

Every AI prompt from Living with Clear Intention, in one place. They work with any AI assistant (ChatGPT, Claude, Gemini, or whatever arrives next). Replace the [bracketed] parts with your own situation. Vague in, vague out; honest in, useful out.

The Weekly AI Nuggets

AI Nugget: Supercharge Your Life Audit

Use AI to make sense of your time map and commitment list. Paste your three-day time log into any AI tool and ask: “I tracked my time for three days. Here are my activities and approximate hours: [paste list]. Please identify the top three time-wasters, the biggest gaps between where I want to spend time versus where I actually do, and suggest three specific reductions or eliminations.” The AI will give you faster, more structured analysis than staring at a list trying to find patterns yourself.

AI Nugget: Make Declutter Decisions Faster

Struggling with keep-or-toss decisions? Try: “I am decluttering and deciding whether to keep [describe item]. I have not used it in [timeframe]. I keep it because [reason]. My core values include [X, Y, Z]. Should I keep, donate, or discard it, and why?” This works especially well for sentimental items, unfinished projects, and things kept ‘just in case’. The AI gives you an objective second opinion grounded in your values when your emotions cloud the decision.

AI Nugget: Dig Deeper into Your Values

Once you have a rough list of potential core values, use AI as a values coach: “I am identifying my top 5 core values. My current list is [paste values]. Please ask me one difficult, probing question at a time to help me distinguish which are truly core versus which I have been conditioned to say I value. Ask one question, wait for my answer, then ask the next. Do not suggest values; help me find my own.” This conversational excavation surfaces insights that pure solo reflection often misses.

AI Nugget: Find Hidden Patterns in Your Energy

After completing your Energy Audit Log, paste it into an AI and ask: “Here are my energy audit results from three days: [paste log]. Please identify patterns about what types of activities, people, environments, and times of day tend to energise versus drain me. Are there any surprising patterns? What might these suggest about my personality type, work style, or unmet needs?” AI is excellent at pattern recognition across large amounts of qualitative data.

AI Nugget: Design Your Ideal Space

Use AI as a design advisor: “My workspace currently looks like this: [describe it]. My core value is [X] and I need it to support [Y type of work]. Please suggest five specific, low-cost or no-cost changes to reduce distractions and better align the space with my values and goals.” For digital environments: “I want to redesign my phone home screen to minimise distraction and support my goal of [X]. Which app types should be front and centre, which hidden, and what layout would you recommend?”

AI Nugget: Build Your Ideal Week with AI

Designing your Ideal Week is faster with AI: “My core values are [list]. My peak energy time is [morning/afternoon/evening]. My non-negotiable commitments each week are [list]. I want to protect time for [priorities]. Please help me design an Ideal Week template that honours my energy rhythms and priorities, with suggested time blocks for each type of activity.” Then iterate: “I also need to account for [X]. Can you adjust the template?” This is far faster than designing on a blank grid.

AI Nugget: Design Your Personal Productivity System

Let AI help you choose and design your system: “I need a simple, reliable system to capture, organise, and execute tasks. I tend to [describe work style]. My biggest productivity challenge is [X]. I have tried [tools/methods] and abandoned them because [reason]. Based on this, what type of task management system would you recommend and how should I set it up?” Also try: “I want to create a two-to-five minute pre-work ritual to help me transition into deep focus. My work involves [type]. Suggest a simple ritual I could try.”

AI Nugget: Get Clarity on Your Finances

Use AI as a non-judgemental financial thinking partner: “Here is my spending breakdown for the past week by category: [paste]. My core values are [X, Y, Z]. Where are the biggest misalignments between my spending and my values? What is one concrete change I could make this month to bring spending more into alignment with what matters to me?” Also try: “Help me design a simple monthly money flow that pays myself first and covers my essentials automatically, given that my income arrives on [date].”

AI Nugget: Design Habits and Boundaries That Stick

AI can be a powerful habit design assistant: “I want to build the habit of [describe]. I already reliably do [existing routine] at [time]. Using habit stacking, how could I attach my new habit to this existing one, and what would the specific trigger-routine-reward look like?” For boundaries: “I need to set a firm boundary with [person/situation] around [topic]. Here is the situation: [describe briefly]. Please write me three different ways to communicate this boundary clearly, ranging from gentle to more assertive in tone, without being unkind.”

