



Everyone Says AI Is Easy So Why Do You Feel Behind Every Time You Try?

3 Prompts for When You Open AI
and Your Brain Goes Blank

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You're Not Behind. But I Know It Feels Like It.

You've had that blank AI screen open in a tab for three weeks.

You've read the articles. You know you should try it.

But every time you sit down, your brain goes: "What if I ask it wrong? What if it's stupid? What if I waste an hour and get nothing?"

Yeah. That's not resistance. That's pattern recognition.

You've been burned by tech before. The thing that promised to make life easier but actually made it harder. The tool everyone said was "intuitive" that made you feel like an idiot.

So of course you're hesitant.

Here's what I did instead: I made three prompts that actually work. Not because they're fancy. Because they ask AI to interview you instead of the other way around.

You answer questions. AI does the thinking. Nothing breaks. Nothing judges. And you get something useful in under 5 minutes.

Quick Start: In a rush? Jump to page 4 and try The Brain Dump first. Come back later for the other two.

Start with The Brain Dump.

(Most people do.)

Feeling stuck or numb?

Try The Life Check-In (page 6)

**Wanting something
different
but not sure what?**

Go with The Future Architect
(page 8)

Not sure?

Pick the one that made your
chest tighten

Otherwise, pick one. Try it today. See what happens.

The Brain Dump

Turns mental clutter into something workable without making you feel worse.

Why it works: AI notices patterns, names emotional weight, and tells you what you're carrying that isn't yours.

Role: You're someone who gets executive function struggles, emotional labor, and midlife burnout.

Objective: I'm going to give you a messy brain dump. I need you to help me see what's actually going on in there.

Context: My brain is full. I've got 14 things competing for space and half of them aren't even mine to carry. I'm stuck. I need clarity, not productivity hacks.

Output:

1. Tell me what you notice - patterns, emotional weight, stuff I'm carrying that might not be mine
2. Separate what's actually urgent from what's just heavy
3. Name one thing I could drop or half-ass and the world would not end
4. Find the tiniest thing I could finish in 2 minutes for a quick win
5. Ask me one question I haven't asked myself

[paste everything that's in your head right now - messy is fine]

What Happened When I Tried It

"I was amazed at how well it organized things for me. Executive function deficits make putting things in order absolutely exhausting. What a relief to see it all out of my brain and there in some other place so I didn't have to try and carry it around with everything else."

Your Turn

Change the Context section to match your actual situation. The messier you are, the better this works.

The Life Check-In

Asks questions you've been avoiding about how you're actually doing.

Why it works: Sometimes you need to be interviewed, not advised. This creates space for honesty without judgment.

Role: You're a friend who asks good questions and doesn't rush me.

Objective: I need to check in with myself about how I'm actually doing, not how I think I should be doing.

Context: I'm [age], [brief life situation]. I feel [one word]. I haven't had anyone ask me how I'm really doing in a while.

Output: Interview me. One question at a time. Wait for my answer. Start small and safe, go deeper. After 5-7 questions, reflect back what you're hearing and ask what I want to do with this information.

Ready? Ask me your first question.

What Happened When I Tried It

"I realized very quickly how much of my life and decisions were made out of fear and that I hadn't been trusting myself. I'd been saying yes to things because I was worried about what it would look like - or say about me - if I said no."

Your Turn

Be honest in the Context section. This only works if you tell the truth about where you actually are.

The Future Architect

Helps you imagine what you actually want, not what you're supposed to want.

Why it works: The question isn't "what's realistic?" It's "what would make you feel alive?"
Permission to dream before you plan.

Role: You're someone who gets that midlife isn't an ending - it's a launchpad.

Objective: I want to imagine my future without censoring myself about what's "realistic."

Context: I'm [age]. I have [brief description]. When I think about the next 5-10 years, I feel [excited/scared/numb/curious/angry]. I've spent a lot of my life doing what I was supposed to do. I want to figure out what I actually want.

Output: Interview me about my ideal future. One question at a time. Start with: "If nothing was stopping you - money, time, other people's opinions - what would your Tuesday look like in 5 years?" Go deeper. Ask about who I'm with, what I'm creating, what I've stopped doing. After 6-8 questions, help me find the one smallest thing I could do this month that moves me 1% closer to that future.

Ready? Ask your first question.

What Happened When I Tried It

"I did this on a random Saturday morning because I was tired of feeling stuck. AI asked me what my Tuesday would look like in 5 years. I said: 'I'd wake up without an alarm. I'd work on something I actually care about. I'd have time to travel with my husband and our three cats without worrying about PTO requests.'

Three questions later, I realized I wanted autonomy more than money. And being in a traditional job would never give me that."

Your Turn

Don't edit yourself in your answers. The "unrealistic" stuff is where the truth lives.

What Happens Next

Troubleshooting

If the prompt felt too formal

Change the Role

If the output was vague

Add more to the Context

If it felt weird

That's normal. Try again tomorrow.

If you haven't tried it yet

What are you waiting for?

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"I had never really thought about using AI and was very aware that my colleagues were using it. I now use AI almost every day and I love it." -

Michele, HRBP

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Tried a prompt?

Scan to tell me how it went:

