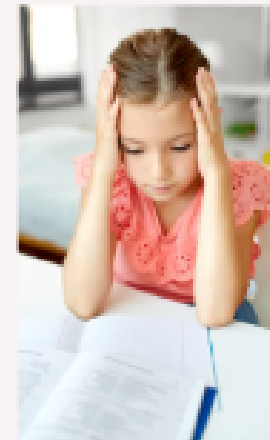
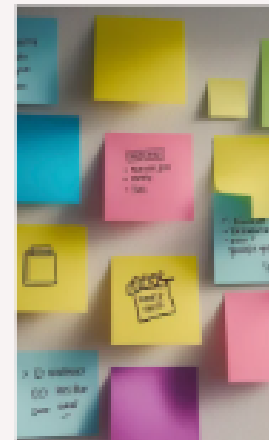


10 AI PROMPTS FOR MOMS

@simpleaimom

SAVE TIME, SIMPLIFY LIFE,
AND MAKE LIFE EASIER
WITH AI

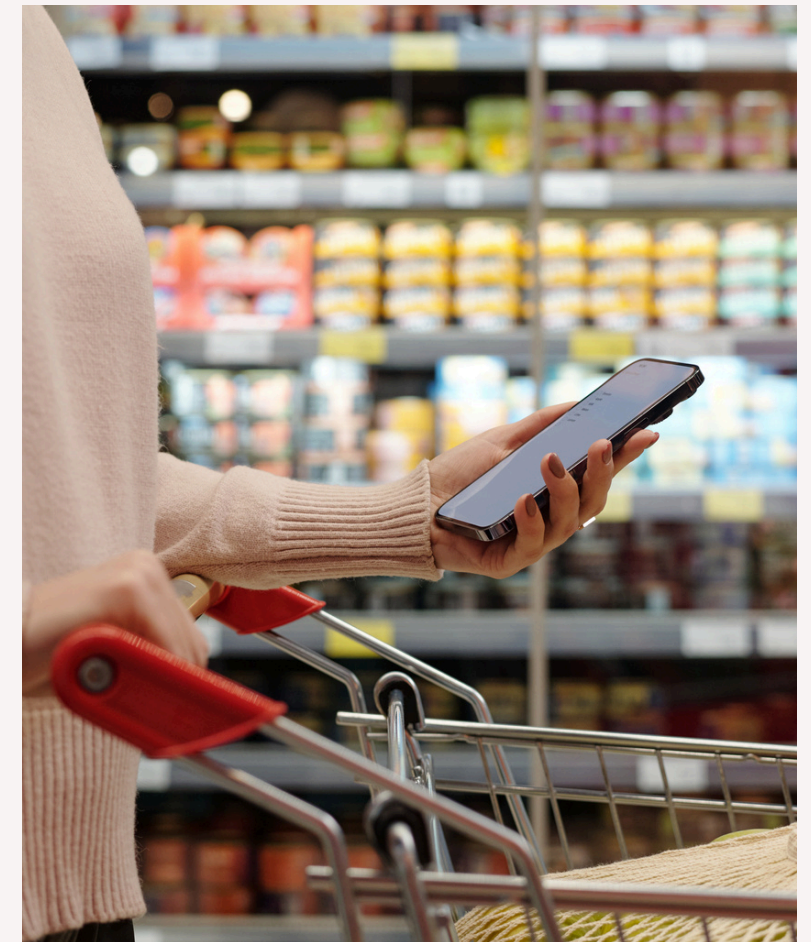


PROMPT #1: WEEKLY MEAL PLAN

Act as a family nutrition helper. Create a simple weekly meal plan based on these preferences:

- dietary needs: [gluten-free / dairy-free / vegan / none]
- allergies or sensitivities: [list here]
- number of people: [#]
- time available for cooking: [quick meals / moderate / flexible]

Keep meals realistic for a busy parent and include a grocery list.



💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #2: CALM DAILY ROUTINE

Act as a child development expert. Create a calm, simple daily routine for children based on:

- ages: [insert ages]
- challenges: [anxiety, transitions, bedtime struggles, etc.]

Include both a morning and evening routine that helps reduce stress and create more structure.



💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #3: WEEKLY LIFE ORGANIZER

Act as a productivity coach for busy parents. Help me organize my week in a way that feels realistic and not overwhelming.

Include time for: family, home responsibilities, rest, and flexibility.

Here's what I have going on: [paste schedule or responsibilities]

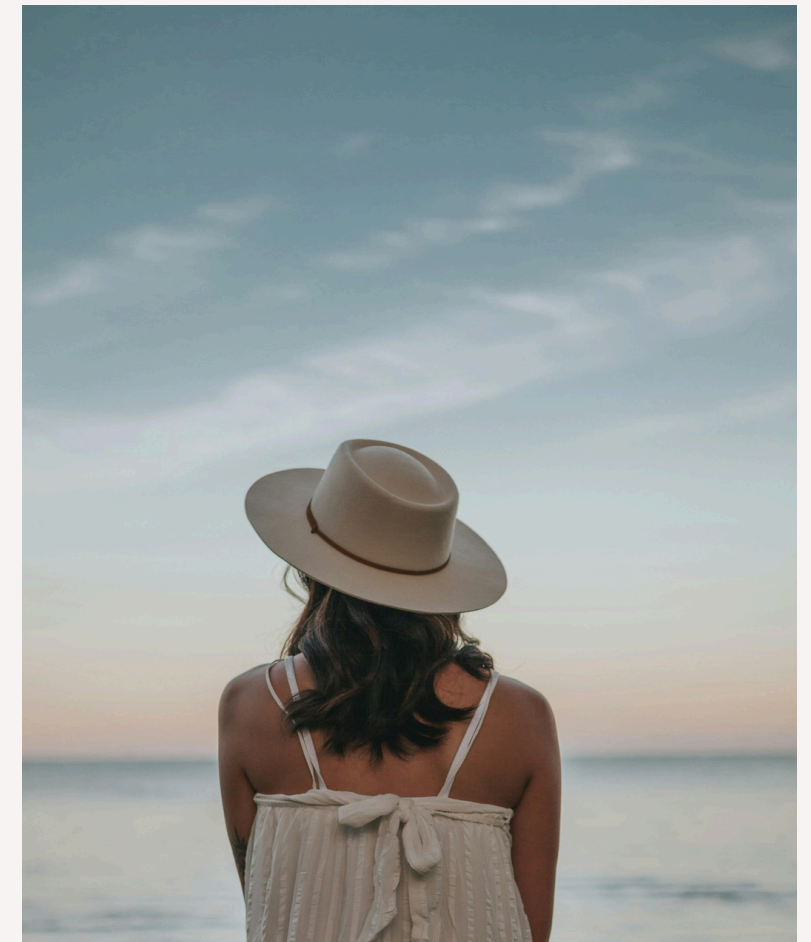


💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #4: "I'M OVERWHELMED" RESET

Act as a calm and supportive life coach. I feel overwhelmed and behind on everything.

Help me reset my day with a simple, step-by-step plan that feels doable and not stressful.

