

# Beginner-Friendly Prompt Tutorials

"Learn by Doing" — 10 Real-Life ChatGPT Prompts for Everyday Life

## 1. 🛒 Plan My Grocery List

**Prompt:**

"I'm cooking dinner for 4 people this Friday. Can you suggest a grocery list for a quick, healthy meal under \$25? I prefer chicken or veggies, and I have rice at home."

**What You'll Learn:**

- ✓ How ChatGPT helps you save money
- ✓ How to give specifics for better results

## 2. 🧳 Pack My Suitcase

**Prompt:**

"I'm traveling to New York for 4 days in the fall. Can you help me create a packing list with outfits that mix and match? I'll be sightseeing and going to a casual dinner."

**What You'll Learn:**

- ✓ How to get lifestyle support
- ✓ How AI thinks through seasons, weather, and plans

## 3. 🍽️ Help Me Decide What to Eat

**Prompt:**

"I want to eat something different tonight. I'm bored with my usual meals. I have chicken, eggs, pasta, and frozen veggies. What can I cook that feels exciting but easy?"

**What You'll Learn:**

- ✓ AI can help you break food routines
- ✓ Creative yet simple output from limited ingredients

## 4. 🧘♀️ Create a Self-Care Routine

**Prompt:**

"I have 30 minutes in the morning. Can you create a self-care routine that includes journaling, light stretching, and positive affirmations?"

**What You'll Learn:**

- ✓ How to build a feel-good flow
- ✓ How to customize based on time and goals

## 5. 🗑️ Declutter One Room

**Prompt:**

"Help me declutter my bedroom. I need a simple 4-step plan to organize it in 30 minutes without buying anything new."

**What You'll Learn:**

- ✓ Micro-action prompts
- ✓ AI's approach to breaking down big tasks

## 6. 💪 Boost My Confidence

**Prompt:**

"Give me 5 powerful affirmations I can say every morning to build confidence in my goals, even when I feel behind in life."

**What You'll Learn:**

- ✓ AI as a mindset motivator
- ✓ Confidence-boosting customization

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## 7. 🎁 Gift Ideas for My Sister

**Prompt:**

"What's a thoughtful gift I can give my sister for under \$30? She's 32, loves books, tea, and relaxing at home."

**What You'll Learn:**

- ✓ AI can think creatively for different personalities
- ✓ How to use specifics for better suggestions

## 8. 📅 Weekend Planner

**Prompt:**

"Plan a weekend for me that includes one fun outdoor activity, one self-care moment, and a moment to connect with friends. Budget-friendly please."

**What You'll Learn:**

- ✓ AI for lifestyle design
- ✓ How prompts can blend social, personal, and emotional needs

## 9. 💰 Track My Spending Habits

**Prompt:**

"Help me come up with 3 simple habits I can adopt to stop overspending on takeout and impulsive online shopping."

**What You'll Learn:**

- ✓ AI for lifestyle improvement
- ✓ Practical micro-behaviors based on personal habits

## 10. ✨ End My Day with Gratitude

**Prompt:**

"Can you give me 3 reflection questions I can ask myself at night to feel more peaceful and grateful before bed?"

**What You'll Learn:**

- ✓ Night routine enhancement
- ✓ Emotional wellness via prompting