

# The AI Moves Pack ∞

Surprising, genuinely useful things AI can do for your life and your work — each with the exact prompt to steal. Open any AI, paste a prompt, fill in the [brackets], and watch. Get a fresh one every week at [aimovesacademy.com](https://aimovesacademy.com).

## ■ Work & Email

### Drop in a long email thread → summary + a reply in your voice

Here's an email thread. First, summarize where things stand and what they want from me in 3 bullets. Then draft my reply: warm, clear, gets to the point, no corporate fluff. Match this tone: [paste 2 lines you've actually written]. Thread: [paste]

→ You get: A 3-bullet catch-up and a ready-to-send reply that sounds like you, not a robot.

### Dump your messy notes → clean minutes + action items

Turn these rough notes into clean meeting minutes: a 3-line summary, decisions made, and an action table (task | owner | due). Flag anything that was left unresolved. Notes: [paste]

→ You get: Minutes you can send to the room in one click, with nothing falling through the cracks.

### Ramble a voice memo → a structured plan

I'm going to braindump. Don't judge the order. Turn it into: the actual goal in one line, the 5 steps to get there in sequence, what I can start today, and what I'm probably forgetting. Here's the dump: [paste your transcription]

→ You get: A clear plan out of a stream-of-consciousness — gold if your brain runs in ten directions.

### Paste a spreadsheet → a plain-English summary + the chart to make

Here's my data. Tell me the 3 most important things it's saying in plain English, anything surprising or worth worrying about, and the single best chart to visualize the main point (and how to set it up). Data: [paste]

→ You get: The insight, not just the numbers — and the one chart worth making.

### Paste a blunt email → a version that keeps the peace

Rewrite this so it stays friendly and professional but still makes my point clearly. Keep it short, no groveling, no corporate filler. And tell me honestly if I'm being unreasonable. Here it is: [paste]

→ You get: A version you can send without starting a fight.

## Turn a long document into a one-page brief

Condense this into a one-page brief: the bottom line up front, 5 key points, any risks or open questions, and the recommended next step. Plain English, no jargon. Document: [paste]

→ You get: *The signal without the noise — ready to forward.*

## Describe a task once → a checklist anyone can follow

I'll describe how I do a task. Turn it into a clear step-by-step checklist someone new could follow, flag where people usually slip up, and add a 'done right' check at the end. Here's how I do it: [describe]

→ You get: *A repeatable checklist — the first step to handing work off.*

## Make any email or doc skimmable in 10 seconds

Restructure this so a busy person gets it in 10 seconds: a one-line summary, 3 bullets max, the ask in bold at the end. Keep my meaning, cut the padding. Here it is: [paste]

→ You get: *A message people actually read and act on.*

## Turn a fuzzy goal into a tight meeting agenda

I'm running a meeting to [goal] with [who], we have [X] minutes. Build a tight agenda with timeboxes, the decisions we need to leave with, and 3 questions to keep it on track.

→ You get: *A meeting that ends on time with actual outcomes.*

## Turn your expert notes into something a client understands

Rewrite these technical notes for a smart client who isn't in my field: plain language, why it matters to them, no condescension. Keep the accuracy. Notes: [paste]

→ You get: *Clients who get it — and trust you more.*

## Run a 15-minute weekly review with AI

Be my weekly-review coach. Ask me what went well, what didn't, and what's looming. Then help me set the 3 priorities that actually matter next week and what to drop. Honest but encouraging.

→ You get: *A Friday reset that compounds week over week.*

## ■ Money & Admin

### Paste a confusing bill or contract → plain English + red flags

Explain this document to me like I'm smart but busy. 1) What is it, in one line. 2) What am I actually agreeing to / paying. 3) Anything unusual, sneaky, or worth questioning. 4) The 3 questions I should ask before I sign or pay. Here it is: [paste]

→ You get: *A one-screen translation + a short list of 'ask about this' items you'd otherwise miss.*

## **Snap a pile of receipts → a categorized expense list**

Read these receipt photos. Build a table: date | vendor | amount | category (meals/travel/supplies/etc). Total each category and the grand total. Flag anything blurry so I can double-check. Receipts: [attach several]

→ You get: A clean expense table at tax time instead of a shoebox of paper.

