

AI at Home Starter Pack

Five copy-and-paste AI workflows for everyday home and family life — built to a review-first standard, with placeholder-safe data boundaries.

Usage rules & safeguards

Review-first: AI drafts, organizes, and suggests. People stay 100% accountable for decisions, safety, purchases, repairs, money, health, and family choices.

Privacy mandate: never paste passwords, account or card numbers, full names, home addresses, medical details, or children's private information into AI tools. Use placeholders.

Safety gate: AI is not a licensed professional. Stop and call a qualified pro for gas, electrical, structural, medical, or emergency situations.

Legal disclaimer: everyday household organization support only — not legal, financial, medical, or safety advice.

WHAT'S IN THE PACK — AND WHAT'S IN THE LIBRARY

Prompt directory

Your free Starter Pack includes the 5 workflows marked Included. The rest are part of the members-only AI at Home Prompt Library.

#	PROMPT	TIER
1	AI at Home Context Builder	✓ Included (free)
2	Weekly Family Planning Assistant	✓ Included (free)
3	Grocery List & Meal Planning System	✓ Included (free)
4	Household Task & Chore Planner	✓ Included (free)
5	AI at Home Workflow SOP Generator	✓ Included (free)
—	Family Decision Comparison Helper	Members
—	Errands & Appointment Planning Matrix	Members
—	Home Maintenance Reminder Builder	Members
—	Household Budget Categorizer	Members
—	Project & Home Renovation Planner	Members
—	Pet Care Routine & Logistics Coordinator	Members
—	Home Prompt Optimizer	Members
—	...and 50+ more	Members

This free Starter Pack includes the 5 workflows marked Included. The Members prompts are part of the members-only AI at Home Prompt Library — 50+ prompts, new ones added every month.

1. AI at Home Context Builder

Purpose: Build a short, reusable description of your household you can paste into any prompt, so AI gives relevant help without ever seeing private details.

Use when: Starting any home AI task and you want specific, relevant answers without re-explaining your household each time.

COPY THIS PROMPT

Act as a Household Organization Assistant. Help me build a short, reusable context block I can paste at the top of future prompts.

PRIVACY GATE: Do not include names, addresses, account numbers, school or employer names, or anything that identifies a real person. Use general roles and ranges only (e.g., 'two adults, two school-age kids'). Mark anything uncertain as [LEAVE BLANK].

Household Make-Up (general): [e.g., two adults, one teen, one dog]

Weekly Rhythm (rough): [e.g., both adults work weekdays, kids have evening activities]

Top Priorities: [e.g., calmer weeknights, stay on top of bills, eat in more]

Task: Organize this into a clean, paste-ready context block.

Return:

1. Reusable Context Block (3-6 plain lines, nothing identifying)
2. Do-Not-Share List (what to keep out of prompts)
3. Optional Add-Ons (context to add only for certain tasks)

How to use: Build it once, save it in a notes app, and paste it at the top of any home prompt instead of re-explaining your household.

Review-first reminder: You decide what's safe to include — when in doubt, leave it out.

2. Weekly Family Planning Assistant

Purpose: Turn a messy pile of the week's commitments into one clear, shared plan, with conflicts flagged instead of hidden.

Use when: Sunday-night planning, or any time the week is scattered across heads, texts, and calendars.

COPY THIS PROMPT

Act as a Family Planning Assistant. Organize our week's commitments into one clear plan.

GROUNDING GATE: Use only the events and times I give - do not invent appointments or assume recurring ones. Flag conflicts and tight transitions; do not silently resolve them. Keep names as placeholders if I prefer.

This Week (rough): [paste everything - work late nights, practices, appointments, deadlines]

Fixed Anchors: [e.g., school 8-3, dinner ~6]

Task: Build a clean weekly plan and surface problems.

Return:

1. Day-by-Day Plan (time | event | who | where as given)
2. Conflicts & Double-Bookings Flagged
3. Tight Transitions to Plan For
4. Open Questions (missing times or details)

How to use: Dump the week's commitments in; resolve the flagged conflicts together, then put the final plan on a shared calendar.

Review-first reminder: Confirm any times you weren't sure about before everyone relies on the plan.

3. Grocery List & Meal Planning System

Purpose: Turn a few meal ideas and what's on hand into a realistic weekly dinner plan plus an organized, store-ready grocery list.

Use when: You want the week of dinners sorted and a shopping list ready in one pass.

