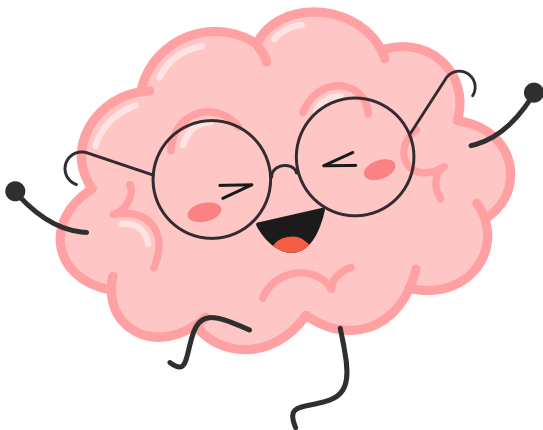


# and.human Ai

I am the prompt.  
I am the system.  
I'm writing the code to rewire myself.



**Name it.  
Own it.  
Call it in.**



**Your brain is a machine.  
It runs whatever prompts  
you feed it.**

**Most people are stuck  
because they're get lost in  
emotional code loops.**

**This starter kit is the reset.  
These are your new inputs.  
This is the first step to  
leading yourself.**

**Welcome to and.human Ai.  
You're not stuck.  
You're just badly prompted.**

# How this works

At and., we use this simple rewiring method:

**Stuck** → **Solve** Prompt → **Simplify** Action → Thrive Rewire

It works because:

- **Stuck** identifies the loop
- **Solve** Prompt replaces the script
- **Simplify** Action proves it in motion
- **Thrive** Rewire happens through repetition

Repeat. Rewire. Repeat again.

This is how you rebuild **your** inner operating system

1. **Read** the old stuck prompt.
2. **Say** the new prompt out loud.
3. **Take** the suggested action.

**Reflect:** What shifted?

**Repeat** one prompt per day for min of 10 days.

You don't need to fix yourself.

You just need to prompt yourself differently.

# In your starter kit we have three areas to choose from

- Thrive
- Self Lead
- Rebuild



| Path              | What It Rewires                            | Start If You Feel...                 |
|-------------------|--------------------------------------------|--------------------------------------|
| Thrive Different  | Survival thinking into daily thriving      | Stuck waiting for life to get easier |
| Lead Different    | Outdated leadership myths into real action | Faking it, frozen, afraid to step up |
| Rebuild Different | Failure and fatigue into new momentum      | Too late, too tired, too unsure      |



## **Thrive different**

### **Prompts 01–03**

Go to if...Stuck waiting for life to get easier

**Page**

**7–9**

## **Self Lead different**

### **Prompts 04–06**

Go to if...Faking it, frozen, afraid to step up

**10–12**

## **Rebuild different**

### **Prompts 07–09**

Go to...Too late, too tired, too unsure

**13–15**

## **Wild card**

### **Prompt 10**

Go to...cover all!

**16**

# Let's start

Please be patient and kind and consistent- you have been consistently using "old prompts" for years sometimes. You need to repeat, practice, unlearn them by overwriting them.



# Thrive differently

## Prompt 01

**What it's rewiring:** Waiting for conditions to change before allowing joy.

### Original internal code

*what you currently say to yourself*

I can't thrive until things get better.



### New override prompt

*New thinking and saying*

Thriving is a decision, not a condition

### Your and.human Ai prompt

I've been running the belief that I can't thrive until things get better.

Starting now, I choose to believe that thriving is a decision I get to make.

Today, I will enjoy one thing, no matter what else is going wrong, to remind myself that joy is not conditional.

### Action it now:

Choose one thing to enjoy today anyway.



# Thrive differently

## Prompt 02

**What it's rewiring:** The idea that joy must be earned.

### Original internal code

*What you currently say to yourself.*

I have to earn my happiness.



### New override prompt

*New thinking and saying*

Thriving is my right, not my reward.

### Your and.human Ai prompt

I've been acting like happiness needs to be earned and thriving is a right, not something I unlock after performance.

Today, I give myself permission to feel good, no proof, no hustle, just because I can.

### Action it now:

Let myself feel good today for no reason.



# Thrive differently

## Prompt 03

**What it's rewiring:** The false link between perfection and worth.

### Original internal code

*What you currently say to yourself.*

Thriving looks perfect. I'm a mess.



### New override prompt

*New thinking and saying*

Messy thriving is still thriving.

### Your and.human Ai prompt

I've been believing that I have to look put together to count as thriving.  
I don't. I'm still thriving, even while imperfect.  
Today, I will celebrate one messy win. That counts. I count.

### Action it now:

Celebrate one thing I got through today, even if it was messy.



# Lead differently Prompt 04

**What it's rewiring:** : Impostor syndrome and leadership avoidance.

## Original internal code

*What you currently say to yourself.*

I'm not  
leadership  
material.



## New override prompt

*New thinking and saying*

Leadership is  
built in  
action, not  
theory.

## Your and.human Ai prompt

I've been outsourcing my leadership and leadership lives in small, real moments. Today, I will lead once, even if it's tiny ,and use that as proof that I already am a leader.