## **Rehearse a raise — or talk a bill down — with a coach**

Be my negotiation coach. I want to [ask for a raise / lower my internet bill / negotiate a quote]. First ask me 4 questions to understand my situation. Then give me: an opening line, my 3 strongest points, what they'll likely push back with + my response, and a graceful close.

→ You get: A script and comebacks so you walk in calm instead of winging it.

## **Paste your statement → find the subscriptions draining you**

Here are my recent card/bank charges. List every recurring or subscription-looking charge with its likely monthly cost, total them up, and flag any I might want to cancel, duplicates, or free-trials that quietly went paid. Charges: [paste]

→ You get: A list of money leaks you can cancel today.

## **Compare insurance (or any) plans in plain English**

Compare these plan options in a simple table: cost, what's covered, what's not, and who each is best for. Then tell me which you'd lean toward for someone who [your situation]. Options: [paste]

→ You get: A clear side-by-side so you stop guessing.

## **Turn your real numbers into a budget you might actually keep**

My monthly income is [X]. My regular costs are [list]. Build a simple, realistic budget, point out where I'm overspending, and suggest 3 painless cuts. Keep it encouraging, not preachy.

→ You get: A budget that feels doable, not punishing.

## **Price your product or service (and justify it)**

Help me price my [product/service]. Here's my cost, market, and what competitors charge: [details]. Suggest a price (plus a premium option), the reasoning, and how to explain the value so it doesn't feel expensive.

→ You get: A price you can say out loud without flinching.

## **Write a firm, polite letter to fix a billing error**

Write a firm but polite letter disputing this charge or error: [details]. State the facts, what I want fixed, a clear deadline, and the next step if they don't. Professional, not angry.

→ You get: The letter that actually gets your money back.

## "Should I buy this?" — the real total cost + alternatives

I'm considering buying [thing] for [\$X]. Walk me through the true total cost (fees, upkeep, time), whether I'll actually use it, 2 cheaper alternatives, and what you'd do in my shoes.

→ You get: A confident yes — or a saved regret.

## Build your tax-prep checklist so nothing's missed

Help me get ready for taxes. My situation: [employee / self-employed / landlord / etc.]. List the documents to gather and the deductions people in my situation often miss, as a checklist. Organizational help, not tax advice.

→ You get: A calm, organized folder instead of an April scramble.

## ■ Home & Family

### Photograph your fridge → get a week of dinners

Here's a photo of the inside of my fridge and pantry. Plan 5 dinners I can make using mostly what you see, fewest extra ingredients possible. For each: name, 5-step method, and a tiny shopping list of anything missing. We're 2 adults + 1 picky kid.

→ You get: Five realistic dinners built around what you already have, plus a 6-item shopping list instead of a \$200 run.

### Photo of a plant, bug, or rash on a leaf → what it is + what to do

What plant is this, and how do I keep it alive? Tell me light, water, and the #1 mistake people make with it. If anything looks unhealthy in the photo, what's likely wrong and the simplest fix? Photo: [attach]

→ You get: An ID, a 30-second care plan, and a diagnosis of why the leaves are doing that.

### Photograph your closet → outfits for the whole week

Here are photos of my clothes. Put together 5 work outfits and 2 weekend outfits using only these pieces. Tell me what to add (max 3 items) that would unlock the most new combinations. Photos: [attach]

→ You get: A week of outfits from your existing closet + a tiny smart shopping list.

### Meal-plan to a budget + a grocery list that totals itself

Plan a week of dinners for [#] people on a \$[amount] budget. [Note allergies/diet]. Reuse ingredients across meals to cut waste. Output the meals, then a grocery list grouped by store section with a running total.

→ You get: A realistic week of food that fits the budget, with the list already done.

### **Photograph a messy room → a calm declutter plan**

Here's a photo of a room that's stressing me out. Give me a calm, step-by-step plan to declutter it in 20-minute chunks, what to tackle first for the biggest visual win, and simple keep/donate/toss rules. Photo: [attach]

→ You get: *A plan that turns "ugh" into "I can do this in 20 minutes."*

### **Photo of the broken thing → fix it or call the right person**

Here's a photo of something broken in my home. What is it, what's likely wrong, can a normal person fix it safely (steps if so), and if not, what kind of pro do I call and what should it roughly cost? Photo: [attach]

→ You get: *Confidence to fix it — or the right pro to call, no upsell.*

### **Dump everyone's schedule → an untangled family week**

Here's everything happening for my family this week [paste the mess]. Build a clean day-by-day schedule, flag conflicts and tight handoffs, and tell me what to arrange now (rides, sitters, meals) so nothing blows up.

