

BY VOUSYETES

Prompt. OS

The prompt library that runs
your work, your money, and
your mind.

747 curated prompts · 5 systems · copy, paste, run

This is a system, not a list

Most "prompt packs" hand you vague ideas like "write a sales email." That is not a prompt. That is a chore you still have to do.

Prompt OS is built the other way round. Every entry is a finished tool:

- **Ready to paste.** It runs in ChatGPT, Claude, or Gemini exactly as written.
- **Built on a role.** The AI is told who to be before what to do, so the answer has a point of view.
- **Fill-in-the-blank.** Whatever is yours sits in `[TOPIC]` or another named variable. Swap it in and go.
- **Shaped.** Each prompt states what to give back: the length, the structure, the tone.

Curated down from over a thousand drafts to the **747** that earn their place, and organized into **5 systems** you move through in order: command the AI, build your work and money, grow an audience, run your body and mind, connect with people.

How to run it

1. **Pick your system.** Use the contents on the next page to jump straight to what you need.
2. **Fill the brackets.** Replace every variable such as `[TOPIC]` with your real details. The more specific you are, the sharper the output.
3. **Paste and run.** Any modern model works. For strategy or creative work, a stronger one (GPT-5, Claude Opus or Sonnet, Gemini Pro) is worth it.
4. **Push back.** Not right yet? Reply with "tighten it," "give me 3 bolder versions," or "turn that into a checklist." The second answer is usually the one you keep.
5. **Stack them.** Many prompts feed the next. Build a plan, then drop one line of it into another prompt to go deeper.

Reading each entry

12. Punchy Title The prompt itself, with a variable such as `[TOPIC]` and the output format spelled out.

Copy the text inside the shaded block. That is the prompt.

The variables

Variable	What to put in it
[AGE]	The relevant age or age range.
[AMOUNT]	A monetary amount, income, saving, or debt.
[AUDIENCE]	The people the output is meant for.
[BRAND]	A brand name, identity, or brand context.
[BUDGET]	The available spending limit or range.
[BUSINESS]	The business, startup, store, or side activity.
[CHALLENGE]	The problem, obstacle, pain point, or trigger.
[COMPANY]	The company, employer, or organization.
[CONSTRAINTS]	The limits, requirements, or boundaries to respect.
[CONTENT]	The idea, list, text, or source material to work from.
[CONTEXT]	Any specific detail needed to understand the request.
[DATE]	A date, deadline, day, month, or year.
[EXPERIENCE]	Relevant background, history, or accomplishments.
[FORMAT]	The requested structure, length, or output form.
[GOAL]	The result or purpose you want to reach.
[INDUSTRY]	The field, sector, or market concerned.
[INTEREST]	A hobby, passion, or shared interest.
[JOB TITLE]	The job, position, or target role.
[LOCATION]	The city, country, region, venue, or setting.
[METRIC]	The measurement, score, weight, or indicator to track.
[NAME]	The relevant person, show, tool, or organization name.
[NICHE]	The focused subject area or market niche.
[NUMBER]	A count, quantity, or rank.

Variable	What to put in it
[OFFER]	The commercial offer, package, or deal.
[PASTE CONTENT]	The text, draft, resume, or other material to paste.
[PLATFORM]	The channel, app, network, or publishing platform.
[PREFERENCE]	A style, genre, diet, or other personal preference.
[PRICE]	The product or service price.
[PRODUCT]	The product, app, course, or tool concerned.
[PROJECT]	The project, campaign, or initiative.
[RATE]	A rate or percentage.
[ROLE]	A person's role or area of responsibility.
[SERVICE]	The service or program concerned.
[SKILL]	The skill, expertise, or capability.
[SITUATION]	The current circumstances or relationship status.
[STAGE]	The current level, phase, or stage.
[TASK]	The action, habit, routine, or work to do.
[TIME]	The duration, frequency, schedule, or time available.
[TONE]	The voice, mood, or tone to use.
[TOPIC]	The subject, theme, or keyword.
[TYPE]	The relevant kind or category.

On the money and health systems: these prompts help you think, plan, and learn. They are not financial, medical, or mental-health advice. For big decisions, and for anything that feels heavy, talk to a qualified professional.

Contents

System 01 · Command the AI.....	6
Prompt Engineering.....	6
AI Automation	14
System 02 · Work & Money	22
Startup Ideas.....	22
Marketing & Branding	28
Customer Acquisition & Retention.....	36
Resume & CV Building	43
LinkedIn Optimization	48
Interview Practice.....	53
Saving & Budgeting	59
Side Hustle Ideas.....	64
Beginner Investing	69
System 03 · Audience & Words.....	76
Instagram Post Ideas	76
TikTok / YouTube Shorts	80
Audience Growth Hacks.....	85
Sales Copywriting	91
Email Writing	96
Creative Writing	100
System 04 · Body, Mind & Life.....	105
Fitness & Exercise.....	105
Mental Health Self-Check.....	111
Healthy Eating & Habits.....	115
Goal Setting & Motivation	120
Productivity Systems	124
Confidence Building & Self-Growth	131
Hobby Discovery.....	138
System 05 · People.....	142
Building Stronger Relationships	142
Dating & Self-Confidence.....	146
Dating Conversation Starters.....	151
Relationship Building Questions	157

System 01 - Command the AI

Prompt Engineering

Forty copy-paste prompts that turn any AI into a sharper thinker and a more precise writer.

PROMPT CRAFT & REASONING

1. Prompt-Writing Bootcamp

You are a prompt engineering coach for total beginners. Teach me how to write better prompts for [GOAL, main use case; e.g. writing marketing emails]. Give me the 5 building blocks of a strong prompt (role, task, context, format, constraints), one bad-vs-better example for each, and a fill-in-the-blank template I can reuse. Keep it under 400 words and end with a 3-question checklist I can run against any prompt before I hit send.

2. Prompt Upgrader

You are a prompt engineer. I'll paste a rough prompt. Rewrite it into a stronger version by adding a clear role, missing context, an explicit output format, and any smart constraint I forgot. Show the upgraded prompt in a code block, then list the specific changes you made and why in 3-5 bullets. If my goal is ambiguous, ask me one question first. My prompt: [PASTE CONTENT, prompt].

3. Three-Step AI Workflow

You are an AI workflow designer. Build me a 3-prompt chain to go from [CONTEXT, starting input] to [FORMAT, finished output] for [TASK]. For each step, write the actual prompt to paste, say what to feed in from the previous step, and note what "good" looks like before moving on. End with the one place a human should check the work. Present it as Step 1, 2, 3.

4. Ask Before You Answer

You are a senior consultant who never guesses. Before you help me with [TASK], ask me exactly 5 clarifying questions, one at a time, and wait for my answer to each before asking the next. Once you have all 5 answers, summarize what you now know in 3 bullets and only then give me your full response.

5. Show Your Work

You are a careful problem-solver. Solve this: [CHALLENGE]. Think through it step by step, showing each stage of your reasoning before the answer, and state any assumption you're making out loud. At the end, give the final answer on its own line, then sanity-check it by asking "does this actually make sense?" and adjusting if it doesn't.

6. First-Principles Breakdown

You are a first-principles thinker in the style of a physicist. Take [GOAL, problem or goal] and strip it to the fundamental truths we know for sure, questioning every assumption I'm carrying. Rebuild a solution up from those basics, ignoring "how it's normally done". Lay it out as: assumptions to kill, bedrock facts, and the reasoned-up answer. Keep it concrete, not philosophical.

7. Steel-Man Both Sides

You are a debate coach who argues both sides honestly. Take the issue "[CHALLENGE]" and build the strongest possible case FOR it, then the strongest case AGAINST, giving each 3 solid points with no strawmen. Finish with a neutral "what a reasonable person weighs" paragraph and the one question that actually decides it. Keep each side balanced in length.

8. Fallacy Spotter

You are a logic professor. I'll paste an argument or article. Identify every logical fallacy in it, quoting the exact line, naming the fallacy, and explaining in one sentence why it's flawed. Then rewrite the two worst offenders as sound arguments. If there are no real fallacies, say so plainly instead of inventing them. Text: [PASTE CONTENT].

EXPLAIN, SUMMARIZE & LEARN

9. Explain It Twice

You are a patient teacher. Explain [TOPIC] to me at two levels: first "Like I'm 12" in 4-5 plain sentences, then "For a practitioner" with the real terminology, mechanisms, and one common misconception experts have to correct. Use two clearly labeled sections and finish with one question that tests whether I actually understood the simple version.

10. Five Ways to See It

You are a gifted explainer. Give me 5 fresh analogies that make [CONTEXT, concept] click for a [AUDIENCE, e.g. high-schoolers]. Each analogy maps to a different everyday domain (cooking, sports, traffic, and so on), runs 2-3 sentences, and names the one point where the comparison breaks down. Avoid tired ones like "it's basically a recipe".

11. Expert Meets Beginner

You are running a dialogue between two voices: an Expert and a Curious Beginner. Explain [TOPIC] as a back-and-forth where the Beginner asks the naive questions people are afraid to ask and the Expert answers plainly. Run 6-8 exchanges that build on each other, then close with the Expert's 3-bullet "what actually matters" summary.

12. Five Pages to Ten Bullets

You are a research analyst. I'll paste a long article below. Summarize it in no more than 10 bullet points, ordered from most to least important, each one a full sentence a busy person could quote in a meeting. Add a final line called "The one thing to remember" in under 15 words. Here's the article: [PASTE CONTENT, article].

13. Build My Learning Curriculum

You are an expert tutor and curriculum designer. Build me a learning path from beginner to competent at [SKILL] in [TIME, time frame; e.g. 8 weeks], studying about [TIME, hours] per week. Break it into weekly milestones, name the specific concepts and one project per phase, and tell me how I'll know I've actually leveled up at each stage. Add the 3 mistakes beginners make so I can skip them. Table format.

COPY THAT CONVERTS

14. On-Brand or Off?

You are a brand voice editor. Our tone is [TONE, describe tone; e.g. warm, plain-spoken, lightly witty, never corporate]. I'll paste a draft; score how well it matches on a 1-10 scale, then list the exact words or sentences that break the voice and rewrite each one in-brand. End with a 3-bullet cheat sheet of what to do more of and less of. Draft: [PASTE CONTENT, draft].

15. Same Pitch, Three Tones

You are a sales copywriter. Rewrite this sales email in 3 distinct tones: warm and personal, sharp and direct, and playful. Keep the core offer and call to action identical across all three; only the voice changes. Label each version and keep each under 120 words. Here's the email: [PASTE CONTENT, email].

16. Newsletter, Send-Ready

You are an email newsletter writer. Write a 3-paragraph newsletter for [AUDIENCE] about [TOPIC]. Paragraph 1 hooks with a specific moment or stat, paragraph 2 delivers the one useful idea, paragraph 3 ends with a clear next step. Add a subject line under 45 characters and keep the whole thing under 200 words, conversational, no filler greetings.

17. Three Features, One Description

You are a conversion copywriter. Turn these 3 product features into a product description for [PRODUCT]: [CONTEXT, feature 1], [CONTEXT, feature 2], [CONTEXT, feature 3]. For each, translate the feature into the benefit the buyer actually feels. Write one punchy 60-word paragraph plus a 3-bullet "what you get" list, in a tone that fits [BRAND, brand vibe].

18. Mission Statement That Isn't Vague

You are a brand strategist. Write a mission statement for [BRAND], which helps [CONTEXT, who] do [CONTEXT, what]. Give me 3 options: one short (under 12 words), one standard (2 sentences), and one with a supporting "why we exist" paragraph. Ban empty words like "world-class" and "synergy", and make it specific enough that a competitor couldn't paste their own name into it.

19. Name + Slogan Combos

You are a brand namer. Generate 10 business name and slogan pairs for a [BUSINESS, type of business] serving [AUDIENCE]. Vary the styles (invented words, real words, playful, premium), keep names easy to say and spell, and pair each with a slogan under 6 words. Note which 2 you'd shortlist and one quick way to check the name isn't already taken. Numbered list.

20. Keyword to Clickable Titles

You are an SEO content strategist. Generate 12 blog post titles built around the keyword "[TOPIC, keyword]". Mix the formats: some how-to, some listicle, some question-based, some contrarian. Keep every title under 60 characters so it doesn't get cut off in search, and put the keyword near the front. Return them as a numbered list with the search intent (informational / commercial) tagged in brackets after each.

21. 20 Headlines for Founders

You are a copywriter who studies what makes people click. Write 20 blog post headlines aimed at [TYPE, type of entrepreneur; e.g. first-time SaaS founders] about [TOPIC]. Group them under 4 angles (5 each): fear, curiosity, quick-win, and contrarian. Keep each under 12 words and avoid clickbait you couldn't actually pay off in the article.

CONTENT & AUDIENCE GROWTH

22. Thread Skeleton

You are a writer who understands what gets shared on X. Outline a tweet thread on [TOPIC] for [AUDIENCE]. Give me the hook tweet (2 versions to choose from), then 7-9 numbered beats where each is a single idea that earns the next, then a closing tweet with a soft call to follow. Note in brackets which beat is the most quotable. Outline only, not full copy.

23. 10 TikToks in Your Niche

You are a short-video strategist. Give me 10 TikTok ideas for the [NICHE] niche aimed at [AUDIENCE]. For each: a scroll-stopping hook line, the format (talking head, tutorial, POV, and so on), and the payoff that makes it worth finishing. Keep each idea to 2 lines and flag the one with the best odds of saves and shares.

24. 30-Day Content Calendar

You are a content strategist. Build a 30-day content calendar for [PLATFORM] in the [NICHE] niche aimed at [AUDIENCE]. Give me a table with date, content pillar, hook or title, format, and call to action for each day, rotating across 4 content pillars so it never feels repetitive. Add a one-line note on the 3 posts most likely to grow the account.

25. Build a 5-Day Email Course

You are an online course creator. Outline a free 5-day email course that teaches [SKILL] to [AUDIENCE]. For each day give: the subject line, the one thing they learn, a short exercise, and the cliffhanger that makes them open tomorrow's email. End day 5 with a natural pitch for [OFFER, paid offer]. Lay it out as a 5-row table.

26. Reverse-Engineer a Viral Script

You are a YouTube strategist. I'll paste the transcript of a video that did well. Break down why it worked: the hook in the first 15 seconds, how it holds attention, the pacing, and the emotional beats. Then give me a reusable script template based on its structure that I can fill in for my [NICHE] video. Transcript: [PASTE CONTENT].

27. Outline Gap Check

You are a content editor. I'll paste my blog post outline. Point out what's missing: the questions a reader will still have, weak or overlapping sections, a stronger order, and where a hook, example, or data point should go. Rank the gaps by how much they'd hurt the finished piece. Don't rewrite the whole thing, just show me where the holes are. Outline: [PASTE CONTENT].

28. Three Creative Directions

You are a creative director. For this project ([PROJECT, describe project] for [AUDIENCE]) give me 3 distinctly different creative directions. Name each one, describe its concept in 2 sentences, its tone, and the first thing the audience would notice. Make them genuinely different bets, not variations of one idea, and end by flagging which is safest and which is boldest.

BUSINESS, OFFERS & STRATEGY

29. 10 Ideas, 100 Words

You are a startup strategist. Give me 10 distinct business ideas in the [INDUSTRY] space that a solo founder could start for under [BUDGET]. Hard cap: the whole reply stays under 100 words, so each idea is a single line (name + the core offer). No intro, no outro, just the numbered list.

30. Startup SWOT

You are a venture analyst. Run a SWOT analysis on this startup idea: [CONTENT, describe idea] targeting [INDUSTRY, market]. Give 3-4 concrete points per quadrant (Strengths, Weaknesses, Opportunities, Threats), no generic filler. Then add a "biggest blind spot" line naming the risk the founder is most likely underestimating, and one experiment to test it this month.

31. Model vs Model

You are a business analyst. Compare [BUSINESS, business model a] against [BUSINESS, business model b] for someone in the [INDUSTRY] space. Return a table with these rows: how it makes money, upfront cost, time to first revenue, main risk, and who it suits best. Under the table, give a 2-sentence verdict on which fits a [CONTEXT, solo founder / small team] with limited cash.

32. Funnel Leak Finder

You are a growth marketer. I'll describe my funnel from first touch to purchase for [PRODUCT]. Diagnose the single weakest stage, explain why it's likely leaking, and give 3 specific fixes ranked by effort-to-impact. Ask me for my rough conversion numbers first if I haven't given them. Here's my funnel: [CONTEXT, describe stages].

33. Freelance Negotiation Playbook

You are a freelance business coach, not a lawyer, so keep this practical rather than legal advice. I'm negotiating a [PROJECT, project type] contract worth roughly [AMOUNT] with [AUDIENCE, client type]. Give me 5 negotiation moves: how to anchor my rate, how to handle "that's too expensive", what to trade instead of dropping price, scope-creep protection, and my walk-away line. One script sentence per move.

34. Shopify Launch Checklist

You are an ecommerce operator who has launched dozens of stores. Build me a step-by-step checklist to open a Shopify store selling [PRODUCT] to [AUDIENCE]. Group it into 4 phases (setup, products, trust, launch), with checkbox items in the order I should do them and a "don't skip this" flag on the 3 that make or break early sales. Keep each item to one action.

35. Notion Template, Step by Step

You are a Notion power user teaching a beginner. Walk me through building a [GOAL, template purpose; e.g. content calendar] template from scratch. Give numbered steps, name the exact blocks and database properties to add, and show one filter or view that makes it genuinely useful. End with 2 ways to level it up later. Assume I've never made a database before.

CAREER, INTERVIEWS & CUSTOMERS

36. LinkedIn Profile Teardown

You are a LinkedIn ghostwriter and recruiter. I'll paste my headline and About section. Critique them for a [JOB TITLE], pointing to the specific lines that read vague or generic, then rewrite my headline (3 options under 220 characters) and the first two sentences of my About so they hook the right reader. Finish with 3 quick wins I can apply in 10 minutes. Here's my profile: [PASTE CONTENT].

37. Resume, Retargeted

You are a resume writer who knows how hiring differs by field. I'll paste my resume. Rewrite my summary and top 3 bullet points to target a [INDUSTRY, target industry / role], swapping in the language and metrics that field cares about and cutting what it won't. Then explain in 3 bullets what you changed and why. Keep bullets action-led and quantified. Resume: [PASTE CONTENT].

38. Mock Interview: Hiring Manager

You are a hiring manager interviewing me for a [JOB TITLE] role at a [COMPANY, type of company]. Ask me one question at a time, starting easy and getting harder, and react to each answer like a real interviewer before moving on. After 6 questions, break character and give me honest feedback: what landed, what was weak, and the single answer I should rework.

39. Investor Pitch Simulation

You are a skeptical early-stage investor. I'll pitch [BUSINESS, startup] in a few sentences. Play the meeting: ask the hard questions about market, traction, moat, and money, one at a time, pushing back on weak answers like a real VC would. After 6 questions, break character and tell me which answer would kill the deal and how to fix it before a real pitch.

40. Instant FAQ Builder

You are a customer support lead. I'll paste a product description. Generate the 8 questions real buyers would ask before purchasing [PRODUCT], including the awkward ones about price, returns, and whether it's even right for them. Write a clear, honest answer for each in 2-3 sentences. Group them under "Before you buy" and "After you buy". Description: [PASTE CONTENT].

AI Automation

Thirty-five copy-paste prompts that map the triggers, tools, and ready-to-use copy to put your busywork on autopilot.

FOUNDATIONS & INTEGRATIONS

1. Five Tasks to Automate First

You are an operations consultant for small businesses. Look at a [BUSINESS, type of business] and name the 5 highest-leverage tasks to automate first, chosen for time saved versus setup effort. For each: the task, why it drains time now, the kind of tool that handles it (with one example), and the rough hours saved per week. Rank them easiest-win first and present as a table.

2. 10 Zapier Automations

You are a Zapier automation specialist. Give me 10 practical Zap ideas for a [BUSINESS, type of business or role]. Write each as a plain "When X happens, do Y (and Z)" trigger-action recipe, name the apps involved, and say what problem it removes. Order them from simplest to most advanced and star the 3 with the fastest payoff. Numbered list, one line of benefit each.

3. Basic Email Automation Setup

You are a no-code automation expert. Walk me through setting up basic email automation for [GOAL, e.g. welcoming new subscribers] using [PRODUCT, tool; or "a tool you recommend"]. Give numbered steps from trigger to sent email, tell me exactly what each step does, and include the 2 things most people set up wrong. End with a simple test to confirm it works before I switch it on. Assume I'm not technical.

4. Freelancer Automation Stack

You are a productivity consultant for freelancers. Recommend an automation toolkit for a solo [ROLE, freelance role] handling client work, invoicing, and admin. Group tools by job (scheduling, contracts, payments, follow-ups), give one primary pick plus a free alternative for each, and note what to automate first if I only have a weekend. Add rough monthly cost as a table.

5. Write an Automation SOP

You are an operations documentation specialist. Write a clear SOP (Standard Operating Procedure) for this repeatable process: [CONTEXT, process; e.g. publishing a blog post]. Include the purpose, who owns it, tools needed, numbered steps anyone could follow, quality checks, and what to do when something breaks. Mark which steps are automated versus manual. Format it so a brand-new hire could run it without asking me a single question.

6. API Integration Suggestions

You are an integration architect explaining things to a non-engineer. For [PRODUCT, tool a] and [PRODUCT, tool b] that I use, suggest the most useful ways to connect them via their APIs or a no-code bridge. For each idea: what data moves, the trigger, the result, and roughly how hard it is (easy, medium, hard). Recommend whether to use a native integration, Zapier or Make, or custom code, and where to start. Table format.

7. Connect Slack, Gmail, and Trello

You are a no-code automation expert. Show me how to wire Slack, Gmail, and Trello together for a [GOAL, use case; e.g. turning starred emails into Trello cards and pinging a channel]. Give the trigger-action flow, the exact steps in a tool like Zapier or Make, and what to test before trusting it. List 3 bonus automations once the basic link works. Numbered steps, plain language.

MARKETING & CONTENT

8. Auto Social Posting Schedule

You are a social media manager. Build a repeatable posting schedule for [BRAND] on [PLATFORM], then explain how to automate it with a scheduler. Give the weekly cadence (which day, what type of post, best time), the content pillars it rotates through, and the exact steps to batch and queue a month at once. Present the week as a table and keep the workflow to 5 steps.

9. AI Monthly Content Calendar

You are a content strategist. Build a full month of content for [BRAND] on [PLATFORM] aimed at [AUDIENCE], designed so I can generate and schedule it in one sitting. Give a dated table with the pillar, hook, format, and CTA per post, plus a short "batch it this way" workflow for turning the calendar into finished posts with AI. Rotate 4 pillars so nothing repeats.

10. One Piece Into Ten

You are a content repurposing strategist. Take one piece of [CONTENT, source content; e.g. a podcast episode or long blog post] on [TOPIC] and map how to spin it into a week of content across [PLATFORM]. For each platform give the format, the angle to pull from the source, and a ready hook. Show it as a table (platform, asset, hook) and add the order to publish for max reach. I'll paste the source: [PASTE CONTENT].

11. Social DM Management System

You are a community manager. Design a system to handle incoming social media DMs for [BRAND] without living in the inbox. Sort DMs into buckets (fan, question, lead, spam), write a saved reply for each, and define which get an auto-response versus a personal one, always leaving a human option for real conversations. Recommend a no-code tool and the one type of DM to always answer personally. Give a table of buckets and replies.

12. Podcast Publishing Automation

You are a podcast producer. Lay out the automated steps to publish an episode from finished recording to live, for [CONTEXT, podcast]. Cover the editing handoff, show notes and title generation, uploading to the host, scheduling social clips, and notifying subscribers. Mark each step automated or manual, name a tool for the automatable ones, and give me a reusable per-episode checklist with checkboxes. Keep it to one page.

EMAIL, LEADS & SALES

13. Lead-Gen Automation Tools

You are a growth systems consultant. Recommend tools and a workflow to automate lead generation for [BUSINESS] targeting [AUDIENCE, ideal customer]. Cover capturing, enriching, and following up with leads; name one tool per stage with a free option; and sketch the flow from first touch to booked call. Flag one compliance thing not to get wrong. Give a table plus a 5-step flow.

14. Leads-to-CRM Automation

You are a sales operations consultant. Show me how to automatically push new leads from [CONTEXT, source; e.g. a web form] into my CRM [NAME, crm name] with no manual entry. Map the flow (capture, format the fields, create or update the contact, notify sales), the exact steps in a no-code tool, and how to avoid duplicate records. Add the 3 fields every lead must carry for follow-up to work. Numbered steps.

15. Auto Lead Qualifier

You are a sales automation strategist. Design a system that automatically qualifies inbound leads for [OFFER] so my team only talks to good fits. Define the qualifying questions, a simple scoring rule (what makes a lead hot, warm, or cold), what happens to each tier, and the exact prompt or form logic that scores them. Present the scoring as a table and the routing as "if hot, then X" rules.

16. Cold Email + 3 Follow-Ups

You are a cold outreach copywriter. Write a cold email sequence to [AUDIENCE, target prospect] offering [OFFER]: the first email plus 3 follow-ups. Vary the angle each time (value, proof, a different pain, then a short breakup email), keep every message under 90 words, and space them across days with the timing noted. No fake "just circling back" fluff; give each a real reason to exist. Label them Email 1-4.

17. Post-Sale Thank-You Emails

You are an email marketing specialist. Write an automated thank-you email that fires right after someone buys [PRODUCT], and explain the trigger setup. It should confirm the order, set expectations for what's next, and plant one low-key ask (review, referral, or follow). Give me the subject line, the under-120-word body, and where to drop the personalization tags. Warm, human, not corporate.

18. Onboarding Email Series

You are a lifecycle email strategist. Write a 5-email onboarding series that fires when someone signs up for [OFFER, product/service]. For each email give the send timing, subject line, the one job it does (welcome, quick win, key feature, social proof, next step), and a 2-3 sentence body outline. Map it as a table and flag the one email where most people drop off so I can make it strongest.

19. Inbox Auto-Sort and Label

You are an email productivity specialist. Design a system that automatically sorts and labels my incoming email for [CONTEXT, e.g. running a small business]. Propose a clean label or folder structure, the rules that route each type (clients, invoices, newsletters, cold pitches), and what should skip the inbox entirely. Give the setup as numbered filter rules I can recreate in Gmail or Outlook, plus one weekly cleanup habit.

CLIENTS & CUSTOMER OPS

20. Proposal From a Brief

You are a proposal writer. I'll paste a client's project description. Turn it into a tailored proposal for [SERVICE] with these sections: their problem in my words, my approach, scope and deliverables, timeline, investment (with [PRICE] placeholders), and a clear next step. Mirror their language back so it feels custom, and keep it under 500 words. Brief: [PASTE CONTENT, description].

21. Client Onboarding Checklist

You are a client operations manager. Build an automated onboarding checklist that kicks off when a [AUDIENCE, client type] signs for [SERVICE]. List every step from signed contract to kickoff call in order, mark who does what (me, them, or automated), and note where an automatic email or reminder should fire. Flag the 3 steps that cause most early friction if skipped. Checklist format with checkboxes.

22. Customer FAQ Auto-Reply

You are a customer support systems designer. Design an automation that catches common questions about [OFFER, product/service] and replies instantly. List the 10 most likely questions, write a clear saved reply for each, and map when to auto-send versus route to a human. Recommend a no-code tool to run it and the one line that should always offer a real person. Format the replies as a copy-paste table.

23. Support Chatbot Workflow

You are a conversational AI designer. Map the workflow for an AI customer-service chatbot for [BUSINESS]. Cover the greeting, how it reads intent, the top 5 flows it should handle end to end, the exact handoff point to a human, and the fallback when it doesn't know. Draw it as a text flowchart (step to step) and write the chatbot's opening message and its escalation line.

24. Client Feedback Analysis System

You are a customer insights analyst. Design an AI workflow that turns raw client feedback (reviews, survey replies, emails) into something useful for [BUSINESS]. Explain how to collect it, then give me the exact prompt that tags each piece by theme and sentiment and surfaces the top 3 requests and top 3 complaints. Show the output as a summary table and note how often to run it.

25. Event-Planning Checklist Automation

You are an event operations manager. Build an automated planning checklist for a [TYPE, event type] of about [CONTEXT, size] people. Break it into phases (8 weeks out, 2 weeks out, day-of, wrap-up), list every task in order with an owner, and mark where an automatic reminder should fire. Flag the 5 tasks that most often get forgotten. Give it as a phased checklist with checkboxes and target dates.

DATA, REPORTING & MEETINGS

26. Sheets-to-Dashboard Automation

You are a data automation specialist. Explain how to auto-pull data from Google Sheets into a live dashboard for tracking [CONTEXT, what; e.g. weekly sales]. Cover structuring the sheet so it feeds cleanly, connecting it to a dashboard tool, which charts to show, and how to keep it refreshing automatically. Give numbered setup steps and name 2 free tool options. Add the 3 metrics worth putting front and center.

27. Automated Analytics Reports

You are a business intelligence consultant. Design an automated reporting system that sends me a [CONTEXT, weekly / monthly] report for [BUSINESS, business area]. Define the handful of metrics that actually matter, the layout (summary line, key numbers, trend vs last period, one insight), where the data comes from, and how to schedule delivery to my inbox. Give the report template and a no-code way to automate it.

28. AI Bookkeeping Setup

You are a small-business bookkeeping consultant offering general setup guidance, not tax or accounting advice. Lay out how to set up a simple automated bookkeeping system for a [BUSINESS, business type]: what to track, how to auto-import transactions, a basic category structure, and a light weekly and monthly routine. Recommend one tool plus a spreadsheet fallback, and list the 3 numbers I should watch. Steps plus a category table.

29. Daily Digest Summarizer

You are a personal research assistant. Design a workflow that auto-summarizes my saved articles and long emails into one daily digest. Explain how to collect the sources, the summary format (headline, 2-line takeaway, why it matters), and how to have it delivered each morning. Then show me the exact prompt to paste that turns raw text into that digest format. Recommend a no-code way to schedule it.

30. Meeting Agenda From Updates

You are a chief of staff. I'll paste this week's project updates and open items. Turn them into a tight weekly meeting agenda: a one-line status, the 3 decisions we actually need to make, blockers with owners, and a timed running order that fits [TIME, meeting length]. End with an "if we only cover one thing" line. Keep it skimmable. Updates: [PASTE CONTENT].

PERSONAL PRODUCTIVITY SYSTEMS

31. Morning Productivity Dashboard

You are a productivity systems designer. Design a morning dashboard that greets me with everything I need to start the day: today's calendar, top 3 priorities, weather for [LOCATION], and one focus intention. Explain what to pull from where, how to auto-refresh it each morning, and a no-code tool to build it in. Sketch the ideal layout as a text wireframe and keep it glanceable in 30 seconds.

32. Weekly File Organizer

You are a digital organization consultant. Design an automation for [PLATFORM, operating system or storage service] that sorts and archives my digital files every week so my desktop and downloads stay clean. Propose a folder taxonomy, rules for where each file type goes, what gets archived versus deleted, and how to run it on a weekly schedule. Give me the setup steps for a no-code tool and one naming convention that keeps everything findable later.

33. Monthly Goal Review System

You are an accountability coach. Design a system that walks me through a monthly goal review automatically. Set the trigger (a recurring prompt on the 1st), the exact questions to answer (what moved, what stalled, why, and next month's 3 priorities), and where to log the answers so I can see progress over time. Give me the review template and a no-code way to have it show up on schedule. Keep it under 15 minutes.

34. Auto-Update Portfolio or Resume

You are a personal branding strategist. Design a lightweight system to keep my [CONTENT, portfolio or resume] current without a yearly scramble. Explain a simple habit for logging wins as they happen, where to store them, and a quarterly prompt that turns those logs into updated bullet points and project entries. Give me the capture template and the exact prompt that rewrites raw wins into polished, quantified lines.

35. Virtual Assistant Workflow

You are an executive operations designer. Map a virtual personal assistant workflow that handles my recurring admin: [TASK, list tasks; e.g. scheduling, inbox triage, travel]. For each task define the trigger, the steps, what stays human-approved, and the tool that runs it. Show how they connect into one daily and weekly rhythm, and mark the 3 tasks to automate first. Present as a table plus a short daily flow.

System 02 - Work & Money

Startup Ideas

From blank page to a shortlist of business ideas worth building, plus the tools to test, pitch, and launch them.

IDEA GENERATORS BY TYPE

1. 10 Online Businesses Under \$500

You are a startup strategist who has launched lean businesses. Give me 10 online business ideas in the [NICHE, niche/industry] space that a solo founder could start for under \$500 total. For each: the name, the one-line offer, who pays and why, and a rough startup cost breakdown. Return as a numbered list, one tight paragraph each. End by flagging the 3 that could realistically reach their first \$1,000 fastest.

2. Business Ideas Riding AI Trends

You are a technology analyst who tracks where AI is genuinely useful, not just hyped. Generate 8 business ideas that ride current AI trends inside [INDUSTRY], each replacing a task people do slowly by hand today. For each: the idea, the manual pain it removes, the customer, and build difficulty (low/medium/high). Numbered list. Skip anything that needs frontier research to work.

3. Niche Services for Small Towns

Act as a local business consultant. Suggest 7 niche service businesses that would work in a town of about [AUDIENCE, population] people in [LOCATION, region/country]. For each: the service, the underserved need, the likely customer, and why a big-city version wouldn't fit here. Bullet list, one line per field. Then name the one with the lowest startup cost.

4. Subscription Box Concepts

You are a subscription-commerce expert. Generate 6 physical subscription box ideas for the [INTEREST, hobby/interest] audience. For each: box name, what ships monthly, the price point, and the emotional reason people stay subscribed past month three. Table format. Add one line on the biggest churn risk for the whole category.

5. No-Code Tech Startups

Act as a no-code founder. Give me 8 tech startup ideas someone could build without writing code, using tools like Bubble, Airtable, or Zapier, aimed at [AUDIENCE]. For each: the idea, the no-code stack to build it, the problem solved, and how it makes money. Numbered list. Flag the one that could ship a first version in a weekend.

6. Low-Maintenance Side Businesses

Act as a passive-income realist who has no patience for get-rich-quick claims. Suggest 7 low-maintenance side businesses someone with a full-time [JOB TITLE, job] and about [TIME, hours] free hours a week could run. For each: the business, weekly time needed, realistic monthly income range, and the honest downside. Table format. Rank them by effort-to-reward.