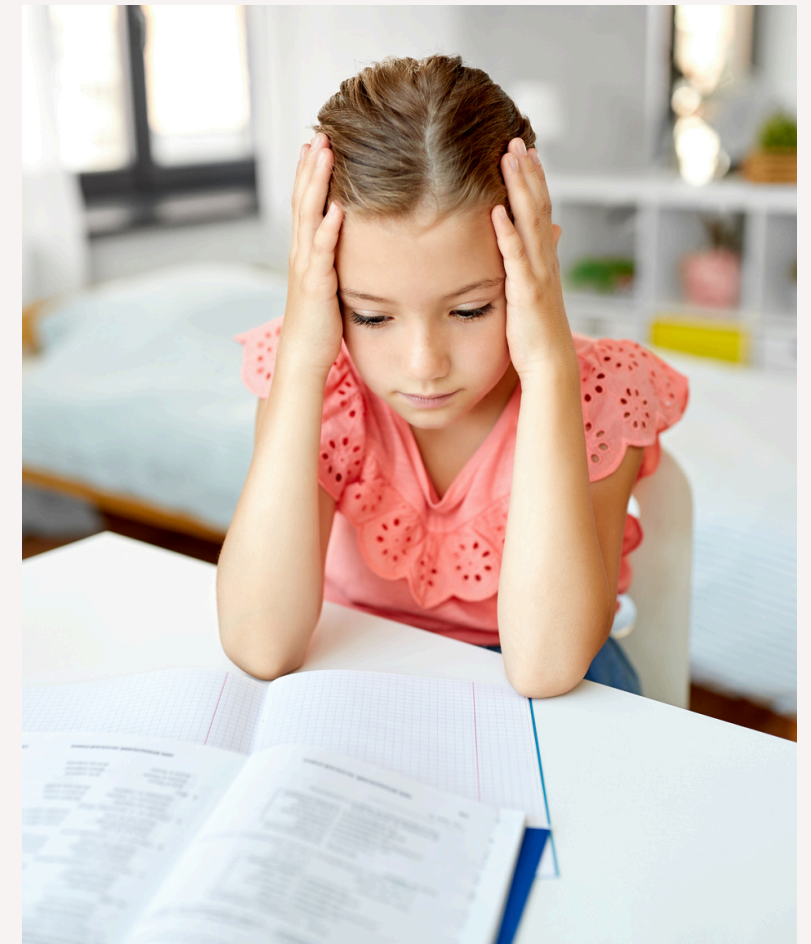


💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #5: SUPPORTING AN ANXIOUS CHILD

Act as a gentle child therapist. My child is struggling with anxiety around [school, friends, bedtime, etc.].

Give me simple, supportive ways I can help them feel safe and regulated.



💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #6: WHAT TO SAY IN THE MOMENT

Act as a parenting coach. My child is overwhelmed and having a hard moment.

Give me calm, supportive phrases I can say that help them feel understood instead of escalating the situation.

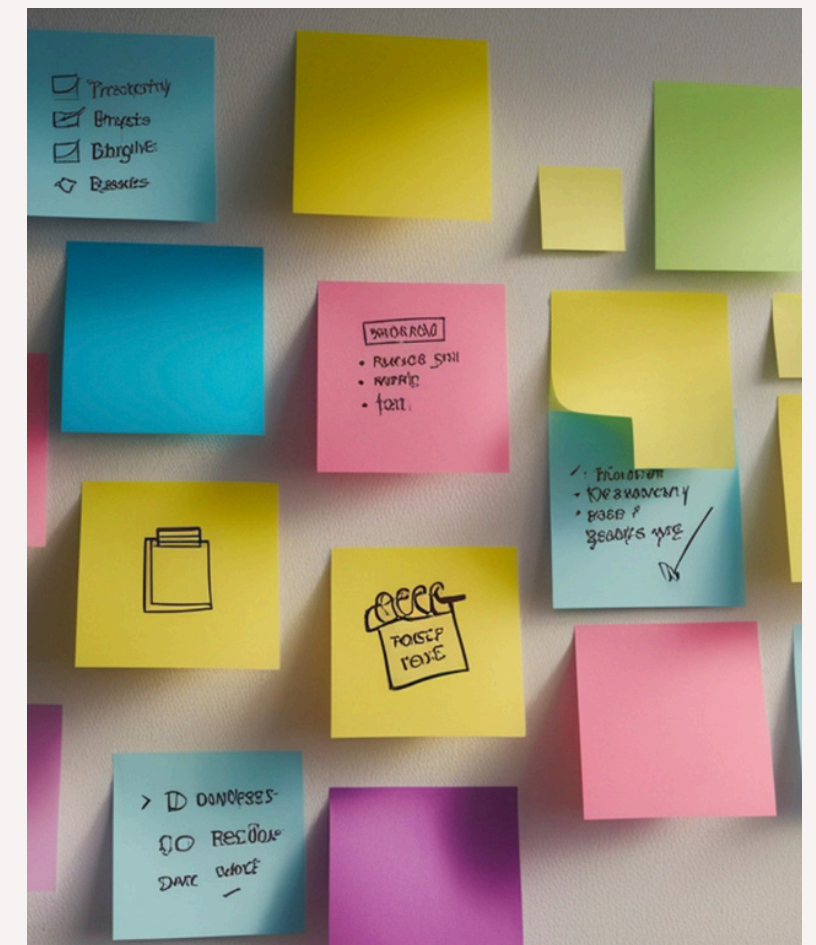


💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #7: SMART TO-DO LIST

Act as an executive assistant. Take this messy to-do list and turn it into a clear, prioritized plan for today.