→ You get: *A calm week instead of a Sunday-night scramble.*

### **Tell AI your craving + what you have → a recipe**

I'm craving [something] and I have [ingredients]. Give me a recipe using mostly what I have, simple steps, and easy swaps. Make it [quick / comfort / healthy].

→ You get: *Dinner solved without a store run.*

### **A seasonal home-maintenance checklist for your place**

Build a seasonal home-maintenance checklist for a [type of home] in [climate/region]. Group by season, flag the few things that prevent expensive damage, and note what's DIY vs. call-a-pro.

→ You get: *The list that prevents the \$4,000 surprise.*

### **A screen-free kid activity from stuff you already have**

Give me 3 screen-free activities for a [age]-year-old that take about 20 minutes and use common household items. Fun, low-mess, easy for a tired parent to set up.

→ You get: *Twenty quiet minutes, no Amazon order required.*

### **Plan your whole move without losing your mind**

I'm moving from [A] to [B] on [date], household of [size]. Build a week-by-week moving plan: what to do when, a packing order, who to notify, and the things people always forget.

→ You get: *A move that feels handled, not frantic.*

## ■ Marketing & Business

### **Screenshot your website → an honest conversion roast**

You're a tough conversion expert. Here's a screenshot of my landing page. In order of impact, list the top 7 reasons a visitor might not buy or sign up, and the exact fix for each. Then write a stronger headline + subhead. Be specific, not generic. Screenshot: [attach]

→ You get: A ranked fix-list and a sharper headline you can paste in today.

### **Turn one blog post into 10 social posts**

Turn this article into 10 social posts: 3 short hooks for X/Threads, 3 carousels (slide-by-slide) for Instagram/LinkedIn, 2 short-video scripts, and 2 email teasers. Keep my voice punchy and human, no hashtag soup. Article: [paste]

→ You get: Ten ready-to-post pieces from one thing you already made.

### **Describe your product → 5 ad angles + a test plan**

Product: [describe]. Customer: [who]. Give me 5 ad headlines, each on a DIFFERENT angle (fear, status, time-saved, price, identity). For each, one-line body + the kind of person it'll hit. Then tell me which to test first and why.

→ You get: Five real angles to test instead of guessing with one.

### **Let AI interview YOU to find your brand voice**

Interview me to capture my brand voice. Ask me 7 questions one at a time about how I talk, what I'd never say, and who I'm talking to. At the end, give me a one-page voice guide + 3 sample sentences I can reuse as a style anchor.

→ You get: A reusable voice guide so everything you publish sounds like you.

### **Practice your sales pitch against a tough customer**

Role-play a skeptical [type of customer] considering my [product/service]. Throw your 5 hardest objections at me one at a time. After each of my answers, rate it 1-10 and show me a stronger version. Start now.

→ You get: Reps against real objections so the live call feels easy.

### **Turn customer reviews into testimonials + ready replies**

Here are some customer reviews. 1) Pull 5 short, punchy testimonial quotes for my website. 2) Draft a warm, professional reply to each, including the negatives (own it, fix it, invite them back). Reviews: [paste]

→ You get: Social proof + handled reviews, in one pass.

## **Name your business or product (10 ideas + a gut-check)**

I need a name for [what it is], aimed at [who], feeling [3 words]. Give me 10 names across different styles (literal, playful, invented, evocative). For each: why it works and any risk (hard to spell, overused, odd meaning). Then your top 3.

→ You get: Ten real contenders instead of a blank page.

## **Write your Google Business profile so locals find you**

Write my Google Business Profile description for a [type of business] in [city] (about 700 characters, keyword-rich but human), plus 4 short Google posts for this month (an offer, a tip, behind-the-scenes, a review ask). Services: [list].

→ You get: A profile that shows up when neighbors search.