7. Online Community Business Models

You are a community-led growth expert. Give me 6 business models built around an online community for [NICHE]. For each: what the community is about, how membership earns money, the free-to-paid path, and what keeps members engaged. Numbered list. End with the one metric that predicts whether the community survives year one.

8. Service Businesses That Scale Remotely

Act as a bootstrapped agency founder. Suggest 8 service businesses in [INDUSTRY] that scale remotely without a big local team. For each: the service, who delivers it, how you productize it, and the ceiling before it needs staff. Numbered list, one line per field. Mark the two that a solo operator could push to six figures.

PROBLEM-FIRST STARTUPS

9. Startups That Kill Daily Annoyances

You are an inventor who notices the small frictions everyone tolerates. List 10 startup ideas that each solve a specific daily annoyance for [AUDIENCE, target person; e.g. commuters, remote workers]. For each: the annoyance, the fix, the format (app, product, service), and why no one has nailed it yet. Numbered list. Then ask me which annoyance bugs me most so you can go deeper on that one.

10. Closing Financial Literacy Gaps

You are a fintech founder building educational tools, not a licensed financial adviser, so frame everything as teaching rather than advice. Suggest 7 startup ideas that improve financial literacy for [AUDIENCE, e.g. teens, new immigrants]. For each: the gap it closes, the format, how it earns, and the trust barrier to overcome. Numbered list. Note which one is easiest to test with 10 users this month.

11. Mental Health Startup Ideas

Act as a wellbeing product strategist. You are not a clinician, so keep ideas in the support, habit, and connection space and stay clear of diagnosis or treatment. Generate 7 mental health startup ideas for [AUDIENCE]. For each: the need, the approach, the business model, and the ethical line it must not cross. Numbered list. Add one line reminding that anything crisis-related must route users to licensed professionals or a helpline.

12. Tech That Reduces Loneliness

You are a social-connection designer. Suggest 6 startup ideas that use technology to genuinely reduce loneliness for [AUDIENCE, e.g. seniors, new-in-town adults], without adding another feed to scroll. For each: the idea, how real connection happens, the model, and the risk of it feeling hollow. Table. Pick the one most likely to create offline meetups.

13. Sustainable Food Businesses

You are a food-systems entrepreneur. Suggest 7 sustainable food business ideas for [INDUSTRY, market; e.g. urban singles, families]. For each: the concept, the sustainability angle, the revenue model, and the supply challenge. Table. Then name the one with the strongest repeat-purchase potential.

14. Startups for Elderly Care

Act as an age-tech founder who respects dignity and independence. Generate 7 startup ideas focused on elderly care for [LOCATION, setting; e.g. living at home, assisted facilities]. For each: the need, the offer, who actually pays (senior vs family vs insurer), and the trust barrier. Numbered list. Mark the one with the clearest willingness to pay.

15. Better Learning for Kids

You are an edtech designer. Suggest 7 startup ideas that improve learning for kids aged [AGE, age range] in [SKILL, subject or skill]. For each: the learning gap, the approach, the business model, and how you keep both kids and parents happy. Table. Flag the one that works without screens.

16. Products for Freelancers

Act as a founder who has freelanced for years. Generate 8 product ideas built for freelance [ROLE, e.g. designers, writers]. For each: the recurring pain, the product, the pricing, and the moment a freelancer would buy it. Numbered list. End by ranking them by how urgently freelancers feel the pain.

STARTUPS BY AUDIENCE

17. B2B SaaS Ideas

You are a B2B SaaS founder. Give me 8 SaaS startup ideas that sell to [BUSINESS, type of business; e.g. dental clinics, small law firms]. For each: the workflow it fixes, the buyer's job title, the pricing model, and why they'd switch from spreadsheets. Numbered list, one line per field. Flag the two with the shortest sales cycle.

18. Gen Z-Specific Startups

You are a Gen Z-native brand builder. Generate 7 startup ideas made specifically for Gen Z in [TYPE, category; e.g. finance, dating, work]. For each: the value they actually care about, the offer, the model, and the reason older brands miss it. Numbered list. Then ask me whether I'm building for Gen Z creators, students, or early-career workers so you can sharpen the top pick.

19. Businesses for Creators and Influencers

You are a creator-economy strategist. Generate 8 business ideas that serve creators and influencers in [NICHE, content niche]. For each: the creator pain, the product or service, the revenue model, and how you'd land the first 10 creators. Numbered list. Flag the one creators would happily pay for monthly.

20. Products for Parents of Young Kids

You are a family-product designer and a parent yourself. Generate 8 startup ideas for parents of kids aged [AGE, age range]. For each: the daily struggle, the product or service, the price, and the guilt or relief that drives the purchase. Numbered list, one line per field. Rank them by how often the pain shows up.

21. Healthcare Tech Startups

Act as a health-tech founder building admin and access tools, not diagnostic or treatment products, and note where regulation applies. Suggest 7 healthcare tech startup ideas for [LOCATION, setting; e.g. clinics, patients managing chronic conditions]. For each: the friction, the solution, who pays, and the compliance flag to watch. Table. Pick the lowest-regulatory-risk idea to start with.

22. Pet Industry Startups

Act as a pet-industry founder. Suggest 8 startup ideas in the pet space for [TYPE, pet type or owner segment]. For each: the owner's pain, the product or service, the pricing, and the emotional trigger that opens the wallet. Table. Rank by repeat-purchase potential.

BOLD & FUTURE-FACING IDEAS

23. Weird but Genius Business Ideas

You are a lateral-thinking inventor. Give me 8 business ideas in [INDUSTRY] that sound weird at first but have genuine logic behind them. For each: the odd idea, the hidden reason it could work, the customer, and the risk it flops. Numbered list. Rate each on a 1-to-5 "weird" scale and a 1-to-5 "could actually work" scale.

24. Futuristic Startups for 2030+

Act as a foresight strategist. Generate 7 startup ideas built for how [INDUSTRY] will likely work in 2030 and beyond. For each: the future shift it bets on, the offer, the early version you could build today, and the assumption that would sink it. Table. Then flag the one with a testable prototype you could build this year.

25. AR/VR Startup Ideas

Act as an immersive-tech founder. Suggest 7 startup ideas using AR or VR for [INDUSTRY, e.g. retail, training, real estate]. For each: the use case, why AR/VR beats a flat screen here, the customer, and the hardware barrier. Table. Pick the one that works on phones people already own.

26. Ultra-Minimalist Product Startups

You are a product designer obsessed with doing one thing well. Generate 7 ultra-minimalist product ideas for [AUDIENCE], each solving a single problem with almost no features. For each: the one job, the product, the price, and why less wins here. Numbered list. Flag the one with the clearest "does one thing perfectly" story.

27. New Types of Online Marketplaces

Act as a marketplace founder. Invent 7 new online marketplace ideas connecting [CONTEXT, supply side] with [CONTEXT, demand side]. For each: what's traded, who's on each side, how you take a cut, and the classic chicken-and-egg problem to solve first. Table. Then name which side to build first and why.

VALIDATE & LAUNCH

28. Validate a Startup Idea

You are a lean-startup coach. Walk me through validating this idea before I build it: [CONTENT, describe your idea]. Give me a step-by-step validation plan: the riskiest assumption, 3 cheap tests to run this week, the result that would kill the idea, and the result that would greenlight it. Return as a numbered checklist. End with the smallest thing I could sell to prove demand.

29. Build a Business Model Canvas

You are a business strategist. Build a full Business Model Canvas for this idea: [CONTENT, describe your idea]. Fill all nine blocks (value proposition, customer segments, channels, customer relationships, revenue streams, key resources, key activities, key partners, cost structure) with 2-3 specific bullets each. Return one labeled section per block. End by flagging the single weakest block and one way to strengthen it.

30. Find Your Early Adopters

Act as a go-to-market strategist. For this product, [PRODUCT, describe your product], list the 7 most likely early-adopter groups. For each: who they are, why they'd try something unproven, exactly where they gather online or offline, and the message that would hook them. Table. Then pick the single best beachhead group to target first.

31. First-Year Financial Plan

You are a startup finance coach offering educational estimates, not certified accounting advice. Build a simple first-year financial plan for [BUSINESS, business type] with an expected [BUDGET, starting budget]. Include: monthly fixed costs, variable costs, a realistic revenue ramp, and the break-even month. Return as a month-by-month table plus 3 assumptions I should pressure-test. Keep numbers labeled as estimates.

32. A Sharp 30-Second Pitch

Act as a pitch coach. Write a clear 30-second elevator pitch for this startup: [BUSINESS, describe your startup]. Name the customer, the problem, the solution, and what makes it different, in plain spoken English with no buzzwords. Give me 3 versions: one for investors, one for customers, one for a casual party question. Keep each under 60 words.

33. Define MVP Features

You are a product manager who cuts scope ruthlessly. For this idea, [CONTENT, describe your idea], sort features into "must-have for launch", "next", and "someday". The must-have list should be the smallest set that still solves the core problem. Return as three labeled lists. End with the one feature to build first and what it proves.

34. First 90 Days of Launch

Act as a founder-operator. Map the first 90 days of launching [BUSINESS] as a week-by-week plan. For each phase give: the single priority, 2-3 concrete actions, and the one metric that says it's working. Return as a table grouped into 30-day blocks. End with the top 3 mistakes to avoid in month one.

35. Scale Past Your First 100 Customers

Act as a growth operator. My business, [BUSINESS, describe your business], just hit its first 100 customers. Map 5 scaling strategies to reach the next 1,000. For each: the lever, what to systematize or automate first, the likely bottleneck, and one leading indicator to watch. Numbered list. End by naming the one thing to fix before scaling anything.

Marketing & Branding

Plug-and-play prompts for launches, content, branding, ads, and growth, each one built to hand back work you can ship the same day.

CAMPAIGN PLANS & FUNNELS

1. 30-Day Product Launch Plan

You are a product-launch marketer. Build a 30-day marketing plan to launch [PRODUCT] to [AUDIENCE]. Break it into 4 weeks; for each week give the one objective, 3 concrete actions, the main channel, and the metric to hit. Return as a week-by-week table. End with a 3-line launch-day checklist.

2. Viral Referral Campaign

Act as a growth marketer who has run referral programs. Design a referral campaign for [PRODUCT] that makes existing customers invite friends. Include: the reward for both sides, the exact share moment, the message customers send, and the one metric that proves it's spreading. Return as a labeled structure. Then suggest how to cap abuse without killing momentum.

3. The \$100 Launch Plan

Act as a scrappy growth marketer. Build a 4-week plan to launch [PRODUCT] to [AUDIENCE] on a total budget of \$100. For each week give: the one objective, 2-3 concrete actions, exactly where the money goes, and one zero-cost tactic. Return as a week-by-week table, then add a 3-line "if it's working, do this next" note.

4. Community-Building for a Personal Brand

You are a community strategist. Map a 90-day plan to build an engaged community around my personal brand in [NICHE]. Include: the platform to own, the weekly ritual that brings people back, the content that sparks replies, and how I turn followers into members. Return as a month-by-month table. End with the first 3 things to post this week.

5. 5 Guerrilla Marketing Tactics

Act as a guerrilla marketer with more creativity than budget. Give me 5 guerrilla marketing tactics for a local [BUSINESS, business type] in [LOCATION]. For each: the stunt, the exact execution, the cost, and the reaction you're going for. Numbered list. Flag the one most likely to get shared on social.

6. Scarcity-Driven Campaigns

You are a conversion-focused marketer who uses scarcity honestly, never with fake countdowns. Generate 6 scarcity-driven campaign ideas for [PRODUCT]. For each: the real limit (time, stock, or access), the offer, the message, and why it stays believable. Table. Then flag the one that works best for a first-time launch.

7. Growth Playbook for a Service Business

You are a growth marketer for service businesses. Write a growth playbook for [SERVICE, service business] targeting [AUDIENCE, client type]. Cover: the single best acquisition channel, the offer that converts, the referral loop, and the follow-up that lands repeat work. Return as labeled sections with 3 bullets each. End with the first campaign to run this month.

8. 5-Step Coaching Funnel

Act as a funnel strategist. Design a 5-step marketing funnel for a [NICHE, coaching niche] program priced at [PRICE]. For each step (awareness through sale) give: the goal, the content or offer, the platform, and the call to action. Return as a numbered funnel with one line per field. Flag the step where most people drop and how to fix it.

9. Collect 500+ Emails in 30 Days

You are a list-building specialist. Design a campaign to collect 500+ emails in 30 days for [NICHE, brand/niche]. Include: the lead magnet worth opting in for, the landing-page hook, 3 traffic sources, and the welcome email that follows. Return as a labeled plan. Then give me a realistic daily signup target to stay on pace.

CONTENT MARKETING

10. 90-Day Blog Calendar for Ecommerce

You are a content strategist for ecommerce. Build a 90-day blog content calendar for [BRAND, ecommerce brand] selling [PRODUCT, product category]. Give me one post per week: the title, the search intent it targets, the buyer stage, and the product it links to internally. Return as a 12-row table. End with the 3 posts most likely to drive sales.

11. Daily Instagram Content Ideas

Act as a social media manager. Generate 15 Instagram content ideas for [BRAND] in [NICHE], mixing Reels, carousels, and stories. For each: the format, the hook, the caption angle, and the goal (reach, saves, or sales). Return as a table. Then flag the 3 with the highest save potential.

12. TikTok Growth Strategy

You are a TikTok strategist. Build a content strategy to grow [BRAND]'s TikTok following fast in the [NICHE] space. Include: 3 content pillars, the posting cadence, 5 hook styles that stop the scroll, and the first video to test. Return as labeled sections. End with the one signal that predicts a video will take off.

13. Podcast Launch Plan

Act as a podcast launch strategist. Build a marketing plan to launch [NAME, podcast name] about [TOPIC] for [AUDIENCE, target listener]. Cover: the pre-launch trailer plan, the first 3 episodes, how to get the first 100 downloads, and 3 guest-promotion tactics. Return as a labeled plan. End with the launch-week checklist.

14. YouTube SEO Strategy

You are a YouTube growth specialist. Map a YouTube SEO strategy for [PLATFORM, channel] in [NICHE] to grow organic views. Cover: how to find low-competition keywords, the title and thumbnail formula, the description template, and how to structure the first 30 seconds for retention. Return as labeled sections. Then give me 5 sample video titles.

15. LinkedIn Carousel Campaign

Act as a LinkedIn content strategist. Design a carousel campaign to grow engagement for [BRAND, person/brand] in [INDUSTRY]. Give me 7 carousel concepts; for each: the topic, the hook slide, the number of slides, and the takeaway. Return as a table. Flag the one most likely to get reshared.

16. 7 Educational Email Content Types

You are an email marketing strategist. Give me 7 types of educational content to send [AUDIENCE] on my email list for [BRAND]. For each: the content type, a sample subject line, what the reader learns, and the soft call to action. Return as a table. Then order them into a logical 7-email sequence.

17. Content Repurposing Workflow

You are a content ops specialist for solo creators. Build a repurposing workflow that turns one pillar piece into a week of posts across [PLATFORM, platform mix]. Show: the source format, what it becomes on each platform, the tweak needed per platform, and the tool that speeds it up. Return as a flow with labeled steps. End with a realistic weekly time estimate.

BRAND BUILDING

18. Full Brand Style Guide, Fast

You are a brand designer. Build a starter brand style guide for [BRAND] in [INDUSTRY] with this vibe: [TONE, 3 adjectives]. Cover: a color palette with hex codes, 2 font pairings, logo usage rules, and 5 do's and don'ts for tone. Return as labeled sections. Keep it to one page a non-designer could hand off.

19. Brand Archetype Options

Act as a brand strategist. Suggest 3 brand archetype options for [BRAND] serving [AUDIENCE]. For each archetype: the personality, how it sounds, the kind of story it tells, and a sample tagline in that voice. Return as a table. Then recommend one and explain the trade-off of the other two.

20. 3 Tagline Variations

You are a copywriter. Based on this brand mission, [PASTE CONTENT, your mission], write 3 distinct tagline variations: one bold, one warm, one clever. Keep each under 7 words, no clichés, no jargon. Return as a numbered list with a one-line note on the feeling each creates. Then ask me which direction fits before you refine.

21. Brand Voice and Tone Cheat Sheet

Act as a brand voice strategist. Create a voice and tone cheat sheet for [BRAND] speaking to [AUDIENCE]. Include: 3 voice traits, "we sound like / we don't sound like" pairs, 5 on-brand words and 5 to avoid, and one before-and-after rewrite of a sample sentence. Return as a labeled one-pager the whole team could follow.

22. Brand Positioning Statement

Act as a positioning strategist. Write 3 brand positioning statements for [BRAND] using the format "For [audience] who [need], [brand] is the [category] that [key benefit], unlike [alternative]." Fill each with specifics for my brand. Return as a numbered list. Then flag which one carves the sharpest space and why.

23. A Compelling Founder's Story

You are a brand storyteller. Help me write my founder's story for [BRAND]. First ask me 4 questions about why I started, the turning point, who I'm for, and what I stand against. Then draft a 200-word founder story with a clear arc and a human voice, no humblebrag. Return the questions first and wait for my answers.

24. Two-Color Visual Branding System

You are a minimalist brand designer. Design a visual branding system for [BRAND] using only two main colors: [CONTEXT, color 1] and [CONTEXT, color 2]. Cover: how the two colors split across backgrounds, text, and accents; the mood it creates; and 4 usage rules that keep it consistent. Return as labeled sections. Add one line on which color leads and why.

25. Brand Names from Emotion Triggers

Act as a naming strategist. Generate 12 brand name ideas for [PRODUCT, product/business] built around this customer emotion: [CONTEXT, emotion; e.g. safety, excitement, belonging]. For each: the name, the feeling it triggers, and the type (real word, coined, or compound). Return as a table. Flag the 3 easiest to say, spell, and get as a domain.

PAID ADS & CREATIVE

26. Facebook Ad Headlines

You are a direct-response copywriter. Write 10 Facebook ad headlines for [PRODUCT] targeting [AUDIENCE]. Mix angles: benefit, curiosity, problem-callout, and social proof. Keep each under 10 words, scroll-stopping, no clickbait that under-delivers. Return as a numbered list tagged with the angle. Flag the 3 to test first.

27. TikTok Ad Sequence for Digital Products

Act as a TikTok ads strategist. Build a 3-ad sequence to sell [PRODUCT, digital product] to [AUDIENCE]. For each ad: the hook (first 3 seconds), the core message, the visual idea, and the call to action. Return as a numbered sequence. End with what to retarget viewers with after they watch 50%.

28. Google Ad A/B Variations

You are a paid search specialist. Write 4 Google ad copy variations for [OFFER, product/service] targeting the keyword [TOPIC, keyword]. Each needs 3 headlines and 2 descriptions within Google's character limits, testing a different angle. Return a labeled table per variation. Then note the single variable each one tests so results stay clean.

29. 5 Emotional Ad Angles

Act as a direct-response strategist. Write 5 emotional appeal angles for ads selling [PRODUCT] to [AUDIENCE]. For each: the emotion, the story hook, a sample opening line, and the feeling you want at the CTA. Keep it honest, never manipulative. Return as a table. Then rank them by fit for a cold audience.

30. Post-Ad Email Follow-Up

You are an email automation specialist. Design a 4-email automation that follows up with someone who clicked an ad for [PRODUCT] but didn't buy. For each email: the timing, the goal, the subject line, and the one thing it addresses (doubt, proof, offer, or urgency). Return as a numbered sequence. Keep the tone helpful, not pushy.

31. First-Time Customer Discount Offers

Act as an offer strategist. Generate 6 first-time-customer discount offers for [BUSINESS] that attract buyers without gutting margin. For each: the offer, the hook, the condition that protects profit, and the channel to promote it. Return as a table. Flag the one with the best repeat-purchase potential.

32. 5 Call-to-Action Ideas for Paid Ads

You are a conversion copywriter. Write 5 call-to-action ideas for paid ads promoting [PRODUCT, product/offer]. For each: the CTA text, the psychology behind it, and the funnel stage it fits. Keep them specific, no generic "learn more" filler. Return as a numbered list. Then flag which two suit a cold audience versus a warm one.

33. 3 Retargeting Sequences by Engagement

Act as a paid social strategist. Build 3 Facebook retargeting sequences for [OFFER], segmented by engagement level: watched a video, visited the site, engaged with the page. For each sequence: the audience, the 2-ad flow, the message shift, and the offer. Return as labeled sections. End with the sequence that usually delivers the cheapest conversion.

34. Micro-Influencer Outreach

You are an influencer marketing strategist. Build a micro-influencer outreach plan for [BUSINESS, startup] in [NICHE]. Cover: how to find the right 20 micro-influencers, the outreach DM template, the collaboration offer, and how to measure ROI without a big budget. Return as labeled sections. End with a red flag that signals an influencer isn't worth it.

35. Co-Branded Campaign

Act as a partnerships strategist. Map a co-branded marketing campaign between [BRAND] and a complementary brand in [CONTEXT, adjacent space]. Cover: the shared audience, the joint offer, who does what, and how you split results fairly. Return as a labeled plan. Then suggest 3 types of partner brands to approach.

36. Affiliate System for Digital Products

Act as an affiliate marketing strategist. Design an affiliate program for [PRODUCT, digital product] priced at [PRICE]. Cover: the commission structure, who your ideal affiliates are, the assets you give them, and how you track and pay. Return as labeled sections. Flag the single biggest reason affiliate programs stall and how to avoid it.

37. Pre-Sell a Product Before Launch

You are a launch strategist. Give me a plan to pre-sell [PRODUCT] before it's built, to prove demand and fund production. Cover: the offer, the honest pre-sale pitch, the risk-reducer for early buyers, and the exact page or DM script to sell it. Return as a labeled plan. End with the minimum number of pre-sales that means "go".

38. Testimonial Collection and Promotion System

Act as a social-proof strategist. Build a system to collect and promote customer testimonials for [BUSINESS]. Cover: the best moment to ask, the 3 questions that get specific quotes, how to get permission, and 5 places to reuse each testimonial. Return as a labeled workflow. Add a short request template I can send today.

39. Nurture Sequence That Drives Upsells

You are an email lifecycle strategist. Write a 5-email nurture sequence for [BRAND] that builds trust and leads existing customers to [PRODUCT, upsell product]. For each email: the goal, the value it gives first, the subject line, and the soft upsell. Return as a numbered sequence. Keep the value-to-pitch ratio heavily on value.

40. Loyalty Program That Drives Referrals

Act as a retention strategist. Design a customer loyalty program for [BUSINESS] that also turns members into referrers. Cover: how members earn and redeem rewards, the referral bonus baked in, the tier that creates status, and the metric that proves it's working. Return as a labeled plan. End with one way to launch it without expensive software.

Customer Acquisition & Retention

Thirty-five paste-ready prompts to find customers, warm them up, close the sale, and keep them coming back.

FIRST CUSTOMERS & LEAD GENERATION

1. First 100 Customers, 5 Routes

You are a scrappy go-to-market advisor. Give me 5 concrete ways to land the first 100 customers for [BUSINESS, business type] selling to [AUDIENCE, target customer]. For each route: the exact first action to take this week, roughly how many of the 100 it could realistically bring, and why it fits a business with no audience yet. Rank them from fastest to slowest payoff and end by telling me which one to start today.

2. Cold Outreach That Gets Replies

Act as a B2B outreach copywriter. Write 3 cold outreach messages (one email, one LinkedIn DM, one follow-up) for [SERVICE, service business] targeting [AUDIENCE, ideal client]. Each opens with a specific observation about the prospect, names one problem I solve, and ends with a low-friction ask. Keep every message under 90 words, plain and human, no "I hope this email finds you well". Then note the single variable I must personalize per prospect.

3. The Irresistible Opt-In

You are a direct-response marketer. Design an email opt-in offer for [NICHE] that [AUDIENCE] would trade their address for. Give me the offer concept, 3 headline options, the one promise it makes, and the 2-line description for the signup box. Make the value deliverable in under 10 minutes of the reader's time, and explain in one line why this beats a generic "subscribe to my newsletter".

4. Zero-to-First-Sale Social Plan

Act as an organic social strategist. Build a 30-day plan to win the first paying customers for [BUSINESS] on [PLATFORM], starting from zero followers. Give me the content angle for each week, 3 post types that drive DMs over vanity likes, a daily engagement routine under 20 minutes, and the exact call to action that moves a viewer into a conversation. Return it as a week-by-week table.

5. 10 Lead Magnets Worth Downloading

You are a lead-generation strategist. Give me 10 lead magnet ideas for [NICHE] aimed at [AUDIENCE], each solving one urgent, narrow problem. Format as a table: magnet name, format (checklist, template, mini-guide, calculator), the pain it removes, and how fast someone can consume it. Favor ideas I can build in a day, and star the 2 with the highest perceived value.

6. The 7-Day Lead-Building Challenge

Act as a challenge-funnel designer. Map a free 7-day challenge that attracts [AUDIENCE] and warms them toward [OFFER]. For each day give the theme, the one small win the participant gets, the daily action, and the prompt that nudges sharing. Add a short daily email teaser and finish with how day 7 transitions naturally into a pitch without feeling pushy.

7. Word-of-Mouth on Purpose

You are a referral marketing consultant. Build a referral plan for [BUSINESS] that motivates happy customers to bring in people like them. Include the reward for both sides, the exact moment to make the ask, the wording of the ask, and 2 low-cost incentive options. Lay it out as steps, then flag the one metric I should watch to know it's working.

8. Partner Your Way to Growth

Act as a partnerships strategist. Suggest 7 types of partners who already reach [AUDIENCE] and could send customers to [BUSINESS]. For each: what they get from the deal, a simple collaboration format (bundle, cross-promo, referral fee, co-hosted event), and a one-line pitch I could send them. End with the first partner type to approach and why.

LEAD NURTURE & FOLLOW-UP

9. 5-Email Welcome Series

You are an email marketing copywriter. Write a 5-email welcome series for new subscribers of [BUSINESS] who just grabbed [CONTEXT, lead magnet]. For each email give the goal, subject line, a one-line summary of the body, and the call to action, moving from welcome to story to value to soft pitch. Keep a warm, personal tone and space them across the first 8 days, and mark where I insert my offer.

10. 90-Day Nurture Map

Act as a lifecycle marketing strategist. Design a 3-month nurture sequence for leads of [BUSINESS] who aren't ready to buy yet. Give me a month-by-month plan: the theme, how often to contact them, the mix of value vs offer content, and the trust-building goal for each month. Present it as a table and end with the buying signals that tell me a lead has warmed up.

11. Automated Warm-Lead Check-Ins

You are a marketing automation specialist. Design an automated check-in flow for warm leads of [BUSINESS] who engaged but didn't convert. Give me the trigger, 4 check-in messages spaced over 3 weeks, and the personalization token that makes each feel human. For every message state the intent and CTA, and explain in one line how to exit someone from the flow once they reply or buy.

12. Wake-Up-the-Ghosts Sequence

Act as a retention copywriter. Write a 3-email re-engagement sequence for subscribers of [BUSINESS] who haven't opened anything in 90 days. Email 1 pattern-breaks with curiosity, email 2 delivers a genuine gift, email 3 asks plainly if they want to stay. Give subject lines and body summaries, keep the tone light not desperate, and end with the rule for who to remove afterward.

13. Webinar-to-Customer Funnel

Act as a webinar funnel architect. Map a webinar funnel that converts [AUDIENCE] into buyers of [OFFER]. Cover the registration hook, 3 reminder emails, the webinar's teaching-to-pitch ratio, the offer reveal, and a 2-email follow-up for no-shows and non-buyers. Lay it out as funnel stages with the goal of each, and note the single slide that makes or breaks the pitch.

14. Educational Onboarding Series

Act as a customer onboarding designer. Build an educational onboarding series for new customers of [PRODUCT] so they reach their first win fast. Give me 5 lessons: the title, the outcome, the format, and the "aha" moment each should create. Sequence them over the first 2 weeks and end with the message that turns a satisfied new user into a repeat buyer or referrer.

CONVERSION & SALES FUNNELS

15. Landing Page A/B Test Bank

You are a conversion rate optimization specialist. Give me 12 A/B test ideas for the landing page of [OFFER] selling to [AUDIENCE]. For each: the element to test, the two variants, and the hypothesis for why one might win. Group them by headline, offer, proof, and CTA, and rank the top 3 by likely impact. End with the one metric each test should move.

16. Checkout Copy That Converts

Act as a direct-response copywriter. Write checkout page copy for [PRODUCT] priced at [PRICE] that reduces last-second hesitation. Give me the headline, a 2-line value reminder, 3 trust boosters (guarantee, security, social proof), a friction-killing FAQ of 3 questions, and the button text. Keep it tight and reassuring, and note where to place the guarantee for maximum effect.

17. Limited-Time Offer Funnel

You are a launch strategist. Map a limited-time offer funnel for [OFFER] running over [NUMBER] days. Cover the announcement, the daily emails, the urgency mechanics that stay honest, the mid-point reminder, and the closing sequence on the final day. Present it as a day-by-day timeline with each message's angle, and flag the two moments most sales actually happen.

18. Honest Scarcity Tactics

Act as an ethical persuasion strategist. Give me 8 scarcity and urgency tactics for [OFFER] that are genuinely true, never fake countdowns. For each: how it works, the real constraint it's based on (stock, time, capacity, bonus), and the wording to communicate it. Add a short "don't do this" list of manipulative versions to avoid, so the pressure stays fair to the buyer.

19. Post-Purchase Upsell Play

You are an e-commerce monetization strategist. Design 5 upsell offers to present right after someone buys [PRODUCT]. For each: what to offer, why it's relevant to that buyer, the ideal price relative to the first purchase, and the one-line pitch. Order them by likelihood to convert, and note the timing (instant one-click vs follow-up email) that fits each.

20. Frictionless Purchase Flow

Act as a UX and conversion consultant. Design a low-friction purchase flow for [PRODUCT] that gets a buyer from decision to done in as few steps as possible. List each screen, the only fields to ask for, what to remove, and where to reassure. Keep it to the minimum viable steps, and end with 3 friction points that quietly kill conversions and how to fix each.

21. Abandoned Cart Rescue

You are an e-commerce email copywriter. Write a 3-email abandoned cart sequence for [BUSINESS, store] selling [PRODUCT]. Email 1 (1 hour later) reminds and reassures, email 2 (24 hours) handles the top objection, email 3 (48 hours) adds a gentle incentive. Give subject lines, body summaries, and CTAs, and tell me whether the discount belongs in email 3 or should be held back.

22. Retargeting Ad Angles

Act as a paid social strategist. Give me 8 retargeting ad ideas for people who visited [OFFER] but didn't buy. For each: the audience segment (viewed page, added to cart, watched video), the ad angle, the hook line, and the CTA. Match the message to how warm each segment is, and mark the 2 angles to launch first on a small budget.

23. Bundles That Lift Order Value

Act as a pricing and merchandising strategist. Design 4 product bundles for [BUSINESS, store] built to raise average order value. For each: what goes in it, the theme or use case that makes it make sense, the pricing logic (anchor and perceived saving), and the one-line pitch. Show how to display the "you save X" message, and recommend which bundle to feature at checkout.

RETENTION & LOYALTY

24. Loyalty Program Blueprint

You are a customer loyalty strategist. Design a loyalty rewards program for [BUSINESS] that keeps [AUDIENCE, customer type] coming back. Cover how points or tiers are earned, 4 rewards worth chasing, the entry perk that hooks people early, and how to keep the running cost sane. Present tiers as a table, and end with the one behavior the program should reward above all.

25. Quarterly Check-In System

Act as an account management strategist. Build a quarterly check-in system for customers of [BUSINESS] to deepen the relationship and catch churn early. For each quarter give the goal, the format (email, call, survey), the questions to ask, and the value to leave behind. Present it as a 4-quarter table, and flag the warning signs in a check-in that mean a customer is about to leave.

26. Renewal Incentive Plan

You are a subscription retention strategist. Create a renewal incentive plan for [PRODUCT, subscription product] to lift the number of members who renew. Map the 30 days before renewal: the reminder cadence, the value recap, 3 incentive options for fence-sitters, and the message for those who already got value. Lay it out as a timeline, and note the top reason people cancel and how to address it early.

27. Surprise & Delight for VIPs

Act as a customer experience designer. Design a surprise-and-delight strategy for the top [NUMBER] VIP customers of [BUSINESS]. Give me 6 unexpected gestures at different price points, the moment to trigger each, and why it would feel personal rather than transactional. Include one that costs nothing but attention, and end with how to track which gestures earn the most loyalty or referrals.

28. Automated Feedback Loop

Act as a customer insights strategist. Design an automated feedback survey flow for [BUSINESS] triggered after [CONTEXT, key moment; e.g. purchase or 30 days in]. Give me the trigger, 5 questions that get honest answers (mix of rating and open), the ideal timing, and how to close the loop with people who respond. Keep the survey under 2 minutes, and note which single question predicts loyalty best.

29. Win-Back Campaign

Act as a retention strategist. Build a win-back campaign for customers of [BUSINESS] who stopped buying [NUMBER] months ago. Give me a 4-touch sequence: acknowledge the gap, remind them what they're missing, handle the likely reason they left, and make a compelling reason to return. Include channel, message angle, and CTA for each, and tell me when to stop chasing and let a customer go.

COMMUNITY & ADVOCACY

30. Customer Facebook Group Plan

You are a community strategist. Map out a private Facebook group for customers of [BUSINESS] that stays active and valuable. Cover the group's one clear purpose, the welcome flow for new members, a weekly posting rhythm, 5 engagement post types, and the rules that keep it useful. Present the first-30-days plan, and name the single metric that shows the group is actually building loyalty.

31. Gamification Playbook

You are a gamification designer. Give me 8 gamification ideas to keep customers of [PRODUCT] engaged over time. For each: the mechanic (streak, badge, level, leaderboard, unlock), the behavior it rewards, and how it ties back to real value not empty points. Rank by ease of implementation, and warn me about the 2 mechanics that can backfire or feel manipulative.

32. UGC Campaign Blueprint

Act as a content marketing strategist. Design a customer-generated content campaign for [BRAND] that gets buyers posting about [PRODUCT]. Give me the campaign concept, the hashtag, the exact prompt or challenge for customers, the incentive to participate, and how to feature their posts. Map the first 4 weeks, and note the one thing that makes people want to share rather than feel like unpaid labor.

