

AI Made Easy After 50

The Prompt Library

100 more done for you prompts in 10 parts of life

Copy a prompt, fill in the [brackets], paste it into your AI assistant, and press Enter.

Works with ChatGPT, Gemini, Copilot, or Claude

Educational use only. Not medical, legal, tax, insurance, or financial advice. AI can be wrong, so check anything important with a qualified professional.
Support: ted@tedmauro.com

How to Use This Library

1. Pick a prompt. 2. Replace each **[bracket]** with your own details. 3. Paste it in and press Enter. 4. Ask for changes: "shorter," "simpler words," "three versions."

These 100 prompts are new. They do not repeat the 60 prompts in your Prompt Book, so you can use both.

Never paste: Social Security numbers, bank or card numbers, passwords, PINs, or account ID numbers. Remove names and addresses when you can.

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Your Papers and Records

Get your household paperwork sorted and easy to find.

PROMPT 1

Make me a simple filing system for home papers with 10 folder names, and tell me what goes in each folder.

PROMPT 2

I have a pile of mail. Here is a list of what is in it: **[list]**. Sort it into: act now, file, and shred. Explain why for each one.

PROMPT 3

Make a fill in the blank form called "Where Things Are" with 20 lines for my important papers and items. Leave space for where each one is kept.

PROMPT 4

How long should a household usually keep **[tax papers / bank statements / medical bills / receipts]**? Give me a simple chart, and remind me to check with my accountant.

PROMPT 5

Turn this list of my contacts into a neat one page table I can print and keep on the fridge: **[names, roles, phone numbers]**.

PROMPT 6

Write a short, friendly letter to my family that explains where my important papers are kept and who to call first. Here are the details: **[details, no account numbers]**.

PROMPT 7

Make me a checklist of the papers I should bring to a meeting with **[an attorney / an accountant / a financial advisor]** about **[topic]**.

PROMPT 8

Make a yearly calendar of household paperwork tasks, like renewing my license, reviewing insurance, and checking my credit report. One line per month.

PROMPT 9

I want to go paperless for some bills. Give me a step by step plan, and tell me what safety steps to take before I switch.

PROMPT 10

Make a one page "Home Facts" sheet I can fill in: where the water shutoff is, the breaker box, the furnace filter size, and service company phone numbers.

Health Notes and Appointments

Be a well prepared patient. AI is not your doctor.

PROMPT 11

Format this health information into a one page summary my family could hand to a doctor in an emergency: **[conditions, medications, allergies, doctor names]**.

PROMPT 12

I have a new diagnosis of **[condition]**. Explain it in plain English in 5 short points, then give me 8 questions to ask my doctor. Do not give me treatment advice.

PROMPT 13

Make me a symptom diary I can print. Columns for date, time, what I felt, how bad (1 to 10), and what I was doing.

PROMPT 14

I just got home from the doctor. Here are my notes: **[notes]**. Turn them into a clear summary and a list of things I need to do, with dates.

PROMPT 15

Write a short, polite message to my doctor's office asking **[to refill a prescription / to explain a test result / to move my appointment]**. Keep it under 80 words.

PROMPT 16

Make a weekly pill chart for these medications and times: **[list]**. Leave a box to check off each dose. (I will check it with my pharmacist.)

PROMPT 17

I am going to the hospital for **[procedure]**. Make a packing list and a list of questions to ask before I go home.

PROMPT 18

Give me 10 easy, low cost ways to stay active at home if I have **[sore knees / poor balance / low energy]**. Remind me to check with my doctor first.

PROMPT 19

Explain the words on this lab report in plain English, without telling me what my results mean for me: **[paste words only, no name or ID numbers]**.

PROMPT 20

Help me get ready for my yearly checkup. Ask me 10 questions one at a time, then turn my answers into a one page sheet for my doctor.

Your Money Map

Organize and understand your money. Decisions stay with you and your advisor.

PROMPT 21

Turn this into a calendar showing which bill is due on which day of the month: **[list of bills and due dates]**.

PROMPT 22

Here are my monthly costs: **[list]**. Group them into needs, wants, and things I could look at cutting. Show it as a table.

PROMPT 23

Make me a simple spending tracker I can print, with one page per month and columns for date, what, amount, and category.

PROMPT 24

Write a polite phone script I can read when I call **[company]** to ask why my bill went up and whether there is a lower plan.

PROMPT 25

Explain the difference between **[a Roth IRA and a traditional IRA / a CD and a savings account]** in plain English with a simple example. Do not tell me what to choose.

PROMPT 26

I want to save **[amount]** for **[goal]** by **[date]**. Show me how much that is per month and per week, in a small table.