## **Write a cold email that doesn't feel cold**

Write a short cold email to [who] about [what I offer]. Lead with something relevant to THEM, make one clear point, one soft ask, no buzzwords, under 90 words. Give me 2 subject lines. What I know about them: [paste].

→ You get: Outreach people actually reply to.

## **Build a 30-day content calendar in one go**

Build a 30-day content calendar for my [business] on [platforms]. Mix education, proof, behind-the-scenes, and offers. Give the hook/idea for each day and which to turn into a short video. Audience: [who].

→ You get: A month of posts planned in fifteen minutes.

## **Turn the questions customers always ask into an FAQ**

Here are questions customers actually ask me: [list]. Turn them into a clear FAQ with confident, friendly answers that gently overcome hesitation and lead to the next step. Add 3 questions I should be answering but aren't.

→ You get: Fewer repeat questions, more closed sales.

## **Write the win-back email for customers who went quiet**

Write a warm win-back email to customers who haven't bought in a while. Acknowledge it's been a bit, remind them what they loved, give one genuine reason to return (not desperate), and a clear next step. Business: [details].

→ You get: Old customers, reactivated — for the price of an email.

## **Nail your 10-second "what do you do?"**

Help me explain what I do in 10 seconds so people instantly get it and want to know more. I do [ramble]. Give me 3 versions (clear, intriguing, results-focused) and tell me which lands hardest.

→ *You get: A pitch you can say at a party without trailing off.*

## **■ Words & Learning**

### **A homework helper that teaches — and refuses to just give answers**

Be a kind, patient tutor for my 5th grader on [topic]. Never give the final answer — ask guiding questions, give one hint at a time, and celebrate progress. Keep it to one short step per message. Start by asking what part is confusing.

→ *You get: A tutor that actually teaches, available at 8pm on a Tuesday.*

### **Translate AND localize a message for a customer**

Translate this into [language] for a [customer/colleague]. Keep it warm and professional, and adapt phrasing so it sounds natural to a native speaker — not a literal translation. Give me the translation + a quick note on anything I should know culturally. Message: [paste]

→ *You get: A message that reads like a local wrote it, not a dictionary.*

### **A sharper word every day — that actually sticks**

Teach me one powerful, useful word today. Give the meaning in plain English, a vivid one-sentence story so I remember it, and 2 natural ways I'd actually use it this week. Make it a word that makes me sound thoughtful, not pretentious.

→ *You get: A word a day, made memorable — small habit, big shift in how you come across.*

### **Explain anything at three levels (kid, teen, expert)**

Explain [topic] three times: 1) to a curious 8-year-old, 2) to a smart teenager, 3) to a professional. End with the one analogy that makes it impossible to forget.

→ *You get: The version that finally makes it click.*

### **Turn a book or long article into 5 takeaways you'll remember**

Summarize [book/article] into the 5 ideas that matter most, each with a one-line 'so what / how I'd use it.' Then give me the single sentence that captures the whole thing. Source: [title or paste].

→ *You get: The gold from a book in five minutes.*

## Learn a language with a 5-minute-a-day pocket coach

Be my [language] coach. I'm at [level]. Each day: teach 5 useful real-life words/phrases, then have a short, slow conversation with me using them, gently correcting mistakes. Start today's lesson.

→ You get: A patient tutor that fits in a coffee break.

## Proofread this — and teach me the rules I keep breaking

Proofread this for grammar, clarity, and flow. Give the corrected version, then list the 3 mistakes I make most with a simple rule for each so I improve. Text: [paste]

→ You get: Cleaner writing now, better writing forever.

## Turn a chapter or notes into a study guide + quiz

Turn this into a study guide: key concepts, definitions, and likely exam points. Then quiz me with 8 questions (recall + applied) and check my answers. Material: [paste]

→ You get: Ready for the test in a fraction of the time.

## Cut a speech or essay to length without losing the soul

This is [X] long and needs to be [Y]. Cut it to length without losing the key message or my voice — and tell me what you cut and why. Text: [paste]

→ You get: Tighter, stronger, and on time.

## ■ Creative & Design

### Turn a rough logo idea into a real, usable graphic

I want a logo for [brand]. Vibe: [3 words]. Avoid: [clichés]. Give me 5 distinct concept directions described visually, then the strongest one as a detailed prompt I can feed an image generator. Keep it simple enough to work tiny.

→ You get: Five real directions and a generator-ready brief — no \$500 first draft.

### A bedtime story starring your own kid

Write a 4-minute bedtime story for my [age]-year-old named [name] who loves [thing]. Make them the brave, kind hero. Calm and cozy, a gentle lesson about [kindness/courage], and a soft ending that leads into sleep.

→ You get: A one-of-a-kind story with your kid's name in it — a small bit of magic on a hard day.

## Turn an idea into a shot-by-shot video/reel script

I want to make a short video about [topic] for [platform]. Give me a scroll-stopping 3-second hook, a shot-by-shot script (visual + what I say + on-screen text), the ideal length, and a caption with a call to action.

→ You get: A reel you could film today, no guesswork.

## Design a party or event theme (invite written for you)

Help me throw a [occasion] for [who/age], budget [X], vibe [words]. Give me a theme, a color palette, 5 food/drink ideas, 3 activities, a simple decor plan, and the invitation wording.

→ You get: A whole party planned in one go.

## A photo or mood → a color palette with names

From this photo/mood, give me a 5-color palette with hex codes, what each is best for (background, accent, text), and an evocative name for the set. Photo/mood: [attach or describe].

→ You get: A designer-ready palette from anything you love.

## Get 20 ideas — then the 3 worth chasing

Give me 20 different ideas for [challenge], from safe to wild. Then pick the 3 strongest, say why, and what the first step would be for each.

→ You get: Out of the rut and into action.

## Name anything — with meaning behind it

Help me name a [baby / pet / team / brand / etc.]. Vibe: [words]. Meanings or origins I'd love: [optional]. Give me 12 ideas grouped by feel, each with its meaning and why it fits.

→ You get: A name that means something, not just the first thing online.

## Turn a photo or idea into a detailed image-gen prompt

I want to create an image of [describe or attach a reference]. Write me a detailed, vivid prompt I can paste into an image generator — style, lighting, mood, composition, and what to avoid.

→ You get: Pro-level image prompts without the guesswork.

## Write a personal song or poem for an occasion

Help me write a [song / poem] for [who / occasion]. Ask me a few questions about them and our story first, then write something heartfelt in a [style] — specific, not generic, a little goosebumps.

→ You get: A gift no one else could give.

## ■ Decisions & Life

## **Describe a vibe → a full trip itinerary**

Plan a [#]-day trip to [place] for [who]. Vibe: [relaxed / adventure / foodie / kids]. Budget: [range]. Give a day-by-day plan with timing, 2 food picks a day, one 'hidden gem,' and a rainy-day backup. Keep walking realistic.

→ *You get: A real itinerary in two minutes instead of a weekend of research.*

## **"Tell me what I'm forgetting" — paste your week, find the gaps**

Here's everything on my plate this week [paste your list/calendar]. Act as my sharp assistant: what am I forgetting, what's going to collide, what needs a reply I haven't sent, and what should I do FIRST thing tomorrow? Be honest.

→ *You get: The safety net for a busy brain — the things you almost missed, surfaced.*

## **Make a hard decision with a real recommendation**

I'm deciding whether to [decision]. My situation: [details]. Give me the honest pros and cons, what people regret either way, the 3 questions I should answer first, and what you'd lean toward — and why.

→ *You get: Clarity instead of 2am spinning.*

## **Stuck between 3 options? Get a side-by-side + a pick**

Compare these options: [list]. Build a table on the factors that matter for [my use], note the best and worst of each, and tell me which fits someone who values [priority] most.

→ *You get: The decision, made simple.*

## **Plan backwards from a deadline so you actually finish**

I need to [goal] by [date]. Working backwards, give me the milestones week by week, what to do first, what tends to slip, and a realistic check-in rhythm. Assume I'm busy.

→ *You get: A finish line that suddenly feels reachable.*

## **Have AI argue against your plan to find the holes**

Here's my plan: [describe]. Be a sharp devil's advocate — poke the biggest holes, name what could go wrong, and what I'm not seeing. Then tell me how to fix the plan, not just trash it.