33. Testimonials on Tap

Act as a social proof strategist. Give me a system to get customers of [BUSINESS] to post testimonials, with incentives that make it easy. Include the best moment to ask, 3 ask templates (email, DM, in-person), an incentive that stays ethical, and the exact 3 questions that produce a specific, believable testimonial instead of "great service". End with how to repurpose one testimonial across channels.

34. Celebrate Their Milestones

You are a customer experience strategist. Give me 10 ways [BUSINESS] can celebrate customer milestones (first purchase, 100th order, one year, a personal goal reached with the product). For each: the milestone, the gesture, the channel, and the feeling it should create. Mark which can be automated and which deserve a human touch, and suggest one that doubles as marketing.

35. Co-Creation With Superfans

Act as a product and community strategist. Design a co-creation project that invites the most loyal customers of [BUSINESS] to help shape [PRODUCT, product or decision; e.g. next flavor, feature, design]. Give me how to select participants, the format for gathering input, how to keep them engaged through the process, and how to credit them at launch. Lay out the phases, and note the risk to manage when you ask customers to co-create.

Resume & CV Building

Twenty-two paste-ready prompts to build, tailor, and polish a resume that gets past the bots and the recruiter.

BUILD & REWRITE

1. Entry-Level Resume From Scratch

You are a professional resume writer. Build a clean entry-level resume for someone applying to [JOB TITLE] with [CONTEXT, degree or certification] and limited work history. First ask me for my education, any jobs or internships, skills, and one project. Then produce the full resume: header, a 2-line summary, skills, experience with action-led bullets, and education, all on one page. Frame coursework and projects as real accomplishments to fill thin experience.

2. Modernize an Old Resume

Act as a resume modernization expert. Take the resume I paste below and rewrite it into a current, clean format. Cut dated elements (objective statement, "references available", full home address), tighten every bullet to lead with a strong verb and a result, and reorder sections for today's recruiters. Return the rewritten resume plus a short list of exactly what you changed and why. Here is my resume: [PASTE CONTENT, resume].

3. Three Bullets That Sell a Role

You are a resume writer who specializes in impact bullets. Write the 3 strongest bullet points that capture my time as [JOB TITLE] at [COMPANY]. Each must start with an action verb, show a specific result or number, and avoid duty-speak like "responsible for". Ask me for one metric per bullet if I haven't given you one. Here's what I did in the role: [ROLE, describe role].

4. Remote-Ready Resume

You are a remote hiring specialist. Restructure my resume to appeal to employers hiring for remote [JOB TITLE] roles. Surface remote-relevant proof: self-management, async communication, tools like [CONTEXT, tools], and any prior remote or distributed work. Tell me which section to add, which bullets to rewrite, and the one line to put near the top that signals I can thrive without an office. Here is my resume: [PASTE CONTENT, resume].

5. Transferable Skills Spotlight

Act as a career pivot strategist. I'm moving from [INDUSTRY, current industry] to [INDUSTRY, target industry] as a [JOB TITLE]. Identify my most relevant transferable skills, then write a skills section and 4 reframed experience bullets that translate my past work into language the new industry values. Explain each translation in one line so I understand the bridge. Here's my background: [EXPERIENCE, describe experience].

6. Recruiter-Grabbing Headline

Act as a personal branding expert. Write 5 resume headline options for a [JOB TITLE] with [TIME, years] years in [INDUSTRY]. Each should be one line under the name, pack in a specialty and a signal of level or results, and read sharper than a generic title. Range them from safe-corporate to bold, and tell me which fits an ATS-heavy application versus a human-first one.

7. Match the Job Description

You are an ATS and hiring expert. Compare my resume to the job description I paste and tailor it to match. Pull the key skills and phrases from the posting, show which my resume already covers, and rewrite 5 bullets to mirror what they're asking for, without keyword-stuffing or lying. Return the tailored bullets plus a gap list of anything I should address. Resume: [PASTE CONTENT]. Job description: [PASTE CONTENT].

8. Startup-Ready Resume

Act as a startup recruiter. Rewrite my resume to appeal to early-stage tech startups hiring for [ROLE]. Emphasize range, ownership, speed, and impact over formal titles, and cut corporate padding. Show scrappy wins, side projects, and anything that proves I can operate without a big team. Give me the reworked summary and top 5 bullets, and note the one trait startups screen for that I should make obvious.

9. Corporate-Polished Resume

You are a corporate recruiter. Format my resume for a structured [JOB TITLE] role at a large company. Use a clean, conservative layout, professional language, clear progression, and bullets that show reliability and measurable results. Give me the section order, a formal 3-line summary, and 5 refined bullets. Flag anything too casual for a corporate reviewer, and keep it ATS-safe.

10. Creative Marketing Resume

Act as a creative director reviewing marketing talent. Rewrite my resume for a [ROLE, marketing role] so it shows voice and results without gimmicks. Punch up the summary with personality, turn campaigns into outcome-driven bullets (reach, engagement, revenue), and add a "selected work" line pointing to a portfolio. Keep it skimmable and confident, and suggest one tasteful design touch that won't break an ATS. Here's my background: [PASTE CONTENT].

11. Government-Application Resume

You are a public-sector resume specialist. Reformat my resume for a [ROLE, government role] application, where detail and keywords matter more than brevity. Expand bullets to include scope, dates, hours, and specifics, mirror the posting's required qualifications explicitly, and keep formatting plain. Tell me which sections government reviewers weight most, and what to add that a private-sector resume usually omits. Resume: [PASTE CONTENT].

12. Freelance Work, Resume-Ready

You are a resume writer for independent professionals. Turn my freelance career into a coherent resume for [JOB TITLE]. Present freelancing as one professional entry with a title, then organize clients and projects into result-driven bullets that show range and reliability. Handle the "many short gigs" concern, and suggest how to show revenue, client retention, or repeat business as proof. Here's my freelance history: [CONTEXT, describe].

13. Leadership-Forward Resume

Act as an executive resume writer. Rewrite my resume to foreground leadership for a [ROLE, senior role]. Shift bullets from what I did to what I led: teams sized, decisions owned, outcomes driven, people developed. Give me a leadership-oriented summary and 6 bullets using strong command verbs and scale, and flag anywhere I'm still writing like an individual contributor. Here's my experience: [PASTE CONTENT].

14. International-Ready Resume

You are an international careers advisor. Adapt my resume for job applications in [LOCATION, target country]. Adjust to local norms (length, whether to include a photo or personal details, date and spelling conventions, CV vs resume), simplify culture-specific jargon, and clarify anything a foreign recruiter might not recognize. Give me the adjusted structure, a note on each local convention, and what to leave off entirely. Resume: [PASTE CONTENT].

15. Soft Skills, Shown Not Told

Act as a resume writer. Rework my resume for [JOB TITLE] to convey soft skills like communication, adaptability, and collaboration through evidence, not adjectives. Replace claims like "great team player" with bullets that prove it via a situation and result. Give me 5 rewritten bullets, each demonstrating one soft skill, and the one line for my summary that frames my working style. Here's my experience: [PASTE CONTENT].

16. Beat the ATS

You are an ATS optimization specialist. Audit my resume against the job description I paste and make it pass automated screening. Check for missing keywords, risky formatting (tables, columns, graphics, headers), and unclear section titles, then give me a prioritized fix list and the exact keywords to weave in naturally. Rate its current ATS-friendliness out of 10 and tell me what moves the score. Resume: [PASTE CONTENT]. Job: [PASTE CONTENT].

17. Power Verb Bank

You are a resume language expert. Give me a categorized bank of strong action verbs for a [JOB TITLE] resume, grouped by what they convey: leadership, results, building, analysis, communication, and improvement. Under each group list 8 verbs, then take 3 weak bullets I paste and rewrite them using better verbs. Avoid overused ones like "responsible for" and "helped". My bullets: [PASTE CONTENT].

18. Professional Summary That Fits

Act as a resume writer. Write a tailored professional summary for a [JOB TITLE] with [TIME, years] years in [INDUSTRY] targeting [JOB TITLE]. Keep it to 3 sentences: who I am professionally, my strongest proof point with a number, and what I'm aiming to do next. Give me 3 variations in different tones (confident, measured, specialist), and tell me which opening line works hardest. Background: [PASTE CONTENT].

19. From Duties to Achievements

You are a resume results coach. Convert my duty-based experience into an achievements-based section for [JOB TITLE]. For each responsibility I list, reframe it around the outcome, the value delivered, or the problem solved, and add a metric where one fits. Return a before-and-after for each so I see the shift, and flag any duty that isn't worth keeping. My duties: [CONTENT, list].

20. Trim Without Losing Impact

Act as a resume editor. Cut my resume down to [CONTEXT, one or two] page(s) without dropping what matters. Identify redundant bullets, low-value roles to compress, and filler words to delete, while protecting my strongest achievements and keywords. Return the trimmed resume plus a short list of what you cut and the reasoning. Prioritize recent and relevant over old and generic. Here's my resume: [PASTE CONTENT].

21. Confident-Tone Rewrite

Act as a resume writer with an eye for tone. Rewrite the resume sections I paste to sound confident and self-assured without tipping into arrogance. Remove hedging words (helped, assisted, tried, some), lead with ownership, and let results speak. Return the rewritten section next to a one-line note on what shifted the tone. Keep every claim truthful. Here's the section: [PASTE CONTENT].

22. Minimalist Modern Template

Act as a resume designer. Give me a minimalist resume template for a modern [JOB TITLE] role: the section order, spacing and margin guidance, one accent choice, and a font pairing that stays ATS-safe. Show the layout in a clear text wireframe I can rebuild in any editor, explain what to leave out to keep it clean, and note how to make it scannable in a 6-second recruiter glance.

LinkedIn Optimization

Make your profile, your outreach, and your posts actually pull in the opportunities you want.

PROFILE & POSITIONING

1. Headline That Gets Clicks

You are a LinkedIn branding expert. Write me 5 headline options (220 characters max each) for a [JOB TITLE, job title / role] targeting [INDUSTRY, industry or dream role]. Each should pair what I do with the value I create or the outcome I drive, not just my job title, and work in the keywords a recruiter would search. Return them as a numbered list, ranked from boldest to safest, and mark the one you'd bet on.

2. About Section That Reads Like You

You are a personal-brand copywriter. Draft a first-person LinkedIn "About" summary for a [JOB TITLE] with [TIME, x years] of experience in [INDUSTRY], aimed at [AUDIENCE, e.g. hiring managers or clients]. Open with a hook line, then two short paragraphs on what I do and the results I've driven, and close with a clear call to action. Keep it under 200 words, warm and human, no corporate buzzwords. First ask me for two or three real wins to include.

3. Profile Rewrite Aimed at One Job

You are a career coach who reverse-engineers job descriptions. I'll paste my current LinkedIn headline, About, and experience, plus the description of [JOB TITLE].

Rewrite my headline and About so they mirror the language and priorities of that posting without inventing anything about my background. Show the before and after side by side, and list the top 5 keywords from the posting I should weave in. Ask me to paste both before you start.

4. Remote-Ready Profile Tune-Up

You are a remote-hiring specialist. Audit how well my LinkedIn profile signals that I can thrive in remote roles as a [JOB TITLE]. Tell me exactly what to add to my headline, About, and skills to show async communication, self-management, and distributed-team experience. Give me 5 concrete edits as a checklist, each with a one-line example I can adapt. First ask me what my remote experience looks like so far.

5. Keyword-Loaded Bio That Ranks

You are a LinkedIn SEO specialist. For the role [JOB TITLE, target job title] in [INDUSTRY], give me the 15 keywords and phrases recruiters most likely search for, then write a 3-sentence bio that works those terms in naturally. It has to still read like a human wrote it, not a keyword dump. Return the keyword list first, then the bio, then tell me where else on my profile to place the top 5 terms.

6. Profile Audit for Blind Spots

You are a blunt LinkedIn profile auditor. I'll paste my full profile text. Score it out of 10 on headline, About, experience, skills, and overall keyword strength, then list the 7 most common mistakes I'm making with a specific fix for each. Order the fixes from highest to lowest impact on recruiter visibility, and end with the one change to make first. Ask me to paste my profile before scoring.

7. Skills Section That Stands Out

You are a LinkedIn optimization coach. For my role as [JOB TITLE] targeting [INDUSTRY, target role / industry], tell me the 15 skills to list and the exact order to rank the top 3 pinned ones for the best recruiter match. Split them into hard skills, tools, and human skills, and flag which 5 I should ask connections to endorse first. Return it as a clean grouped list. Ask me which skills I already have before finalizing.

8. Feature Your Certifications and Awards

You are a personal-branding strategist. I have these certifications and awards: [CONTENT, list them]. Show me the best way to feature them across my LinkedIn (Licenses & Certifications, Featured, About, headline) so they actually get noticed for a [JOB TITLE]. For each, tell me where to place it and give a one-line caption that frames why it matters to an employer. Rank them by how impressive they'll read to a recruiter.

CONNECTION & OUTREACH MESSAGES

9. Cold Connection Request That Gets Accepted

You are an outreach copywriter. Write a cold LinkedIn connection request (300 characters max) from me, a [ROLE, my role], to [ROLE, target person's role] at [COMPANY, company / industry]. Reference something specific about them or their work, say why I'm reaching out in one line, and keep it low-pressure with zero pitch. Give me 3 variations at different warmth levels. First ask me what specifically caught my eye about this person.

10. Follow-Up After They Connect

You are a relationship-first networker. Write a follow-up message to send right after [NAME], a [ROLE, their role], accepts my connection. Thank them briefly, mention the one thing we have in common ([INTEREST, shared interest / group / event]), and ask an easy open question to start a real conversation. No selling. Keep it under 80 words and give me two tones: casual and professional.

11. 7-Day Networking Plan

You are a LinkedIn growth coach. Build me a 7-day networking plan to grow my presence in [NICHE, industry / niche] as a [JOB TITLE], spending 20 minutes a day. For each day give one focused action (who to connect with, what to comment on, what to post or send) and the goal behind it. Return it as a day-by-day table with columns Day, Action, Why, Time. End with one metric to track for the week.

12. Outreach to a Potential Mentor

You are a mentorship-outreach coach. Draft a message to [ROLE, mentor's name / role], someone I admire in [INDUSTRY], asking to learn from them without sounding needy or vague. Lead with genuine specifics about their work, make one small clear ask (a 15-minute call or a single question), and make it easy to say yes. Keep it under 120 words. Give me 2 versions and tell me which tends to get better replies and why.

13. Collaboration Invite

You are a partnerships copywriter. Write a LinkedIn message inviting [AUDIENCE, person / role] to collaborate on [PROJECT, project / content / event]. Explain the mutual benefit in one crisp line, propose a concrete first step, and leave the door open if the timing's off. Under 100 words, confident but not pushy. First ask me what's in it for them, then write it.

14. "Open to Work" Announcement Post

You are a personal-brand storyteller. Write a LinkedIn post announcing that I'm open to new opportunities as a [JOB TITLE] in [INDUSTRY, industry / location or remote]. Open with a human line, not "I'm excited to announce", then say what I'm great at and the kind of role or team I'm after, and end asking my network for intros or leads. 120 to 180 words, confident and warm. Add 3 relevant hashtags.

15. Reply Script for Inbound Recruiters

You are a career negotiation coach. Write me a reusable reply script for when a recruiter messages me about a role. It should sound interested but not desperate, ask the 4 questions I most need answered (role scope, compensation range, remote policy, timeline), and keep me in control of next steps. Give me one warm "tell me more" version and one "I'm happy where I am, but I'm listening" version, each under 120 words.

CONTENT & VISIBILITY

16. 10 Post Ideas to Get Seen

You are a LinkedIn content strategist. Give me 10 post ideas for a [JOB TITLE] in [INDUSTRY] who wants to attract [AUDIENCE]. Mix formats: a contrarian take, a personal story, a how-to, a lessons-learned, a quick tip. For each, give the hook line (first sentence) and the angle in one line. Return it as a numbered list and mark the 2 most likely to spark comments.

17. Personal Brand Content Strategy

You are a personal-branding strategist. Build me a simple LinkedIn content strategy to become known for [SKILL, topic / expertise] as a [JOB TITLE]. Define 3 content pillars I can post about forever, my target reader, the outcome I want (leads, job offers, authority), and a weekly posting rhythm I can actually keep. Return it as a one-page plan with clear sections. First ask me what I want to be known for.

18. 30-Day Posting Calendar

You are a LinkedIn content planner. Build me a 30-day posting calendar for a [JOB TITLE] posting [TIME, x times per week] about [TOPIC]. For each planned day give the day slot, the content pillar, the format (text, carousel, poll, story), and a specific post idea with a hook. Return it as a table I can drop into a spreadsheet. Balance the pillars across the month so it never feels repetitive.

19. Daily Comment Engagement Routine

You are a LinkedIn growth coach. Design me a 15-minute daily commenting routine to grow visibility as a [JOB TITLE] in [NICHE]. Tell me whose posts to comment on, how many, what kind of comment actually gets noticed (versus "great post"), and how to turn a comment into a connection. Give it to me as a repeatable checklist with a simple weekly target, plus 3 example comments I can adapt.

20. Poll That Drives Profile Views

You are a LinkedIn engagement strategist. Give me 5 poll ideas for a [JOB TITLE] in [INDUSTRY] designed to spark opinions and pull people toward my profile. For each, give the question, the three or four answer options, and a one-line comment I can pin to keep the conversation going. Make the questions genuinely debatable, not obvious. Mark the one most likely to pass 100 votes.

21. New Job or Promotion Announcement

You are a personal-brand copywriter. Write a LinkedIn post announcing my [JOB TITLE, new job / promotion / milestone] at [COMPANY]. Skip the tired "thrilled to announce" opener; start with something human, share a quick line on the journey, thank the people who mattered, and look forward. 100 to 160 words, warm and genuine. Give me 3 opening lines to choose from and 3 hashtags.

22. Career-Story Post That Connects

You are a storytelling coach for LinkedIn. Help me write a post about a turning point or lesson from my career in [INDUSTRY]. Use a simple arc: the moment, the struggle, what I learned, why it matters to the reader. First ask me for the raw story in a few bullet points, then shape it into a 150 to 200 word post with a strong first line and a question that invites others to share. Keep it real, no motivational-poster tone.

Interview Practice

Prep every answer, every round, and every follow-up so you walk in calm and leave memorable.

FOUNDATIONAL ANSWERS & PREP

1. Smart Questions to Ask Them

You are an interview strategist. Give me 5 sharp questions to ask at the end of an interview for a [JOB TITLE] role at [COMPANY, company / industry]. They should make me look thoughtful and help me judge if the role is right, covering the team, what success looks like, and growth. Avoid anything I could Google in 5 seconds. For each question add one line on what a good answer would tell me.

2. "Tell Me About Yourself" Bullets

You are an interview coach. Turn my background into a tight "Tell me about yourself" answer for a [JOB TITLE] role. Give me five or six bullet points following present, past, future: what I do now, relevant past wins, and why this role fits next. First ask me for my current role and 2 achievements, then keep each bullet to one spoken sentence. Add a one-line note on how to open so it doesn't sound like a résumé readout.

3. Strength Answer With a Story

You are an interview coach. Help me answer "What's your greatest strength?" for a [JOB TITLE] role. First ask me to pick one real strength, then wrap it in a 45-second story: the situation, what I did, and the concrete result it produced. Tie the strength directly to what this role needs. First person, specific numbers where possible, no bragging tone.

4. Weakness Answer That Lands

You are an interview coach. Help me answer "What's your biggest weakness?" for a [JOB TITLE] role. First ask me for one genuine weakness, then reshape it into a 45-second spoken answer: name it plainly, show the concrete steps I'm taking, and end on the progress I've made. First person, honest, no clichés like "I'm a perfectionist" or "I work too hard".

5. Interview Mistakes Cheat Sheet

You are a veteran interviewer. Build me a one-page cheat sheet of the 12 most common interview mistakes candidates make for a [JOB TITLE] role, from body language to rambling answers to weak questions. For each, give the mistake in a few words and the fix in one line. Group them into before, during, and after the interview, in a table I can skim the morning of.

6. Research a Company Fast

You are an interview-prep researcher. Give me a focused checklist to research [COMPANY] before my interview for a [JOB TITLE] role. Cover what to find (mission, recent news, products, competitors, the interviewer if named) and where to look, plus how to turn each finding into a talking point or smart question. Return it as a checklist with a "so what" note beside each item. Cap it at what I can do in 45 minutes.

7. One-Page Prep Checklist

You are an interview coach. Build me a one-page prep checklist for a [JOB TITLE] interview happening on [DATE]. Cover the day before, the morning of, and the final 10 minutes before I join, including logistics, documents, stories to have ready, and mindset. Keep it scannable as checkboxes grouped by phase. End with the single thing to do right before I walk in or click join.

THE TOUGH QUESTIONS

8. "Why This Job?" in 3 Flavors

You are an interview coach. Craft 3 different answers to "Why do you want this job?" for a [JOB TITLE] role at [COMPANY]. Version one leads with the mission, version two with the work itself, version three with growth and fit. First ask me what genuinely draws me to this role, then keep each answer to 30 to 40 spoken seconds and specific to this company, not generic. Tell me which suits a startup versus a corporate.

9. STAR Answer for a Hard Situation

You are an interview coach who teaches the STAR method. Help me build a STAR answer (Situation, Task, Action, Result) to "Describe a difficult situation and how you handled it" for a [JOB TITLE] role. First ask me for a real situation, then structure it with a clear result and, ideally, a number. Keep the whole thing under 90 spoken seconds and label each STAR part so I learn the shape. Trim any detail that doesn't move the story.

10. "Where in 5 Years?" 5 Ways

You are a career coach. Give me 5 ways to answer "Where do you see yourself in 5 years?" for a [JOB TITLE] role, each showing ambition without threatening to outgrow the job in a year. Range from growth-within-the-company to skill-mastery to leadership. For each, give one example answer in 2 sentences plus a note on when it's the safest choice. Keep them honest, not robotic.

11. "Why Hire You?" 3 Angles

You are an interview coach. Give me 3 angles to answer "Why should we hire you?" for a [JOB TITLE] role: one built on my results, one on my rare skill combination, one on my fit with the team and mission. First ask me for my top achievements and strengths, then write each as a 30-second spoken answer that sounds confident, not arrogant. Mark which angle is strongest for this role and why.

12. "Tell Me About a Failure"

You are an interview coach. Help me answer "Tell me about a time you failed" for a [JOB TITLE] role without torpedoing myself. First ask me for a real setback, then shape it so I own the failure honestly, spend most of the answer on what I learned and changed, and show the payoff later. Under 75 spoken seconds. Steer me away from fake failures like "I cared too much".

13. Explain an Employment Gap

You are a supportive career coach. Help me explain a gap in my employment from [DATE, dates / reason] during a [JOB TITLE] interview, calmly and without apologizing. Frame it honestly, show what I did or learned in that time, and pivot quickly back to why I'm ready now. Give me 2 versions depending on how much I want to share. Keep each under 40 spoken seconds and confident, not defensive.

14. Salary Expectations Answer

You are a compensation-savvy career coach offering educational guidance, not formal financial advice. Help me answer "What are your salary expectations?" for a [JOB TITLE] role in [INDUSTRY, location / industry]. Show me how to give a researched range, anchor it to my value, and deflect gracefully if it's too early to commit. First ask whether I know the market range or want tips on finding it, then give me 3 scripted answers for early-, mid-, and late-stage conversations.

15. Handling Conflict at Work

You are an interview coach. Help me answer "How do you handle conflict at work?" for a [JOB TITLE] role using a short real example. First ask me for a time I disagreed with a coworker or boss, then structure it: the tension, how I approached it calmly, the resolution, and what it preserved (the relationship or the result). Under 75 spoken seconds, mature and non-blaming. End on what I'd do the same way again.

16. "Why Are You Leaving?"

You are an interview coach. Give me confident, positive answers to "Why are you leaving your current job?" for a [JOB TITLE] role, without badmouthing my employer. First ask me the real reason, then reframe it around what I'm moving toward rather than running from. Give me 2 versions: one for leaving voluntarily, one if I was laid off. Each under 40 spoken seconds, graceful and forward-looking.

17. "What Motivates You?"

You are an interview coach. Help me answer "What motivates you?" for a [JOB TITLE] role so it connects to what the job actually involves. First ask me what genuinely energizes me at work, then shape it into a 30-second answer backed by one quick example, avoiding empty lines like "I love a challenge". Tie my motivation to the value I'd create here. Keep it honest and specific.

MOCK INTERVIEWS & SIMULATIONS

18. Technical Interview Simulator

You are a technical interviewer for a [ROLE, e.g. data analyst] position. Run a mock technical interview with me one question at a time: ask, wait for my answer, then give brief feedback and a score out of 5 before moving on. Cover [SKILL, skill areas; e.g. SQL, problem-solving]. Start easy and ramp up over 6 questions. After the last one, summarize my strengths and the 2 areas to drill. Ask me to confirm the role and skills before you begin.

19. Mock Interview: Remote Job

You are interviewing me for a fully remote [JOB TITLE] role. Ask me 8 questions one at a time that probe what remote employers actually worry about: self-management, async communication, home setup, staying visible, handling isolation. Wait for each answer, then react briefly before the next. At the end, tell me which answers would reassure a remote manager and which raised flags. Confirm the role first.

20. Situational Leadership Question

You are a senior interviewer. Pose me one realistic situational leadership scenario for a [JOB TITLE, job title / leadership role], for example a missed deadline or a team conflict, and ask how I'd handle it. After I answer, probe with 2 follow-ups the way a real interviewer would, then score my response on clarity, empathy, and decisiveness with specific feedback. Offer a model answer at the end. Ask for the role before starting.

21. Panel Interview Practice

You are simulating a 3-person panel interviewing me for a [JOB TITLE] role: a hiring manager, a peer, and a skeptic. Each panelist asks me one question in turn from their angle, waits for my answer, then the next takes over, for 2 rounds. After all 6, each gives one line of feedback and the panel agrees on a verdict with 2 things to improve. Confirm the role, then start with the hiring manager.

22. Ethical Dilemma Questions

You are an interviewer who tests judgment. Give me 5 tough ethical-dilemma questions I might face for a [JOB TITLE] role, for example spotting a colleague cutting corners, each with a sample answer that shows integrity and clear reasoning without sounding preachy. Explain in one line what the interviewer is really testing with each. Then invite me to try answering one myself for your feedback.

23. Rapid-Fire Culture Fit

You are a culture-fit interviewer at [COMPANY, company type; e.g. an early-stage startup]. Fire 10 quick culture-fit questions at me one at a time (work style, feedback, collaboration, pace), keeping it snappy and waiting for each answer. After all 10, tell me which answers signal strong fit and which might need reframing, plus one tip to sound authentic rather than rehearsed. Confirm the company type first.

AFTER THE INTERVIEW

24. Thank-You Email Template

You are a follow-up communications coach. Write me a thank-you email to send within 24 hours of my [JOB TITLE] interview with [ROLE, interviewer name / role]. Reference one specific thing we discussed, restate my fit in a sentence, and keep it under 120 words, professional and genuine. First ask me for one memorable moment from the interview, then give me a subject line and 2 body versions: warm and formal.

25. Follow-Up After Silence

You are a job-search coach. Write a polite follow-up email for when I haven't heard back a week after my [JOB TITLE] interview at [COMPANY]. Reaffirm my interest, add one small piece of value or a relevant thought, and ask about next steps without sounding anxious. Under 100 words. Give me a subject line and tell me how long to wait before a second nudge.

26. Handle Multiple Offers

You are a career-decisions coach. Help me handle having multiple job offers professionally: I have offers for [OFFER, offer a] and [OFFER, offer b]. First give me a simple scorecard to compare them (comp, growth, role, team, lifestyle) weighted by what matters to me, then draft the messages: one asking a company for a little more time, one to decline gracefully. Ask me what I value most before scoring.

27. Negotiate the Offer

You are a salary-negotiation coach offering educational guidance, not formal financial or legal advice. Walk me through negotiating my offer for a [JOB TITLE] role: base offer [AMOUNT], my target [AMOUNT]. Give me the steps in order, the exact words to counter by email, how to justify the number with my value, and how to handle a "that's our best" reply. Then draft my counter-offer email. First ask what I most want to improve (pay, remote, start date).

28. Decline an Offer Respectfully

You are a professional communications coach. Write me a respectful email declining a job offer for a [JOB TITLE] role at [COMPANY], keeping the door open for the future. Thank them sincerely, decline clearly without over-explaining, and leave a warm impression. Under 100 words. Give me 2 versions: one when I took another offer, one when the role just wasn't the right fit.

29. Second Interview Prep

You are an interview coach. Build me a prep checklist for a second-round interview for a [JOB TITLE] role at [COMPANY], where the bar is higher and the questions get deeper. Cover what usually changes in round two, how to build on what I said in round one, new stories to prepare, and sharper questions to ask. Return it as a grouped checklist. End with the one thing that most often decides a final round.

30. Post-Interview Self-Reflection

You are a growth-minded interview coach. Give me a short self-reflection exercise to run right after any interview so I improve every time. Ask me 6 focused questions (what went well, what rattled me, which answer to rewrite, what I learned about the role) and leave space to answer, then help me turn my answers into 2 specific fixes for next time. Keep it quick enough to do in 10 minutes while it's fresh.

Saving & Budgeting

Twenty-two copy-paste prompts that turn a vague "I should budget" into a real plan built on your actual income, spending, and goals.

BUDGET FRAMEWORKS THAT FIT YOUR NUMBERS

1. Beginner's Monthly Budget From Scratch

You are a patient budgeting coach who explains money in plain language. Build me a first-ever monthly budget using my numbers: monthly take-home pay [AMOUNT], fixed bills [CONTENT, list], and rough variable spending [CONTENT, list]. First ask me for anything missing, then return a clean category table (category, planned amount, % of income) that sums to 100%, plus 3 quick wins to try this month. Keep the tone encouraging, not preachy. General education, not personalized financial advice.

2. 50/30/20 Rule, Your Numbers

Act as a budgeting guide. Take my monthly after-tax income of [AMOUNT] and break it down with the 50/30/20 rule: 50% needs, 30% wants, 20% savings and debt payoff. Return a table with each bucket's dollar target, then sort my real expenses ([CONTENT, list your main expenses]) into the right buckets and flag any I'm likely overspending. End with one line on how to adjust the ratios if my rent is unusually high. Educational only.

3. Weekly Budget Tracker System

Act as a systems-minded budgeting coach. Build me a simple weekly money tracker I can keep in a notebook or spreadsheet, based on a monthly budget of [AMOUNT] across these categories [CONTENT, list]. Give me the exact columns to log, a 10-minute Sunday review checklist, and the one "am I on track?" number to watch each week. Return the layout as a table plus the checklist as 5 bullets.

4. Zero-Based Budget Plan

You are a zero-based budgeting expert. Help me give every dollar a job so income minus expenses lands at zero, using take-home pay of [AMOUNT] and these obligations [CONTENT, list]. Walk me through it in order (income, fixed costs, goals, then flexible spending), show the running balance after each category, and confirm the final total hits exactly zero. If money is left over, ask me which goal to assign it to. Return as a step-by-step table.

CUTTING COSTS & SPENDING CHALLENGES

5. 10 Expenses to Cut This Week

Act as a no-nonsense frugal-living advisor. List 10 common expenses most people can cut or slash within a week without hurting their quality of life, tailored to someone who spends heavily on [CONTEXT, top spending areas]. For each: the expense, the typical monthly saving in dollars, and the exact 5-minute action to cut it. Rank easiest to hardest and keep the whole thing under 250 words.

6. 5 Ways to Shrink the Grocery Bill

Act as a savvy meal-planning and grocery coach. Give me 5 concrete methods to cut my grocery bill from [AMOUNT, current amount] toward [AMOUNT, target amount] per month for a household of [NUMBER]. For each: the tactic, the realistic monthly saving, and one thing that could go wrong plus how to avoid it. Then add a sample 5-dinner cheap-but-good menu. Format as a table plus the menu list.

7. No-Spend Weekend Challenge

You are a fun, motivating challenge designer. Create a no-spend weekend challenge for me with the rules, a short "allowed vs not allowed" list, and 8 free things to do in and around [LOCATION] that fit my interest in [INTEREST, hobby/interest]. Add a simple way to log what I would have spent so I can see the win on Monday. Keep it upbeat and under 200 words.

8. 30-Day Essentials-Only Plan

Act as a budgeting coach running a reset month. Build me a "30-Day Essentials Only" plan where I spend on needs and pause everything else, based on my income [AMOUNT] and known bills [CONTENT, list]. Give me a one-page rulebook (what counts as essential, the gray-area calls, and 3 pre-planned "if tempted, do this instead" swaps), plus a projected amount I'll save by day 30. Return the rules as bullets and end with a one-line pep talk.

SAVINGS GOALS & TRACKERS

9. \$1,000 Emergency Fund Plan

You are an encouraging savings coach. Map out a plan to save my first \$1,000 emergency fund starting from [AMOUNT, current savings], given I can set aside about [AMOUNT, weekly or monthly amount]. Show the timeline to the goal, milestone markers at \$250 / \$500 / \$750 / \$1,000, and 3 ways to find extra cash to speed it up. Return the timeline as a table. General guidance, not personalized financial advice.

10. Vacation Savings Tracker

Act as a travel-savings planner. Build me a savings tracker to fund a [LOCATION, destination] trip that will cost roughly [BUDGET, total budget] by [DATE, target date]. Break the total into a required weekly and monthly set-aside, list the big cost buckets (flights, lodging, food, activities), and give me a milestone ladder I can color in as I go. Return as a table plus the milestone ladder.

11. Sinking Fund System

You are a budgeting coach who loves sinking funds. Set up a sinking-fund system for these upcoming big costs [DATE, list purchases with rough cost and due date]. For each, calculate the monthly amount to set aside so it's fully funded on time, then show the combined monthly total across all funds. Flag if that total is unrealistic against my [AMOUNT, monthly income] and suggest what to stagger. Return as a table.

MONEY MINDSET & HABITS

12. Money Mindset Journal Prompts

Act as a thoughtful money-mindset journaling guide, not a therapist. Give me 15 journal prompts that surface my beliefs about money, spending guilt, and what "enough" means to me, loosely themed around my situation as a [SITUATION, e.g. new grad, freelancer]. Group them into past, present, and future. Return as a clean numbered list, one line each, no explanations.

13. Spending-Awareness Habit Tracker

Act as a habit-design coach. Build me a 30-day spending-awareness habit tracker centered on one keystone habit: logging every purchase the day I make it, with extra attention on my weak spot [TYPE, weak-spot category]. Give me the daily check-boxes to track, 3 tiny supporting habits, and a weekly reflection question. Describe the layout as a simple grid plus the reflection prompts. Keep it doable in 2 minutes a day.

14. Emotional Spending Trigger Checklist

Act as a spending-psychology guide, not a therapist. Build me a checklist to catch emotional spending in the moment, tuned to someone who tends to spend when [CHALLENGE, emotional trigger; e.g. stressed, bored]. Include a 5-question "pause" checklist to run before buying, 4 common trigger patterns to recognize, and one swap for each. Return as two short checklists. If spending ever feels compulsive or out of control, add a line pointing me toward real support.

BUDGETS FOR EVERY LIFE STAGE

15. First-Job Budget

You are a budgeting coach for people getting their first real paycheck. Build a monthly budget for someone starting a job at [AMOUNT, annual salary] in [LOCATION], accounting for take-home after typical taxes, first-time costs (commute, work clothes), and good habits to start early. Return a category table with dollar amounts and %, then 3 "future you will thank you" moves to set up now. This is general education, not personalized advice.

16. Moving-Out Budget Checklist

Act as a practical life-skills coach. Create a moving-out-for-the-first-time budget checklist for someone renting their first place in [LOCATION] on [AMOUNT, monthly income]. Split it into one-time setup costs (deposit, furniture, basics) and recurring monthly costs, give a realistic dollar range for each, and flag the 3 costs people always forget. Return as two tables plus a "minimum cash to have saved first" number.

17. Side-Hustler's Budget

You are a budgeting coach for people with a day job plus irregular side income. Build a budget that runs my life on my stable salary [AMOUNT] and treats side-hustle income [CONTEXT, rough monthly range] as a separate pot with rules for tax set-aside, reinvesting, saving, and spending. Return the base budget as a table, then the side-income split as percentages with a one-line reason for each. Educational only.

18. Newlywed Budget Setup

Act as a couples-friendly money coach. Help two partners with a combined take-home of [AMOUNT] set up their first shared budget. Compare 3 models (fully joint, fully separate, yours-mine-ours), recommend one based on my note that [SITUATION], and lay out shared categories with suggested splits. Add 4 questions we should agree on before we start. Return as a short comparison table plus the questions. General guidance, not financial or relationship advice.

AUTOMATED & SYSTEMATIC SAVING

19. Pay-Yourself-First System

Act as a savings-automation coach. Set up a pay-yourself-first system where saving happens the day I get paid, before any spending. Based on income [AMOUNT] and goals [CONTENT, list], tell me the exact amount to move on payday, which goal each dollar feeds, and how to automate it. Return the payday transfer plan as a table, then the leftover I get to spend guilt-free. General education, not personalized advice.

20. 12-Month Emergency Buffer

You are a long-game savings coach. Map out a plan to build a full 12-month expense buffer, starting from monthly essential costs of [AMOUNT, monthly essential costs] and current savings of [AMOUNT, current savings]. Calculate the target number, set a realistic monthly contribution of [AMOUNT, monthly contribution], show the timeline to fully funded, and mark the 3-month and 6-month "you're now safer" milestones. Return as a table plus one line on where to park this money. Educational only.

21. Cash Envelope System

Act as a cash-envelope budgeting coach. Set up an envelope system for my variable spending categories [CONTENT, list; e.g. groceries, eating out, fun], with a suggested monthly cash amount in each based on income [AMOUNT]. Explain the "when it's empty, you're done" rule, how to handle borrowing between envelopes, and a digital version if I don't want physical cash. Return the envelopes as a table plus 3 rules.

22. Automated Savings & Bill-Pay System

Act as a personal-finance automation coach. Design a set-and-forget system that routes my paycheck of [AMOUNT] automatically across bills, savings goals, and spending, with the right timing so nothing bounces. Give me the account structure, what auto-transfer to set up on which date, and a monthly 10-minute check to confirm it's working. Return as a step-by-step setup list plus a simple text flow diagram. General education, not financial advice.

Side Hustle Ideas

Twenty-two copy-paste prompts to match a side hustle to your skills and free time, then take it from idea to first paying customer.

SKILL-BASED FREELANCE SERVICES

1. 10 Freelance Ideas From Writing Skills

You are a freelance-business strategist. Give me 10 freelance service ideas I could sell using strong writing skills, tuned to my background in [INDUSTRY, field/interest]. For each: the service, who pays for it, a realistic starting price, and where to find the first client. Rank by fastest to first dollar and keep the whole list under 250 words. Format as a numbered list.

2. Side Hustles for Tech-Savvy People

Act as a startup-minded side-hustle advisor. List 12 side hustles for someone comfortable with tech who knows [SKILL, e.g. spreadsheets, no-code, basic coding]. For each: the hustle, the tools involved, effort to start (low/med/high), and monthly income potential. Skip anything saturated like "start a blog". Return as a table sorted by effort-to-start.

3. Consulting Hustles for Experts

Act as a consulting-business strategist. I have deep expertise in [CONTEXT, area]. Map out 6 ways to package that into paid consulting on the side, from one-off audits to small retainers. For each: the format, who needs it, what to charge, and the first outreach move. Then flag the single one I could sell this week. Return as a table plus that recommendation.

LOW-COST & PRODUCT-BASED HUSTLES

4. Hustles Under \$100 to Start

Act as a scrappy side-hustle advisor. List 12 side hustles I can start for under \$100 total, suited to my skills in [SKILL] and about [TIME, hours/week] of free time. For each: the startup cost breakdown, the first step, and realistic first-month income. Rank by lowest startup cost and stay honest about what's actually achievable. Return as a table.

5. Digital Product Ideas

You are a digital-product strategist. Generate 10 digital products I could create and sell based on my knowledge of [TOPIC], each buildable in a weekend. For each: the product, who buys it, a price point, and the platform to sell on. Note which need design skills vs just writing. Return as a numbered list, then pick the single best first product and say why.

6. Start a Reselling Hustle

Act as a reselling and flipping mentor. Outline a step-by-step plan to start a reselling hustle in the [TYPE, category; e.g. sneakers, vintage, furniture] niche with a starting budget of [AMOUNT]. Cover where to source, how to price, where to sell, and how to avoid common beginner losses. Return as a numbered playbook plus a simple profit-per-flip example.

7. Affiliate Marketing Angles

Act as an affiliate-marketing strategist who avoids spammy tactics. Give me 8 honest ways to earn affiliate income around the topic of [NICHE], matched to a small audience on [PLATFORM]. For each: the content type, the kind of product to promote, and how the commission works. Flag the 2 fastest to start with zero audience. Return as a numbered list. This explains how affiliate income works generally, not an income guarantee.

CONTENT & CREATOR INCOME

8. 5 YouTube Niche Ideas

You are a YouTube-strategy coach. Give me 5 channel niche ideas that sit where my interest in [INTEREST] meets what people actually search for. For each: the niche angle, who watches, 3 starter video titles, and how the channel eventually makes money. Rate each on how crowded it is. Return as a table plus the sample titles.

9. Newsletter Side Hustle Concept

Act as a newsletter-business strategist. Help me shape a paid newsletter concept around [TOPIC] for [AUDIENCE, target reader]. Give me the specific angle, a name and one-line pitch, what the free vs paid tiers include, and the first 5 issue ideas. Then show the realistic subscriber math to reach [GOAL, income goal] per month. Return as a structured brief.

10. Monetize Instagram Content

You are an Instagram-monetization coach. Map out 6 ways for a creator in the [NICHE] space to earn from Instagram beyond brand deals. For each: what it is, the follower or engagement level it starts working at, and the first step to set it up. Order them by how early you can start. Return as a table, then add one content pillar idea that supports all of them.

LOCAL & HANDS-ON SERVICES

11. Mobile Service Hustles

Act as a local-service business advisor. Suggest 10 mobile or on-location service hustles (things like car detailing or dog walking) that fit someone in [LOCATION] with [CONTEXT, assets; e.g. a car, weekends free]. For each: the service, startup cost, going rate, and how to get the first 5 customers locally. Rank by profit-per-hour. Return as a table.

12. Pet Care Business Ideas

You are a pet-care business coach. Give me 8 pet-care side-hustle ideas beyond basic dog walking, fit for someone in [LOCATION] with [SITUATION, e.g. a yard, flexible days]. For each: the service, pricing, what it takes to start (insurance, supplies), and the best way to build local trust. Star the 2 highest-margin ones. Return as a table.

13. Handyman Side Business

Act as a trades side-business mentor. Outline how to start a handyman side business doing [SKILL, e.g. mounting, assembly, small repairs] in [LOCATION]. Cover the starter tool list and cost, what to be legally careful about, how to price jobs, and where to get the first customers. Return as a numbered startup plan plus a simple per-job pricing example.

PASSIVE INCOME STREAMS

14. Low-Content Books on Amazon KDP

You are a self-publishing coach for Amazon KDP. Build a plan for me to publish low-content books (journals, planners, logbooks) in the [NICHE] niche. Cover niche validation, what tool to design in, keyword and cover basics, and a realistic timeline to first sale. Then give me 5 specific book ideas for that niche. Return as a step-by-step plan plus the idea list. Income varies, so keep expectations realistic.

15. Create an Online Course

Act as an online-course strategist. Help me turn my knowledge of [SKILL] into a course for [AUDIENCE, target student]. Give me the specific transformation it promises, a module outline (5-7 modules), the format to record it in, a price, and where to host it. Then suggest a smaller "mini-course" to test demand first. Return as a course brief plus the mini-course idea.

16. Rental Income Hustles

You are a rental-income strategist. Outline 8 things I could rent out for side income given what I have access to [CONTEXT, assets; e.g. tools, a garage, camera gear, parking]. For each: the item or space, typical rental rate, the platform or local method, and the main risk plus how to cover it. Rank by income-to-hassle ratio. Return as a table.

17. Software Micro-Business Ideas

You are a micro-SaaS and no-code business coach. Suggest 8 simple software or no-code micro-business ideas solving a real annoyance in the [NICHE, niche/industry] world. For each: the problem, the tool to build it with (no-code friendly), who pays, and a starting price. Flag the 2 buildable without writing code. Return as a table plus that note.

18. 30-Day Side Hustle Startup Challenge

Act as a side-hustle accountability coach. Design a 30-day challenge that takes me from idea to first dollar in the [BUSINESS, hustle] space, one concrete action per day. Front-load the setup, put the first sales attempt by day 10, and build in 2 review checkpoints. Return as a 30-line day-by-day list (each line: the day plus the single action), then the one metric that means it's working.

19. No-Social-Media Hustle List

You are a side-hustle advisor for people who refuse to build a personal brand. List 12 side hustles that make money without posting on social media, matched to my skills in [SKILL]. For each: how clients actually find you instead, startup effort, and income potential. Rank by how quickly you can get the first client offline or via marketplaces. Return as a table.

20. Weekend-Only Hustles

Act as a side-hustle advisor for busy people. Suggest 10 side hustles I can run on weekends only, keeping weekdays free, based in [LOCATION] with skills in [SKILL]. For each: the hustle, realistic income per weekend, physical vs desk work, and how bookings fit into two days. Rank by income-per-weekend. Return as a table.

21. Fast-Income Hustles (\$100+ in 24 Hours)

You are a fast-cash side-hustle advisor who keeps it honest. List 10 legitimate ways I could realistically earn \$100 or more within 24 hours, using my skills [SKILL] and assets [CONTEXT, what you have] in [LOCATION]. For each: the move, where demand is right now, and the exact first step to take today. Flag anything that depends on luck vs reliable effort. Return as a ranked table, no gimmicks or "get rich" schemes.

22. 6-Month Hustle-to-Full-Time Roadmap

Act as a business-growth strategist. Build a 6-month roadmap to grow my [BUSINESS, hustle] from current side income of [CONTEXT, current] toward a replacement income of [CONTEXT, target] per month so it could go full-time. Give monthly milestones for revenue, systems, and the "safe to quit" checkpoint (like months of runway saved). Flag the riskiest assumption. Return as a month-by-month table plus a go/no-go checklist. General guidance, not personalized financial advice.

Beginner Investing

Thirty copy-paste prompts that teach investing from zero in plain English, from first concepts to opening your first account. Educational, never financial advice.

CORE CONCEPTS, EXPLAINED SIMPLY

1. Stocks vs Bonds, Plain English

You are a patient investing teacher who explains things like I'm smart but brand new. Explain the difference between stocks and bonds using an analogy from [CONTEXT, something you know well; e.g. cooking, sports], then a side-by-side table comparing risk, return, and how each makes money. End with one sentence on why a beginner might hold both. Keep it under 200 words and jargon-free. Educational, not personalized investment advice.

2. Beginner's Guide to Index Funds

Act as an investing educator. Write me a beginner's guide to index funds for someone whose goal is [GOAL, e.g. retirement, long-term growth]. Cover what they are, why they suit hands-off investors, how fees (expense ratios) work, and one honest downside. Use a short analogy and a 5-point "how to evaluate one" checklist. Keep it plain and under 300 words. Educational only, not a recommendation to buy any specific fund.

3. Compound Interest Basics

You are a friendly finance teacher. Explain compound interest so it finally clicks, then show a worked example: [AMOUNT] invested monthly at a [RATE]% average annual return over [TIME, years] years, with the final total and how much of it is growth vs contributions. End with the one-line lesson about starting early. Keep the math simple and clearly labeled. This is an illustration, not a promised return.

4. What Are Dividends?

Act as an investing educator. Explain what dividends are, how and when they get paid, and the difference between taking the cash vs reinvesting it, using the example of owning [NUMBER] shares of a stock paying [AMOUNT] per share. Add a 3-line note on why not every good company pays them. Keep it under 200 words. General education, not stock advice.

5. Risk Tolerance, Measured

You are an investing educator. Explain what "risk tolerance" really means, emotionally and financially, then walk me through a short self-assessment for my situation as a [AGE]-year-old investing for [GOAL, goal/timeline]: ask me 5 questions about my timeline, income stability, and how I'd react to a 20% drop, then describe where I might land on a conservative-to-aggressive scale. Frame it as a starting point, not a verdict. Educational, not personalized financial advice.

YOUR FIRST INVESTMENT PLAN

6. First Investment Walkthrough

Act as an investing educator for absolute beginners. Walk me through how someone might think about investing a first [AMOUNT, starting amount; e.g. \$500] earmarked for [GOAL], covering the questions to answer before investing, the general types of broad options to learn about, and the beginner mistakes to avoid. Explain the reasoning, not a specific pick. Return as a numbered walkthrough plus a "learn these 3 terms first" list. Educational only, not personalized advice.

7. 5 Low-Risk Ideas to Understand

You are an investing educator. Explain 5 generally lower-risk places people park money they'll need in about [TIME, timeline; e.g. 1-3 years], such as high-yield savings, CDs, government bonds, broad bond funds, and money-market funds. For each: what it is, the trade-off (lower risk usually means lower return), and who it suits. Return as a table with a "good for" column. Lower risk is not no risk, and this is education, not advice.

8. Simple Beginner Allocation

Act as an investing educator. Explain how a beginner around age [AGE] might think about splitting a portfolio across stocks, bonds, and cash, and how that mix typically shifts with age and timeline. Give 3 example allocations (cautious, balanced, growth) as percentages in a table, and explain the reasoning behind each. These are illustrations to learn from, not a recommendation for my specific situation.

9. Pre-First-Investment Checklist

Act as an investing educator. Give me a checklist to run before I make my very first investment of [AMOUNT], covering emergency fund in place, high-interest debt handled, goal and timeline clear, and fees understood. For each item, one line on why it matters. Return as a 10-point checkbox list, then the single most important item to fix first. General education, not personalized advice.

UNDERSTANDING THE VEHICLES

10. ETFs in Beginner Language

You are an investing teacher. Explain what an ETF is in beginner language for someone who currently understands [CONTEXT, what you know; e.g. nothing yet, what a stock is], how it differs from a mutual fund and from single stocks, and what "trades like a stock" actually means for me. Use one analogy and a quick pros/cons list. Keep it under 250 words. Educational only, not a recommendation of any specific ETF.

11. Real Estate Investing for First-Timers

Act as a real-estate-investing educator. Outline the main ways beginners get into real estate (primary home, rental property, REITs, crowdfunding) for someone with roughly [CONTEXT, available capital] to work with, showing the rough capital needed, effort level, and main risk for each. Return as a comparison table, then explain which tends to be the lowest-barrier entry point and why. General education, not investment or mortgage advice.

12. Crypto Investing Without the Hype

You are a level-headed crypto educator with no bags to pump. Explain crypto investing honestly to someone considering putting in [AMOUNT]: what it is, why it's volatile, the real risks (loss, scams, self-custody mistakes), and the "only what you can afford to lose" principle. Avoid hype and price predictions entirely. Return as a balanced explainer under 300 words with a short risk list. Educational only, not a recommendation to buy.

LONG-TERM STRATEGIES

13. 10-Year Wealth-Building Plan

Act as an investing educator. Sketch how someone might frame a 10-year wealth-building approach through investing, given a starting monthly contribution of [AMOUNT] and a [CONTEXT, conservative/balanced/growth] risk comfort. Cover the role of consistency, compounding, and periodic reviews, and show a simple illustrative growth curve at a modest average return. Return as a phased overview (years 1-3, 4-7, 8-10) plus the illustration. Educational only, outcomes not guaranteed.

14. Dollar-Cost Averaging

You are an investing teacher. Explain dollar-cost averaging with a clear worked example: investing [AMOUNT] every month while a price moves up and down, showing how the average cost per share compares to trying to time it. Then give the honest case for and against it. Return the example as a small table plus a 2-line takeaway. An educational illustration only.

15. Dividend Reinvestment Strategy

Act as an investing educator. Explain how dividend reinvestment (DRIP) works and why it can speed up compounding, using an example of reinvesting dividends on a holding worth [AMOUNT] yielding [RATE]% over [TIME, years] years. Show cash-out vs reinvested side by side, and note when someone might prefer the cash. Return as a table plus a short takeaway. Educational only, not advice.

16. Retirement Investing Starter Plan

You are a retirement-investing educator. Outline how a beginner might start investing for retirement, explaining the general idea of tax-advantaged accounts, employer matches, and starting small but early. I'm [AGE] and can start with [AMOUNT] per month. Give a simple "first 3 moves" sequence and the concepts to research for my country. Return as a numbered plan. Educational only, not personalized or tax advice; rules vary by country.

17. Set-It-and-Forget-It Setup

Act as an investing educator for hands-off people. Explain how a low-maintenance, automated investing setup generally works for someone contributing [AMOUNT] per month: automatic contributions, broadly diversified holdings, and a once-a-year check. Walk through the reasoning and the 4 decisions someone makes once up front. Return as a step-by-step overview plus the annual 15-minute checklist. General education, not a recommendation for my situation.

DIVERSIFICATION & RISK

18. Diversification, Simply

You are an investing teacher. Explain diversification using an analogy from [CONTEXT, something you know; e.g. a sports team, a menu], then go further: show a simple before/after example of a concentrated vs spread-out portfolio and how each reacts when one area drops. End with the one-line reason it matters for beginners. Keep it under 200 words. Educational only.

19. Annual Rebalancing, Explained

You are an investing educator. Explain what rebalancing is and why people do it once a year, using an example: a portfolio that started at [CONTEXT, target mix; e.g. 70% stocks / 30% bonds] drifts after a strong year, and I walk through the steps to bring it back. Show the starting mix, the drift, and the fix. Return as a short worked example plus a 4-step checklist. Educational only.

20. Spot and Avoid Investment Scams

You are a consumer-protection educator focused on investing. List the top 10 red flags of an investment scam (guaranteed returns, pressure to act now, unregistered sellers, and the like), each with one line on why it's a warning sign, then run the gut-check on the specific opportunity I'm eyeing: [CONTEXT, describe it]. Also give me a 5-question test to run on any deal before putting in a cent. Return as two lists plus your read on mine. Practical and protective, no fearmongering.

THE PSYCHOLOGY OF INVESTING

21. Emotional Investing, and How to Avoid It

Act as an investing-psychology educator. Explain how fear and greed lead people to buy high and sell low, name the 4 most common emotional traps, and give a practical counter-move for each. Then tailor one tip to my known weak spot: [CONTEXT, weak spot; e.g. panic-selling, chasing hot tips]. Return as a table (trap, what it feels like, the counter-move) plus that personalized tip. Grounded and non-judgmental, educational only.

22. Long-Term vs Short-Term Mindset

You are an investing educator. Compare a long-term investing mindset with a short-term trading mindset across time horizon, stress level, typical beginner outcomes, and effort, for someone whose main goal is [GOAL]. Return as a side-by-side table, then one honest paragraph on which tends to serve beginners better and why. Educational only, not advice for my situation.

23. Staying Consistent During Dips

You are an investing-psychology educator. Give me a practical plan to keep contributing calmly when the market drops, for someone about [TIME, years] years from needing the money. Cover what to remind myself, what to avoid checking, and one rule to pre-commit to now for the next downturn. Explain briefly why panic-selling hurts long-term investors. Return as a short playbook plus a one-line "downturn rule" to write down. Educational only.

24. Open Your First Brokerage Account

You are an investing educator. Walk me through the general steps to open a first brokerage account in [LOCATION]: what to compare between providers (fees, minimums, available investments), the documents typically needed, and the settings to check before funding it. Return as a numbered walkthrough plus a 5-point "compare providers" checklist. Specifics vary by provider, so this is educational, not an endorsement.

25. Compare 3 Investing Apps

You are an investing educator. Give me a neutral framework to compare 3 investing apps I'm considering: [PRODUCT, app 1], [PRODUCT, app 2], [PRODUCT, app 3]. Score each on fees, ease of use, available investments, account types, and safeguards, and lay it out as a comparison table with a short "best for" verdict per app. Base it on publicly known features and tell me what to verify myself. An educational comparison, not an endorsement.

26. Investment Tracking Spreadsheet

Act as an investing educator and spreadsheet nerd. Design a simple investment-tracking spreadsheet for a beginner holding about [NUMBER] investments: give me the exact columns (holding, amount invested, current value, gain/loss, % of portfolio), which totals and simple charts to add, and how often to update it. Return the column layout as a table plus a short "how to read it" guide. Practical, no live data needed.

27. Quarterly Self-Review Checklist

You are an investing educator. Build me a quarterly self-review checklist to run on my portfolio and habits as a [TYPE, investor type; e.g. hands-off long-term] investor, covering contributions made, allocation drift, fees, goal progress, and whether anything in my life changed my risk picture. Return as an 8-point checklist with a one-line prompt each, ending with the single question that matters most each quarter. Educational only.

LEVELING UP: NEXT SITUATIONS

28. Diversifying Into International Markets

You are an investing educator. Explain why and how beginners consider adding international exposure to a portfolio that's heavy in [LOCATION, home country] stocks, covering the diversification logic, the main added risks (currency, geopolitics), and the simple vehicles people use to get broad exposure. Return as a short explainer plus a 4-point "things to weigh" list. Educational only, not a recommendation for my portfolio.

29. Investing Small Windfalls

Act as an investing educator. Give me a simple framework for what to do with a small windfall like a [AMOUNT] bonus or tax refund, walking through the "handle debt and emergency fund first, then invest the rest" logic and how to avoid blowing it. Return as a decision flow (if this, then that) plus one balanced "treat yourself a little" note. General education, not personalized advice.

30. Investing for Kids (Custodial Accounts)

Act as an investing educator for parents. Explain the general ways adults invest on behalf of kids (custodial accounts and similar), what they're typically used for, who controls the money and when, and the basic pros and cons. I'm in [LOCATION] investing for a [AGE]-year-old. Return as a plain explainer plus a 4-step "how people usually start" list. Account types and rules vary by country, so verify locally; this is educational, not tax or legal advice.

System 03 - Audience & Words

Instagram Post Ideas

Twenty-two ready-to-run prompts that turn a blank feed into a month of scroll-stopping Instagram posts.

FORMATS & SERIES

1. 10 Educational Carousels

You are an Instagram content strategist. Give me 10 educational carousel ideas for [NICHE], each aimed at [AUDIENCE]. For every idea return the hook-slide text, a one-line summary of the 5 to 7 inside slides, and the CTA slide. Format as a numbered list, keep each idea under 40 words, and make the hooks specific enough to stop a scroll. Then flag the 3 with the highest save potential and why.

2. 5 Story-Driven Posts

You are a brand storyteller. Map out 5 storytelling post ideas for [NICHE, brand / niche] that each teach one lesson to [AUDIENCE]. For each, give the setup (the moment), the tension (what went wrong), and the takeaway. Return as 5 short blocks, no more than 50 words each, written in first person. End every block with a question that invites comments.

3. Behind-the-Scenes Bank

Act as a content coach. Suggest 12 behind-the-scenes post topics for [NICHE, business / niche] that show the real work without oversharing. Sort them into three buckets: process, people, and mistakes. Return as a bulleted list under each bucket, one line per idea, and mark which ones work best as Reels versus static photos.

4. 5 Interactive Story Posts

You are a social media manager. Give me 5 interactive Instagram Story ideas for [NICHE] using polls, sliders, or question stickers. For each, provide the exact question text, the sticker type, and the follow-up Story I post based on the responses. Keep it to a short list, and make at least two tie back to selling [OFFER, product / service] without feeling pushy.

5. The "My Story" Post

Act as a personal-brand writer. Help me write a "My Story" post that humanizes [BRAND]. First ask me 3 quick questions: why I started, the low point, and where I am now. Then draft a 150-word caption in my voice, honest and specific with no humblebragging. Open with a line that does not sound like every other founder story, and close on what I am building toward.

6. 3 Lessons, Hard-Won

You are a writer for founder-focused content. Draft a "3 Lessons I Learned" post about [EXPERIENCE, e.g. my first year freelancing]. Give each lesson a bold one-line header, then 2 to 3 sentences of what actually happened and what I would tell my past self. Keep it concrete with real numbers or moments where possible. Return it caption-ready with a hook up top and a soft CTA at the end.

7. 5 Client-Win Posts

You are a case-study writer. Give me 5 post ideas that showcase customer or client wins for [SERVICE]. For each, provide the before state, the specific result, and the one-line lesson others can steal. Return as 5 short outlines under 45 words each, make the result the hero, and remind me to get permission wherever a name or number is shown.

8. Take a Real Stance

Act as an opinion writer. Help me write a personal-opinion post about [INDUSTRY, topic in your industry] that takes a clear stance most people avoid. First ask me which side I actually believe. Then draft a 100-word post: state the take plainly, back it with one reason and one example, and invite disagreement in the comments. Confident, not inflammatory.

9. The Challenge I Overcame

Act as a brand storyteller. Help me write a "Biggest Challenge I Overcame" post about [CHALLENGE]. Structure it as the wall I hit, the turning point, and how it changed the way I work. Ask me one question first to find the emotional core, then draft 130 words in my voice. Keep it vulnerable but forward-looking, and end on what it made possible.

10. Day In The Life

You are a storytelling content creator. Structure a "Day In The Life" post for [BUSINESS, role / business] that feels real, not staged. Give me a shot list of 6 to 8 moments across the day with rough times, the caption that ties them to one theme, and the hook. Return the shot list as bullets and the caption under 100 words. Pick a clear theme so it reads as a story, not just clips.

ENGAGEMENT & INTERACTION

11. 7-Day Challenge Campaign

You are a campaign planner. Build a 7-day Instagram challenge for [AUDIENCE] around [GOAL, skill / goal]. Return a day-by-day table: the daily task, the post format (Reel, carousel, Story), the caption hook, and the hashtag. Make Day 1 low-effort to maximize sign-ups and Day 7 a payoff worth sharing. Add one line on how I promote it the week before.

12. Giveaway Announcement

Act as a promo copywriter. Write a giveaway announcement post for [CONTEXT, prize] aimed at [AUDIENCE]. Include the hook, the prize framed by its value rather than its price, the exact entry steps (follow, like, tag, save), the deadline, and the rules line. 120 words max, high-energy but clear. Give me two hook options and remind me to check the platform's giveaway rules.

13. Myth vs Fact Carousel

You are an educational content creator. Build a "Myth vs Fact" carousel for [NICHE]. Give me 5 common myths my audience believes, each paired with the fact and a one-line "why this matters." Return as slide-ready text with the myth on one slide and the fact on the next. Open with a hook slide and close with a save-worthy summary slide.

EDUCATIONAL VALUE

14. Deep-Dive Case Study

You are a case-study writer. Structure a case-study post about [GOAL, project / client result]. Break it into the problem, what we tried, what worked, the measurable result, and the takeaway readers can apply. Return it as a carousel outline (one section per slide) plus a caption under 100 words. Lead with the result to earn the scroll-stop, then explain how.

15. Common Mistakes Carousel

Act as an expert in [NICHE]. Build a "Common Mistakes" carousel listing the 6 mistakes [AUDIENCE] makes most, each with the fix. One mistake per slide: name it, one line on why it hurts, one line on what to do instead. Add a hook slide up top ("You're probably doing number 3") and a summary slide at the end. Keep every line under 15 words.

16. Beginner's Guide Series

You are a content planner. Outline a beginner's guide series for [TOPIC] aimed at total newcomers. Break it into 5 posts that build in order, each answering one question a beginner actually Googles. For each post, give the title, the one thing they will learn, and the format. Return as a numbered series map and suggest a consistent visual thread so the posts read as a set.

17. 3 Tools I Actually Use

Act as a copywriter. Write a "3 Tools I Use" post for [NICHE, workflow / niche]. For each tool, cover what it replaces, the specific way I use it, and who it is for. First ask me which 3 tools to feature. Then return a caption under 120 words, honest and non-salesy, and note where I would add affiliate links if I have them.

LAUNCH & PROMOTION

18. Pre-Launch Teaser

Act as a launch copywriter. Write a pre-launch teaser post for [PRODUCT, product / offer] launching on [DATE]. Build curiosity without revealing everything: hint at the problem it solves, drop one intriguing detail, and tell people how to get on the early list. 90 words max, two hook options. Add a P.S. line that gives a reason to turn on post notifications.

19. "Now Open" Announcement

You are a promo copywriter. Write a "Now Open / Now Available" announcement for [OFFER, product / service]. Cover what it is, who it is for, the main benefit, and the single next step to buy or book. Return a caption under 110 words plus a punchy first line, and give me one urgency element I can add honestly, like limited spots or launch pricing.

20. Limited-Time Offer

Act as a direct-response copywriter. Write a limited-time offer post for [OFFER] ending [DATE]. Lead with the deal and the deadline, spell out what they get, name who it is perfect for, and give a clear CTA. Keep it under 100 words, urgent but not spammy. Then provide a shorter 2-line Story version I can post alongside it.

21. Testimonial Graphic Post

You are a social-proof strategist. Turn this raw testimonial into a graphic-ready post: [PASTE CONTENT, testimonial]. Pull the single strongest quote for the graphic (under 15 words), write a caption that adds context on the result achieved, and suggest the on-image text layout. Return the quote, the caption (under 80 words), and one line reminding me to credit the customer.

22. Last Chance Post

Act as a direct-response copywriter. Write a "Last Chance to Buy" post for [OFFER] closing [DATE, today or tonight]. Make the urgency real: restate what they get, what they lose by waiting, and the one-tap next step. Under 90 words, short punchy sentences. Give me three hook lines of different intensity so I can match the energy to my audience.

TikTok / YouTube Shorts

Twenty-two plug-and-play prompts for scripting TikToks and Shorts that hook in the first three seconds.

TREND & FORMAT STARTERS

1. 10 Challenge Ideas

You are a short-form video strategist. Give me 10 challenge ideas for [NICHE] that a small creator could film with just a phone. For each, provide the challenge name, the hook line, and why it is shareable. Return as a numbered list, one line per field, and mark the 3 with the best effort-to-reach ratio. Keep them all doable in under 30 seconds.

2. Reaction Video Script

Act as a short-form scriptwriter. Write a reaction video script where I react to [CONTEXT, thing i'm reacting to] for [AUDIENCE]. Give me the 3-second hook, 3 to 4 timestamped beats with what I say and what is on screen, and a closing line that drives a comment. Keep the whole thing under 45 seconds of talking. Punchy and opinionated, no rambling intro.

3. 5 Duet/Stitch Ideas

You are a TikTok growth strategist. Suggest 5 duet or stitch ideas for [NICHE] that let me add real value to existing videos. For each, give the type of video to stitch, my angle (agree, counter, or add-on), and the opening line. Return as a numbered list and note whether duet or stitch fits better. Make at least two mildly contrarian to spark debate.

4. "Things I Wish I Knew" Series

Act as a content planner. Outline a "Things I Wish I Knew" short-form series for [NICHE, niche / journey]. Give me 8 episode ideas, each one lesson, with a scroll-stopping first line and the single point to make. Return as a table: episode, hook, core point. Keep each filmable in under 30 seconds and order them from most relatable to most surprising.

FAST VALUE FORMATS

5. 5 How-To Shorts

Act as a tutorial creator. Give me 5 quick how-to topics for [NICHE] that each solve one problem in under 30 seconds. For each, provide the title, the hook, and the 3 steps I will show on screen. Return as 5 mini-outlines and pick the most searchable one. Make every step visual enough to film without much talking.

6. 3 Tips in 30 Seconds

You are a short-form scriptwriter. Write a "3 Tips in 30 Seconds" script about [TOPIC]. Give me a 3-second hook, three tips at roughly 7 seconds each (spoken line plus on-screen text), and a 3-second CTA. Keep total spoken words under 80 so it fits the time. Front-load the best tip in case they only watch the first 5 seconds.

7. Myth-Busting Short

Act as an expert in [NICHE]. Write a myth-busting short that kills the most common myth [AUDIENCE] believes. Structure it as the hook that states the myth, the reveal, the proof in one line, and the correct approach. Under 40 seconds of script with on-screen text cues. Open with "stop doing this" energy, but only claim what you can back up.

8. 1 Mistake to Avoid

You are a short-form scriptwriter. Write a "1 Mistake to Avoid" script for [NICHE]. Hook with the cost of the mistake, name it, show why it happens, then give the fix. Keep it under 30 seconds, tight and specific. Return the script with [on-screen text] cues and end on a line that makes people want to save it for later.

STORY & TRANSFORMATION

9. 60-Second Story Format

You are a short-form story coach. Give me a repeatable 60-second storytelling template for [NICHE], then fill it with one example story about [TOPIC]. The template should have labeled beats (hook, setup, turn, payoff, CTA) with target seconds for each. Return the template first, then the filled example as a spoken script. Make the hook land inside the first 3 seconds.

10. First-3-Seconds Hooks

Act as a hook writer for short-form video. Give me 15 opening lines for a video about [TOPIC] that stop the scroll in the first 3 seconds. Mix the types: bold claim, question, mistake call-out, curiosity gap, and pattern interrupt. Return as a numbered list labeled by type, each under 10 words. Then tell me which 3 you would test first and why.

11. Before & After Video

You are a short-form scriptwriter. Structure a "Before and After" transformation video for [CONTEXT, transformation; e.g. messy desk to clean setup]. Give me the shot list (before shots, process shots, after reveal), the hook, on-screen text beats, and the reveal timing. Return the shot list as bullets and put the reveal within the first 15 seconds so people stay for the how.

12. Story Behind My Product

Act as a brand storyteller. Write a "Story Behind My Product" short for [PRODUCT]. Cover the problem that sparked it, the messy middle, and why it exists now, in a way that makes people want it without a hard pitch. Under 45 seconds of script with on-screen cues. First ask me one question about the origin moment, then write it in my voice.

PERSONAL & AUTHORITY

13. Common Mistakes Series

Act as an expert in [NICHE]. Outline a "Common Mistakes" short-form series. Give me 8 mistakes [AUDIENCE] makes, each its own episode, with the hook and the one-line fix. Return as a table: mistake, hook, fix. Order them by how common they are and keep each fix specific enough to act on right away. No generic advice.

14. My Daily Routine Short

You are a short-form scriptwriter. Structure a "My Daily Routine" short for [NICHE, role / niche] that teaches something rather than just showing off. Give me 6 to 8 routine moments as a shot list, the through-line theme (why this routine works), the hook, and the caption. Keep it under 40 seconds. Spotlight one habit so viewers leave with a single thing to steal.

15. Top 3 Resources

You are a content strategist. Write a "Top 3 Resources" short for people in [NICHE]. For each resource, cover what it is, the one thing it is best for, and who needs it. First ask me which 3 to feature. Then return a script under 40 seconds with on-screen text cues, honest and non-sponsored in tone, ending with "which would you add?"

PRODUCT & PROMO

16. 30-Second Product Showcase

You are a product-video scriptwriter. Write a product showcase for [PRODUCT] under 30 seconds. Lead with the problem it solves, show the 2 to 3 features that matter most framed as benefits, and close with the CTA. Return the script with shot and on-screen text cues. Keep spoken words under 70 and make the first line about the viewer, not the product.

17. Launch Teaser Short

Act as a launch strategist. Write a launch-announcement teaser short for [PRODUCT, product / offer] dropping on [DATE]. Build anticipation: tease the transformation, show a glimpse, and tell people how to be first in line. Under 25 seconds, high energy. Return the script plus one on-screen text overlay per beat, then give me a second version with a more mysterious tone.

18. Testimonial Highlight

You are a social-proof editor. Turn this customer testimonial into a short-form video script: [PASTE CONTENT, testimonial]. Pull the strongest 8-second quote for the opening, build the middle around the specific result, and add my one-line close. Return with on-screen text cues and B-roll suggestions. Keep it under 30 seconds and remind me to get the customer's OK to feature them.

19. Limited-Time Offer Short

Act as a direct-response scriptwriter. Write a "Limited Time Offer" urgency short for [OFFER] ending [DATE]. Hook with the deal, state what they get and what they lose by waiting, then end with the exact next step. Under 25 seconds, urgent but honest. Return the script with on-screen countdown text cues and two different hook openers.

INTERACTION & COMMUNITY

20. 5 "Would You Rather" Shorts

Act as an engagement strategist. Give me 5 "Would You Rather / Pick One" short ideas for [NICHE] that get people commenting their pick. For each, provide the two options, the on-screen setup, and my hot take to add at the end. Return as a numbered list, keep the options niche-specific, and make at least two genuinely hard to choose so the comments fill up.

21. AMA Reply Video

Act as a short-form scriptwriter. Write an "Ask Me Anything" reply video where I answer this audience question: [PASTE CONTENT, question]. Hook by reading the question with energy, give a real answer with one specific example, and stay honest even if the answer is "I don't know yet." Under 40 seconds, conversational. End by inviting the next round of questions.

22. "React to This" Trend Starter

You are a trend strategist. Help me start a "React to This" trend in [NICHE]. Give me a bold, reaction-worthy statement or visual to post, the format others would copy, and the caption prompting people to duet or stitch their reaction. Return the concept, the exact on-screen text, and 3 variations of the trigger statement ranked by how divisive they are.

Audience Growth Hacks

Thirty prompts to engineer engagement, collabs, and reach so your follower count climbs on purpose.

ENGAGEMENT & REACH

1. 30-Day Engagement Challenge

You are a social media growth strategist. Design a 30-day engagement challenge for [NICHE] that builds a daily habit for me and my followers. Return a table: day, the micro-action I take, the prompt I give my audience, and the format. Ramp difficulty gradually and put the highest-shareability days on weekends. End with 3 metrics to track so I know if it is working.

2. Daily Commenting Strategy

Act as a growth strategist. Build me a daily commenting strategy to get [CONTEXT, account] in front of [AUDIENCE] without looking spammy. Cover which 10 accounts to target, what a value-adding comment looks like (with 3 examples in my niche), how many per day, and the timing. Return as a short playbook with a copy-paste comment framework. No "great post" filler.

3. 5 Cross-Promo Plays

You are a partnerships strategist. Map out 5 cross-promotion opportunities with creators similar to [NICHE, niche / account] but not direct competitors. For each, give the type of creator, what I offer them, what I get back, and the first outreach line. Return as a numbered list and rank them by how easy they would be to land as a small account.

4. Save-and-Share Content

Act as a content strategist. Give me 10 post ideas for [NICHE] engineered specifically to get saved and shared, not just liked. For each, provide the concept, whether it is built for saves (reference value) or shares (identity or emotion), and the hook. Return as a numbered list and explain in one line why each one triggers the save or share reflex.

SOCIAL PROOF & UGC

5. Organic Testimonial Showcase

Act as a social-proof strategist. Give me 7 ways to showcase testimonials for [BUSINESS] that feel organic, not like ads. For each, cover the format, where it lives (feed, Story, highlight), and how to frame it so the result is the focus. Return as a list and mark which work without a graphic designer. Include one way to feature testimonials I have not even asked for yet.

6. Client-Results Strategy

You are a case-study strategist. Build a repeatable strategy to feature customer or client results for [SERVICE] every month. Cover how to collect results (the exact ask), how to package them into a post, and a monthly cadence. Return a simple system plus a template message for requesting the result data. Remind me to get consent before sharing any name or number.

7. Reviews Into Viral Posts

Act as a content strategist. Show me how to turn plain customer reviews into share-worthy posts for [NICHE]. Give me 5 formats (screenshot-plus-context, myth-busted-by-review, before/after, and similar), each with a hook and a way to make it relatable beyond my own customers. Here is a sample review to work with: [PASTE CONTENT, review]. Return the 5 formats and apply one to the sample.

8. Shoutout Saturday

You are a community-campaign planner. Design a recurring "Shoutout Saturday" campaign for [NICHE] where I feature followers, customers, or peers. Cover who qualifies, how people opt in, the post format, and how it drives reciprocity and reshares. Return the campaign rules plus a template caption. Keep it easy to run every week without burning me out.

9. UGC Repost System

Act as a UGC strategist. Give me a system for collecting and reposting user-generated content for [BRAND]. Cover how to prompt followers to create it, the permission ask, how to caption a repost so it drives more UGC, and a weekly cadence. Return the system as steps plus a copy-paste permission-request message and a repost caption template.

COMMUNITY BUILDING

10. Private Group Launch

You are a community strategist. Plan the launch of a private group for [AUDIENCE] on [CONTEXT, facebook / discord]. Cover the promise that makes people join, the entry question, the first-week content to keep it alive, and how I funnel followers in from my main account. Return a launch checklist plus 3 posts to seed the group on day one. Keep the goal focused, not "a place to hang out."

11. Close Friends Strategy

Act as an Instagram strategist. Design a Close Friends strategy for [NICHE] that makes the list feel like a perk worth being on. Cover what content only goes there, how people earn a spot, and how I tease it publicly to drive follows and DMs. Return the content plan plus 3 example Close Friends Stories and one line on how to pitch joining without being pushy.

12. Weekly Q&A Format

You are a community-engagement planner. Build a repeatable weekly Q&A session for [NICHE] that consistently pulls questions. Cover how to collect questions in advance, the format (Live, Stories, carousel), how to make thin weeks still work, and the recurring time slot. Return the format as a checklist plus a template Story asking for questions. Make it low-lift so I actually keep it up.

SERIES & CONSISTENCY

13. Bookend-the-Week Series

Act as a content planner. Design two recurring themed series for [NICHE], one for Mondays and one for Fridays, so my week has anchors. For each, give the theme, the format, the hook style, and why it fits that day (motivation versus wind-down). Return both as mini-templates plus 4 example topics each. Make them distinct enough that people know the day by the post.

14. 5-Part Educational Mini-Series

Act as a curriculum-minded content creator. Design a 5-part educational mini-series that takes [AUDIENCE] from zero to a real result in [SKILL, skill / topic], each part building on the last. For each, give the title, the one outcome, the format, and the cliffhanger into the next part. Return as a 5-row table plus a launch post to announce the series and get people to follow along.

15. Road to Launch Diary

You are a launch-content strategist. Structure a "Road to Launch" diary series building up to [PRODUCT, product / event] on [DATE]. Map the posts from now to launch day: what to share at each stage (decisions, setbacks, sneak peeks), the emotional arc, and the CTA that grows the waitlist. Return a timeline of posts plus 3 example entries. Make the audience feel like insiders, not spectators.

COLLABORATIONS & PARTNERSHIPS

16. Micro-Influencer Campaign

You are an influencer-marketing strategist. Outline a micro-influencer collaboration campaign to grow [BRAND] in [NICHE] on a lean budget. Cover the type of creators to approach (follower range and fit), the offer (paid, gifted, or affiliate), the deliverables, and how to measure it. Return the plan plus a copy-paste outreach DM. Focus on creators whose audience overlaps mine, not just big follower counts.

17. Co-Branded Giveaway

Act as a partnership-campaign planner. Design a co-branded giveaway between me and [TYPE, partner type] to grow both audiences. Cover the combined prize, the entry mechanics that require following both accounts, the fairness rules, and the promo plan. Return the full concept plus the announcement caption and a note to check the platform's giveaway rules. Make the prize attract my ideal follower, not freebie hunters.

18. Interview Collab Ideas

Act as a content strategist. Give me 5 interview-collab ideas where I feature or get featured by other creators in [NICHE]. For each, give the format (Live, Reel series, carousel Q&A), the topic, who it is ideal with, and the mutual benefit. Return as a numbered list plus a template invite message. Prioritize formats I can produce without fancy editing.

ALGORITHM & DISCOVERY

19. Trigger-Comment Post

Act as an engagement strategist. Write a "trigger comment" post for [NICHE] where people comment a specific word to get [CONTEXT, lead magnet / resource] sent to them. Give me the hook, the value tease, the exact comment word, and the caption. Return the post plus the auto-DM message they receive. Make the resource genuinely worth commenting for, and note I may need a DM automation tool.

20. Explore Page Tactics

Act as an Instagram growth strategist. Give me a realistic plan to improve my odds of landing on the Explore page in [NICHE]. Cover the engagement signals that matter, the content types that travel, posting and hashtag tactics, and what to stop doing. Return as a prioritized checklist and be honest about what is in my control versus the algorithm's. No guarantees or account-risking hacks.

21. Daily Story Interactions

You are a Stories strategist. Build me a daily Instagram Stories framework for [NICHE] that consistently drives taps, replies, and poll votes. Give me a 5-slot daily structure (for example: hook, value, interactive, personal, CTA) with an example of each for my niche. Return the framework plus 7 interactive sticker prompts I can rotate. Keep the daily lift under 15 minutes.

22. Consistent Reshares Plan

Act as a content strategist. Give me a plan to earn consistent reshares in [NICHE] by building shareability into the content itself. Cover the 4 reasons people reshare (identity, emotion, usefulness, humor), a post type for each, and a weekly mix. Return the plan plus one example post per reshare trigger, with a one-line note on why each makes someone hit share.

PAID GROWTH

23. Boost Best Posts

You are a paid-social strategist giving educational guidance, not a guaranteed result. Design a simple campaign to put ad budget behind my best-performing organic posts in [NICHE]. Cover how to pick which posts to boost, the audience to target, a starting daily budget of [BUDGET], and the one metric that decides whether I scale or kill it. Return a step-by-step plan with a clear test-then-scale rule.

24. Retargeting Profile Visitors

Act as a paid-social strategist offering educational guidance. Outline a retargeting campaign aimed at people who visited my profile or engaged but did not follow or buy, for [OFFER]. Cover the audience setup, the message that fits a warm-but-not-sold viewer, the creative angle, and a modest test budget. Return the plan plus 2 ad hook options. Keep it beginner-friendly and note where platform settings may differ.

25. Low-Budget Follower Ads

You are a scrappy paid-social strategist. Give me 5 low-budget ad ideas to grow new followers in [NICHE] for around [BUDGET]. For each, provide the creative concept, the audience, why it earns a follow (not just a click), and the rough cost logic. Return as a numbered list ranked by expected cost-per-follower. Favor ideas that reuse content I already have.

26. Follower-to-Customer Ad Offer

You are a direct-response strategist offering educational guidance. Craft an ad offer that converts warm followers into customers for [OFFER, product / service]. Cover the offer structure, the hook that speaks to people who already know me, the objection to preempt, and the CTA. Return the ad copy under 100 words plus 2 headline options and the audience to target. Make the offer specific and time-bound.

AUTHORITY & AUTHENTICITY

27. Authority Hot Takes

Act as an opinion writer in [INDUSTRY]. Give me 10 hot takes that build my authority by staking out a clear, defensible position most people will not say out loud. For each, give the take in one line and the one-sentence reasoning that keeps it credible. Return as a numbered list ranked by how much discussion they would spark, and flag any too risky to post without nuance.

28. Brand Mini-Documentary

You are a documentary content strategist. Outline a short mini-documentary about the journey of [BRAND]. Structure the arc from origin, to struggle, to turning point, to where it is headed. Give me the scene list, what to show and say in each scene, and the emotional beat. Return a scene-by-scene outline for a 2 to 3 minute cut plus a hook for the first 10 seconds. Keep it honest, not a highlight reel.

29. Every-1k Milestone Template

Act as a copywriter. Build me a reusable milestone-celebration post template I can run every 1,000 followers for [CONTEXT, account]. It should center the audience, share one lesson from the last stretch, and invite new people to engage. Return the fill-in-the-blank template plus 3 example versions at different milestones. Keep it warm and specific, never a generic "thanks for 1k."

30. Struggles-and-Wins Post

You are a personal-brand writer. Help me write a transparent post sharing a real struggle alongside a win from [PROJECT, time period / project]. First ask me for one honest low and one high. Then draft a 150-word post that holds both without toxic positivity and lands on what I learned. First person, grounded. End with a question that invites others to share their own.

Sales Copywriting

Twenty-five paste-ready prompts that turn a blank page into copy that sells, from the first hook to the final CTA.

PROVEN COPY FRAMEWORKS

1. PAS Sales Paragraph

You are a direct-response copywriter. Write a Problem-Agitate-Solution sales paragraph for [PRODUCT] aimed at [AUDIENCE]. Name the problem in their own words, twist the knife on what it costs them to keep ignoring it, then present [PRODUCT] as the clear fix. Keep it to 120 words, conversational, ending on one line that makes them want to click. Before you write, ask me for the single most painful symptom my customer feels.

2. AIDA for a Service

Act as a conversion copywriter. Build AIDA copy to sell [SERVICE] to [AUDIENCE]. Give me four labeled blocks: Attention (a bold opening line that grabs them), Interest (2 sentences on why it matters to them now), Desire (the specific outcome they get), Action (a direct CTA). Total under 150 words, plain spoken, no hype words like "revolutionary".

3. The 3-Sentence Story Pitch

You are a brand storyteller. Write a 3-sentence sales pitch for [PRODUCT] built as a mini story: sentence one sets up a relatable character and their struggle, sentence two shows the turning point with [PRODUCT], sentence three lands the payoff. First person or third person is my call, so ask me which. Warm and specific, no clichés.

4. Emotion-Led Product Description

Act as an e-commerce copywriter. Write a product description for [PRODUCT] that sells the feeling, not the spec sheet. Lead with the emotional trigger my buyer cares about ([CHALLENGE, desire or fear]), weave in 2 real features as proof, and close on how life looks once they own it. 80 to 100 words, sensory language, one short paragraph plus a 3-word tagline.

5. Headline and Subhead Combo

You are a landing page copywriter. Give me 5 headline and subheadline pairs for [PRODUCT, product / offer] targeting [AUDIENCE]. Each headline stays under 10 words and promises the core outcome; each subhead adds the "how" or removes the main objection in one line. Vary the angles across the 5 (benefit, curiosity, contrarian, social proof, urgency). Return as a numbered list.

SELLING SPECIFIC OFFERS

6. Online Course Sales Copy

Act as a course launch copywriter. Write sales page copy for my online course [PRODUCT, course name] that teaches [GOAL, outcome] to [AUDIENCE]. Include a hook headline, a "who this is for" line, 3 transformation-focused bullets, a short curriculum tease, and a CTA. Speak to where the student is stuck now versus where they will be after. Around 200 words, confident but not preachy.

7. Physical Product Sales Page

You are a DTC copywriter. Draft sales page copy for [PRODUCT, physical product]. Structure it as hero headline, one-line promise, 3 benefit blocks (each pairing a feature with what it means for the buyer), a trust line about materials or guarantee, and a buy-now CTA. Keep it tangible and specific to [AUDIENCE], under 220 words, no filler adjectives.

8. High-Ticket Value Stack

Act as an offer strategist. Build a value stack for my high-ticket [SERVICE, service / program] priced at [PRICE]. List each component, give it a plain-English benefit, and assign a believable standalone value, then total it so the price feels like an obvious yes. Present as a clean table (Component | What They Get | Value), then a one-line "today you pay" close. Ask me for the components if I haven't listed them.

9. Benefit-Driven Bullets

You are a copywriter who specializes in bullets that sell. Turn the features of [PRODUCT] into 8 benefit bullets using a "so you can" logic, where each starts from a feature and ends on the outcome the buyer actually wants. Mix short punchy bullets with one or two longer "curiosity" bullets that tease without revealing. Ask me for the features first if I haven't given them.

10. Limited-Time Discount Message

Act as a promo copywriter. Write a limited-time discount announcement for [PRODUCT] at [OFFER, discount] off, ending [DATE, deadline]. Give me one short version for SMS or push (under 160 characters) and one longer version for email or social (under 90 words). Make the deadline and the saving crystal clear, keep the tone upbeat, and don't let it read like a spam blast.

THE PSYCHOLOGY OF PERSUASION

11. Urgency Without Desperation

Act as a senior copywriter. Write urgency-driven copy for [OFFER] that makes people act now without sounding pushy or cheap. Base the urgency on a real reason ([PRICE, limited spots / seasonal / price rising]), state it calmly, and let the value carry the weight. Give me 3 versions at increasing intensity (soft nudge, firm, final call), each under 50 words.

12. Empathetic Pain-Point Copy

You are an empathy-first copywriter. Write a copy block for [PRODUCT] that shows my [AUDIENCE] I truly get their struggle before I pitch anything. Open by naming their daily frustration in plain human words, validate that it's not their fault, then bridge to how [PRODUCT] helps. 100 to 130 words, warm and specific, zero condescension.

13. Before-and-After Journey Block

You are a conversion copywriter. Write a "before and after" copy block for [PRODUCT]. Give me two short columns: Before (the frustrating current reality of [AUDIENCE], 3 lines) and After (the same moments once they use [PRODUCT], 3 lines), then a single bridge sentence naming the product as what connects the two. Concrete details, not vague promises.

CONVERSION ELEMENTS THAT CLOSE

14. 5 Checkout CTAs

Act as a CRO copywriter. Give me 5 strong call-to-action button variations for the checkout page of [PRODUCT]. Each stays under 6 words, action-led, and hints at the value or removes friction (for example reassurance about risk). Label each with the psychological angle it uses. Return as a numbered list I can A/B test.

15. Persuasive Button and Form Microcopy

You are a UX copywriter. Write microcopy for the key buttons and fields in my [CONTEXT, signup / checkout] flow for [PRODUCT]. Cover the primary button, a reassurance line under it, an empty-field placeholder, and a friendly error message. Keep every line under 12 words, human, and focused on moving the user forward. Present each with a label so I know where it goes.

16. Testimonial-Based Sales Section

Act as a copywriter. Turn my customer testimonials into a persuasive sales section for [PRODUCT]. Ask me to paste 2 or 3 raw quotes, then for each write a short benefit-driven headline above it and trim the quote to its punchiest line while keeping it authentic. Add one closing sentence that ties the proof to the reader's own goal. Format as headline, quote, attribution.

17. Objection-Crushing FAQ

You are a sales copywriter. Write 6 FAQ entries for [PRODUCT] where every question is really a hidden objection (price, time, "will it work for me", trust, effort, comparison). Answer each in 2 to 3 sentences that acknowledge the concern honestly and then dissolve it with a reason to buy. Confident, not defensive. Return as Q and A pairs.

18. Guarantee and Refund Reassurance

Act as a copywriter. Write a reassurance section for [PRODUCT] built around my [CONTEXT, guarantee; e.g. 30-day money-back]. Make the risk feel like it sits entirely on me, not the buyer, using plain confident language. Give me a short bold headline, a 2-sentence explanation, and one line that reframes the guarantee as proof I believe in the product. Under 70 words.

SOCIAL AND AD COPY

19. Instagram Product Caption

You are a social media copywriter. Write a short Instagram caption to promote [PRODUCT] to [AUDIENCE]. Open with a scroll-stopping first line, give 2 lines of value or story, then a clear CTA to the link in bio. Under 80 words, natural voice, and suggest 5 relevant hashtags separately. One or two emoji max, only if they fit.

20. Facebook Ad Primary Text

Act as a paid social copywriter. Write Facebook ad primary text for [PRODUCT] that leads with the emotional pain point of [AUDIENCE]. The first line must stop the scroll and survive the "see more" cutoff, then build the case in short punchy lines and end on a CTA to [TASK, action]. Give me 3 variations under 100 words each, each opening on a different pain angle.

21. TikTok Script for a Low-Cost Product

You are a short-form video scriptwriter. Write a 30-second TikTok script selling [PRODUCT] priced at [PRICE]. Format it as timestamped beats (0-3s hook, 3-20s demo or story, 20-30s CTA) with the spoken line and a quick on-screen text note for each. Casual and native to TikTok, no salesy voice. The hook has to land in the first 3 seconds or the video dies.

22. X Thread to Sell a Digital Product

You are a copywriter who sells through threads. Write a 6-tweet thread that teases and sells [PRODUCT, digital product] to [AUDIENCE]. Tweet 1 is a bold hook promising a specific outcome, tweets 2 to 5 deliver real value or a mini story with one insight each, tweet 6 is a soft CTA to buy. Each tweet under 280 characters, no thread-bro clichés.

ADVANCED PERSUASION PLAYS

23. The "Reason Why" Price Increase

You are a copywriter. Write a short message explaining a price increase for [OFFER, product / service] from [PRICE, old price] to [PRICE, new price], effective [DATE]. Give an honest "reason why" (better quality, higher demand, added value), thank existing customers, and offer a last chance to buy at the old price. Around 100 words, transparent and warm, so it builds trust instead of resentment.

24. Waitlist Scarcity Campaign

Act as a launch copywriter. Map out a scarcity campaign for the waitlist launch of [PRODUCT] with [NUMBER] spots. Give me a 4-message sequence (waitlist open, spots filling, 24-hour warning, closing now) with the core message and CTA for each, plus the single scarcity fact that anchors the whole campaign. Real scarcity only. Present as a labeled table.

25. "Dream Outcome" Sales Page Opener

Act as a sales page copywriter. Write the opening paragraph that leads the sales page for [PRODUCT], built entirely around the dream outcome my [AUDIENCE] secretly wants. Drop them into a vivid picture of life once they have it, make it feel close and achievable, and end on a line that pulls them into the next section. Under 90 words, present tense, emotionally specific.

Email Writing

Sixteen ready-to-run prompts for every email that matters, from the first hello to the win-back, plus full sequences.

LIFECYCLE ESSENTIALS

1. New Subscriber Welcome Email

You are an email copywriter. Write a welcome email for someone who just subscribed to [BRAND, brand / newsletter] about [TOPIC]. Warmly confirm they are in, set expectations for what and how often they will hear from me, deliver one quick win or useful link right away, and point to the best next step. Subject line plus body under 150 words, friendly and human. Ask me which freebie or first resource to feature.

2. Post-Purchase Thank-You Email

Act as a retention copywriter. Write a thank-you email to a customer who just bought [PRODUCT]. Make it feel personal, not automated: thank them genuinely, reassure them they made a smart call, tell them exactly what happens next (shipping, access, or onboarding), and share one tip to get the most from it. Subject plus body under 130 words, warm tone, no upsell yet.

3. "You're Invited" Event Email

You are an event marketer. Write a "You're Invited" announcement email for [CONTEXT, event] happening on [DATE] at [PLATFORM, location / platform]. Lead with what makes it worth attending, cover the essentials (what, when, where, who it is for), build a little anticipation, and end with a clear RSVP or register CTA. Subject plus body under 140 words, upbeat and specific.

PROMOTIONS THAT CONVERT

4. Product Launch Announcement Email

Act as a launch copywriter. Write a product launch announcement email for [PRODUCT] going live on [DATE]. Open with the problem it solves for [AUDIENCE], reveal the product, list 3 things they can now do that they couldn't before, and drive to a CTA. Subject line plus body under 170 words, excited but grounded. Give me 2 subject line options.

5. Flash Sale Email

You are a promo email writer. Write a flash sale email for [PRODUCT] at [OFFER, discount] off, ending in [TIME, time window]. Make the deal and the deadline impossible to miss, keep the copy short and scannable, and use one clear CTA button line placed near the top and again at the bottom. Subject plus body under 110 words, high energy without shouting. Add a punchy subject line built on the deadline.

6. Post-Purchase Upsell Email

You are a retention copywriter. Write an upsell email to a customer who recently bought [PRODUCT, the one they bought], offering [PRODUCT, complementary product]. Connect the upsell logically to what they already own, show how it makes the first purchase better, and sweeten it with a customer-only perk. Subject plus body under 130 words, helpful not greedy. End with a low-friction CTA and a clear "no worries if not" line.

7. Cart Abandonment Reminder Email

Act as an e-commerce email specialist. Write a cart abandonment email for someone who left [PRODUCT] in their cart. Gently remind them what they left, handle the most likely hesitation (price, shipping, or doubt), add one trust element like a review or guarantee, and give a one-click path back to checkout. Subject plus body under 100 words, friendly and low-pressure.

EMAILS THAT BUILD CONNECTION

8. Personal Story Email

You are a storytelling copywriter. Write a personal story email that humanizes [BRAND] for [AUDIENCE]. Ask me for one true moment or turning point, then shape it into a short narrative with a real lesson that ties back to why the brand exists or what it stands for. Subject plus body under 200 words, first person, honest, and no forced moral tacked on the end. Let the story do the work.

9. Weekly Value Newsletter Template

Act as a newsletter strategist. Build me a reusable weekly newsletter template for [BRAND] on [TOPIC]. Give me a repeatable structure with labeled sections (hook intro, one main idea or tip, a quick resource, a personal note, a soft CTA), each with a one-line guide on what goes in it. Keep the whole template lean enough to fill in under 20 minutes a week. Show it as a fill-in-the-blank skeleton.

10. Behind-the-Scenes Update Email

Act as a brand email writer. Write a behind-the-scenes update email for [BRAND] about [PROJECT, project / what's happening]. Pull back the curtain on the messy or interesting parts, make the reader feel like an insider, and connect it to what is coming for them. Subject plus body under 150 words, casual and transparent. End with a light question that invites a reply.

11. Curated Tips and Resources Email

You are a curator and email writer. Write an email that shares curated resources or tips on [TOPIC] for [AUDIENCE]. Introduce why this roundup is worth their time, then present 3 to 5 items, each with a one-line "why it's useful" note. Subject plus body under 160 words, generous and skimmable. Format the items as a clean list, and ask me for the items if I haven't listed them.

SEQUENCES AND INVITATIONS

12. 3-Day Sales Sequence

Act as an email launch strategist. Write a 3-day sales sequence for the launch of [PRODUCT] to [AUDIENCE]. Email 1 opens the cart and sells the dream outcome, email 2 handles the top objection with a story or proof, email 3 is the final-hours close. For each give a subject line and a body under 150 words, with a distinct angle so they don't repeat. Label them Day 1, Day 2, Day 3.

13. 3-Email Welcome Sequence for New Customers

You are a lifecycle email specialist. Design a 3-email welcome sequence for new customers of [PRODUCT]. Email 1 welcomes and helps them start (the fast first win), email 2 shows a feature or use case they will love, email 3 builds the relationship and points to community or support. Give each a subject line and a body under 130 words. Note the goal of each email in one line above it.

14. Reactivation Sequence for Old Customers

Act as a win-back specialist. Map out a reactivation sequence for customers who haven't bought from [BRAND] in [TIME, time period]. Use 3 emails: "we miss you" with a reminder of value, a specific comeback offer, and a final "before you go" with a light deadline. Give each a subject line and a body under 120 words. Warm and low-pressure, never needy. Present as Email 1, 2, 3 with the aim of each noted.

15. Loyalty Program Invitation Email

You are a retention copywriter. Write an email inviting existing customers of [BRAND] to join [CONTEXT, loyalty program]. Explain the perks in terms of what they get (points, early access, member pricing), make joining feel like a reward for being a regular, and keep the sign-up step to one click. Subject plus body under 130 words, appreciative and clear. List the perks as short benefit bullets.

16. Beta Launch Invitation Email

Act as a product launch writer. Write an email inviting a select group to early access for the beta of [PRODUCT]. Make them feel chosen, be honest that it is a work in progress and their feedback shapes it, spell out the early-access perk, and give a clear CTA to claim a spot. Subject plus body under 140 words, exclusive but genuine. Mention that spots are limited only if it is true.

Creative Writing

Twenty-two story-starters that hand you a character, a scene, or a whole world, then set the constraints that make the writing good.

STORY OPENERS

1. The Mysterious First Line

You are a literary fiction writer. Open a short story with a single mysterious sentence that plants an urgent question in the reader's mind, then write the next 150 words that deepen the mystery without answering it. Genre is [PREFERENCE, genre], mood is [TONE, mood]. End on a line that makes stopping impossible. Don't explain the mystery, just make me need the next page.

2. The Secret Revealed on Page One

You are a fiction writer. Open a story by having a major secret come out in the very first paragraph, then write 200 words on the fallout. The secret is [CONTEXT, secret; or ask me for one], revealed between [CONTEXT, character a] and [CONTEXT, character b]. Show the shift in the room through body language and what goes unsaid. End on the first real consequence, not a tidy wrap-up.

3. Time-Travel Sci-Fi Opener

Act as a science fiction author. Start a story built on time travel where the rules carry a real cost. Set up [CONTEXT, protagonist] making a jump to [TIME, time / place] for a clear reason, and plant one twist about how the time travel works that will matter later. Write 250 words, grounded and specific, no info-dump. End the moment they realize something is wrong.

4. Fantasy Opener: The Lost Kingdom

You are a fantasy writer. Begin a story about a lost kingdom that turns out to be more than legend. Introduce [CONTEXT, character] discovering the first real proof it existed, and hint at why it fell and what still guards its memory. Write 250 words with vivid, original world-building (invent one custom detail of geography, magic, or culture). End on the pull that sends them looking.

CHARACTER BUILDING

5. The Character Who Fears Success

Act as a character designer. Build a character who is quietly terrified of their own success. Give me their name, a one-line summary, the root of the fear (a specific past moment), how it shows up in small self-sabotaging behaviors, and the story-worthy contradiction it creates. Set them in [PREFERENCE, setting / genre]. Present as a short character sheet, then one paragraph putting the fear into action.

6. The Villain With Relatable Motivations

You are a fiction writer. Create a villain for a [PREFERENCE, genre] story whose motivations a reader could almost agree with. Give me their goal, the wound or belief that drives it, the line they cross that makes them a villain, and one moment where the reader feels sympathy. Avoid cartoon evil. Present as a short profile, then a 100-word scene showing their logic from the inside.

7. The Character Stuck Between Two Worlds

You are a fiction writer. Create a character caught between two worlds, whether cultural, social, or literal, belonging fully to neither. Define the two worlds ([CONTEXT, world a] and [CONTEXT, world b]), what each demands of them, and the impossible choice the story forces. Show the cost of the split. Give me a character sketch, then a 120-word scene where both worlds pull at once.

8. Backstory: Born Without Emotions

Act as a character-backstory writer. Write the backstory, for a [PREFERENCE, genre] story, of a character born unable to feel emotions the way others do. Cover how they learned to imitate feeling, what protects them and what endangers them, and the one thing that unexpectedly stirs something real. Keep it human and specific, not clinical. 200 words, then one line naming the story question this backstory sets up.

SCENES AND DIALOGUE

9. Heated Argument Between Best Friends

You are a dialogue writer. Write a heated argument between two best friends where the real issue isn't what they are shouting about. The surface fight is over [TOPIC], but the buried wound is [CHALLENGE, deeper issue; or ask me]. Show the history in the subtext and let neither one fully win. 250 words, mostly dialogue with minimal action beats, ending on a line that can't be taken back.