[paste your list]



💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #8: REALISTIC CLEANING PLAN

Act as a home systems expert. Create a realistic weekly cleaning routine for a busy household that doesn't require hours each day.

Keep it simple, efficient, and flexible.

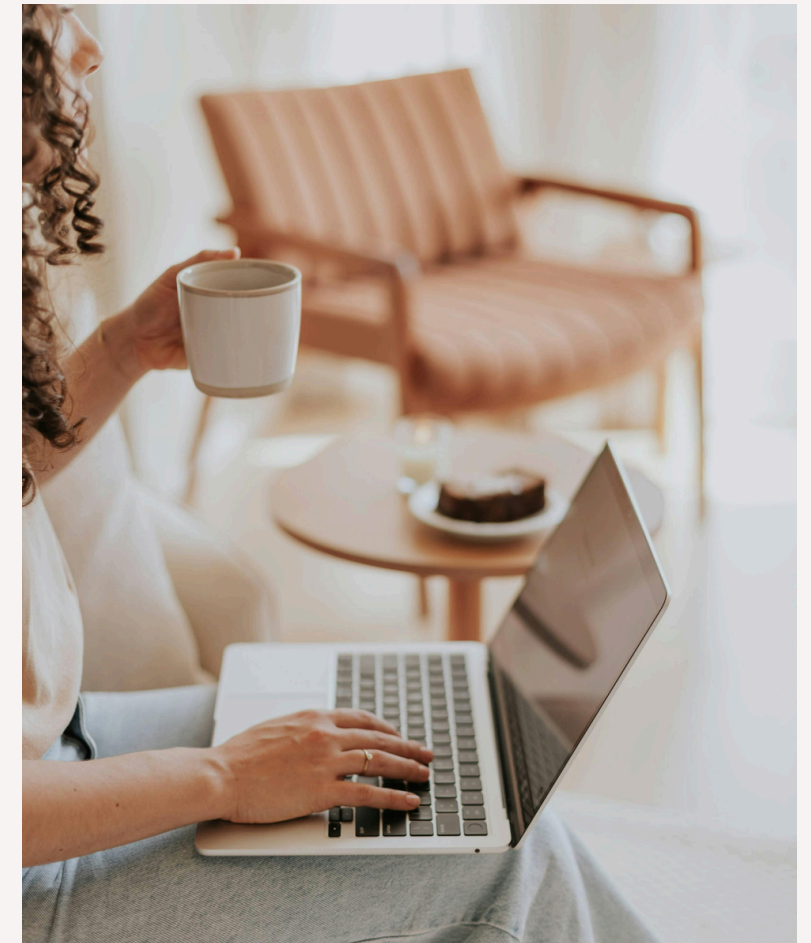


💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #9: AI SIDE HUSTLE IDEAS

Act as an online business strategist. Give me 10 realistic ways a busy parent can make money from home using AI tools like ChatGPT and Canva.

Keep them simple, low-cost, and flexible.