→ *You get: A plan that survives contact with reality.*

## **Make an "if-this-then-that" plan so you're ready for anything**

I've got [event/situation] coming up. Help me make an if-then plan: the likely curveballs, what I'll do for each, and what to prepare now so I'm not caught off guard.

→ *You get: Calm under pressure, because you already decided.*

## Hand AI your overwhelming list → sorted by impact vs effort

Here's my overwhelming to-do list: [paste]. Sort it by impact vs. effort, tell me the 3 to do first, what to delegate or delete, and what can wait guilt-free.

→ You get: A clear "do this first" instead of paralysis.

## ■ Career & Job Hunt

### Tailor your resume to a specific job in minutes

Here's my resume and a job description. Rewrite my experience bullets to match this role (mirror their language, lead with results and numbers), flag anything missing I should address, and write a 3-sentence summary up top. Resume: [paste] Job: [paste]

→ You get: A resume that reads like it was made for the job — because it was.

### Rewrite your LinkedIn "About" so it actually sells you

Write my LinkedIn 'About' section. I'm a [role] who [what you do / want next]. First-person, warm, confident not braggy: a hook first line, proof in the middle, a clear 'here's what I'm looking for' close. Background: [paste].

→ You get: A profile that works while you sleep.

### Run a mock interview and get scored

Interview me for a [role] job. Ask one question at a time (mix behavioral + role-specific). After each answer, score it 1–10, say what worked, and show a stronger version using the STAR method. Start with the hardest common question.

→ You get: Walk into the real one already warmed up.

### The thank-you note that keeps you top of mind

Write a short thank-you email after my interview for [role] at [company]. Reference [something we discussed], reinforce my fit in one line, keep it warm and brief. Give me a same-day version and a gentle one-week nudge.

→ You get: The follow-up that makes them remember you.

### Negotiate a job offer without the fear

I got an offer: [details]. Help me negotiate. What's reasonable to ask given [market/my situation], the exact words (email + phone), how to respond if they say no, and how to keep it warm either way.

→ You get: More money or perks — and a script so you don't freeze.

## Write a cover letter that doesn't sound like a robot

Write a cover letter for [role] at [company]. Human and specific: why this company, what I bring (with proof), genuine enthusiasm — no clichés, under one page. Background: [paste]. Job: [paste].

→ You get: A letter that reads like a person they'd want to meet.

## Map a realistic path to switch careers

I want to move from [current] into [target field]. Map a realistic path: transferable skills I already have, gaps to close, how to get there without starting from zero, and a 90-day first-steps plan.

→ You get: A pivot that feels possible, not terrifying.

## Figure out what you should be paid — and how to ask

Help me figure out fair pay for a [role] with [experience] in [location/industry]. Give a range to research (and where to verify it), what justifies the top of the range, and a script to ask for it.

→ You get: Walk in with a number and the confidence to say it.

## Turn your year into a "brag doc" for your review or raise

Help me build a brag doc for my review. Here's what I did this year [dump it all]. Organize it by impact, quantify where you can, and turn it into talking points for asking for a raise or promotion.

→ You get: Proof on paper instead of "trust me, I worked hard."

## ■ Health & Fitness

### A beginner workout built from what you actually have

Build me a beginner-friendly weekly workout. I have [equipment/space], about [time] per session, my goal is [strength/energy/weight]. Keep it safe and simple, give form cues, and tell me how to progress. Ease me in.

→ You get: A plan you'll actually keep, not quit in week one.

### Meal-plan for your goal + a self-totaling grocery list

Plan a week of simple meals for [#] people, goal [lose/gain/more energy], [any diet/allergies], budget [X]. Reuse ingredients to cut waste. Output the meals + an aisle-by-aisle grocery list with a running total. Realistic, not fancy.

→ You get: Eating toward your goal without thinking about it.

## **Photograph two products → which is actually better for you**

Here are photos of two products' labels and ingredients. Compare them plainly: which is the better choice for [my goal], what the sneaky stuff is, and a simpler alternative if one exists. Photos: [attach].

→ *You get: The honest answer the packaging won't give you.*

## **A gentle daily check-in coach**

Be my gentle daily check-in coach. Ask how I slept, how I'm feeling, and what's on my plate. Then help me pick ONE small, realistic thing to focus on today, and end with genuine encouragement. Warm, not preachy.

