually urgent from what just FEELS urgent
2. Identify what I can drop, delegate, or delay
3. Find the ONE thing I should do first
4. Give me a realistic "just for today" list (max 3 things)
5. Remind me of anything that actually can wait even if it's nagging at me

Be honest with me. If I'm carrying stuff that doesn't have to be mine, tell me.

Why It Works:

Sometimes you just need to get it out of your head and have someone help you see it more clearly. No judgment, just clarity.

Prompt #8

The Homework Helper (Without Doing It For Them)

The Problem: Your kid is stuck on homework and you either don't remember this stuff or don't want to just give them the answer.

Copy This:

My [grade level] kid is working on [subject] and is stuck on this:

[Describe the problem or paste it in]

They've tried: [what they've already attempted]

Where they're getting confused: [if you know]

Help me help them WITHOUT just giving the answer. Give me:

1. Questions I can ask them to guide their thinking
2. A simpler way to explain the concept
3. A real-world example that might click for them
4. What I should do if they're getting frustrated

I want them to actually learn this, not just get through it.

Why It Works:

You become the guide without having to remember 6th grade math yourself. And your kid actually learns.

Prompt #9

The Decision Sorter

The Problem: You're going in circles on a decision — big or small — and can't see it clearly anymore.

Copy This:

I'm stuck on a decision and need help thinking it through.

The decision: [what you're trying to figure out]

The options I'm considering: [list them]

What matters most to me: [your priorities, values, constraints]

What's making this hard: [fears, unknowns, competing priorities]

What I've already considered: [any pros/cons you've thought through]

Help me by:

1. Asking me questions I might not have asked myself
2. Pointing out things I might not be seeing
3. Playing devil's advocate on each option
4. Helping me identify what I'd need to know to decide
5. NOT making the decision for me - just helping me see it clearly

Why It Works:

Sometimes you don't need advice, you need a thinking partner to help you access what you already know.

Prompt #10

The "I Forgot What I Like" Prompt

The Problem: Someone asks what you want for your birthday, or you have rare time to yourself, and you've completely forgotten who you are outside of being Mom.

Copy This:

I need help remembering who I am outside of my responsibilities.

Things I used to enjoy (even if it's been years): [list anything you can remember]

Things I'm vaguely curious about: [anything that's caught your attention lately]

Time I realistically have: [5 minutes here and there / occasional hour / rare half day]

Budget reality: [needs to be free / small treats ok / can invest a bit]

Energy level usually: [depleted / medium / depends on the day]

Help me:

1. Identify 3-5 small things I could do just for me (nothing that requires planning a whole thing)
2. Remind me why it matters to have something that's mine
3. Suggest one tiny thing I could do THIS WEEK
4. Give me permission to not feel guilty about it (I might need to hear that)

Why It Works:

Sometimes you need someone to remind you that you're allowed to be a person, not just a function.

What's Next

These 10 prompts are just the start. My Second Brain has prompt packs for every part of mom life:

- **Meal Planning Deep Dive** — A complete system, not just dinner
- **School Year Survival** — Everything from teacher emails to project help
- **The Birthday Party Playbook** — From invites to thank you notes
- **Boundary Scripts Bundle** — Family, work, school, all of it
- **Summer Sanity Pack** — Keep everyone alive for 10 weeks

Visit mysecondbrain.xyz to see everything

One More Thing

You're not bad at this. You're not failing. You're just carrying more than any one brain was designed to hold.

You deserve a second brain.

"Finally, someone gets it."

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