PROMPT 27

Make me a list of 10 questions to ask before I sign up for any **[insurance plan / annuity / financial product]**. Include questions about fees and how to cancel.

PROMPT 28

Help me write a short note to my family about how I want help with bills if I am sick for a while. Keep it warm and clear. No account numbers.

PROMPT 29

Make a checklist for reviewing my subscriptions and memberships once a year, and a short script for canceling one by phone.

PROMPT 30

Explain what a credit freeze is, how it is different from a fraud alert, and the simple steps people usually take to set one up.

Your Week and Daily Routine

Plan your days so they feel full but not rushed.

PROMPT 31

Help me plan a balanced week with these appointments: **[list]**, one social outing, three walks, and simple meals. Show it as a table by day.

PROMPT 32

Make me a gentle morning routine that takes 30 minutes and helps me feel ready for the day. I like **[coffee / reading / stretching]**.

PROMPT 33

I keep forgetting things. Give me 10 simple tricks for remembering appointments, pills, and where I put my keys.

PROMPT 34

Make me a one page weekly planner I can print, with space for appointments, calls to make, meals, and one thing I am looking forward to.

PROMPT 35

Break this big job into small steps I can do in 20 minutes a day: **[job, like cleaning the garage or sorting photos]**.

PROMPT 36

I have a free afternoon in **[town]**. Give me 5 ideas, from staying home to going out, that cost little or nothing.

PROMPT 37

Help me make a list of people I want to keep in touch with and a simple plan to call or write one person each week.

PROMPT 38

Make me an evening wind down routine for better sleep. Keep it simple and do not suggest any medicine.

PROMPT 39

I am retiring next month. Help me plan a loose weekly schedule so my days have some shape. Ask me about my interests first.

PROMPT 40

Make a seasonal home chore list for **[spring / summer / fall / winter]** for someone living in **[region]**.

Food and the Kitchen

Easy meals, smart shopping, and less waste.

PROMPT 41

I am cooking for one. Give me 5 simple meals that make good leftovers, and tell me how long each keeps in the fridge.

PROMPT 42

Turn this family recipe into one I can write on a card: **[paste or describe recipe]**. Make the steps clear and number them.

PROMPT 43

I need to cook **[low salt / soft foods / diabetic friendly]** meals. Give me a 5 day dinner plan and one grocery list. (I will check with my doctor or dietitian.)

PROMPT 44

What can I make with what is left in my pantry: **[list]**? Give me 3 ideas, easiest first.

PROMPT 45

Cut this recipe in half and tell me any changes to cooking time: **[recipe]**.

PROMPT 46

Help me plan a holiday dinner for **[number]** people. Make a timeline starting 3 days before, so I am not rushed on the day.

PROMPT 47

Give me 10 easy, healthy snacks that do not need cooking.

PROMPT 48

Make a grocery list for this week's meals: **[meals]**. Sort it by store section and add a line for things I usually forget.

PROMPT 49

Explain what these food label words mean in plain English: **[words like "best by", "use by", "sell by"]**.

PROMPT 50

My grandkids are visiting and they are picky eaters. Give me 5 easy meals kids usually like that we can make together.

Family and Staying Close

Stay part of each other's lives, near or far.

PROMPT 51

Help me write a warm letter to my grandchild who just started **[college / a new job]**. Here are things I am proud of: **[list]**. Under 200 words.

PROMPT 52

Give me 15 fun questions to ask my grandkids on a video call so it is not just "How is school?"

PROMPT 53

Explain how **[FaceTime / WhatsApp / Zoom]** video calls work, step by step, for a complete beginner on a **[iPhone / Android / computer]**.

PROMPT 54

Help me plan a simple family reunion for **[number]** people. Make a checklist starting 2 months before.

PROMPT 55

My grandchild is into **[video game / app / sport]**. Explain it in plain English so I can talk with them about it.

PROMPT 56

Write a short, kind message to **[family member]** to clear the air after **[describe disagreement]**. I want to keep the peace, not argue.

PROMPT 57

Help me make a family birthday calendar from this list: **[names and dates]**. Remind me a week before each one.

PROMPT 58

Suggest 10 activities I can do with a **[age]** year old grandchild at home on a rainy day, with little cost.

PROMPT 59

Help me write a short speech for **[anniversary / retirement party / memorial]**. Here are my notes: **[notes]**. About 2 minutes.

PROMPT 60

Make a set of family code word rules we can all agree on for emergency phone calls, written simply enough to share with the kids.

Life Stories and Memories

Save your stories for the people who come after you.

PROMPT 61

Ask me 10 gentle questions about the things I want my family to know and remember, one at a time. Then turn my answers into a letter to my family.

PROMPT 62

Here is a memory in my own words: **[story]**. Clean it up into a short story, but keep it sounding like me. Do not add things that did not happen.