AI Nugget: Use AI to Diagnose Your Obstacles

When you hit a persistent obstacle, AI helps you reach the root cause faster: “I keep struggling with [describe obstacle]. I have already tried [what you tried]. Using the five whys technique, help me systematically dig down to the real root cause of this problem. Ask me the first ‘why’, wait for my answer, then ask the next, until we reach a root cause.” Then: “Based on the root cause we identified, please brainstorm five possible solutions or approaches I have not yet tried.”

AI Nugget: Audit and Simplify Your Systems

Use AI to decide what to keep versus drop: “Here is every tool, app, habit, and system I have implemented over the past ten weeks: [paste list]. Which three to five are likely providing the most leverage and impact? Which seem redundant, overly complicated, or unlikely to stick long-term? What would you suggest I keep, simplify, or eliminate?” This external perspective is invaluable when you are too close to your own system to evaluate it objectively.

AI Nugget: Write Your Legacy Letter and Future Plan

For your Legacy Letter, try: “I want to write a heartfelt letter to myself to be opened in one year. My core values are [list]. My biggest wins from the past 12 weeks are [describe]. My biggest remaining challenges are [describe]. Please help me write a first draft that is warm, honest, and encouraging, reminding Future Me of my values and inspiring continued intentional living.” Read the draft, then rewrite it in your own voice. It is a starting point, not a final product.

From the chapter: Your AI Ally

L – Letting Go (Weeks 1–2)

“I’ve tracked my time for three days. Here are the main activities: [paste your time log]. Can you identify the top 3 time-wasters, and suggest which ones I should consider cutting or radically reducing?”

“Here is a list of my current commitments: [paste list]. I feel overwhelmed. Can you help me identify which ones seem most likely to be energy drains versus energisers, based on the descriptions?”

“I keep holding onto [specific item or commitment]. Part of me knows I should let it go, but I can’t quite bring myself to. Help me think through what might be driving this attachment, and what I’d actually lose by letting it go.”

U – Uncovering (Weeks 3–4)

“I’ve identified these as my potential core values: [list your top 10 values]. Can you ask me a series of difficult, probing questions – one at a time – to help me narrow this down to my true top 5? Don’t suggest answers; just ask the questions.”

“I have this recurring thought: ‘[your limiting belief].’ Can you help me examine the evidence for and against this belief, and then suggest a more balanced, realistic reframe?”

“Based on my Energy Audit results [paste key findings], what patterns do you notice about the kinds of activities, people, and environments that energise versus drain me? What might this suggest about my personality type or core needs?”

C – Creating (Weeks 5–8)

“My core values are [list your values]. My natural peak energy times are [morning/afternoon/evening] and my typical commitments each week include [brief overview]. Help me design an Ideal Week template that honours my values and energy patterns.”

“I’ve been tracking my spending for a week. Here’s a breakdown [paste categories and rough amounts]. My top 3 values are [X, Y, Z]. Where are the biggest misalignments between my spending and my values, and what’s one concrete change I could make this month?”

“I want to design my home workspace to support my value of [X] and my goal of [Y]. Here’s a description of the current space: [describe it]. What are 5 specific, low-cost changes I could make to improve focus and alignment with my values?”

I – Implementing (Weeks 9–10)

“I want to build a keystone habit of [describe habit]. My schedule looks like [brief description]. Using habit stacking principles, how could I attach this new habit to an existing routine I already do reliably?”

“I keep struggling to enforce a boundary with [person/situation]. Here’s the situation: [describe it]. Can you help me write three different ways I could communicate this boundary clearly and directly, but without being aggressive or unkind?”

“I’ve hit an obstacle: [describe specifically]. I’ve already tried [what you’ve tried]. Using the ‘five whys’ technique, help me dig down to the real root cause of this problem, then brainstorm five possible solutions I haven’t considered.”

D – Deepening (Weeks 11–12)

“Here is a list of all the tools, habits, and systems I’ve tried over the past 12 weeks: [paste your list]. Based on what I’ve described, help me identify which 3–5 have likely given the most impact, and which ones I should consider dropping to simplify my system.”

“I want to write a Legacy Letter to Future Me – to be opened in one year. Help me write a first draft. My core values are [X, Y, Z]. My biggest wins from the past 12 weeks were [describe]. My biggest remaining struggles are [describe]. The tone should be warm, honest, and encouraging.”

“I’ve completed my 12-week intentional living programme. I want to create a ‘Minimum Effective Dose’ maintenance plan – the smallest set of daily and weekly practices that will keep me living intentionally without feeling burdened. My core values are [list], and my most effective practices were [list]. Help me design this minimal but effective maintenance routine.”