→ *You get: A 2-minute reset that actually helps.*

## **Explain a workout or yoga routine for your exact level**

Explain this workout/yoga routine for a beginner: what each move is, how to do it safely with form cues, what to do if it's too hard, and how to warm up and cool down. Routine: [paste/describe].

→ *You get: Confidence to do the routine right.*

## **Describe your symptoms clearly for the doctor**

Help me describe my symptoms clearly for a doctor's visit: when it started, what makes it better/worse, how it affects my day, and the questions I should ask. Symptoms: [describe]. For communication, not diagnosis.

→ *You get: A doctor who understands you faster.*

## **Design a tiny habit you'll actually stick to**

I want to build the habit of [goal] but I keep failing. Help me shrink it to a 2-minute version, attach it to something I already do, and plan for the days I don't feel like it. Kind, not militant.

→ *You get: A habit that finally sticks because it's tiny.*

## **Build a realistic wind-down routine for better sleep**

Help me sleep better. My evenings look like [describe]. Build a realistic 30-minute wind-down routine, what to cut, and a gentle plan to shift my schedule earlier without misery.

→ *You get: Better nights without overhauling your whole life.*

## **■ Relationships & Social**

## Find the perfect gift from a few clues

Help me find a gift for [who], occasion [X], budget [range]. They're into [interests] and already have [stuff]. Give me 8 thoughtful ideas across price points, why each fits them, and one 'wow' option if I stretch.

→ *You get: A gift that says you actually get them.*

## Write a toast, vows, or speech that doesn't make you sweat

Help me write a [toast/vows/eulogy/speech] for [who/occasion]. First ask me a few questions to get the real, specific stories and feelings. Then write a heartfelt [length] version in my voice — warm, a little humor if it fits, never cheesy.

→ *You get: Words that land — and maybe a few happy tears.*

## Draft the hard message (apology, boundary, the "no")

Help me write a hard message to [who]. The situation: [details]. I want to [apologize / set a boundary / say no / clear the air] while keeping the relationship intact. Give me a kind, clear, non-defensive version — and tell me if I'm in the wrong.

→ *You get: The message you've been dreading, handled with grace.*

## Plan a date or hangout from a vibe and a budget

Plan a [date/hangout] for [who], vibe [chill/adventurous/romantic/fun], budget [X], in [area]. Give me a timed plan with a weather backup, a couple of conversation starters, and one little touch that makes it memorable.

→ *You get: An evening that feels thought-through, because it is.*

## Turn your photos into captions that sound like you

Here's a photo I want to post. Write 5 caption options in different tones (funny, heartfelt, casual, a little poetic, short-and-cool). Sound like a real person, not a brand. Add a few fitting (not spammy) hashtags. Photo: [attach].

→ *You get: Captions that sound like you on your best day.*

## Help me reply to this awkward or loaded text

I got this message and don't know how to reply: [paste]. Context and how I feel: [details]. Give me 2–3 ways to respond (warm, neutral, firm) and tell me which fits the relationship.

→ *You get: The right words for the message you've been avoiding.*

## Write a warm reconnect or networking message

Help me reconnect with [who] after [time/context]. I want to [catch up / ask advice / explore working together]. Write a warm, low-pressure message that's easy to reply to. Real, not salesy.

→ *You get: A reconnect that feels natural, not transactional.*

## Turn a few bullets into heartfelt thank-you notes

Help me write thank-you notes. Who and what for: [list, e.g. 'Aunt Jen — the blender; she always thinks of us']. Write a warm, personal note for each — short, specific, clearly not copy-pasted.

→ You get: Notes that feel personal, written in minutes.

## ■ Caregiving & Care

### Translate a medical letter into plain, calm words

Explain this letter from a doctor in plain, gentle language. What does it say in simple terms, what are the next steps it mentions, and what are good questions to bring to the next appointment? Do not give medical advice — just help me understand. Letter: [paste]

→ You get: Understanding instead of panic — and a short list of questions for the doctor.

### Turn a medication list into a simple daily schedule

Here's a list of medications and instructions: [paste]. Organize them into a simple daily schedule (morning / noon / evening / bed), note any 'take with food' flags, and list questions to confirm with the pharmacist. Organizational help, not medical advice.