10. Awkward Small Talk at a Funeral

You are a literary writer with an ear for discomfort. Write a scene of awkward small talk between two people at a funeral who barely know each other. Mine the tension between social politeness and real grief, and let the trivial words carry the weight of what stays unsaid. Set it at the funeral of [CONTEXT, who; or leave it vague]. 200 words, understated, quietly devastating.

11. The Confession That Changes Everything

Act as a dramatic scene writer. Write a confession scene where one character admits something that permanently changes their relationship with another. The confession is [CONTEXT, what; or ask me]. Build the pressure before the words come out, land the moment, then show the first crack of the aftermath. 220 words, tight and emotional, ending before either one fully processes it.

12. Negotiation Between Rivals

You are a screenwriter. Write a negotiation between two rivals who need each other but don't trust each other, over [CONTEXT, what's at stake]. Give each a hidden agenda, let the power shift at least twice, and keep the threat humming under a polite surface. 250 words, sharp dialogue with restraint, ending on a deal or a walkaway that leaves the tension alive.

WRITING CHALLENGES

13. The Exact 100-Word Story

Act as a flash-fiction writer. Write a complete story in exactly 100 words, with a beginning, a turn, and an ending that lands. Theme is [TOPIC, theme], and it must include [CONTEXT, element]. Every word has to earn its place, and the last line should reframe what came before. Count the words and confirm it is exactly 100. Don't pad the count with a long title.

14. Story Told Only in Dialogue

You are an experimental fiction writer. Write a short story using nothing but dialogue: no description, no action tags, no narration. The reader must infer who is speaking, where they are, and what is happening purely from what is said. The situation is [SITUATION]. 250 words, distinct voices for each speaker, building to a quiet reveal in the final exchange.

15. A Story With No Character Names

You are a fiction writer. Write a short story where no character is ever named. Refer to people only by role, trait, or relationship (the woman with the keys, the one who stayed) and make it feel deliberate, not evasive. The situation is [SITUATION]. 250 words, emotionally clear despite the anonymity, so the namelessness adds meaning rather than confusion.

GENRE PIECES

16. Slow-Burn Thriller That Ends Explosively

You are a thriller writer. Write the opening of a thriller that starts deceptively calm and ordinary, then detonates in the final lines. Set it in [LOCATION, setting] with [CONTEXT, protagonist] doing something mundane. Plant two small, easy-to-miss details early that pay off in the explosive ending. 300 words, controlled pacing, so the last two sentences recolor everything before them.

17. Romance Built on Missed Opportunities

Act as a romance writer. Write a short romantic story built around missed timing, where two people keep almost connecting and never quite do. Give them a specific reason they orbit each other ([CONTEXT]), show 2 or 3 near-misses, and leave the ending bittersweet or hopeful (your call, but earn it). 280 words, tender and specific, no clichés about fate.

18. Horror With an Unseen Monster

You are a horror writer. Write a horror story where the monster is never seen, only felt through its effects, its sounds, and the dread it leaves behind. Set it in [LOCATION, setting] with [CONTEXT, character] alone. Let the reader's imagination do the work, and never describe the thing directly. 280 words, mounting dread, ending on a final sensory detail that lingers after the story stops.

19. Dystopia Where Memories Are Currency

You are a speculative fiction writer. Write the opening of a dystopian story in a world where memories are literally spent as currency. Show [CONTEXT, protagonist] making a transaction that costs them a memory that matters, and reveal one rule of how the system works through action, not explanation. 300 words, original and unsettling, ending on what they can no longer remember.

20. Multi-Perspective Story With 3 Narrators

You are a literary writer. Write a short story about a single event told from 3 different narrators, each in first person, each seeing it differently. The event is [CONTEXT, event]. Give each narrator a distinct voice and a version of the truth that contradicts the others, so the reader assembles what really happened. 300 words total, labeled by narrator, no neutral referee.

21. Fake News Article About a Bizarre Event

You are a satirical writer. Write a fake news article, clearly fictional and for entertainment, reporting on a bizarre event: [CONTEXT, event]. Nail the deadpan tone of straight news reporting, invent quotes from "witnesses" and an "expert", and escalate the absurdity while keeping a perfectly serious face. 300 words with a headline and byline. The humor comes from the format taking nonsense seriously.

22. Letter From a Fictional Character to Their Future Self

Act as a character writer. Write a letter from [CONTEXT, fictional character; yours or mine] to their future self, sent from a specific moment in their story. Capture their voice, their current hopes and fears, and a promise or warning they most need to hear later. Reference details only they would know. 250 words, first person, ending on a line that would hit hard if they reread it years on.

System 04 - Body, Mind & Life

Fitness & Exercise

Copy-paste prompts that make AI an educational training partner, not a doctor: workout plans, challenges, mobility flows, and recovery routines shaped around your gear, level, and schedule.

FOUNDATIONS & FIRST PLANS

1. Beginner Bodyweight Starter Plan

You are an educational fitness coach, not a doctor. Build me a 4-week beginner bodyweight plan for someone who is [STAGE, current fitness level] and can train [TIME, x days] a week for [TIME, minutes] per session. Lay it out as a week-by-week table with exercise, sets, reps, and rest, nudging the difficulty up each week. Give one easier regression and one harder progression per move, and add a short note on checking with a doctor before starting if I have any health concerns.

2. 3-Day Full-Body Strength Routine

Act as a strength coach. Design a 3-day full-body strength routine for a [CONTEXT, beginner/intermediate] lifter training on non-consecutive days with access to [CONTEXT, available equipment]. For each day give 5-6 exercises with sets, reps, and target rest, spreading pushing, pulling, and leg work evenly across the week. Present it as three labeled day-blocks, then add a one-line form cue for each lift.

3. 10-Minute Daily Mobility Routine

You are a mobility coach. Create a 10-minute daily mobility routine I can do at home to loosen up [CONTEXT, target areas; e.g. hips, shoulders, lower back]. Give 6-8 movements in order with seconds or reps for each, cueing slow controlled breathing, and keep the total under 10 minutes. Format it as a numbered flow I can follow start to finish, with a one-line "why this helps" beside each move.

4. Couch-to-5K Running Plan

Act as a beginner running coach who keeps advice educational, not medical. Map out an 8-week couch-to-5K plan for someone starting from [STAGE, current activity level], using run/walk intervals that build gradually. Give me a week-by-week table with each session's structure (warm-up, intervals, cool-down) and total time. Add a rule for when to repeat a week instead of progressing, and tell me to check with a doctor first if I have any heart or joint concerns.

STRENGTH & MUSCLE

5. 4-Week Hypertrophy Plan

Act as a hypertrophy coach. Write a 4-week muscle-building plan for a [CONTEXT, beginner/intermediate] lifter with access to [CONTEXT, equipment], training [TIME, x days] a week and prioritizing [CONTEXT, muscle groups]. Program each day with exercises, sets, reps in the 8-12 range, and rest, adding a little volume each week. Give it as day-by-day blocks and finish with two signs I am recovering well and two signs I am pushing too hard.

6. Progressive Overload Program

You are a strength coach. Build me a 6-week progressive overload program for the [CONTEXT, lift or lifts i want to improve], starting from my current working weight of [METRIC, weight] for [CONTEXT, reps]. Show week by week how to add load, reps, or sets so each jump stays realistic, laid out in a clear progression table. Include a deload guideline and what to do on a week I miss my target reps.

7. Beginner Resistance Band Guide

You are an educational fitness coach. Create a beginner's guide to training with resistance bands for someone with [CONTEXT, band types i own] who wants to work on [GOAL, goal: strength / toning / rehab]. Cover 8 foundational exercises with a plain setup description, sets, and reps for each, grouped by body area. Present it as a quick-reference table, then add 3 tips for keeping tension safe and avoiding snap-back.

8. Upper/Lower Split Routine

Act as a strength coach. Build a 4-day upper/lower split for a [STAGE] lifter with access to [CONTEXT, equipment], alternating upper and lower days across the week. Give each day 5-6 exercises with sets, reps, and rest, balancing the volume so nothing gets overtrained. Return it as four labeled day-blocks, then suggest how to slot in a rest or light cardio day.

CARDIO & CONDITIONING

9. Fat-Burning HIIT Program

You are an educational conditioning coach, not a doctor. Design a 3-week HIIT program for a [STAGE] exerciser training [TIME, x days] a week, using [PREFERENCE, preferred modality: bodyweight / bike / rower], with work and rest intervals that fit a [TIME, minutes]-minute session. Lay out each session's intervals, rounds, and total time in a table, scaling intensity weekly. Include a warm-up and cool-down, and note that I should ease off or see a doctor if I feel chest pain or dizziness.

10. Low-Impact Cardio for Beginners

Act as a beginner-friendly cardio coach. Build a low-impact cardio routine for someone with [CONTEXT, joint concerns / starting point] who wants to raise their fitness without high-impact jumping. Suggest 5 joint-friendly options with a starter duration and intensity for each, plus a simple 3-day weekly plan. Format it as a short table and keep every session under [TIME, minutes] minutes.

11. 20-Minute Jump Rope Plan

You are a jump rope coach. Create a 20-minute jump rope cardio session for a [STAGE] skipper, mixing steady intervals with short rest and a couple of skill drills. Break it into a warm-up, the main interval blocks with work/rest times, and a cool-down, all in a minute-by-minute format. Add 2 tips for wrist and calf comfort so I do not burn out early.

STRETCHING & FLOW

12. Head-to-Toe Stretching Sequence

Act as a flexibility coach. Build a daily stretching sequence targeting [CONTEXT, tight areas] for someone who spends a lot of time [CONTEXT, sitting / standing / driving]. Give 8-10 stretches in a logical head-to-toe order, with hold times and a breathing cue for each. Format it as a numbered flow under 12 minutes, and mark which stretches to skip if they cause sharp pain.

13. Evening Wind-Down Stretch

Act as a wind-down coach. Design an evening relaxation stretching plan to help me decompress and sleep better after a [DATE, type of day]. Choose 7-8 slow, restful stretches with longer holds and deep breathing, sequenced to calm the nervous system. Present it as a numbered flow under 15 minutes with a soothing one-line cue per stretch.

14. Beginner Yoga Flow

You are a beginner yoga guide. Build a gentle beginner yoga flow for someone with [CONSTRAINTS, any limitations] who wants to improve [CONTEXT, flexibility / calm / balance]. Sequence 8-10 poses with plain-English names, breath cues, and hold times, flowing logically from standing to floor. Format it as a numbered sequence under 20 minutes, and give an easier variation for any pose that strains the knees or wrists.

FITNESS CHALLENGES

15. 30-Day Pushup Challenge

You are a fitness coach. Build a 30-day pushup challenge for someone who can currently do [CONTEXT, x pushups] in a row, ramping volume gradually with built-in rest days. Give a day-by-day calendar showing the target sets and reps, plus which pushup variation to use as I get stronger. Add two regressions for tough days and a final test to measure my improvement.

16. 5,000 Steps-a-Day Walking Challenge

Act as a walking coach. Design a 4-week challenge to build up to a consistent 5,000 steps a day for someone currently averaging [CONTEXT, current steps]. Give a weekly step target and 3 realistic ways to sneak in extra walking around a [TIME, schedule]. Present it as a week-by-week table with a simple habit cue for each week.

17. Beat Your Personal Best Challenge

You are a performance coach. Design a "beat your personal best" challenge around [METRIC, chosen metric; e.g. plank time, mile pace, max pushups], starting from my current best of [CONTEXT, current pb]. Build a 3-week plan of focused sessions that push the metric a little each time, with a retest at the end. Give it as a weekly table and add one recovery rule so I do not stall from overtraining.

EQUIPMENT & CROSS-TRAINING

18. Desk Worker Posture Routine

Act as an educational posture coach, not a doctor. Build a posture-correction routine for someone who sits [TIME, hours] a day and feels tightness in [CONTEXT, areas; e.g. neck, upper back]. Combine 4 mobility drills, 3 strengthening moves, and 2 desk-break resets, with reps and how often to do them. Present it as a daily mini-plan and flag any move to stop if it causes numbness or sharp pain.

19. Beginner Kettlebell Plan

You are an educational kettlebell coach. Create a beginner kettlebell plan for someone with a [METRIC, weight] bell who wants to build [GOAL], training [TIME, x days] a week. Teach 6 foundational moves with sets, reps, and a plain safety cue for the hinge and the swing, then assemble them into a simple weekly routine. Format it as a moves table plus a schedule, and tell me to start light and see a professional if my lower back complains.

20. Swimming Fitness Routine

Act as a swim coach. Build a swimming-based fitness routine for a [STAGE] swimmer who can currently swim [CONTEXT, distance] and trains [TIME, x days] a week. Give 3 pool sessions with a warm-up, main set (distances, strokes, rest), and cool-down, plus one technique drill per session. Present it as three labeled workouts with total distance for each.

21. Indoor Cycling Conditioning

You are a cycling coach. Design an indoor cycling conditioning program for a [STAGE] rider on a [TYPE, bike type], training [TIME, x days] a week for [TIME, minutes] per session. Vary the sessions across endurance, intervals, and recovery spins, giving cadence, effort level, and duration for each block. Return it as a weekly plan table and describe effort by feel on a 1-10 scale so it works without a power meter.

HABITS & TRACKING

22. Workout Habit Tracker System

You are a habit coach. Design a simple workout habit tracker for someone aiming to train [CONTEXT, x times] a week toward the goal of [GOAL]. Lay out a weekly grid I can copy, with columns for the session, whether I did it, energy level, and a one-word note. Add a lightweight streak rule and a "get back on track after a miss" trigger so one skipped day does not snowball.

23. Strength Progression Tracker

You are a strength coach. Give me a simple system to track strength progression on my main lifts: [CONTENT, list your lifts]. Design a log table with columns for date, weight, sets, reps, and RPE, plus a monthly summary view showing whether each lift is trending up. Explain in 3 short bullets how to read the log to decide when to add weight.

24. Pre- and Post-Workout Ritual

Act as a performance coach. Build me a pre- and post-workout ritual for [TYPE, training type] that primes me beforehand and helps me recover after. For the pre-ritual cover a quick mental cue, activation, and a fueling note; for the post-ritual cover cool-down, refuel, and a logging step. Present it as two short checklists, each doable in under 10 minutes.

RECOVERY & INJURY CARE

25. Beginner's Guide to Recovery Days

Act as an educational recovery coach. Explain how to use recovery days well for someone training [TASK, activity] at [TIME, frequency] who tends to feel [CONTEXT, soreness / fatigue]. Cover why recovery matters, what to do on a full rest day versus an active recovery day, and 3 signs I need extra rest. Keep it to a short guide with a simple weekly example.

26. Safe Return-to-Exercise After Injury

Act as an educational fitness coach, not a medical professional. Outline a cautious return-to-exercise framework for someone coming back from [CONTEXT, injury / area], now cleared to move but still careful. Give a phased 3-stage progression (gentle reintroduction, rebuild, return to normal) with example activities and green, yellow, and red-flag signs for each stage. State clearly that I should follow my doctor or physio's guidance first, and stop if pain increases.

27. Injury-Prevention Warm-Up

You are a fitness coach. Suggest an injury-prevention warm-up for someone about to do [TASK, activity] who wants to protect their [CONTEXT, vulnerable areas]. Give 6-8 activation and mobility moves in order with reps, targeting the joints and muscles that activity stresses most. Present it as a numbered routine under 10 minutes and note which moves matter most if I am short on time.

28. Sleep & Muscle Recovery Best Practices

Act as an educational sleep and recovery guide, not a doctor. Give me evidence-informed best practices for using sleep to recover muscle after training [TASK, activity and intensity]. Cover sleep duration, a simple wind-down routine, timing around workouts, and 3 common habits that wreck recovery. Present it as a short prioritized list and suggest seeing a professional if poor sleep keeps up.

Mental Health Self-Check

Gentle check-in prompts that make AI a calm journaling partner, never a therapist, for lower-stress days and a steadier headspace.

DAILY CHECK-IN

1. Energy & Mood Check-In

Act as a calm journaling guide, not a therapist. Ask me a few short questions, one at a time, to check in on my energy level and emotional state right now. Once I answer, reflect back what you notice in 3-4 plain sentences and suggest one small thing that might help the rest of my day. Keep the tone warm and unhurried, and if anything I share sounds like a crisis, gently point me to a professional or local helpline.

2. One Thing That Went Well

You are a warm reflection guide, not a therapist. Ask me to name one thing that went well today, then ask two gentle follow-ups to help me savor it and see my part in it. Reflect back what this says about what matters to me, in 2-3 sentences. Keep it light and encouraging, with no forced positivity.

3. What Triggered Stress Today

Act as a calm journaling guide, not a therapist. Ask me what triggered stress or anxiety today, then help me unpack it with a couple of gentle follow-ups about what happened and how my body and mind reacted. Reflect back the pattern you notice and one kinder way to view it, in a few plain sentences. If what I describe sounds overwhelming or unsafe, point me to a professional or local helpline.

4. How I Coped Today

Act as a supportive journaling guide, not a therapist. Ask me about a challenge I faced today and how I coped with it, one question at a time. Then name the coping strengths you notice, gently flag any habit that might cost me later, and suggest one healthier option to try next time. Stay non-judgmental, and if I mention harmful coping, point me to a professional or local helpline.

NAMING YOUR EMOTIONS

5. Five Emotions, and Why

You are a calm emotional-awareness guide, not a therapist. Ask me to list up to 5 emotions I felt today, then go through them one at a time, asking what set each one off. Reflect the themes back in a few sentences and offer one gentle insight about what my feelings might be pointing to. Keep the tone curious and accepting.

6. Where Stress Lived in My Body

Act as a body-aware journaling guide, not a therapist. Ask me to recall a stressful moment today and describe where and how I felt it physically, such as in my jaw, chest, shoulders, or gut. Help me connect the physical signal to what was happening, then suggest one simple release like a breath, a stretch, or a pause. Keep it to a short, calm exchange, and suggest professional support if physical stress feels constant.

7. Expressed or Suppressed

You are a gentle reflection guide, not a therapist. Ask me whether I expressed or held back my emotions today, then walk through a specific moment where I did each. Reflect back what tends to make me open up or shut down, without judgment, in 3-4 sentences. Offer one small, safe way to express something I sat on today.

8. Did I Feel Supported Today

Act as a warm journaling guide, not a therapist. Ask whether I felt emotionally supported today, and by whom or in what moments. Help me notice where support showed up and where I wished for more, then suggest one small way to ask for or offer connection tomorrow. Keep it gentle, and if I am feeling deeply alone, kindly point me toward a professional or local helpline.

SELF-WORTH & INNER VOICE

9. Three Things I Like About Myself

Act as an encouraging reflection guide, not a therapist. Ask me to name 3 things I like about myself today, whether traits, actions, or small wins, prompting gently if it feels hard. Reflect back the through-line you see and why it matters, in 2-3 sentences. Keep it sincere and grounded, not flattering.

10. Challenge a Negative Self-Belief

You are a supportive journaling guide using gentle, CBT-style questions, not a therapist. Ask me to name a negative belief about myself I noticed today, then help me examine it: the evidence for it, the evidence against it, and a fairer, more balanced way to say it. Reflect the reframe back in one clear sentence I can keep. If these beliefs feel heavy or persistent, encourage me to reach out to a professional or local helpline.

11. My Inner Dialogue Patterns

Act as a calm self-awareness guide, not a therapist. Ask me how I tend to talk to myself when things go wrong, with a couple of examples from lately. Help me spot the recurring tone or phrases, name the pattern plainly, and suggest one kinder line I could use instead. Keep it to a short, non-judgmental exchange.

12. How I Celebrated Small Wins

You are an encouraging reflection guide, not a therapist. Ask me about small wins from today or this week and how I acknowledged them, if at all. Reflect back whether I tend to rush past my progress, then suggest one simple ritual to mark small wins going forward. Keep the tone warm and genuine, not gushing.

STRESS & RESET

13. Name My Biggest Stressors

Act as a calm journaling guide, not a therapist. Ask me to brain-dump everything weighing on me right now, then help me list my biggest current stressors clearly. Group them by how much they are actually affecting me, and reflect back the one or two that seem to be driving the rest. Keep the tone steady, and if any of it feels like too much to carry, point me to a professional or local helpline.

14. What I Can Actually Control

You are a grounding reflection guide, not a therapist. Ask me to name what is stressing me, then sort each item into "I can influence this" and "I can't", helping me be honest about which is which. For the things I can influence, suggest one small next action each; for the rest, one way to set them down for now. Keep a warm, plain tone.

15. Quick Calming Exercises

Act as a calm coach, not a therapist. Ask how activated or overwhelmed I feel right now on a 1-10 scale, then offer 3 quick calming exercises matched to that level, such as a breathing pattern, a grounding drill, or a short movement reset. Walk me through the one I pick, step by step, in real time. If I am in real distress, gently remind me that a professional or local helpline is there for me.

16. Mental Reset Plan for Overwhelming Days

Act as a calm planning guide, not a therapist. Help me build a simple "mental reset" plan I can reach for when a day feels like too much. Ask about my early warning signs, then lay out a short step-by-step reset: what to stop, one grounding action, one supportive person to contact, and one tiny next step. Present it as a saved plan I can reread, and include a line pointing to a professional or local helpline for the hardest days.

RESILIENCE & COURAGE

17. How I Bounced Back

Act as a warm reflection guide, not a therapist. Ask me about a tough moment lately and walk through how I got through it, step by step. Reflect back the specific things I did that helped me recover, so I can see my own resilience clearly. End by naming one of those tools I can lean on next time.

18. Where I Showed Courage

You are an encouraging journaling guide, not a therapist. Ask me to map out moments recently where I showed courage, even small ones like a hard conversation or trying something new. Follow up on what made each one scary and what I did anyway. Reflect back what this says about me, in a couple of grounded sentences.

19. Habits That Help My Mental Health

You are a supportive wellbeing guide, not a therapist. Ask me which daily habits seem to lift my mental health and which tend to drag it down, with recent examples. Reflect back the 2-3 highest-impact habits worth protecting, and suggest one gentle swap for a draining one. If low mood has been hanging around, encourage me to talk to a professional or local helpline.

GOALS & VISION

20. A Mental Health Goal for This Month

You are a supportive planning guide, not a therapist. Help me set one meaningful mental-health goal for this month around [CONTEXT, area; e.g. stress, sleep, connection, self-talk]. Ask what "better" would look like, then break the goal into weekly checkpoints and a simple way to notice progress. Present it as a one-month mini-plan, gentle and doable.

21. Five Activities That Recharge Me

Act as a reflective guide, not a therapist. Ask me to map out 5 activities that genuinely recharge my mind, then sort them by how quickly they work and how much time each needs. Reflect back a simple "recharge menu" I can pull from on low days, matched to how much time I have. Keep it practical and specific to me.

22. What Mental Peace Looks Like for Me

Act as a reflective vision guide, not a therapist. Help me paint a clear picture of what mental peace looks like in my life, across an ordinary day, my relationships, and how I talk to myself. Ask a few gentle questions, then reflect it back as a short, vivid description I can revisit. End with one small step that moves me toward it this week.

Healthy Eating & Habits

Practical, non-preachy prompts that make AI an educational food helper, not a dietitian: meal plans, smarter habits, batch prep, and trackers you'll actually keep.

MEAL PLANNING BASICS

1. 7-Day Healthy Eating Menu

Act as an educational nutrition coach. Create a balanced 7-day menu (breakfast, lunch, dinner, one snack) for someone with [PREFERENCE, dietary preferences] and a daily target of roughly [METRIC, calories or "balanced; no counting"]. Present it as a day-by-day table with quick, realistic meals, and keep the variety high without needing rare ingredients. Add a short note that this is general guidance, not a personalized medical plan.

2. Clean Eating Grocery List

Act as an educational nutrition coach. Build a whole-foods grocery list for someone cooking for [NUMBER, number of people] for a week who wants to eat mostly unprocessed food on a [BUDGET]. Organize it by store section (produce, proteins, pantry, and so on), with rough quantities. Add 3 flexible staples that stretch across several meals so nothing goes to waste.

3. Healthy 15-Minute Meals

You are a quick-cooking coach. Give me 8 healthy meals I can make in 15 minutes or less that fit [PREFERENCE, dietary preference] and use common ingredients. For each, list ingredients, a 3-step method, and roughly what nutrients it delivers, in a compact table. Prioritize minimal cleanup and note which ones reheat well as leftovers.

NUTRITION, DECODED

4. Macronutrients in Plain English

Act as an educational nutrition teacher, not a doctor. Explain protein, carbs, and fats to me like I am a curious beginner, covering what each one does, everyday food examples, and rough proportions for a goal of [GOAL]. Use plain language and a simple analogy for each, then summarize it in a quick table. End with one common macro myth worth ignoring.

5. Balance a Plate Visually

You are a nutrition coach. Teach me the visual "balanced plate" method so I can build meals without weighing anything, tuned for a goal of [METRIC, weight loss / maintenance / muscle]. Describe how much of the plate goes to protein, produce, and starches, with a picture-in-words for a sample [CONTEXT, meal]. Then give me 3 example plates I could assemble from a typical fridge.

6. Read a Nutrition Label Fast

Act as an educational nutrition guide. Teach me how to read a nutrition label in under a minute, focusing on what actually matters for someone watching [METRIC, focus: sugar / sodium / protein / calories]. Walk through serving size, the key numbers, and one common trick that makes products look healthier than they are. Present it as a simple "look at this, then this" checklist.

7. Healthy Snacking Mini-Guide

Act as a nutrition coach. Build a mini-guide to healthy snacking for someone who tends to reach for [CHALLENGE, usual snack weakness] around [DATE, time of day]. Suggest 10 satisfying swaps that balance protein, fiber, and a little fat, with portions, in a table. Add 2 tips for snacking on purpose rather than out of boredom.

MINDFUL & EMOTIONAL EATING

8. Mindful Eating Journal Prompts

You are a mindful-eating guide, not a therapist. Generate 12 journal prompts to help me eat more mindfully and notice hunger, fullness, and enjoyment. Group them into before, during, and after a meal, phrased to invite honest reflection rather than judgment. Return them as a numbered list I can work through over a week.

9. Explore Emotional Eating Triggers

Act as a gentle, non-judgmental guide, not a therapist. Ask me a few careful questions to help me spot my emotional eating triggers, such as the feelings, times, or situations that send me to food when I am not hungry. Reflect back the patterns you notice and suggest one kinder coping option for the main trigger. If this feels deep or distressing, encourage me to reach out to a professional or a registered dietitian.

10. Slow Down My Eating Speed

You are a mindful-eating coach. Give me practical ways to slow down when I eat, tuned for someone who tends to rush meals during [CONTEXT, eating context; e.g. work lunches]. Offer 7 concrete tactics with a one-line why for each, then turn the best 3 into a simple habit I can practice at my next meal. Keep it doable, with no elaborate rituals.

11. Build a Positive Food Relationship

Act as a compassionate, educational guide, not a therapist. Help me build a healthier relationship with food by exploring the "good vs bad food" rules I carry and where they came from. Offer a gentler, more flexible way to think about eating, with 5 balanced principles I can actually live by. Keep it shame-free, and suggest professional support if food feels like a source of real distress.

SPECIAL DIETS & SWAPS

12. Vegetarian Meal Plan Template

Act as an educational nutrition coach. Create a reusable 5-day vegetarian meal plan template for someone who wants enough protein and variety, avoiding [CONTEXT, any dislikes / allergies]. Lay out breakfast, lunch, dinner, and a snack per day in a table, flagging the protein source in each meal. Add a short list of swap options so I can rebuild it next week without repeating myself.

13. Plant-Based Protein Sources List

You are a nutrition coach. Give me a practical list of plant-based protein sources for someone eating [CONTEXT, vegetarian / vegan / flexitarian], with rough protein per serving and everyday ways to use each. Organize it into legumes, soy, grains, nuts and seeds, and other, in a table. Add 3 easy combos that make a complete-protein meal.

14. Gluten-Free Basics for Beginners

Act as an educational nutrition guide, not a doctor. Explain gluten-free eating basics for someone new to it because of [PREFERENCE, reason: sensitivity / preference], covering what to avoid, naturally gluten-free foods, and sneaky sources of gluten. Present the key dos and don'ts as two short lists plus a starter shopping list. Note that anyone suspecting celiac disease should get tested by a doctor before cutting gluten.

15. Anti-Inflammatory Food Swaps

Act as an educational nutrition guide, not a doctor. Suggest simple anti-inflammatory food swaps for someone whose typical diet includes [CONTEXT, common foods]. Give 12 easy "instead of this, try this" swaps in a table, with a one-line reason for each. Keep the swaps realistic and affordable, and note this is general nutrition info, not treatment for any condition.

MEAL PREP & BATCH COOKING

16. One-Hour Sunday Meal Prep

You are a meal-prep coach. Design a one-hour Sunday prep session that sets up [NUMBER] of meals for the week for someone who eats [PREFERENCE, dietary preference]. Give a timed, parallel workflow (what to chop, cook, and assemble in what order) so everything is done in 60 minutes. Present it as a step-by-step timeline plus the grab-ready meals it produces.

17. Five Freezer-Friendly Healthy Meals

Act as a nutrition coach. Give me 5 freezer-friendly healthy meals suited to [PREFERENCE, dietary preference] that hold up well after thawing. For each, list ingredients, batch size, freezing and reheating instructions, and rough nutrition, in a clean format. Note which ones double easily for a bigger batch.

18. Grab-and-Go Breakfast Prep

Act as a nutrition coach. Structure a make-ahead breakfast prep for someone who leaves in a hurry and wants something healthy that fits [PREFERENCE, dietary preference]. Give 5 grab-and-go options I can batch on Sunday, with prep steps, how many days they keep, and a protein estimate, in a table. Prioritize choices that need no microwave.

19. Budget-Friendly Healthy Meal Prep

You are an educational nutrition coach. Build a budget-friendly healthy meal prep guide for someone feeding [NUMBER, number of people] on about [BUDGET, weekly budget]. Center it on affordable staples, give a sample 3-meal prep plan with a costed shopping list, and show where to save without gutting nutrition. Present it as a shopping list plus a prep plan, with 3 money-saving swaps.

TRACKERS & HABIT BUILDERS

20. 30-Day Water Intake Challenge

Act as a habit coach. Build a 30-day water intake tracker challenge to help me reach a daily target of [CONTEXT, target; e.g. 2 liters]. Give a simple daily grid to check off, a gentle weekly ramp if I start low, and 5 cues that remind me to drink. Present it as a copyable tracker with a small reward idea at each weekly milestone.

21. Sugar Reduction Action Plan

You are an educational nutrition coach, not a doctor. Create a realistic 4-week plan to cut back on added sugar for someone whose main sources are [TASK, sugar habits; e.g. soda, desserts]. Give a week-by-week reduction approach with specific swaps and how to handle cravings, in a table. Keep it gradual and non-restrictive, and note that big dietary changes with a health condition are worth running past a professional.

22. Long-Term Food Journaling System

Act as a habit-building coach. Help me set up a sustainable food journaling system I can keep for months, not days, aimed at [TASK, reason: awareness / energy / habits] rather than obsessive tracking. Design a lightweight daily log (what, when, how I felt) and a weekly review with 3 questions to spot patterns. Keep it flexible and shame-free, and suggest easing off if tracking ever starts to feel stressful.

Goal Setting & Motivation

Twenty-two ready-to-run prompts that turn fuzzy ambitions into a clear plan, and keep you moving when motivation dips.

GOAL SETTING FOUNDATIONS

1. SMART Goal Worksheet

You are a goal-setting coach. Turn my rough goal, "[GOAL]", into a filled-in SMART worksheet with five labeled rows: Specific, Measurable, Achievable, Relevant, Time-bound. For each row, rewrite my goal through that lens in one sentence and add a short "why this matters" note. End with a single tightened goal statement I can copy to the top of my planner. Keep it plain and practical, no filler.

2. The 90-Day Plan

Act as a performance coach. Build me a 90-day plan to reach [GOAL] starting from [CONTEXT, where i am now]. Break it into three monthly phases, each with one theme, three measurable targets, and the weekly action that carries the most weight. Return it as a month-by-month table, then add two lines naming the mistake most people make in each phase. Assume I have about [TIME, hours per week] hours a week to spend.

3. One-Page Goal Summary

You are a productivity designer. Create a one-page goal summary template for [GOAL] that fits on a single sheet. Include labeled sections for the goal statement, my deep reason, three milestones with dates, the weekly habit, how I measure progress, and my first obstacle plus its counter-move. Lay it out as clean labeled blocks I can rewrite by hand, and fill each one with my goal as an example.

4. Top 3 Priorities This Month

Act as a focus coach. From this list of everything I want to do this month, "[CONTEXT, braindump]", pick the three priorities that actually move my life forward and explain in one line why each beat the rest. For each, give me the single next action and a done-by date. Then list what I am consciously choosing not to do this month. Return it as a short checklist, warm but direct.

MOTIVATION & MOMENTUM

5. When Progress Feels Slow

You are a coach for the messy middle of a goal. I am working toward [GOAL] and the results have stalled. Ask me two quick questions about what I have tracked so far, then show me three kinds of progress I am probably making that do not show up in the obvious metric. Close with one small win to aim for this week. Keep the tone honest, not a pep talk.

6. Celebrate the Small Wins

Act as a habit coach. Design me a simple system for noticing and celebrating small wins while I chase [GOAL], so momentum does not depend on the finish line. Give me a daily one-line "win of the day" log, a weekly reward tied to effort not outcome, and a rule for what counts as a win. Return it as three short sections with an example filled in for each. Practical and low-effort.

7. When You Want to Quit

You are a resilience coach. Build me a checklist to run on the days I want to quit [GOAL]. Include a line to name the feeling, one to shrink the day to a single doable action, one to recall why I started, and one to decide the smallest thing that still counts as showing up. Keep it to six checkboxes, plain language. If a day ever feels darker than ordinary discouragement, remind me to reach out to someone I trust or a professional.

BREAK IT DOWN & EXECUTE

8. Break the Big Goal Down

Act as a project strategist. Take my intimidating goal, "[GOAL, big goal]", and break it into a clear chain from end to start: the final outcome, the four to six major milestones, and the very first task small enough to do in one sitting. Show it as an indented outline, milestone then sub-steps. End by pointing to the one task I should start with today so the size stops being an excuse.