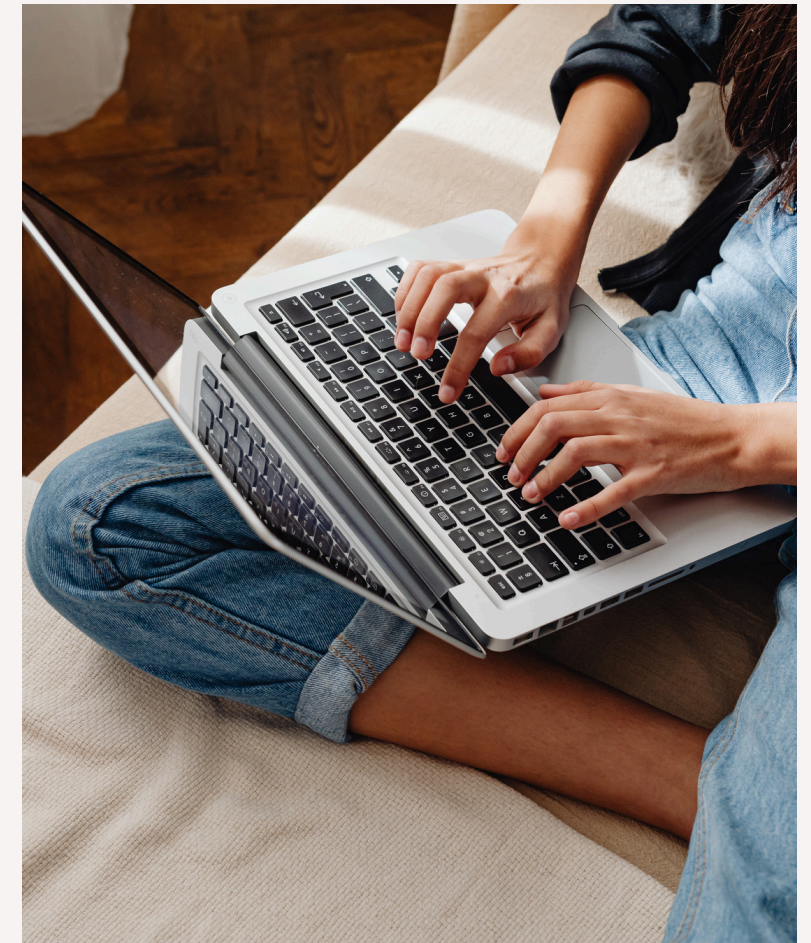


💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

PROMPT #10: DIGITAL PRODUCT IDEA

Act as a digital product expert. Based on my situation below, suggest 3 simple digital products I could create and sell online.

My experience/interests: [insert here]



💡 Tip: The more specific you are, the better your results will be. Don't be afraid to customize the prompts.

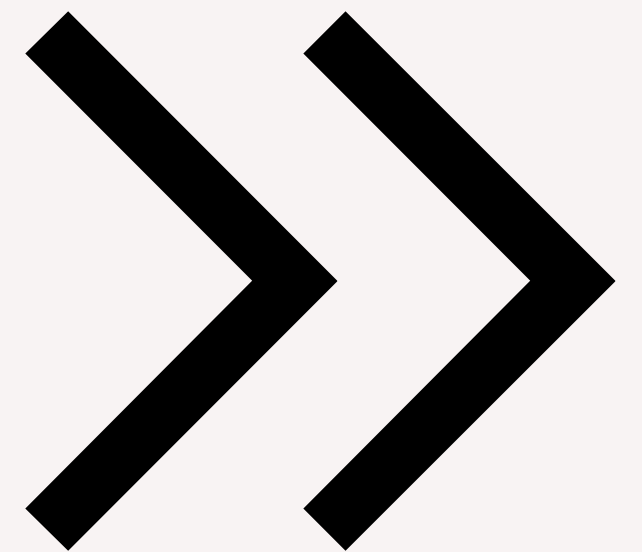
IF THIS HELPED YOU...

this is just the beginning

These prompts are exactly how I started using AI to simplify my life as a mom - and it's made a bigger difference than I expected.

But what really changed things was having more done-for-you prompts, templates, and a simple plan to actually make money with it.

@simpleaimom



AI STARTER KIT FOR MOMS

Inside you'll get:

- 50+ copy & paste prompts for real life
- Canva templates you can actually use
- A simple plan to make your first \$100 online

MESSAGE ME "AI"

@simpleaimom

“

“I made this for moms who feel overwhelmed but know there's an easier way”

YOU DON'T NEED TO HAVE IT ALL FIGURED OUT.

You just need a place to start.

I'm Melissa, a mom of two with 20+ years in marketing, now using AI to simplify life and find smarter ways to make money from home.

I share what actually works in a way that feels realistic for busy moms.



@simpleaimom