→ You get: A clear chart instead of a confusing pile of bottles.

### Understand care options in plain English

Explain the main care options for someone who [situation]: what each is (home care, adult day, assisted living, memory care, etc.), rough cost ranges, pros/cons, and key questions to ask. Plain and gentle — understanding, not advice.

→ You get: Clarity on an overwhelming decision.

### Plan a real break — without the guilt

I'm a caregiver and I'm burning out. Help me plan a real break: who could cover what, how to set it up, what to prepare so I can actually relax, and how to handle the guilt. Be kind — I need it.

→ You get: Permission and a plan to refill your own cup.

## ■■ Automate & Build

### Have AI keep a living to-do list for every project

Be my project tracker for [project]. Keep a living list with four sections: Done ✓, Doing, Next up, Blocked. I'll give you updates in plain language whenever; you keep the list current and always end by telling me the top 3 things to do next. Start by asking what's on this project right now.

→ You get: One source of truth per project that never goes stale — the thing that actually keeps you organized.

## Run a recurring weekly (or monthly) review — automatically

Set up a weekly review ritual for my [business/team/life]. Each week, ask me 5 short questions (wins, misses, key numbers, blockers, next week's top 3). Then turn my answers into a tidy one-page report in the SAME format every time so I can compare week to week. Start this week's now.

→ You get: *The discipline of a weekly review — on autopilot.*

## Draft the team's update or to-do digest to send by email

Turn these scattered updates into a clear weekly team email: what shipped, what's next, who needs what from whom, and any asks. Warm, skimmable, short. I'll read it over and send it myself. Updates: [paste]

→ You get: *A team that's genuinely in the loop — without you losing an hour writing it.*

## Ask AI to BUILD you a custom tool for your exact problem

I wish I had a simple tool that [does X — e.g., calculates a price from a few inputs / tracks my leads / logs daily sales]. Build me a working version (a single web page is fine). First ask me what inputs and outputs I need, then build it and tell me how to use it.

→ You get: *A custom tool made for your exact job — no developer, no monthly software bill.*

## Turn all your documents into something you can just ask

Here are my documents/notes: [paste or list]. Act as my knowledge base — when I ask a question, answer using only these, quote the part you used, and say clearly if something isn't covered. First, summarize what's in here so I know what I can ask.

→ You get: *Your own private 'ask me anything' over your own stuff.*

## Have AI watch for something and flag it before it bites you

Help me set up a watch for [thing — e.g., contract renewals / deadlines this quarter / when a competitor changes pricing]. Tell me exactly what to check, how often, what should trigger an alert to me, and give me a simple schedule/checklist to run it.

→ You get: *The early warning you never had time to keep yourself.*

## A second brain that catches every idea and resurfaces it

Be my second brain. I'll throw ideas, tasks, and notes at you with no order or structure. Keep them organized by project/theme, flag duplicates, and when I ask 'what do I have on [topic]?' resurface the relevant ones. Start by sorting these: [brain-dump]

→ You get: *Nothing falls through the cracks — gold if your mind moves faster than your hands.*

## **Build a new hire's onboarding + SOPs in an afternoon**

I'm hiring a [role]. Help me onboard them: a clear first-week plan, the SOPs for their main tasks (ask me how I do each one), the tools/accounts they'll need, and a simple 30/60/90-day checklist. Keep it friendly enough to hand straight to them.

→ You get: A new hire productive in week one instead of month two.

## **Triage your inbox: what needs you now, what can wait**

Here's my inbox [paste subjects + senders, or whole threads]. Sort into: Reply now / Quick yes-no / Can wait / Ignore. For the 'reply now' ones, draft a short reply I can approve. Then tell me the single thing to handle first.

→ You get: An inbox that works for you instead of the other way around.

## **Hand off a recurring task end-to-end (for your one-click approval)**

I do [recurring task] every [week/month]. Walk me through handing it off to you end-to-end: what you'll need from me each time, the steps you'll run, and exactly what you'll hand back for my approval. Then do it for this period: [details].

→ You get: One more job off your plate — for good.

Want these run for you automatically? Meet the ∞ apps at [aimovesacademy.com/tools](https://aimovesacademy.com/tools). Everything is possible ∞