

7 ChatGPT Prompts Cheat Sheet

Simple, ready-to-use prompts for everyday life — no jargon required.

LIVE GRACEFULLY BOLD

Keep this by your computer! Copy, paste, and adjust these real prompts for your own life — with space below each to jot down your favorites.

1

Meal Planning Made Easy

"Give me 5 easy dinner ideas using chicken, rice, and vegetables I likely have at home."

"Suggest 3 heart-healthy meals I can prep on Sunday for the week."

Your favorite prompt: _____

2

Prayer Journaling Prompts

"Give me 5 reflective prayer journal prompts about gratitude and God's faithfulness."

"What are some scripture-based journaling questions about finding rest in God's presence?"

Your favorite prompt: _____

3

Writing Emails & Messages

"Help me write a polite email declining a volunteer commitment. I'm overextended and need to say no gracefully."

"Draft a friendly but firm email asking my landlord to fix the leaky faucet. I've asked twice already."

Your favorite prompt: _____

4

Learning Complex Topics Simply

"Explain what cholesterol levels mean in simple terms. I just got my lab results and I'm confused."

"What's the difference between a Roth IRA and a traditional IRA? Explain it like I'm brand new to investing."

Your favorite prompt: _____

5

Thoughtful Gift Ideas

"Gift ideas for my 30-year-old son who loves hiking and photography. Budget around \$50."

"I need a meaningful gift for my husband for our 35th anniversary. He's not into 'stuff' but appreciates experiences."

Your favorite prompt: _____

6

Health & Wellness Support

"Create a simple 20-minute low-impact exercise routine for someone with knee issues. No equipment needed."

"I'm going to my doctor next week about joint pain. What questions should I ask to make sure I get the information I need?"

Your favorite prompt: _____

7

Creative Projects

"Help me write a heartfelt birthday card message for my sister who's turning 55."

"I'm creating a memory book for my granddaughter's graduation. Give me 10 prompts about my memories of her growing up."

Your favorite prompt: _____

Live Gracefully Bold

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A Few Simple Tips — & Your Space to Reflect

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1. Be specific. The more details you give, the better the response.
2. Ask follow-up questions — ChatGPT remembers the conversation.
3. Don't worry about perfect grammar. Type naturally.
4. Treat it like a brainstorming partner, then add your own voice.
5. It's okay to start over if a response isn't helpful.
6. You're in control — ignore anything that doesn't resonate.

My Own Prompt Ideas

*You can't break it. You can't ask a 'wrong' question. Experiment, play around, and discover what works for you —
at your own pace.*