



THE ACTION GUIDE

25 CHATGPT PROMPTS FOR EVERYDAY LIFE

Copy them word for word. Fill in the blanks. That's the whole instruction manual.

HOME

TRAVEL

FAMILY

LEARNING

TECHNOLOGY

WRITING

MONEY

FOOD

HOBBIES

FAITH

REV. DR. JUSTIN R. LESTER

THATTECHPASTOR

HOME & FOOD



01 FRIDGE DINNER

"Here is what's in my refrigerator: _____. Give me three dinners I can make tonight."

02 WEEK OF MEALS

"Create five simple dinners for two adults and make a grocery list organized by aisle."

03 HOSTING

"I'm hosting _____ people for _____. Give me a menu, a shopping list and a cooking timeline."

04 HOME PROJECT

"Help me create a step-by-step checklist for _____, including what to buy first."

05 CONFUSING DOCUMENT

"Explain this letter in plain English and tell me what it's asking me to do: _____"

06 WEEKLY SCHEDULE

"Help me build a realistic weekly schedule around these commitments: _____"

TRAVEL & MONEY



07 TRIP PLAN

"Plan three relaxing days in ____ for a couple in their 60s who don't want strenuous activities."

08 PACKING

"Make my packing list for ____ days in ____ in ____ weather."

09 HOTEL COMPARISON

"Compare these two hotels for walkability and quiet: ____"

10 BEFORE YOU FLY

"What should I double-check before traveling to ____? Flag anything I must verify myself."

11 HOUSEHOLD BUDGET

"Help me build a household budget. Ask me questions first – do not use real account numbers."

12 BIG PURCHASE

"Compare ____ and ____ in a simple table, and list the questions I should ask the salesperson."

13 PAPERWORK PREP

"Give me a checklist of what to gather before my appointment about ____."

LEARNING & TECH

14 START FROM ZERO

"Teach me the basics of ____ without assuming I have any background knowledge."

15 VOCABULARY FIRST

"Teach me how ____ works, beginning with the vocabulary."

16 QUIZ ME

"Teach me ____ in short sections and quiz me after every one."

17 SAY IT SIMPLER

"Explain that again without technical language, using an everyday example."

18 PHONE HELP

"Walk me through how to ____ on my iPhone, one step at a time, and wait for me to say 'next.'"

19 NEW DEVICE

"I just bought a _____. Teach me the five features I should learn first."



THE PERMISSION YOU ALWAYS HAVE

"I DON'T UNDERSTAND. TRY AGAIN MORE SIMPLY."

WRITING, FAMILY & FAITH



20 SOFTEN A MESSAGE

"Rewrite this so it's warm, clear and concise: ____"

21 HARD CONVERSATION

"Help me write a kind but honest note to ____ about ____."

22 FAMILY SAFETY TALK

"Help me explain AI voice-cloning scams to my family in five plain sentences."

23 QUESTIONS FOR A PROFESSIONAL

"I'm meeting with my _____. Help me prepare ten questions to ask."

24 HOBBY, RESTARTED

"I used to enjoy ____ and want to start again. Give me a gentle four-week plan."

25 STUDY & FAITH

"Give me background and study questions for ____, and tell me what I should check with my pastor."

ONE RULE FOR ALL 25

NO ACCOUNT NUMBERS. NO PASSWORDS. NO MEDICAL RECORDS. VERIFY ANYTHING THAT MATTERS.