9. 7-Day Goal Sprint

You are a sprint coach. Design a focused 7-day sprint to make visible progress on [GOAL]. Give each day one specific objective and a time estimate, front-load the hard part, and keep the daily load under [TIME, minutes] minutes. Return it as a Day 1 to Day 7 table with a final row for what "sprint won" looks like. Add one rule for what to do if I miss a day.

10. The 30-Minute Weekly Review

Act as a productivity coach. Write me a 30-minute weekly goal-review agenda for [GOAL], broken into timed blocks that add up to 30 minutes. Cover reviewing last week, checking the metric, spotting one bottleneck, and setting the top three actions for next week. Return it as a timed checklist with minutes per block, and end with the one question I answer before I close the session.

ACCOUNTABILITY & TRACKING

11. Accountability Buddy Setup

You are an accountability coach. Design a simple buddy system to keep me on track with [GOAL]. Give me a first message to send a potential partner, the cadence and format for check-ins, three questions we ask each other each time, and a fair consequence for a missed commitment. Return it as labeled sections. Keep the check-in itself under 10 minutes so it survives busy weeks.

12. Go Public for Pressure

Act as a behavior-change strategist. Help me use a public commitment to add healthy pressure to [GOAL] without boxing myself in. Draft a short post I could share with [AUDIENCE, e.g. my Instagram followers], suggest what to promise and what to keep private, and give me a way to report back whether I hit it or not. Give two versions, one low-stakes and one bolder, each under 80 words.

13. Milestone Reward Ladder

You are a motivation coach. Build me a reward ladder tied to the milestones on the way to [GOAL], where the reward scales with the size of the milestone. For each of my [NUMBER] milestones, suggest a reward that fits its weight and does not undo the progress. Return it as a milestone-to-reward table, and add one rule so I only collect a reward after the milestone is genuinely done.

14. Visual Progress Board

Act as a visual planner. Design a simple progress board I can draw on paper or a whiteboard to track [GOAL] at a glance. Describe the layout, what each column or row holds, and how I mark daily and weekly progress so momentum stays visible. Give me one concrete example filled in with my goal. Keep it buildable in 10 minutes with a marker.

VISION & LONG GAME

15. Your 5-Year Vision

Act as a vision coach. Walk me through writing a 5-year vision statement for my [CONTEXT, life area; e.g. career, health, relationships]. Ask me three questions about what a genuinely good version of that area looks like, then draft a vivid present-tense vision paragraph from my answers and pull out three anchor goals that would make it real. Keep the paragraph under 150 words and free of vague dream-board language.

16. Letter From Your Future Self

You are a reflective writing guide. Write me a journaling exercise where my future self, [TIME, timeframe; e.g. 3 years] from now, having reached [GOAL], writes a letter back to me today. Give me four guiding prompts for the letter: what changed, what mattered, what to stop worrying about, and the one thing to start now. Present it as prompts plus a two-line opener I can borrow. Warm, specific, not saccharine.

17. Life Audit Worksheet

Act as a life coach. Build me a life audit worksheet that scores [NUMBER, e.g. 8] key areas of my life from 1 to 10, such as health, work, money, relationships, and growth. For each area include the score, one line on why, and one small move to raise it a point. Return it as a table, then name the two areas worth my focus this quarter based on gap and importance. Keep the tone free of judgment.

18. Bucket List in Progress

You are a planning coach. Turn my bucket list, "[TOPIC, list or theme]", into a living tracker instead of a someday fantasy. Sort each item by rough cost, time, and effort, flag the three I could realistically start this year, and give the first booking-or-buying action for each of those three. Return it as a table with a status column. Keep the vibe light but action-biased.

19. 5 Questions After a Setback

You are a resilience coach. I just hit a setback on [GOAL]. Give me five questions to work through it that pull learning out of the miss instead of shame: what actually happened, what was in my control, what I would repeat, what I would change, and the next smallest step. Ask them one at a time and wait for my answer before the next. Calm, non-judgmental tone.

20. Build a Plan B

Act as a strategist. Help me design a Plan B for [GOAL] so a single obstacle does not sink the whole thing. Ask me what most likely goes wrong, then map three failure points to a specific backup move each, plus the minimum "even if everything slips, I still do this" version of the goal. Return it as an if-this-then-that table. Keep it realistic, not doom-planning.

21. Recover After a Failure

You are a supportive coach, not a therapist. Build me a short emotional-recovery checklist for when I fail at something that mattered, like [SITUATION]. Include naming the feeling, separating the outcome from my worth, one kind thing to do for myself, and one tiny step back toward action when I am ready. Keep it to six lines, gentle and human. If the low feeling lingers or turns heavy, encourage me to talk to someone I trust or a mental health professional.

22. Reframe the Mistake

Act as a cognitive coach. Teach me a quick practice to shift how I see a mistake I keep replaying, "[CONTEXT, mistake]". Walk me through catching the harsh story, testing it against the facts, and rewriting it into a fairer, more useful version I would offer a friend. Give me the three steps with my example run through each. End with one sentence I can keep. Plain and kind.

Productivity Systems

Thirty ready-to-run prompts for planning your days, protecting your focus, building habits that stick, and resetting when the week piles up.

DAILY & WEEKLY PLANNERS

1. Daily Top 3 Planner

You are a productivity coach. Build me a daily planner template built around three priorities, not a bloated to-do list. Include a slot for the three must-dos, a "one thing if today goes sideways" line, a short parking lot for everything else, and an end-of-day check. Fill it in with an example based on my role as [JOB TITLE, job or role]. Return it as a clean one-day layout I can reuse every morning.

2. Morning Routine Checklist

Act as a routine designer. Create a morning productivity checklist that gets me from waking to focused work in [TIME, minutes] minutes. Order the steps so the ones that protect focus come before anything that opens me to distraction, and keep it to seven items or fewer. Return it as a checklist with a rough minute count next to each step, assuming a start time of [TIME, start time]. Add one line on the single step never to skip.

3. Evening Shutdown Ritual

You are a productivity coach. Write me a 5-minute evening shutdown ritual that closes the workday cleanly so I stop carrying [JOB TITLE, project or job] into the night. Include capturing loose ends, setting tomorrow's top three, and one gesture that signals work is done, such as closing the laptop a certain way. Return it as a short numbered sequence with a time next to each step. Keep it calm and repeatable.

4. Sunday Reset Session

Act as a weekly planning coach. Design a Sunday reset session that takes under [TIME, minutes] minutes and sets me up for the week. Cover reviewing last week, checking the calendar for landmines, choosing three weekly priorities, and prepping the boring logistics like meals or errands. Return it as a timed agenda, and end with one reflection question to close the week out. Practical, not precious.

TASK & WORKFLOW SYSTEMS

5. Eisenhower Matrix Sort

Act as a prioritization coach. Take my current task list, "[TASK, task list]", and sort every item into an Eisenhower matrix: urgent-important, important-not-urgent, urgent-not-important, and neither. Present it as four labeled quadrants with my tasks placed inside, then tell me which quadrant to work from first and which items to drop or hand off. Add one line on the trap most people fall into with this matrix.

6. Pomodoro Day Outline

You are a focus coach. Plan my work day as a series of Pomodoro sessions (25 minutes on, 5 off) around my task list, "[TASK]", for the [NUMBER] hours I have. Assign specific tasks to each block, place a longer break where energy usually dips, and do not schedule more than is realistic. Return it as a time-stamped block schedule. End with a rule for what to do when a task overruns its block.

7. Batch Your Shallow Work

Act as a deep-work coach. Look at my recurring tasks, "[TASK]", and group the similar shallow ones into batches (email, calls, admin, errands) so I stop context-switching. Suggest a specific window to run each batch during the week and protect one long block for deep work. Return it as a weekly batch schedule table. Add two sentences on why batching beats doing these tasks as they pop up.

8. Simple Kanban Setup

You are a workflow designer. Set up a basic Kanban board for me with To-Do, Doing, and Done, tuned to how I actually work on [TYPE, type of work]. Tell me what belongs in each column, a work-in-progress limit for Doing so I stop overloading it, and the rule for moving a card forward. Give me a starter board filled with example cards. Keep the instructions to a page.

9. What to Delegate Checklist

Act as a productivity coach. Help me decide what to hand off from my task list, "[TASK]". Give me a checklist of questions to run each task through (does it need me specifically, is it worth my hourly value, could someone do it 80% as well), then sort my tasks into keep, delegate, or delete. Return the sorted result as three short lists. End with the first task I should offload this week.

PROJECT & GOAL TRACKING

10. Solo Founder Project Tracker

You are an operations coach for solo founders. Build me a lightweight project tracker for [PROJECT] that one person can actually maintain. Include columns for task, next action, status, due date, and priority, plus a rule for the daily "what moves this forward today" pick. Return it as a table with three example rows filled in. Keep it lean enough that updating it takes under five minutes a day.

11. Plain-Text Gantt Plan

Act as a project planner. Lay out [PROJECT] as a simple Gantt-style timeline across [NUMBER] weeks. List each major task with its start week, end week, and what it depends on, and mark where tasks overlap. Render it as a text timeline using week columns so I can see the sequence at a glance. Flag the one task that, if it slips, pushes everything else back.

12. Deadline-Linked Goal Tracker

You are a planning coach. Build me a goal tracker for [GOAL] that works backward from its hard deadline, [DATE]. Set interim checkpoints with their own dates, the target for each, and a red/yellow/green status column so I can spot slippage early. Return it as a table sorted by date. End with the checkpoint I need to hit first and by when.

13. Project Retrospective

You are a retrospective facilitator. Run me through a retro on [PROJECT] now that it is done or paused. Ask me what went well, what went badly, and what surprised me, one question at a time, then turn my answers into three specific changes for the next project. Return the changes as action items I could actually apply. Keep it blame-free and focused on the system, not the person.

FOCUS & DISTRACTION CONTROL

14. Distraction Audit

Act as a focus coach. Walk me through auditing what actually breaks my concentration during [DATE, part of day]. Have me log each distraction, whether it was external (a ping) or internal (a wandering thought), and what triggered it, then spot the top two patterns. For each pattern, suggest one specific counter-move. Return it as a simple log template plus the analysis steps. No shaming about phone use.

15. Social Media Boundaries

You are a digital-habits coach. Help me set boundaries with [PLATFORM] that cut mindless scrolling without going cold turkey. Give me specific rules for when and where I check them, one friction step to add (like logging out or moving the app), and a replacement action for the moments I usually reach for the phone. Return it as a short set of rules plus a one-line reason for each. Realistic over strict.

16. 14-Day Deep Work Challenge

Act as a focus coach. Design a 14-day deep-work challenge that builds my focus stamina for [TYPE, type of work], starting easy and adding time as I go. Give me the daily focus target in minutes, a simple rule for each day (no phone in the room, single tab, and so on), and a way to log whether I hit it. Return it as a Day 1 to Day 14 table. Keep Day 1 genuinely easy so I start.

17. Your Do-Not-Disturb Policy

You are a boundaries coach. Help me write a personal "do not disturb" policy for my deep-work hours so people know when I am off-limits and when I am reachable. Include my focus windows, how to reach me for a true emergency, and the auto-reply or status message I set. Draft the actual status message for [CONTEXT, work context]. Return it as a short policy plus the message, in plain, friendly wording.

ENERGY & TIME MANAGEMENT

18. Time-Blocked Day

Act as a time-blocking coach. Turn my task list and fixed commitments, "[TASK, tasks and meetings]", into a time-blocked schedule for the day between [CONTEXT, start] and [CONTEXT, end]. Match demanding work to my stated peak hours, batch the small stuff, and leave buffer between blocks so one overrun does not wreck the day. Return it as a time-stamped schedule. End with one line on what to cut if the day gets compressed.

19. Find Your Peak Hours

You are a productivity analyst. Give me a one-week tracker to find my genuinely most productive hours for [TYPE, type of work]. Have me log energy and focus (1 to 5) at a few set times each day, note what I worked on, then read the pattern at week's end to name my peak, steady, and low windows. Return it as a daily log grid plus the analysis steps. Tell me how to reshape my schedule around the peak window once I know it.

20. 5-Minute Recharge Menu

Act as a recovery coach. Build me a menu of 5-minute recharge breaks that restore focus instead of draining it, tailored to where I spend my day, [LOCATION, work setting; e.g. home office, cafe, shift job]. Sort them by what I need in the moment: move my body, rest my eyes, calm my mind, or get outside. Give two options under each and a rule to keep the phone out of the break. Return it as a short labeled menu I can glance at.

HABIT BUILDING

21. One New Habit a Month

You are a habit coach. Map me a 12-month plan where I build one keystone habit each month for [CONTEXT, area; e.g. health, focus, money], choosing habits that stack on each other over the year. For each month give the habit, why it comes in that order, and the tiny starter version. Return it as a month-by-month table. Add a rule for the month I inevitably fall off.

22. Habit Tracker Grid

Act as a spreadsheet designer. Lay out a monthly habit-tracking grid for these habits, "[TASK, habits]", with days across the top and habits down the side. Tell me exactly what goes in each column, how to mark a done day, and add a streak count and a monthly percentage so I can see consistency. Return it as a described layout plus the header row I can paste into a spreadsheet. Keep it to the essentials.

23. Swap a Bad Habit

Act as a behavior-change coach. Help me replace [TASK, bad habit] instead of just trying to quit it. Walk me through finding its trigger and the real reward it gives me, then pick a better habit that delivers a similar payoff on the same cue. Return it as a filled-in loop: cue, old routine, new routine, reward, plus two ways to make the old habit harder to start. Practical and specific to my habit.

REVIEW & GROWTH SYSTEMS

24. Quarterly Review and Reset

You are a planning coach. Run me through a quarterly review for [CONTEXT, area of life or work]. Have me score the last 90 days against what I set, name the two biggest wins and the one real miss, then set three priorities and one thing to stop for the next quarter. Return it as a structured worksheet with prompts and space to answer. Close with a single sentence theme for the coming quarter.

25. Learn a Skill in a Month

Act as a learning coach. Design a 30-day plan to reach basic competence in [SKILL], assuming I have [TIME, minutes] a day. Break it into a week of fundamentals, two weeks of guided practice, and a final week spent on a small real project, with a concrete daily action. Return it as a weekly plan with the Day 30 "I can now do X" outcome stated up front. Suggest the type of resource to find, but do not name specific paid products.

26. Personal KPI Tracker

Act as a performance coach. Help me pick 3 to 5 personal KPIs that actually reflect progress in [CONTEXT, area; e.g. fitness, business, learning], not vanity numbers. For each, define how I measure it, how often, and a realistic target. Return it as a KPI table with a weekly logging cadence, and flag the one KPI that matters most so I do not drown in metrics. Keep the definitions concrete.

27. Burnout Prevention Plan

You are a wellbeing-minded productivity coach, not a doctor. Build me a plan to keep working on [ROLE, project or role] at a sustainable pace with recovery built in, not bolted on. Include daily micro-breaks, the logic for one real day off, early warning signs to watch for, and what I scale back when they show up. Return it as a short plan with a personal warning-sign checklist. If the signs ever point to something serious, tell me to check in with a professional.

MINDSET & MENTAL RESETS

28. A Focus Mantra

You are a mindfulness-minded coach. Help me create one short focus mantra (five words or fewer) I repeat to drop into deep work on [TYPE, type of work]. Give me five candidate mantras, explain in a few words what mood each sets, then a simple 30-second ritual for using it at the start of a session. Return the candidates as a list plus the ritual steps. Keep it grounded, not mystical.

29. Pre-Day Visualization

You are a performance coach. Write me a 3-minute morning visualization to mentally rehearse a focused, productive day before it starts. Walk me through picturing the day's top task going well, seeing how I handle the moment I would normally get distracted, and finishing the day satisfied, in second person and present tense. Return it as a short script to read or listen to. Tie it to my main task for today, [TASK].

30. The Reset Button

Act as a calm coach. Give me a 60-second reset-button script for the moment I feel overwhelmed during [SITUATION, e.g. a busy shift, a big deadline] and my thoughts are scrambling. Walk me through one grounding breath, dumping everything in my head onto paper, circling the single next thing, and starting only that. Write it in the second person so I can follow it in the moment. Steady, kind tone. If overwhelm is a regular thing for me, gently suggest talking it through with someone.

Confidence Building & Self-Growth

Thirty-five paste-and-run prompts to build steady, real confidence and keep growing, one small brave rep at a time.

DAILY CONFIDENCE RITUALS

1. Five-Minute Morning Primer

You are a confidence coach who keeps things practical. Build me a 5-minute morning routine that sets a steady, self-assured tone for my day as a [ROLE, role / life stage; e.g. new manager, returning student]. Give me exactly 5 steps, each with the action, how long it takes, and the one sentence I say to myself while doing it. Format it as a numbered checklist I can tape to my mirror, then add one swap-in option for mornings when I only have 60 seconds.

2. Nightly Evidence Journal

Act as a supportive journaling guide. Design a nightly "proof I'm capable" log that trains me to notice what I did well as a [ROLE]. Give me 4 short questions to answer each night (one line each), plus a weekly review question I answer every Sunday. Keep the questions concrete and about actions, not moods, and show me one filled-in sample entry so I know the depth you want.

3. Personal Anchor Phrase

You are a coach who helps people build a personal mantra that doesn't sound cheesy. Ask me 3 quick questions about a moment I genuinely felt strong, then craft 5 candidate anchor phrases (6 words max each) I can say before hard moments as a [SITUATION]. No affirmations that feel fake or borrowed. Present the 5 options as a list with a one-line note on when to use each, and mark your top pick.

4. Two-Minute Reset

Act as a calm, practical coach. Give me a 2-minute reset I can run before [CONTEXT, upcoming stressful moment; e.g. a meeting, a call, a party] to walk in steady instead of shaky. Lay it out second by second: breathing, posture, and the exact self-talk line for each beat. Format it as a simple timed script, and add a discreet version I can do without anyone noticing.

5. Daily Win Streak Tracker

You are a habit coach. Design a simple "confidence win streak" tracker that rewards me for taking one small brave action a day toward [GOAL]. Define what counts as a win, give me 10 starter examples ranked from tiny to bold, and show me a 7-day tracker table with columns for the action, how it felt, and what I'd try next. Keep it light and non-punishing if I miss a day.

6. One Small Brave Thing

You are a confidence coach who believes reps beat pep talks. Each day I'll tell you my energy level (1 to 10) and you'll give me one "small brave thing" to do that stretches me slightly toward [CONTEXT, growth area] without overwhelming me. Start now by asking my energy level and one context detail, then give today's single action plus a backup if the first feels too big. One action only, no lecture.

REFRAMING SELF-DOUBT

7. Inner Critic Cross-Examination

You are a CBT-informed confidence coach (educational support, not therapy). I'll paste a harsh thought I keep having about myself: [CONTEXT, self-critical thought]. Cross-examine it like a fair lawyer: the evidence for it, the evidence against it, and a more balanced statement I can actually believe. Return three short labeled sections, then give me one small action that tests the balanced view in real life.

8. Impostor Feeling Decoder

Act as a coach who helps capable people with impostor feelings. Start from a recent thing I'm brushing off as "luck" or "no big deal": [CONTEXT, recent win], then break down the real skills and choices that led to it. Give me a short "here's what you actually did" paragraph plus a 5-item list of skills I tend to discount. Keep it grounded and specific to what I share, no empty flattery.

9. Worst-Case De-Catastrophizer

You are a calm thinking coach. I'm scared to do [CONTEXT, thing you're avoiding]. Walk me through it: name my actual worst-case fear, rate how likely it really is (0 to 100%), map what I'd do if it happened, and name the far more likely realistic outcome. Lay it out as a short table, then end with the smallest first step that shrinks the fear.

10. Compare-and-Despair Fix

Act as a supportive guide. When I catch myself comparing my life to [AUDIENCE, person or group] and feeling small, give me a 4-step reframe that gets me back into my own lane. For each step give the thought shift and one concrete action. Keep the tone honest, not toxic-positive, and finish with one question that redirects me to my own next move.

11. "Yes, And I Still" Reframe

You are a mindset coach. Teach me the "yes, and I still" move for when self-doubt tries to stop me: I acknowledge the fear and act anyway. Ask me for a doubt that's holding me back from [GOAL], then write 5 tailored "yes I feel X, and I'll still do Y" statements in my own plain voice. List them, and mark the one to use first.

12. Rejection Reframe Kit

Act as a resilience coach. Help me handle a recent rejection or no from [CONTEXT, source; e.g. a job, a pitch, a person] without letting it dent my self-worth. Give me a short reframe covering what it does and doesn't say about me, one lesson worth keeping, and one thing to try differently next time. Return it as three tight bullets, then one encouraging closing line that isn't a cliché.

13. The Friendly Post-Mortem

You are a growth coach who separates the person from the mistake. I'll describe something that didn't go how I wanted: [CONTEXT, what happened]. Run a kind but honest post-mortem: what was in my control, what wasn't, what I'd repeat, and what I'd change. Format it as a 4-row table, then give me one sentence that closes the loop so I stop replaying it.

14. Limiting-Belief Audit

Act as a coach who spots the stories we tell ourselves. Ask me to finish the sentence "I could never..." three times about [CONTEXT, area of life], then examine each answer: where the belief likely came from, whether it's actually true, and a truer replacement belief. Present it as a table with columns for old belief, origin, and new belief, and keep the reframes believable, not fantasy.

15. Posture Audit

You are a body language coach. I'll describe how I usually stand or sit in [SITUATION, e.g. meetings, parties]: [CONTEXT, describe your typical posture]. Point out what it signals to other people and to my own brain, then give me 4 specific adjustments (head, shoulders, hands, feet) with a cue word for each. Return a two-column table: what to change, and the one-word reminder. Keep it doable, no rigid "power poses".

16. Hands, Fixed

You are a body language specialist. I never know what to do with my hands when I [SITUATION, e.g. present, meet new people], and it makes me feel awkward. Give me 5 natural, confident hand positions and 3 gestures that reinforce a point, each with a plain description and when to use it. Return it as a labeled list, and flag the 2 fidgety habits worth dropping.

17. Eye Contact Without the Stare

Act as a social skills coach. Teach me a simple, non-creepy eye contact pattern for one-on-one conversations at [LOCATION, setting; e.g. work, dates, interviews], since I either stare or look away too much. Give me a clear technique (with timing), a practice exercise for this week, and one fix for when I get nervous. Keep it to a short numbered how-to, plus a one-line rule of thumb I'll remember.

18. Voice That Holds the Room

You are a vocal presence coach. My voice gets quiet, fast, or shaky when I'm nervous during [SITUATION]. Give me 5 practical fixes covering pace, volume, pauses, and ending sentences with certainty. For each, give the fix and a 20-second drill. Format it as a table, then hand me one warm-up I can do in the car before I arrive.

19. Resting Face Reset

You are a presence coach. People often think I look annoyed or closed-off when I'm just neutral, which hurts me in [LOCATION, setting]. Give me 4 small, genuine adjustments to look approachable without forcing a fake smile, each with a cue I can practice in a mirror. Return it as a checklist, and add one warm micro-expression to use when I first meet someone.

20. First Sixty Seconds

Act as a coach for social entrances. Build me a simple 3-move routine for walking into [TYPE, type of event] alone so those first 60 seconds feel controlled instead of panicky. Give the move, the body language, and the opening line for each, as a numbered list. Then give me a graceful default for when I don't know a single person in the room.

21. Steady Under Pressure

You are a body language coach. When I get put on the spot in [SITUATION], my body gives my nerves away (flushing, fidgeting, shrinking). Give me 5 quick physical cues to project steadiness in the moment, each with what to do and why it works. Return it as a table, then name the one grounding move to do first, before I even speak.

SOCIAL & SPEAKING CONFIDENCE

22. Small Talk Starter Kit

You are a social confidence coach. Give me 12 low-pressure conversation openers I can actually use at [LOCATION, type of event / setting] without sounding scripted. Group them by type (an observation, a question, a shared-situation opener) with a natural example line for each. Return it as a labeled list, then add 3 simple follow-up questions that keep any conversation going.

23. Exit Any Conversation Gracefully

Act as a social skills coach. Teach me 6 polite, confident ways to leave a conversation at [LOCATION, setting] without the awkward trailing-off I usually do. For each, give the exit line and the body language that goes with it. Return it as a list sorted from most casual to most formal, and add one extra line for escaping a conversation that has gone on too long.

24. Speak Up in Meetings

You are a workplace confidence coach. I hold back my ideas in meetings as a [ROLE] and regret it later. Give me a 4-part method to speak up early and clearly, including a template for framing an idea in three sentences and a way to reclaim the floor if I get talked over. Format it as a short guide with one worked example based on a typical meeting topic in my field: [INDUSTRY].

25. The 60-Second Self-Introduction

Act as a coach for memorable introductions. Help me write a natural 60-second intro of myself for [CONTEXT, e.g. networking, a new team, a class]. Ask me 3 questions about what I do and what I want people to remember, then write it in my spoken voice with a strong first line and an easy hook that invites questions. Give me the final script plus a 10-second short version.

26. Say No Without the Guilt

Act as an assertiveness coach. Teach me to say no clearly and kindly when I'd normally cave, in the context of [SITUATION, e.g. extra work, social plans, favors]. Give me 5 ready-to-use "no" scripts ranging from soft to firm, each one keeping the relationship intact. Return them as a list labeled by firmness, and add one line for holding my ground if they push back.

27. Ask For What You Want

Act as a coach for direct asks. I struggle to ask for [CONTEXT, what you want; e.g. a raise, help, a discount, a favor]. Build me a clear, confident script covering the opening, the specific ask, the reason, and a calm close. Return the script plus 2 alternate phrasings by tone (warm versus businesslike), and one line to handle a "no" gracefully.

28. Networking Without the Ick

Act as a coach who makes networking feel human. Give me a simple game plan to work a [TYPE, type of event] when I hate "networking", built around being useful and curious instead of transactional. Include 3 goals to aim for, 5 genuine questions to ask people, and a low-key follow-up message template. Return it as a short structured plan I can screenshot.

LONG-TERM SELF-GROWTH

29. Confidence Baseline Assessment

You are a growth coach. Run me through a quick self-assessment of my confidence across 6 life areas (work, social, physical, decisions, speaking, and self-worth). Ask me to rate each 1 to 10, then give me a short read on my pattern, my two strongest areas, and the one area with the highest payoff to work on toward [GOAL, bigger goal]. Return the ratings as a table plus a 3-sentence summary.

30. 90-Day Confidence Roadmap

Act as a coach who builds realistic plans. Design a 90-day roadmap to grow my confidence in [CONTEXT, specific area], broken into three 30-day phases, each with a theme, 2 focus habits, and one stretch challenge. Keep it doable for someone with about [TIME, hours per week] to spare. Return it as a phase-by-phase table, then name the one habit that matters most.

31. Comfort Zone Ladder

You are a confidence coach who believes in gradual exposure. Build me a 10-rung "bravery ladder" for [CHALLENGE, fear or avoided thing], from an easy first rung to a bold top rung, each step slightly harder than the last. For each rung give the action and a rough "do this until it feels normal" note. Return it as a numbered ladder, and tell me how to know when I'm ready to climb to the next rung.

32. Skill-Confidence Flywheel

Act as a growth strategist. Show me how building real competence in [SKILL, skill you want] will feed my confidence, then design a simple practice loop to get there. Give me a weekly structure (practice, feedback, one small public rep) with specifics for my skill, plus 3 low-stakes ways to test the skill in real life. Return it as a short plan with a one-line note on tracking progress.

33. Values-Backed Confidence

You are a coach who roots confidence in values, not approval. Ask me 4 questions to surface my core values, then show me how acting from them makes me less dependent on other people's opinions about [SITUATION]. Give me a short "when I feel shaky, I return to this" reference card with 3 of my values and a matching action for each. Keep it grounded and personal.

34. Role Model Reverse-Engineer

Act as a growth coach. I admire how [AUDIENCE, person or type of person] carries themselves. Help me reverse-engineer the specific, learnable habits behind that confidence (not their personality or looks), and turn them into things I can practice. Give me a table of 6 observable habits and my version of each, then pick the first one to start this week. Skip anything vague like "just believe in yourself".

35. Self-Trust Rebuild Plan

Act as a supportive guide. I've broken promises to myself so often that I don't trust myself to follow through on [GOAL]. Give me a plan to rebuild self-trust through small kept promises: how to size a promise so I actually keep it, how to track it, and how to recover after a miss without self-punishment. Return it as a short numbered method with a 2-week starter challenge.

Hobby Discovery

Fourteen prompts to find your next hobby, matched to your time, budget, personality, and who you want to become.

FIND A HOBBY BY CONSTRAINT

1. Hobbies With Little or No Equipment

Act as a hobby advisor. Give me 10 hobbies I can start with little or no equipment and almost zero upfront cost. For each, note what (if anything) I need, how to begin today, and whether it is active or calm. Prioritize things I could try in the next hour. Present as a table: Hobby | Cost | First Step | Vibe. Skip anything that needs a big purchase.

2. Hobbies for Busy People

You are a productivity-minded hobby coach. Suggest 8 hobbies that fit a genuinely packed schedule, doable in 15 to 30 minute pockets without special setup. For each, explain how it flexes around a busy week and how to keep momentum when life gets hectic. My rough free time looks like [CONTEXT, when i'm free]. Return a numbered list, each with the hobby and a "fits your life because" line.

HOBBIES MATCHED TO YOU

3. Hobbies for Tech and Coding Fans

You are a hobby advisor for tech-minded people. Recommend 10 hobbies for someone who enjoys tech and coding, mixing screen-based projects with hands-on builds that use the same problem-solving muscle. For each, give the hobby, what makes it satisfying for a builder, and a beginner project to kick off. My current skill level is [STAGE]. Return a numbered list with a starter project each.

4. Hobbies That Sharpen Public Speaking

Act as a communication coach. List 8 hobbies that quietly improve my public speaking and confidence in front of people, tuned to [STAGE, current public-speaking comfort level], from improv to teaching to storytelling nights. For each, explain the specific speaking skill it trains and how exposed I will feel starting out (low, medium, high). Order them from lowest to highest pressure so I can ease in. Present as a numbered list.

5. Physical Hobbies for Building Endurance

You are a fitness-minded hobby coach, not a medical professional, so keep the advice general and remind me to check with a doctor before starting intense new activity. Suggest 8 physical hobbies that build endurance while being fun enough to stick with. For each, note the fitness level to start, how it grows stamina, and a gentle first session. My current activity level is [STAGE]. Numbered list, two lines each.

6. Artistic Hobbies That Don't Require Drawing

Act as an art mentor. Recommend 10 artistic hobbies within [BUDGET] for someone who can't or doesn't want to draw, spanning things like photography, pottery, music, collage, and textile crafts. For each, give the hobby, the kind of creativity it uses, and the first thing to make. Reassure me that drawing skill isn't the price of entry. Format as a numbered list with a starter project.

HOBBIES FOR A SPECIFIC GOAL

7. Hobbies That Help You Meet New People

You are a social connection coach. Suggest 10 hobbies that naturally put me around new people and make it easy to form real friendships, not just stand in a crowd. For each, explain the built-in social element and how a shy person can ease in. I would describe myself as [CONTEXT, introvert / extrovert / in between]. Return a numbered list, each with a "how you'll meet people" line.

8. Relaxing Solo Hobbies

Act as a wellbeing-focused hobby guide. List 10 calming solo hobbies I can do alone to unwind and quiet a busy mind, from tactile crafts to slow outdoor activities. For each, note why it soothes and the ideal setting to enjoy it. If I tell you [CONTEXT, what stresses me out], lean the picks toward what would help most. Numbered list, two lines per hobby.

9. Hobbies That Can Become Side Hustles

You are a hobby-to-income strategist sharing general ideas, not financial advice. Suggest 10 hobbies that could grow into a side hustle, each fun on its own even if the money never comes. For each, give the hobby, the realistic way it earns, and the first step to test demand cheaply. Present as a table: Hobby | How It Earns | First Test. Match to my skills if I share [CONTEXT, what i'm good at].

10. Adventure-Based Outdoor Hobbies

Act as an outdoor adventure guide. Recommend 8 adventure-based outdoor hobbies scaled to my appetite for risk and effort, from mellow to genuinely bold. For each, note the thrill it delivers, the basic gear or skill to begin, and one beginner-safe way to try it first. My comfort with risk is [CONTEXT, low / medium / high] and my region is [CONTEXT, where i live]. Numbered list, ordered from easiest to boldest.

11. Hobbies That Teach You a New Culture

You are a cultural exploration guide. List 10 hobbies that immerse me in a new culture, from cooking a cuisine to learning a language, a dance, or a craft. For each, name the culture connection, what I would learn beyond the surface, and how to start respectfully and authentically. If I am drawn to [LOCATION, a region or culture], prioritize those. Return a numbered list with a first step each.

HOBBIES THAT GROW YOU

12. Hobby Challenges for Self-Discipline

You are a discipline coach. Design 6 challenges based on [INTEREST, a hobby I already enjoy] that build self-discipline through consistent practice, each with a clear rule and a finish line (for example a daily streak or a 30-rep goal). For each, give the challenge, the discipline habit it trains, and how to track it simply. Make them beginner-doable but real. Present as a numbered list I could start tomorrow.

13. Hobbies That Teach Patience Over Time

Act as a mindfulness-oriented hobby guide. List 8 hobbies that reward patience and slow progress, from growing things to crafting to skill-building pursuits where results take weeks or months. For each, explain what the wait teaches and how to enjoy the slow parts instead of rushing them. Present as a numbered list, each with a "why the patience pays off" line.

14. 30-Day Hobby Trial Plan

You are a hobby coach. Build me a 30-day trial plan to test whether [INTEREST] is right for me before I invest real money or time. Break it into 4 weekly phases, from first taste to small project to an honest go/no-go check at day 30, with 2 or 3 light actions per week and a tiny weekly reflection question. Present as a week-by-week plan, realistic for a beginner.

System 05 - People

Building Stronger Relationships

Twenty-two copy-paste prompts to deepen connection, handle conflict without the fallout, and keep a relationship growing for years.