COPY THIS PROMPT

Act as a Meal & Grocery Planning Assistant. Build a weekly dinner plan and a categorized grocery list from my input.

SAFETY GATE: Suggest only general meals from common foods - no medical, allergy, or nutrition-as-treatment advice; I verify ingredients for any dietary needs. Use only items I mention or that a listed meal clearly needs; mark anything unclear [CHECK]. No brands, no invented quantities.

Meals We Like / On Hand: [paste ideas, leftovers, staples]
Weeknight Reality: [e.g., 2 busy nights need fast meals]
Avoid: [e.g., no seafood, kid-friendly]

Task: Build the plan and the list.

Return:

1. 7-Night Dinner Plan (night | meal | rough effort)
2. Categorized Grocery List (by store section)
3. [CHECK] Items Where Quantity or Detail Is Unclear
4. A 'Pantry First' Note (use what we already have)

How to use: Give it your go-to meals and which nights are hectic; shop straight from the categorized list and confirm any [CHECK] items.

Review-first reminder: Double-check ingredients yourself for anyone with allergies or dietary needs.

4. Household Task & Chore Planner

Purpose: Turn scattered household responsibilities into a clear, role-assigned chore system that's easy to keep up with.

Use when: Chores keep falling through the cracks and you want a fair, visible system everyone can follow.

COPY THIS PROMPT

Act as a Household Coordination Assistant. Turn our chores and responsibilities into a clear, fair, role-assigned plan.

GROUNDING GATE: Organize only what I provide - do not assign duties no one agreed to; list anything unassigned under Needs a Decision. Use roles (Adult 1, Teen) unless I give names. Keep it realistic, not overloaded.

Chores & Responsibilities: [paste - daily, weekly, monthly tasks]

Who's Around / Constraints: [e.g., two adults work days, two kids, busy evenings]

Task: Build a role-assigned chore system.

Return:

1. Chore Plan (task | how often | suggested owner | backup)
2. Daily / Weekly / Monthly Split
3. Needs a Decision (unassigned or unclear items)
4. A Simple Way to Track It (chart or checklist)

How to use: List every recurring task, run it, then agree on the 'Needs a Decision' items together before posting the chart.

Review-first reminder: Make sure each person's load matches their real time and capacity before locking it in.

5. AI at Home Workflow SOP Generator

Purpose: Turn a routine that works for your household into a clear one-page operating guide anyone can follow every time.

Use when: A routine works but only because you run it — and you want anyone (a sitter, a kid, future you) to run it too.

COPY THIS PROMPT

Act as a Household SOP Writer. Turn my description of a routine that works into a clear one-page operating guide.

GROUNDING GATE: Document only the steps I describe - do not invent steps, times, or tools. Where I skip a detail, insert [FILL IN]. Keep any sensitive info out; use placeholders.

The Routine: [e.g., morning school-out routine, weekly reset, guest prep]

Rough Steps (any order): [paste]

Who Will Follow It: [e.g., the whole family, a sitter, future me]

Task: Turn this into a clean, repeatable one-page SOP.

Return:

1. Step-by-Step Guide (numbered, plain language)
2. [FILL IN] Gaps Where Detail Was Missing
3. A Quick Checklist Version (for the fridge)
4. Notes on When to Adjust It

How to use: Describe a routine that already works; save the SOP so anyone can run it the same way without you re-explaining.

Review-first reminder: Read it through once as if you'd never done the routine — fix any step that assumes knowledge a newcomer wouldn't have.

MEMBERS LIBRARY

You've got 5 workflows. There are 50+ more.

The **AI at Home Prompt Library** picks up where this Starter Pack ends — member prompts for family decision comparisons, errands and appointments, home-maintenance reminders, budget categorizing, renovation planning, pet-care routines, home prompt optimization, and more. Every prompt is placeholder-safe, review-first, and **new premium prompts are added every month**.

Membership also includes two short courses:

The Method — the complete prompt-writing course — context, task, format, constraints, plus the follow-up and verification habits that make AI answers trustworthy.

The Safety Layer — privacy & placeholder training — keep names, accounts, and proprietary data out of AI tools, the review-first way.

Get the AI at Home Library — \$39/year ›

★ BEST VALUE

Or unlock all 16 role libraries with All-Access — \$99/year ›

Your 5 Starter prompts are included with membership too — you'll never lose access to these.