

The AI Prompt Pack *for the rest of us.*

12 ready-to-copy prompts that turn ChatGPT from a search engine into a thinking partner — built for people who'd rather get things done than learn another tool.

12

Ready-to-paste prompts

~10h

Saved per week (avg user)

0

Lines of code needed

The 4-ingredient *recipe*

Every great prompt has the same four ingredients. Once you know them, you can write a great prompt for anything — without memorizing tricks.

1 Role

Who should the AI be? A friend explaining something? An expert? A coach?

e.g. "Act as a calm financial coach for someone who isn't a finance person."

2 Context

What's true about you, your situation, your audience? Don't make AI guess.

e.g. "I have \$40k saved, a steady income, and zero finance background."

3 Goal

What does a good answer look like? Be specific — "good" is too vague.

e.g. "Help me decide between paying off my mortgage or investing."

4 Constraints

Tone, length, what to avoid. This is where most beginners skip — don't.

e.g. "Plain English. No finance jargon. Under 200 words."

PRO TIP · THE ONE HABIT THAT CHANGES EVERYTHING

Before AI answers, ask it: **"Ask me 5 questions first to give a better answer."** It instantly becomes 10x more useful — because now it knows YOUR situation, not a generic one.

EMAIL PROMPT 01

Soften an email without sounding fake

Read the email below. It sounds **[too direct / cold / frustrated]**. Rewrite it so I sound warm and confident – but keep my voice and don't add corporate fluff. Keep it under **[150]** words.

Email: **[paste]**

INBOX PROMPT 02

Triage an overwhelming inbox

I'll paste the subject lines of **[15]** emails. Sort them into three buckets: **(1) reply today**, **(2) reply this week**, **(3) probably ignore**. For each one, give a one-line reason and a 1-sentence draft reply.

Subjects: **[paste]**

HARD TALK PROMPT 03

Rehearse a difficult conversation

I need to talk to **[my adult son about money / my boss about a raise / my doctor about a symptom]**. Play their part. Be realistic – not too easy, not hostile. Push back where they would. After 3 rounds, tell me one thing I said well and one thing to change.

THANK-YOU PROMPT 04

Write a thank-you note that doesn't sound like a card

Help me write a thank-you note to **[name]** who **[what they did]**. It should feel like ME, not a Hallmark card. Specific, short, warm. Mention **[one detail only I'd know]**. Under 80 words.

WEEKLY PROMPT 05

Find what actually matters this week

Here's everything on my plate this week: **[paste a brain dump – any order, no formatting]**.

Sort it for me. Tell me: **the 1 thing** that matters most, **3 things** that matter but can wait, and **everything else** I can let go this week. Explain why.

BIG CHOICE PROMPT 06

Stress-test a big decision

I'm deciding between **[option A]** and **[option B]**. Here's my context: **[2–3 sentences about life / money / age / family]**.

Don't just list pros and cons. Tell me: **(1)** what I'm probably overweighting, **(2)** what I'm not seeing, **(3)** what someone 10 years older than me would advise.

MONEY PROMPT 07

Plain-English budget review

Act as a friendly money coach (not a salesperson). My monthly income is **[\$X]**. My non-negotiables are **[rent, food, etc]**. My financial goal this year is **[goal]**.

Give me one specific cut and one specific shift I could make this month. Plain English. No financial jargon.

WORRY PROMPT 08

The "should I worry about this?" check

I keep thinking about **[the thing]**. Here's the situation: **[2–3 sentences]**.

Tell me honestly: is this **(a)** a real problem I should act on now, **(b)** something to watch but not solve yet, or **(c)** something my brain is looping on but isn't urgent? Explain your reasoning.

EXPLAIN PROMPT 09**Explain anything like the Sunday paper**

Explain **[topic]** the way a Sunday newspaper article would: short paragraphs, real examples, no jargon, assume I'm smart but new to this. End with: "Why this matters to me as someone who **[my situation]**".

PLAN PROMPT 10**Build a 1-week plan that fits MY life**

Build me a 7-day plan for **[walking more / eating better / learning X / starting a project]**.

Constraints: I have about **[30 minutes a day]**, I'm **[low energy in the morning / busy after 5pm]**, and I get bored if it's **[same thing every day]**.

Give me **Day 1 in detail** and a one-liner for Days 2-7.

COMPARE PROMPT 11**Compare two options like a friend would**

Compare **[product A]** and **[product B]** the way a smart friend would explain it to me at dinner – not how the website says it.

I care about **[price / longevity / how easy it is]**. I don't care about **[specs / brand]**. End with: "If I were you, I'd pick X, because..."

INSIGHT PROMPT 12**Find the question I'm not asking**

Here's what I'm trying to figure out: **[paste your situation in your own words, messy is fine]**.

Don't answer yet. First, ask me: **what's the one question I'm avoiding** that would actually unlock this? Then ask me 3 follow-ups before giving any advice.

Want a plan made *just for you?*

These prompts will save you hours. But knowing *which AI skills are worth your time* is what actually changes your year. We built a free 60-second quiz that tells you exactly where to start — based on your age, work, and goals.

FREE · 60 SECONDS · NO EMAIL GATE

Take the Risemi quiz

Answer 8 quick questions. Get a personalized "where to start with AI" plan — built specifically for your life stage and goals.

[Start the quiz →](#)

risemi.io/en/quiz/risemi-default

✓ Why people take it

"It told me to skip the trendy stuff and start with one specific tool — that alone saved me weeks."

✓ What you'll get

A 1-page personal plan. Three skill picks. One first-week action. No email required to see your result.