PROMPT 63

Help me make a timeline of my life by decade. Ask me about each decade one at a time.

PROMPT 64

I have old photos from **[event or year]**. Help me write a short caption for each one from these notes: **[notes]**.

PROMPT 65

Ask me about my parents and grandparents, one question at a time, so I can write down our family history.

PROMPT 66

Turn my stories into chapter titles for a small family book. Here is a list of the stories: **[list]**.

PROMPT 67

Help me write down a family recipe and the story behind it: **[recipe and memory]**.

PROMPT 68

Interview me about my working life, one question at a time. Then write it up as a short story called "How I Made a Living."

PROMPT 69

Help me write a letter to my grandchild to open on their **[18th birthday / wedding day]**. Here is what I want them to know: **[notes]**.

PROMPT 70

Give me 10 questions to ask an older relative about their life before it is too late, gentle and respectful.

Home, Tech, and Safety

Small fixes and everyday tech, without the stress.

PROMPT 71

My **[phone / tablet / computer]** is doing this: **[describe problem]**. Give me simple steps to try, one at a time, and tell me when to stop and ask for help.

PROMPT 72

Explain how to make the text bigger on my **[iPhone / Android phone / Windows computer / Mac]**, step by step.

PROMPT 73

Help me make a simple list of my online accounts (names only, no passwords) so my family knows what exists if I need help.

PROMPT 74

Explain what a password manager is in plain English, and why people use one.

PROMPT 75

Make me a home safety checklist for preventing falls, room by room.

PROMPT 76

Give me a simple checklist for what to do if the power goes out for a day, including food safety and medications.

PROMPT 77

I want to hire someone for **[job]**. Give me 8 questions to ask, and the warning signs of a bad contractor.

PROMPT 78

Explain what "two step verification" means and why my bank keeps asking for a code. Plain English, short.

PROMPT 79

Make a short checklist for keeping my phone safe: updates, lock screen, and which apps to avoid.

PROMPT 80

Write simple instructions I can tape next to my TV for how to switch between cable and streaming. My setup is: **[describe]**.

Hobbies, Learning, and Fun

Keep your mind busy and your days interesting.

PROMPT 81

I want to learn **[skill, like watercolor or Spanish]**. Make a 30 day beginner plan, 15 minutes a day.

PROMPT 82

Recommend 10 books like **[book I loved]**. Give one sentence on why I might like each.

PROMPT 83

Quiz me on **[topic I like]** with 10 multiple choice questions, one at a time. Tell me if I got each right.

PROMPT 84

Help me plan a small garden for a **[sunny / shady]** spot in **[region]**. Keep it easy to care for.

PROMPT 85

Teach me one new word a day for a week, with a short example sentence for each.

PROMPT 86

Give me a daily brain game I can do in 10 minutes: a word puzzle, a number puzzle, or a riddle.

PROMPT 87

I play **[pool / golf / cards / an instrument]**. Make me a practice plan for this week to work on **[skill]**.

PROMPT 88

Explain **[historic event]** like a good storyteller would, in about 300 words.

PROMPT 89

Suggest 10 volunteer ideas for someone retired who likes **[interests]**, and how to find them locally.

PROMPT 90

Help me start a small book club or card group. Make a simple plan for the first meeting.

Travel, Errands, and Getting Around

Go places with less hassle.

PROMPT 91

Plan a relaxed day trip from **[my town]** for someone who does not like to walk far. Include lunch spots and rest stops.

PROMPT 92

Make a checklist for the week before a trip: medications, mail, house, pets, and documents.

PROMPT 93

Explain how to use a ride service like **[Uber / Lyft]**, step by step, and the safety checks to do before getting in.

PROMPT 94

I am flying for the first time in years. Explain what to expect at the airport, from check in to boarding, in simple steps.

PROMPT 95

Make a list of my errands this week: **[errands]**. Put them in a sensible order so I make fewer trips.

PROMPT 96

Help me write a short note for a house sitter: plants, pets, trash day, and emergency numbers. Here are the details: **[details]**.

PROMPT 97

Translate these 10 travel phrases into **[language]** and show me how to say them out loud: **[phrases or "common ones"]**.

PROMPT 98

Compare taking the **[train / bus / car]** to **[place]** in a simple table: time, cost, and comfort. (I will check current prices myself.)

PROMPT 99

Make a packing list for visiting family for **[number]** days in **[season]**, including gifts and things people forget.

PROMPT 100

What should I do if I lose my wallet while traveling? Make a calm, step by step checklist.

A Final Word

The first answer is only a starting point. Keep talking to your AI assistant until the answer fits your life. Use AI for the first draft, and your own judgment for the final word.

Questions? Email ted@tedmauro.com.

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