## Action it now:

Lead one small moment today — speak, step in, offer support.



# Lead differently

## Prompt 05

**What it's rewiring:** : The belief that self leadership has to be granted by someone else before it counts

### Original internal code

*What you currently say to yourself.*

I've been waiting for permission to step into leadership. Like someone else needs to say I'm ready.



### New override prompt

*New thinking and saying*

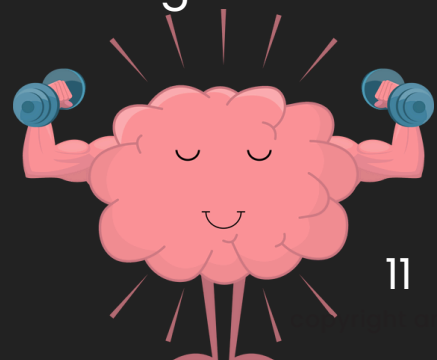
I don't need permission to self-lead.

### Your and.human Ai prompt

Today, I will back myself in one decision small or big. I'll trust my judgement and act without needing someone to approve it first

### Action it now:

Back one decision today without asking for permission.



# Lead differently

## Prompt 06

**What it's rewiring :** The pressure to always know the answer.

### Original internal code

*What you currently say to yourself.*

I need to have all the answers.



### New override prompt

*New thinking and saying*

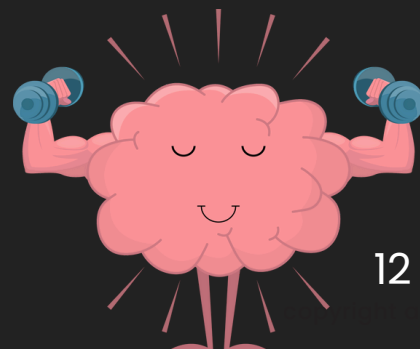
Leadership starts with better questions.

### Your and.human Ai prompt

I've been hiding my humanity to seem strong, and what I hide, I hold alone.  
Today, I'll share one truth without a filter.  
That's leadership too.

### Action it now:

Share one truth today, without dressing it up.



# Rebuild differently

## Prompt 07

**What it's rewiring :** Shame around failure as a dead-end.

### Original internal code

*What you currently say to yourself.*

I failed too badly to rebuild.



### New override prompt

*New thinking and saying*

Failure fertilises stronger foundations.

### Your and.human Ai prompt

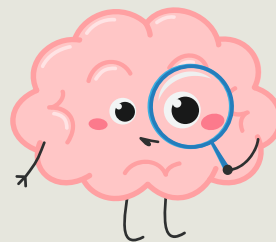
I've been hiding my humanity to seem strong, and what I hide, I hold alone.

Today, I'll share one truth without a filter.

That's leadership too.

### Action it now:

Write down one thing failure taught me and build from it.



# Rebuild differently

## Prompt 08

**What it's rewiring :** The belief that tiredness means stuckness.

### Original internal code

*What you currently say to yourself.*

I'm too tired to change anything.



### New override prompt

*New thinking and saying*

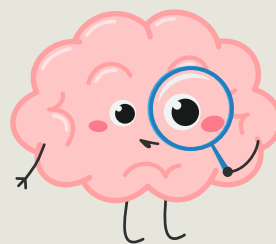
Tiny energy builds bigger energy.

### Your and.human Ai prompt

I don't need full energy to start.  
I just need enough to move once.  
Today, I'll take one small action even a breath to remind my system that momentum still lives here.

### Action it now:

Take one micro-action today. A breath. A list. A stretch.



# Rebuild differently

## Prompt 09

**What it's rewiring :** What it's rewiring: Fear that it's too late to change.

### Original internal code

*What you currently say to yourself.*

It's too late to start again.



### New override prompt

*New thinking and saying*

Rebuilding starts the moment I move.

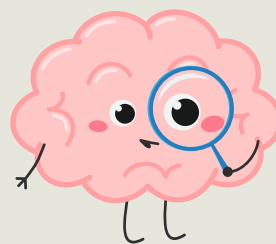
### Your and.human Ai prompt

I've been stuck in time-based fear, and it's not too late unless I decide it is.

Today, I will do one small thing I've been avoiding and prove that forward still exists.

### Action it now:

Do one thing I've been avoiding even if it's small.



# Wild card Prompt 10



**What it's rewiring :** Belief that stuckness is permanent.

## Original internal code

*What you currently say to yourself.*

I'm stuck. Again.



## New override prompt

*New thinking and saying*

Stuck isn't a problem. It's a prompt.

## Your and.human Ai prompt

I've been treating stuck as the end, and stuck is a signal. It's a prompt in disguise. Today, I'll ask myself what thriving me would do and do it. One move is all it takes.

## Action it now:

Ask: "What would thriving me do next?"  
Then do it.



**You are not stuck.  
You are just  
running old  
prompts.  
Rewrite yourself.  
One better prompt  
at a time.**

**[www.andcoachme.com](http://www.andcoachme.com)**

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