

1 Everyday AI Prompts

Copy one of these into ChatGPT, Gemini, or any AI assistant, then swap in your own details. There's no wrong way to ask.

HEALTH

// *What are healthy dinner ideas for someone with diabetes?*

COOKING

// *I have chicken, rice, and broccoli. Give me dinner ideas.*

TRAVEL

// *Plan a one-day trip to Birmingham.*

BUDGETING

// *Help me make a monthly budget.*

GARDENING

// *When should I plant tomatoes in Alabama?*

BIBLE STUDY

// *Explain John 3:16 in simple language.*

TECHNOLOGY

// *My iPhone won't connect to Wi-Fi.*

LEARNING

// *Teach me how to use Google Maps.*

NEW TO AI?

Start with any prompt above, then just keep chatting — you can ask follow-up questions any time.

2 AI Prompt Formula

Not sure what to type? Fill in the blanks and any AI assistant will understand exactly what you need.

- 1 I am a _____.
- 2 I need help with _____.
- 3 My goal is _____.
- 4 Please explain it simply.

EXAMPLE

*"I am a retired teacher.
Help me create a grocery budget.
Explain it like I'm brand new."*

AI SAFETY REMINDER

Never share these with any AI tool:

- | | |
|---------------------------|-------------------|
| ✗ Passwords | ✗ Bank accounts |
| ✗ Social Security numbers | ✗ Medical records |