EVERYDAY CONNECTION RITUALS

1. Conversation Starters That Go Deep

You are a relationship coach who designs conversations that pull couples closer. Give me 15 deep conversation starters for me and my partner, tuned to [SITUATION, where we are: new relationship / long-term / rebuilding after a rough patch]. Sort them into three levels: easy warm-ups, honest middles, and one or two that go somewhere vulnerable. Keep each question to a single sentence with no clichés, then tell me how to pick two for tonight without it feeling like an interview.

2. The 20-Minute Weekly Check-In

Act as a couples therapist building a simple weekly ritual. Create a 6-question weekly check-in my partner and I can run in 20 minutes, covering how we each felt this week, what the other did that we appreciated, anything left unsaid, and one thing we want next week. Format it as a clean numbered list we can read off a phone, add a one-line ground rule for keeping it safe, and suggest the best day and setting to do it.

3. The 3-Minute Gratitude Habit

Act as a relationship coach designing a low-effort gratitude habit. Build a daily gratitude practice for me and [NAME, partner name] that takes under 3 minutes a night and never feels like a chore. Give the exact prompt we each answer, how to trade answers, and a weekly twist so it stays fresh. Present it as a simple routine card with a "when we forget a day" reset line.

4. Say the Hard Thing Kindly

You are a communication coach trained in nonviolent communication. Turn NVC into a practical checklist I can use before a hard conversation about [CHALLENGE]. Walk the four steps (observation, feeling, need, request) with a fill-in-the-blank line for each in my own words, then show a weak version and a rewritten version of the same sentence. Keep it to one page I can glance at mid-conversation.

5. Listen So They Feel Heard

Act as a communication coach. Give me 5 concrete active-listening moves I can practice this week with my partner, each with what to do, an example phrase, and the mistake it replaces. Focus on making them feel heard, not on fixing their problem. End by asking me which habit I break most so you can give me a 3-day drill for it.

6. Pause Before You React

You are a coach who helps people stop saying things they regret. Build me a "pause before reacting" practice for the moments my partner says something that sets me off about [CHALLENGE, common trigger]. Give a 20-second internal script: what to notice in my body, what to tell myself, and what to say out loud to buy time. Return it as steps I can memorize, plus one line to use when I need to walk away without it reading as abandonment.

7. Fight Fair: A Repair Playbook

Act as a couples mediator, not a therapist. Lay out a step-by-step system for me and my partner to work through a disagreement about [CHALLENGE] without it turning into a fight, from calling the timeout to reaching a repair. Include ground rules we agree on in advance, a turn-taking structure, and how to close even when we don't fully agree. Format it as a numbered playbook, and note when an issue is big enough to bring to a real professional.

8. The Apology That Repairs

You are a relationship coach who teaches real apologies. Help me build an apology for [CONTEXT, what happened] that repairs instead of defends. Walk me through owning the specific thing, naming the impact on them, skipping the "but", and offering what I'll do differently. Give me a short template plus a filled example, and flag any phrase that secretly shifts blame.

9. Rebuild Trust, Small and Provable

Act as a relationship coach. Give me a practical set of ways to rebuild trust with my partner after [CONTEXT, what happened], sorted into today, this week, and this month. For each, keep the actions small, specific, and provable rather than grand promises. Return it as a short timeline, and end with one thing I should stop doing that quietly erodes trust.

10. The Safe Vulnerability Exercise

Act as an intimacy coach. Build a structured exercise for me and my partner to share [TOPIC, a vulnerable subject] safely, with a clear opening line, whose turn is when, and how the listener responds so it stays safe. Scale it from a light round to a deeper one so we don't overshoot on the first go. Give the full script plus one sentence on stopping if either of us feels flooded.

11. Validate Before You Fix

You are a communication coach. Map out how to validate my partner's feelings even when I see it differently, so they feel understood before we problem-solve. Give me 8 validation phrases, the 3 invalidating habits to drop, and the real difference between agreeing and validating. Then have me paste a recent thing they said so you can model a validating reply.

SHARED EXPERIENCES

12. The Couple's Adventure List

You are an experience designer for couples. Build me and my partner an adventure bucket list of 20 items matched to our vibe [CONTEXT, chill / active / travel / creative] and budget [BUDGET, budget range]. Sort them into free, low-cost, and save-up-for, and mark 3 we could do this month. Keep each to a single exciting line, no filler.

13. Dates You've Never Done

Act as a date planner who is allergic to boring. Generate 12 "we've never done this before" date ideas near [LOCATION, city or region], each designed to knock us out of our usual routine. Give the idea, why it sparks connection, and rough cost, then group them by season. End by asking for my partner's two favorite things so you can add three custom picks.

14. Small Surprises That Land

Act as a thoughtful relationship coach. Design a set of small surprise rituals that show [NAME, partner name] I'm paying attention, from a hidden note to an unprompted favor. Give me 10 ideas that cost little or nothing, tied to what they actually care about, plus a way to keep them unpredictable so they never feel scheduled. First ask me three things my partner loves so the ideas land.

YOUR INNER WORK

15. Know How You Love

You are a reflective journaling guide. Create a set of 8 journal prompts to help me figure out how I most naturally give and receive love, and where that clashes with [NAME, partner name]. Keep each prompt open and specific, building from how I felt loved as a kid to what I secretly wish my partner did more. End by asking me to name my top two so you can suggest how to tell my partner without it sounding like a complaint.

16. Your Half of the Relationship

Act as an honest but kind coach. Give me reflection questions that turn the spotlight on my own part in the health of my relationship, not my partner's. Cover what I bring, what I avoid, and the pattern I repeat under stress. Return 10 questions, then ask me to answer the hardest one so you can reflect back what you notice, gently.

17. Map Your Triggers

You are a self-awareness coach, not a therapist. Build me a worksheet to map my emotional triggers in my relationship, so I react less and understand myself more. Include columns for the trigger, the old story it taps, what I feel in my body, and a calmer response to try. Give a filled example about [CHALLENGE, common trigger], then a blank version, and remind me to reach a professional if any trigger ties to trauma that feels too big to hold alone.

18. Settle Yourself First

Act as a calm, grounding coach rather than a therapist. Help me build a self-soothing plan for when relationship stress spikes, so I can settle myself before I speak. Give me a menu of quick options (breath, movement, sensory, a grounding phrase) sorted by how much time I have, and a line to tell my partner I need a few minutes. If what I'm feeling ever crosses into crisis, point me to a local helpline or professional, plainly and without fuss.

19. Love Without Words

You are a relationship coach who knows love is often shown, not said. Give me 12 nonverbal ways to show my partner I love them, across touch, acts of service, presence, and small gestures. Keep each to one concrete line I could do today, and tag which fit a partner who values [CONTEXT, their likely love language]. End with one nonverbal habit worth doing every single day.

THE LONG GAME

20. State of the Relationship

You are a couples coach running an honest annual review. Build a "state of the relationship" check-in for me and my partner to do once a year, covering what worked, what strained us, what we're proud of, and what we want next year to feel like. Give 8 questions, a warm structure for going through them, and a closing ritual. Add one ground rule that keeps it from turning into a list of grievances.

21. The 30-Day Grow-Together Challenge

Act as a coach who helps couples grow side by side. Design a 30-day joint growth challenge for me and my partner in [SKILL, area: reading / fitness / finances / a new skill], where we grow together without competing. Give a simple daily or weekly action, a shared way to track it, and a small reward at the end. Return it as a week-by-week plan with an "if one of us falls behind" rule so it survives real life.

22. Plan the Next Five Years

Act as a coach guiding a couple's future-planning session. Build a worksheet for me and my partner to align on the next 1, 3, and 5 years across [CONTEXT, areas: home; money, family, career, adventures]. For each horizon include what we want, what it costs or requires, and the first step to take now. Give a filled example row and a blank template, and end with the one conversation we should have before the next session.

Dating & Self-Confidence

Twenty-two copy-paste prompts to date from real self-worth, stay steady through rejection, and get clear on what you actually want.

CONFIDENCE & SELF-WORTH

1. Affirmations That Aren't Cringe

You are a confidence coach who writes affirmations that don't feel fake. Give me 15 daily affirmations for dating confidence that sound like something I'd actually believe, tuned to someone who struggles with [CHALLENGE, sticking point: feeling not enough / fear of rejection / comparing myself to others]. Keep them first person, present tense, and grounded in evidence rather than hype. End by picking the 3 to repeat on days I feel low.

2. 7 Days to Steadier Confidence

Act as a self-esteem coach. Build me a 7-day plan to rebuild my confidence before I start dating again, one small action a day that stacks. For each day give the focus, a 10-minute action, and a one-line reflection to write after. Keep it doable for a busy person, and end day 7 with a way to carry the momentum forward.

3. Why You're a Great Catch

Act as a coach who helps me see myself clearly. Interview me to build a "why I'm a great catch" list, asking about what friends value in me, what I'm proud of, and what I bring to a relationship. Then turn my answers into a punchy list of 10 to 15 real strengths, phrased with quiet confidence, not bragging. End by telling me which three to remember before a first date.

KNOW YOUR STANDARDS

4. Define Your Dating Values

Act as a dating coach who starts with clarity. Ask me a set of questions to define my core dating values, what I actually want to build, not what I think I should want. Cover how I want to feel, how I want to be treated, and the kind of partner I'm becoming. Give me 10 questions, then turn my answers into a short values statement I can measure future dates against.

5. Non-Negotiables vs Dealbreakers

Act as a no-nonsense dating coach. Walk me through building a non-negotiables and dealbreakers list so I stop tolerating what drains me. Help me separate true dealbreakers from mere preferences, and pressure-test each one so it's a real line, not a wish. Return two clean lists (non-negotiables, dealbreakers) plus the one preference I should stay flexible on.

6. Lessons From Your Past

You are a reflective coach, not a therapist. Give me questions to draw the real lessons from my past relationships, so I bring wisdom into the next one instead of old wounds. Cover what I learned about myself, what I'd choose differently, and the pattern worth breaking. Return 8 questions, then ask me to answer the one I most want to avoid, and reflect back what you notice with care.

7. Your Dating Boundaries

Act as a dating coach who teaches healthy boundaries. Help me create a dating boundaries checklist across time, energy, physical pace, and communication, so I show up clear instead of people-pleasing. For each area give an example boundary and a simple line to say it out loud. Return it as a checklist, and add how to hold a boundary when I'm tempted to fold to keep someone interested.

EMOTIONAL RESILIENCE

8. Make Rejection Sting Less

You are a confidence coach who reframes rejection. Build me a mindset for dating where a "no" stings less and means less about my worth. Give me 6 reframes, a one-line response to use in the moment, and a short practice for the hours after a rejection. Keep it real, not toxic positivity, and end with the single belief worth repeating when it hurts.

9. Handle Ghosting With Dignity

Act as a level-headed dating coach. Give me a way to handle being ghosted that protects my dignity and my peace, without spiraling or sending the angry paragraph. Cover what ghosting usually says about them versus me, whether to send one final message, and how to close the loop in my own head. Return it as a short playbook, plus one line I can text if I choose to say anything at all.

10. Date Without Over-Attaching

You are a dating coach who helps people stay grounded. Map out strategies to keep me from over-attaching to someone I barely know, so I don't build a whole future off three good dates. Cover pacing, keeping my own life full, and reading actions over words. Give me 7 practical moves, and ask me where I usually get swept up so you can tailor two of them to me.

11. The 24-Hour Bad-Date Reset

You are a recovery-minded dating coach. Build me a 24-hour reset for after a bad or draining date, so I bounce back instead of writing off dating entirely. Lay it out across that night, the next morning, and the following evening, with one small restorative action in each. Keep it kind and practical, and if a date ever left me feeling unsafe, tell me plainly to prioritize that and reach real support.

IN-PERSON CONFIDENCE

12. Confident Body Language

Act as a body-language coach. Give me practical, non-creepy body-language tips to come across as confident and warm on a date in [LOCATION, date setting]. Cover posture, eye contact, hands, and how to settle nervous energy, with the reason behind each. Return 8 tips as a quick pre-date checklist, and flag the two habits that read as disinterest even when I'm keen.

13. Openers From What's Around You

You are a conversation coach. Teach me how to start a natural conversation using whatever is around me, so I never rely on a canned pickup line. Give me a simple 3-part formula (notice, comment, open question) plus 8 worked examples for settings like [LOCATION, setting: coffee shop / gym / bookstore / party]. End by having me name where I'll be this week so you can write two openers for it.

14. 5 Subtle Ways to Show Interest

You are a dating coach. Give me 5 subtle, respectful ways to show a first date I'm interested without being over the top or playing games. For each, give what to do, an example, and the signal it sends. Keep it genuine and easy to read, then ask me how forward I naturally am so you can adjust them up or down for me.

15. Get Your Head Right Pre-Date

Act as a dating coach. Build me a pre-date checklist to get my head right before a first date, so nerves don't run the show. Cover the mindset to walk in with, two or three light topics ready, one grounding move if I get anxious, and a reminder of what this date is actually for. Return it as a short list I can read in the car, ending with the one thought to leave at the door.

GROWING WHILE DATING

16. How Did I Grow This Month?

You are a growth-focused journaling coach. Create a monthly "how did I grow this month?" reflection tied to my dating life and my life in general. Give 7 prompts covering what I learned, where I showed up better, and what I'm still working on, plus a line to set one intention for next month. Keep the tone encouraging and honest, and format it as a template I can reuse each month.

17. Dating Without Losing Yourself

You are a coach who protects people from disappearing into dating. Help me build a balance plan so dating enhances my life instead of swallowing it. Map [TIME, my current weekly availability] across dating, friends, solo time, health, and goals, and set a simple rule for when dating starts crowding the rest out. Return a sample weekly layout plus the one boundary that keeps me whole.

18. Friends Matter Too

Act as a connection coach. Help me set a goal to build deeper friendships while I'm dating, so a partner isn't my only source of closeness. Give me a 30-day plan with small steps to deepen existing friendships and make one or two new ones, plus a way to keep it going. Return it as weekly actions, and ask about my current circle so you can tailor the first step.

GETTING CLEAR ON WHAT YOU WANT

19. Get Clear on Your Dating Goals

You are a dating coach who cuts through confusion. Ask me a focused set of questions to clarify what I actually want from dating right now, whether that's something serious, casual, or figuring it out. Then reflect my answers back as a clear goal I can state plainly to myself and, when it counts, to a date. Give me the questions first, then the summary, and name any mixed signals I'm sending myself.

20. Red Flags and Green Flags

Act as a dating coach. Help me build a personalized red flags and green flags list so I can read a new connection more clearly. Base it on healthy relationship behaviors, not just chemistry, and include a few "quiet green flags" that are easy to overlook. Return two lists, then ask me about a current situation so you can help me sort what I'm seeing.

21. Brainstorm the Perfect First Date

You are a creative date planner. Brainstorm a list of "perfect first date" ideas built around real connection, not impressing anyone, near [LOCATION, city or region]. For each, give the idea, why it makes conversation easy, and rough cost, then sort them from low-key to adventurous. Ask me my comfort level and interests so you can star the three that fit me best.

22. After a Real Connection: What Now

Act as a dating coach. I've found a promising connection and we are at [STAGE, number of dates or current stage], so map out the next steps to build it without rushing or sabotaging it. Cover how to keep pacing healthy, when to have the "what are we" talk, and how to stay myself as it gets real. Return a simple stage-by-stage guide, and end with the one thing to avoid that most often kills a good early connection.

Dating Conversation Starters

Thirty paste-ready prompts that hand you the exact questions to break the ice, go deeper, and actually enjoy the date.

PLAYFUL ICEBREAKERS

1. First-Date Icebreakers That Land

You are a quick-witted first-date wingman. Give me 12 funny icebreaker questions I can ask on a first date at [LOCATION, setting; e.g. a wine bar], each one light, a little unexpected, and easy to answer out loud. Return them as a numbered list and mark the 3 you'd open with. No cheesy pickup lines.

2. Would You Rather: Date Edition

Act as a party-game host. Write 15 flirty "Would you rather" questions for me and my date, [DATE, date's name], mixing silly, romantic, and slightly spicy while keeping it PG-13. Format as a numbered list where each line is one full "Would you rather A or B?" question, sorted from tamest to boldest.

3. Rapid-Fire This or That

You are a flirty conversation coach. Give me 20 quick "this or that" questions to volley back and forth with someone I'm into, tuned to a [CONTEXT, vibe; e.g. playful and a little bold] mood. Each should take two seconds to answer and reveal a bit of personality. Return them as a two-column table: Option A | Option B.

GAMES & SCENARIOS

4. Silly Dares

Act as a fun, mischievous game host. Give me 10 silly, harmless dares for a date that reveal personality, public-friendly for a [LOCATION, setting] like a busy bar. Think worst accent or an honest playlist rating, never embarrassing in a mean way. Numbered list, and mark 3 that work best in a crowd.

5. Pet Peeve Swap

You are a funny, self-aware conversationalist. Write 10 questions to swap pet peeves with my date, [DATE, date's name], the kind that get us laughing at our own quirks. Keep them light, nothing mean-spirited. Numbered list, and add a "confess your most irrational one" finale.

6. Three Wishes, With a Twist

You are a playful conversationalist. Turn the classic "3 wishes" into a mini-game for me and [DATE, date's name]: give me the setup line, 3 rounds of wish prompts with a twist each round, and a fun closing question. Build in rules like "no wishing for more wishes" and "one wish must help a stranger". Return it as a clear step-by-step I can read off.

7. Stranded Together

Act as a witty game host. Write a "stranded on an island together" scenario for a date at [LOCATION, setting], with 8 questions about what each of us brings, does, and can't live without. Keep it funny and a little revealing about how we'd team up. Numbered list, and end with a lighthearted "would we survive each other" verdict question.

8. Time Travel Questions

Act as an imaginative game host. Write 10 "time travel" questions for a date, mixing fun and reflective, pitched at a [CONTEXT, vibe; e.g. playful] mood. Cover the decade they'd visit and the advice they'd give their younger self. Numbered list sorted from playful to meaningful, and flag the two best for going deeper.

9. Lottery Tomorrow

Act as a playful conversationalist. Write a "lottery win" exchange for a date with a [CONTEXT, vibe; e.g. giddy] energy: the opener, then 8 prompts covering the first purchase, the secret splurge, and whether they'd keep working. Keep it fun and a little revealing about their values. Return it as an ordered flow, and flag the most telling question.

DEEPER & EMOTIONAL

10. Take Me Back

You are a thoughtful conversationalist. Give me 10 questions that gently pull up happy childhood memories on a date with someone in their [AGE, age range], so we swap stories instead of facts. Keep them warm and specific, like a favorite hiding spot or a smell that takes them back. Numbered list, and flag the 2 that tend to open people up most.

11. Dreams Without the Interview

Act as a curious, encouraging listener. Write 10 questions that get my date talking about their real dreams and ambitions without feeling like a job interview, for around the [DATE, date number] date. For each, include a softer lead-in phrase so it lands casually. Numbered list, tone relaxed and genuinely interested.

12. First Crush Stories

Act as a warm, nostalgic conversationalist. Give me 8 questions about first crushes and first loves that stay sweet and funny, not heavy or ex-focused, suited to around the [DATE, date number] date. Keep them story-friendly. Numbered list, and flag the two best for a laugh versus the two that get a little tender.

13. Laugh at Yourself

Act as a warm, funny conversationalist. Give me 8 prompts that invite lighthearted stories about fears and embarrassing moments, the kind that bond people through laughing at themselves, for a [LOCATION, setting] date. Keep them safe and never humiliating. Numbered list, and add a rule for me to share mine first to set the tone.

14. How They Handle Stress

Act as a caring, easygoing conversationalist, not a therapist. Give me 8 gentle questions about how my date copes when life gets heavy, supportive and opt-in, for a [LOCATION, setting] date. Think their reset ritual or who they call. Numbered list, and add a soft line I can use if the topic gets real.

15. How They Want to Be Remembered

Act as a thoughtful conversationalist. Write 6 gentle ways to ask how my date wants to be remembered, plus lighter lead-ins so it never feels morbid, for a [CONTEXT, vibe; e.g. warm and reflective] moment. Numbered list from soft to more meaningful, and note it's best saved for when the conversation is already flowing.

VALUES & COMPATIBILITY

16. What They Really Want

You are a gentle relationship coach. Write 8 questions that surface what my date actually wants in a relationship at the [DATE, date number] date stage, without triggering "where is this going" pressure. Keep them curious and low-stakes. Numbered list from casual to more honest, plus a one-line tip on when to bring these up.

17. Honesty vs Kindness

Act as a friendly devil's advocate. Write 8 questions and gentle dilemmas about honesty versus kindness, tuned to a [CONTEXT, vibe; e.g. fun and debate-y] mood. Think white lies and the hard truth a friend needs. Keep it a playful back-and-forth, not a moral exam. Numbered list, and pair two as a natural follow-up set.

18. How They Fight Fair

You are a calm relationship coach. Give me 8 easy questions to learn how my date handles disagreements, framed as light curiosity for a date at the [DATE, date number] stage, not a red-flag hunt. Think cool off first or talk it out now. Numbered list, warm tone, one follow-up each.

19. Money Values, Not Balances

Act as a down-to-earth conversationalist. Write 8 low-pressure questions about how my date thinks about money, focused on values rather than account balances, safe enough for a [DATE, date number] date. Think saver or spender, experiences or things. Numbered list, and flag the two safest to open with.

20. Where They Come From

You are a warm, respectful conversationalist. Give me 8 questions about my date's family and upbringing, phrased so they're easy to answer even if home was complicated, for a [LOCATION, setting] date. Keep them open and never assume. Numbered list from light to more personal, plus a one-line note on backing off gracefully if they go quiet.

21. Early Bird or Night Owl?

Act as a playful conversationalist. Give me 10 quick questions about daily rhythms and habits, fast and revealing about lifestyle fit, for a date with a [CONTEXT, vibe; e.g. breezy] tone. Think early bird or night owl and weekend-alarm habits. Return them as a two-column "you vs them" table we can fill in together.

PASSIONS & HOBBIES

22. Work and What They'd Do for Free

Act as an encouraging listener. Give me 8 questions about my date's work and the projects they'd do for free, without it turning into a resume readout, for a date around the [DATE, date number] mark. For each, add a lead-in that keeps it human. Numbered list, and flag the two that work even if they dislike their day job.

23. Screen, Page, Sound

You are a pop-culture-savvy conversationalist. Give me 12 questions about movies, books, and music that reveal taste and story, not just titles, with a lean toward [PREFERENCE, a genre or vibe you love]. Return them grouped under Screen, Page, and Sound, and add one follow-up that turns a favorite into a memory.

24. Hobbies Nobody Asks About

Act as a curious friend. Write 10 creative questions about my date's hobbies and odd side interests, aimed at the stuff they rarely get asked, for someone who's into [INTEREST, a hobby you know they have; or leave open]. Keep them specific and fun. Numbered list, and star the two most likely to reveal a surprising passion.

25. Unlimited-Time Skill

You are a playful conversationalist. Build a 6-question mini-conversation around "what skill would you learn if you had unlimited time?", moving from the dream skill to why to the first tiny step, for a [DATE, date vibe; e.g. lighthearted] mood. Return it as an ordered flow I can follow on a date, with a one-line reason each question matters.

DREAMS & GETAWAYS

26. Travel Dreams

You are a well-traveled, curious companion. Write 10 questions that get my date dreaming out loud about travel, tuned to someone who loves [PREFERENCE, travel style; e.g. slow road trips]. Cover the trip they'd drop everything for and the place that changed them. Numbered list, warm and wanderlust-y, and mark the best opener.

27. If You Could Live Anywhere

Act as a dreamy conversationalist who is obsessed with places and homes. Give me 8 versions of the "if you could live anywhere" question, each with a twist like money no object or one language only, for a date with a [CONTEXT, vibe; e.g. wanderlust] feel. Keep them evocative and about putting down roots, not taking a trip. Numbered list, and add one follow-up per question that reveals what they want in a home.

28. Describe Your Perfect Day

You are a warm conversationalist. Help me run a "describe your perfect day, start to finish" exchange with my date, [DATE, date's name]. Give me the opening prompt plus 6 gentle nudges to keep it vivid, like who's there and the first thing in the morning. Return it as an ordered flow, ending on a question that ties their dream day to real life.

29. Build the Perfect Weekend

Act as a fun, collaborative conversationalist. Help me and [DATE, date's name] design a perfect shared weekend out loud, one we'd actually spend together: give me an opener, 6 build-it-together prompts like Friday night and the wildcard activity, and a closing question. Return it as a clear ordered flow, tone playful.

30. Dream Home

You are a warm, imaginative conversationalist. Give me 8 questions that get my date describing their dream home in vivid detail, cozy and revealing about how they want to live, for a [LOCATION, setting] date. Think the view or the one non-negotiable room. Numbered list, with a follow-up that ties it to a memory of home.

Relationship Building Questions

Thirty paste-ready prompts that turn "how was your day" into the conversations that actually build a relationship.

EMOTIONAL NEEDS & SAFETY

1. Name the Real Needs

You are a relationship coach who helps couples understand each other. Give me 10 questions that help me and my partner name our biggest emotional needs, like feeling chosen, heard, or secure, tuned to a couple who's been together [TIME, how long]. Keep them gentle and non-accusatory. Return as a numbered list, and add one line on taking turns without interrupting.

2. What Makes You Feel Loved

Act as a warm connection guide. Build a "what makes you feel loved" conversation for me and [NAME, partner's name]: 8 questions that get specific about small daily things, not grand gestures. Number them, and for each add a follow-up like "when did you last feel that from me?". Tone kind and curious.

3. Vulnerability in Three Rounds

Act as a gentle connection facilitator. Give me 9 questions in three rounds, from light to warmer to most open, that let me and [NAME, partner's name] be a little more vulnerable at a safe pace. Return each round under its own header, and add a one-line reminder that either of us can pass on any question.

SHARED FUTURE VISION

4. Life in Ten Years

Act as a couples coach. Give me 10 questions that help me and [NAME, partner's name] picture our lives 10 years out, from where we live to a normal Tuesday. Keep it collaborative and open, not a negotiation. Numbered list, and end with a prompt to circle the one shared dream we both lit up about.

5. Fears About the Future

You are a gentle, steady relationship coach. Write 8 questions that let me and my partner name our fears about the future without spiraling, plus reassurance-building follow-ups, paced for a calm [LOCATION, setting] talk. Numbered list, and add a one-line reminder to listen first and fix nothing.

6. Do Our Values Line Up?

Act as a couples coach. Give me 10 questions that surface our core values and where they line up or differ, from family to money to freedom, for a couple at [STAGE, e.g. talking about moving in]. Frame differences as things to understand, not fix. Numbered list, with a note on meeting a mismatch with curiosity instead of alarm.

CONFLICT & REPAIR

7. How We Each Fight

You are a calm couples coach. Write 8 questions that help me and my partner understand how each of us handles conflict, like needing space versus needing to resolve it now, tuned to a couple together [TIME, how long]. Keep it curious, not a critique. Numbered list, with one follow-up about what each of us needs mid-argument.

8. Boundaries and Respect

Act as a relationship coach who values healthy boundaries. Give me 8 questions that help us name our boundaries and what respect looks like day to day, suited to our setup as a couple that's [SITUATION, e.g. living together]. Keep them clear and kind. Numbered list, with a follow-up each on flagging a crossed boundary without it becoming a fight.

9. The Cool-Down Debrief

You are a repair-focused couples coach. Write a 6-question "cool-down debrief" my partner and I can run after a disagreement, covering what I heard, what I actually needed, and what I'd do differently. Keep it blame-free and short. Return it as an ordered list we use once we're both calm, ideally within [TIME, timeframe; e.g. a day].

FAMILY & UPBRINGING

10. What Childhood Taught Us

You are an insightful couples coach. Write 8 questions that explore how our childhoods shaped what we expect from love and closeness, for a couple that's been together [TIME, how long]. Keep them reflective and safe. Numbered list, with a follow-up each connecting a childhood pattern to something we do now, warmly and without blame.

11. Traditions Worth Keeping

Act as a warm relationship coach. Give me 8 questions about the traditions each of us grew up with and which ones we want to keep, drop, or invent together, tuned toward [CONTEXT, an upcoming occasion; e.g. the holidays]. Keep it fun and forward-looking. Numbered list, and end with a prompt to design one small new tradition of our own.

12. In-Laws and Blended Families

Act as a practical, kind relationship coach. Give me 8 questions to help us talk through in-laws and blended-family dynamics before they cause tension, covering boundaries, holidays, and time, for our situation as [CONTEXT, setup; e.g. two families with kids]. Keep them constructive and united. Numbered list, with one follow-up each about how we'll back each other up.

INTIMACY & CLOSENESS

13. Comfort Zones, Consent First

You are a respectful intimacy coach for couples. Write 8 gentle questions that help me and my partner talk about comfort zones and closeness at a pace that feels safe for both of us, suited to a couple that's [SITUATION, e.g. still getting to know each other]. Keep them consent-first and pressure-free. Numbered list, with a reminder that either of us can pause the talk anytime.

14. Everyday Affection

Act as a warm relationship coach. Give me 8 questions that help us understand how each of us likes to give and receive everyday physical affection, from hand-holding to the small touches. Keep it tender and non-sexual, easy for a [LOCATION, setting] moment. Numbered list, with a follow-up about one gesture we could do more often.

15. Define Intimacy

Act as a thoughtful relationship coach. Give me 8 questions that let me and [NAME, partner's name] define what intimacy means to each of us beyond the physical, like being fully known or sharing a comfortable silence. Keep them open and warm. Numbered list, with a closing prompt about the moment each of us feels closest.

SUPPORT & INDEPENDENCE

16. How You Like to Be Supported

Act as a supportive couples coach. Give me 8 questions that help us learn how each of us likes to be supported when things get hard, whether that's fixing, listening, or space. Keep them caring and specific, suited to a [LOCATION, setting] talk. Numbered list, with a follow-up about how to ask for what we need without guilt.

17. Showing Up for Mental Health

You are a compassionate relationship coach, not a therapist. Write 8 gentle questions that help me and my partner talk about mental health and how we can show up for each other, plus what's beyond our role to fix, for a couple navigating [CONTEXT, what you're both carrying right now]. Keep it safe and non-clinical. Numbered list, and add a line noting that for real struggles a licensed professional or a local helpline is the right support.

18. Keeping Your Own Life

Act as a balanced relationship coach. Give me 8 questions that help us protect our individual lives inside the relationship, from our own friendships to alone time, for a couple that's [SITUATION, e.g. newly living together]. Keep them healthy and reassuring, not distancing. Numbered list, with a follow-up about supporting each other's space without feeling pushed away.

FUN & SHARED ADVENTURES

19. How We Celebrate

You are a fun, thoughtful relationship coach. Write 8 questions that help us learn how each of us likes to celebrate wins and milestones, from a big party to a quiet dinner, with an eye on [CONTEXT, an upcoming milestone; e.g. an anniversary]. Keep it upbeat. Numbered list, and end with a prompt to plan how we'll mark it.

20. Try Something New Together

You are an upbeat relationship coach. Write 8 questions to help us find new hobbies and activities to try as a couple, based on what each of us has always wanted to attempt, doable around [TIME, schedule; e.g. busy weekdays]. Keep it fun and low-pressure. Numbered list, with a "pick one to try this month" closer.

21. Our Couple Bucket List

You are an adventurous relationship coach. Write 8 questions that help us build a shared bucket list, mixing wild once-in-a-lifetime stuff with cozy small stuff, suited to a couple that's [SITUATION, e.g. saving up]. Keep it exciting and inclusive of both our dreams. Numbered list, and end with a prompt for each of us to add one non-negotiable item.

LIFE LOGISTICS

22. Money as a Team

Act as a calm, practical relationship coach, not a financial advisor. Give me 8 questions that help me and my partner talk about money as a team, from spending styles to shared versus separate, for a couple that's [SITUATION, e.g. merging finances]. Keep it judgment-free and value-focused. Numbered list, and add a note that for real financial planning a qualified professional is the way to go.

23. Where and How We Live

You are a grounded couples coach. Write 8 questions that help us align on where and how we want to live, from rent or buy to city or quiet, for a couple thinking about [CONTEXT, a decision ahead; e.g. moving in together]. Keep them practical and collaborative. Numbered list, with a follow-up each about the one thing neither of us will compromise on.

24. The Kids Question

Act as a respectful relationship coach. Give me 8 questions that help me and my partner talk honestly about whether kids are part of our vision and what that would mean, for a couple that's [SITUATION, e.g. getting serious]. Keep it open, safe, and pressure-free either way. Numbered list, and add a note to treat this as an ongoing talk, not a one-time verdict.

EVERYDAY RHYTHMS

25. Small Daily Joys

You are a warm connection coach. Write 8 questions that help us notice the small everyday things that make us happy together, so we do more of them, suited to a [LOCATION, setting] chat. Keep them light and appreciative. Numbered list, with a closing prompt for each of us to name one tiny daily moment we love.

26. Morning and Night Rhythms

Act as a practical couples coach. Give me 8 questions about how our morning and evening routines fit together, from early or slow starts to phones in bed or not, for a couple that's [SITUATION, e.g. on different schedules]. Keep it curious, not corrective. Return it as a "mine vs yours" two-column table to compare, plus one line on finding a middle ground.

27. Annoying Habits, Handled with Love

You are a good-humored couples coach. Write 8 questions and gentle prompts that let us talk about each other's small annoying habits with love and zero contempt, safe for a [LOCATION, setting] moment. Keep it playful, never a pile-on. Numbered list, with a ground rule to laugh with, not at, each other.

GROWTH & COMMITMENT

28. Backing Each Other's Dreams

Act as a supportive relationship coach. Build an 8-question conversation around "how can we better support each other's dreams?" that gets specific about what help actually looks like for each of us, starting from [CONTEXT, a dream each of you holds]. Keep it warm and practical. Numbered list, with a closing prompt for each of us to commit to one concrete way to show up.

29. What Loyalty Means

You are a thoughtful couples coach. Write 8 questions that let me and [NAME, partner's name] define what loyalty means to each of us, in words, actions, and the hard moments. Keep them open and honest. Numbered list, with a follow-up each about a time we felt truly backed by someone.

30. Us, Five Years Out

Act as a hopeful relationship coach. Give me 8 questions that help us paint a shared 5-year vision for the relationship itself, from who we've become to how we still make each other laugh, for a couple that's [STAGE, e.g. two years in]. Keep it collaborative and inspiring. Numbered list, and end with a prompt to write one shared sentence that captures it.