

The AI Made Easy After 50 Prompt Book

60 Copy and Paste Prompts for Everyday Life

*Fill in the [brackets], paste into your AI tool, and press Enter.
Never paste private numbers or passwords.*

Getting Started (1 to 5)

1. Hi. I am new to AI and over 50. Keep your answers short and simple and explain any hard words.
2. Before you answer, ask me any questions you need to give me a really good answer.
3. Explain what you can and cannot help me with, in 10 bullet points.
4. Rewrite your last answer shorter, using simpler words.
5. Give me three different versions so I can pick the one I like.

Writing (6 to 17)

1. Write a short, warm thank-you note to [name] for [what they did]. Under 80 words. Sound like me: [friendly / folksy / formal].
2. Write a polite but firm letter to [company] about [problem] on [date]. I want [refund / fix / answer]. One page.
3. Write a birthday message for my [relationship], turning [age], who loves [interests]. Three sentences, warm and a little funny.
4. Help me write a [2] minute toast for [event]. Here are some stories: [stories]. Heartfelt with one light joke.
5. Fix the spelling and grammar in this, but keep it sounding like me: [paste].
6. Write a sympathy card message for [name], who lost [relationship]. Simple and sincere.
7. Write a short family update email about [news] for my relatives.
8. Write a note to my child's or grandchild's teacher about [topic]. Polite and brief.
9. Help me write a short social media post about [event] with a friendly tone. No hashtags.

10. Interview me one question at a time about my [childhood / career / marriage]. After each answer, turn it into a short story in my voice.
11. Turn these notes into a nice paragraph: [notes].
12. Write a short introduction about me for [club / church / event]. Here are facts: [facts].

Understanding Things (18 to 26)

1. Explain this in plain English, then tell me what, if anything, I should do next: [paste, personal info removed].
2. What does [word or term] mean? Explain like I am smart but not an expert.
3. Summarize this long letter in 5 bullet points: [paste].
4. Make a simple table comparing these options: [option A], [option B]. I care most about [priority].
5. I have an appointment about [topic]. Give me 8 good questions to ask.
6. What are the pros and cons of [choice]? Keep it balanced and simple.
7. Explain how [thing, like a smart TV or streaming service] works, step by step for a beginner.
8. What is the difference between [thing 1] and [thing 2]?
9. Read this fine print and tell me anything I should watch out for: [paste].

Health Helper, Not a Doctor (27 to 33)

1. Help me make a one page list for my doctor: symptoms, when they started, my medications, my questions. Here is what is going on: [describe].
2. Turn my medication list into a printable daily chart: [list with times]. (Check it with your pharmacist.)
3. Give me 5 easy dinners that are [low salt / low sugar / soft foods], under 30 minutes. I do not like [food].
4. Suggest a gentle 15 minute chair stretching routine. Describe each move simply and remind me to ask my doctor first.
5. What questions should I ask my pharmacist about [medication]?
6. Give me tips for sleeping better that do not involve medicine.
7. Make me a simple daily water and walking tracker I can print.

Money Paperwork Helper (34 to 41)

1. Help me make a simple monthly budget. Income about [amount]. Bills: [list]. Show a table and what is left over.
2. I got this message: [paste]. Does it show signs of a scam? What should I do?
3. Make a checklist of important documents my family should be able to find, and where people usually keep them.
4. I am meeting with my [advisor / agent / accountant]. Give me 10 questions to understand what they recommend and the costs.
5. Explain each line of this statement in plain English: [paste, numbers removed].
6. Make a list of my monthly subscriptions from this: [list], and flag ones I might not use.
7. Help me write a script to call [company] and ask to lower my bill or cancel a service.
8. Explain [money term] in plain English with a simple example.

Around the House (42 to 49)

1. I have [ingredients]. What easy dinner can I make tonight?
Step by step.
2. Plan 5 simple dinners for [number] people and give me one grocery list by store aisle.
3. My [appliance / sink / door] is [problem]. What safe, simple things can I try before calling a pro?
4. Make a 30 day declutter plan for my [room], 20 minutes a day.
5. We are moving to a smaller home. Make a checklist starting 3 months before the move.
6. Make a weekly cleaning schedule that is not overwhelming for one person.
7. What plants are easy to grow on a sunny porch in [region]?
8. Help me make a list of questions to ask a contractor before hiring them for [job].

Travel and Outings (50 to 54)

1. Plan a relaxed [4] day trip to [place] for two people in their [60s]. We like [interests]. Not too much walking, rest each afternoon.
2. Make a packing list for [trip] in [month], including things people forget.
3. Translate this into [language] and show me how to say it: [phrase].
4. What are free or low cost things for retirees to do in [town]? (Check times and prices on official sites.)
5. Give me a checklist for leaving the house safely while I travel.

Family, Fun, and Brain Games (55 to 60)

1. My grandchild is [age] and loves [thing]. Explain it simply and give me 5 questions to ask them about it.
2. Suggest 10 gift ideas under \$[amount] for [person], who likes [interests].
3. I want to get better at [hobby]. I am a [beginner]. Make a 4 week plan, 20 minutes a day.
4. Give me 10 trivia questions about the [decade], answers at the bottom.
5. Let us play 20 questions. You think of [an animal / a famous person] and I will guess.
6. Give me 10 conversation starters for a [family reunion / dinner party] that get people telling stories.

Educational use only. AI can be wrong. Verify anything important with a qualified professional.