

10 prompts to try *tonight*.

Copy one, fill in the pink parts, and paste it into Claude (free at claude.ai) or any AI assistant. Start with whichever one would make tomorrow easier.

The one habit that changes everything

Talk to AI like a smart new assistant on her first day. Tell it who you are, what you need and what a good answer looks like. Then, if the first answer misses, just say what to change. You don't start over; you keep talking.

1 Your bio, rewritten

Rewrite my professional bio for **[LinkedIn / my website]**. I'm a **[role]** with **[years]** years in **[field]**, and I'm proudest of **[accomplishment]**. Make it confident, warm and under 80 words. Here's my current version: **[paste]**

2 The email you've been avoiding

Here's the situation: **[what happened]**. Help me write a reply to **[person]** that's kind but firm. Keep it under 120 words and make it sound like me, not a robot. Here's an email I've written before so you get my voice: **[paste one]**

3 Make sense of the fine print

I'm pasting a **[contract / offer letter / policy]**. Explain it in plain English, then tell me what I'm agreeing to, what I should question and what to do by when. **[paste it]**

4 Ask for the raise

I want to ask for a raise. My role is **[role]**, and in the past year I **[your wins, with numbers if you have them]**. Help me prepare: the case in three bullet points, the number I should ask for and how to research it, and what to say if they push back.

5 The presentation, outlined

I need to present **[topic]** to **[audience]** in **[minutes]** minutes. The one thing I want them to remember is **[main point]**. Give me a slide-by-slide outline with a headline for each slide and what to say, then point out the weakest part of my argument.

ladies who prompt.

READY FOR MORE? THESE ONES BUILD THINGS.

6 Name your business

I want to start a business that **[what it does]** for **[who]**. Give me 20 name ideas that are short, easy to spell and easy to say out loud. Put your top 3 first and tell me why. Skip anything with "Hub," "Pro" or "Solutions."

7 Posts in your voice

Write 5 Instagram captions about **[topic]** for **[audience]**. My tone is **[warm / funny / direct]**. Here are two captions I've written that I liked: **[paste]**. Each one should end with a question people want to answer.

8 Messy notes into a plan

Here are my scattered notes about **[project]**: **[paste]**. Turn them into a one-page plan with a goal, the next five steps in order and what I can skip. Ask me any questions you need answered first.

9 Help me decide

I'm deciding between **[option A]** and **[option B]**. What matters most to me is **[priorities]**. Lay out the honest pros and cons, the questions I should ask before deciding, and what you'd want to know if you were me.

10 Teach me anything

Explain **[topic]** to me like a patient friend who's an expert. I know **[what you already know]**. Use an everyday example, keep it short, then quiz me with three questions to check I've got it.

UNLEASH YOUR BRILLIANCE

Want to do this *together*?

Join a live, small-group workshop where you'll use these on your own real life, with help the second you get stuck. Details at ladieswhoprompt.com. Follow along on Instagram and TikTok at [@ladieswhoprompt](https://www.instagram.com/ladieswhoprompt).