

A FREE GIFT FROM THE PRETTY TRUTH

10 AI Prompts Every *Midlife Woman* Needs

Plain language. Zero pressure. No tech background required.

If the phrase “AI prompt” makes you want to close your laptop and go reorganize a drawer instead, I understand.

But at its most basic, AI is just a tool you can type questions into. You ask it for help, and it gives you something back. You do not need coding skills. You do not need a tech background. You just need words.

And lucky for us, midlife women have words.

HOW TO USE THIS

- **Copy and paste any prompt** into a free AI tool like ChatGPT, Claude, or Gemini.
- **Fill in the bracketed part** with your own situation, message, or thought.
- **Read what comes back, then edit it** until it sounds like you. Your voice always wins.
- **Use it as a helper, not the boss of you.** Keep your judgment in the room.

THE PRETTY TRUTH

“You are allowed to use a helpful tool without making it your entire personality.”

The prompts to save in *your notes app*.

Copy any of these. Fill in the bracketed part. Let the tool do the heavy lifting on the first draft, then make it sound like you.

PROMPT 1

The “Please Make Me Sound Clear, Not Mean” Prompt

Help me rewrite this message so it sounds kind, clear, and not overly apologetic: [paste your message here]

For the email that currently says, “So sorry, just wondering, no pressure at all,” when what you mean is, “I need an answer by Friday.” You still get to sound like you. Just a version of you who is not apologizing for existing in the inbox.

PROMPT 2

The “My Brain Has 47 Tabs Open” Prompt

Here is everything on my mind right now. Please organize it into categories, then give me a simple next-step list: [paste your brain dump here]

For the days when your brain feels like a purse with loose receipts, three lip products, and no keys. This prompt helps put the mess into piles. Sometimes that alone is enough to make you feel like you can breathe again.

PROMPT 3

The “Help Me Set A Boundary Without Sounding Like A Villain” Prompt

Help me write a simple boundary for this situation. I want it to sound respectful, firm, and not defensive: [describe the situation]

Boundaries can feel weird when you have spent years being the easy one. Ask for three versions: soft, direct, and somewhere in the middle. Then choose the one that sounds like you after a decent night’s sleep and a little confidence.

PROMPT 4

The “Explain This To Me Like I Am Smart But New Here” Prompt

Explain [topic] to me in plain language, like I am smart but brand new to it. Use examples from everyday life.

Needing something explained simply does not mean you are not smart. It means you are new to it. Use this for AI terms, investing terms, school forms, work software, medical articles, phone settings, or whatever new thing everyone suddenly acts like they have understood since birth.

PROMPT 5

The “Help Me Make A Decision Before I Spiral” Prompt

Help me think through this decision. Here are my options, what I am worried about, and what matters most to me: [share details]. Please give me pros, cons, and a few questions I should consider.

AI should not make your decisions for you. We are not handing the steering wheel to a robot in a cute outfit. But it can help you organize the decision so you can look at it without the 2:00 a.m. emotional lighting. You still decide. That part stays yours.

PROMPT 6

The “Why Do I Sound Like A Corporate Brochure?” Prompt

I wrote this, but it does not sound like me. Help me make it warmer, clearer, and more natural while keeping my meaning: [paste your writing]

For the bio, caption, email, or message where you read it back and think, “Who is this woman and why is she saying utilize?” AI can help loosen the language. Then you read it out loud and fix anything that sounds off, because your voice still gets the final say.

PROMPT 7

The “I Am Starting Over And Need A Tiny Plan” Prompt

I am in a season of starting over in [career, relationships, home, identity, health, confidence]. Help me make a gentle 30-day plan with small steps, reflection questions, and no pressure to do everything at once.

Starting over in midlife can feel rude. Not impossible. Not shameful. Just rude. This prompt helps you make a small plan. Not a complete personality renovation. Not a dramatic reinvention montage. Just a gentle place to begin.

PROMPT 8

The “My Inner Critic Needs To Sit Down” Prompt

Help me challenge this thought: “[insert the thought].” Give me a more grounded way to look at it, without toxic positivity.

Because sometimes the thought in your head is loud, but that does not mean it gets to run the meeting. Confidence is not pretending the hard thought is not there. Confidence is learning you do not have to obey every thought that shows up.

PROMPT 9

The “I Need To Have A Conversation And Not Black Out Emotionally” Prompt

Help me prepare for a conversation about [topic]. I want to be honest, calm, and clear. Give me opening words, possible responses, and a reminder of what I am allowed to ask for.

For the conversations that move into your head before they ever happen. You rehearse them in the shower, in the car, while folding towels. This prompt helps you practice. You are still the one having the conversation. You just get to bring notes.

PROMPT 10

The “Please Make This Week Less Ridiculous” Prompt

Help me simplify my week. Here is what I have going on: [list appointments, responsibilities, meals, errands, work, family needs]. Please suggest a realistic plan and tell me what can wait.

For when you realize at 4:37 p.m. that everyone in your house expects dinner again. AI can help you make a rough plan. It can group errands, suggest simple meals, organize appointments, and tell you what can wait. Some days, a starting point is the gift.

A LITTLE REALITY CHECK

Use it as a helper, not the boss of you.

AI can be helpful, but it can also be wrong. Very confidently wrong. Like someone at a dinner party explaining a topic they learned about twelve minutes ago.

Do not use it as your only source for medical, legal, financial, or deeply personal advice. Do not paste private information you would not want stored somewhere. Do not assume every answer is accurate just because it sounds polished.

Not fear. Not blind trust. Just a useful tool in the hands of a smart woman.

WHEN YOU'RE READY FOR MORE

Keep coming back to yourself.

The Pretty Truth is here for the woman who is finally allowed to make her life a little easier, one small honest shift at a time.

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Always rooting for you. Xo, Maria