

FREE FROM LISA LEARNS AI

The Sunday Night *Prompt Pack.*

Paste your week in. Get a plan out. Ten copy-paste prompts that hand the planning to AI, so Sunday night can go back to being yours.

10 prompts

for planning, dinners, clashes and catch-ups

About 5 minutes

from blank page to a plan for the week

Free tools only

works in free Claude or free ChatGPT

START HERE

Three steps. *That's it.*

You don't need any special skills for this. If you can write a text message, you can do this.

1 • OPEN

Open free Claude (claude.ai) or free ChatGPT (chatgpt.com) on your phone or computer.

2 • FILL IN

Copy a prompt. Swap the **[orange bits]** for your real life. Messy is fine.

3 • TALK BACK

Not quite right? Tell it what to change, like you would a friend. It'll redo it.

PROMPT 1 • THE BIG ONE

The Sunday Night Plan

Use it every Sunday. This one prompt does most of the work.

Here's my week. Work: **[your work hours, day by day]**. Family: **[who needs to be where, and when]**. Must-dos: **[appointments, bills, errands]**. Dinners: **[how many nights I'm cooking, and any food rules in the house]**. My energy this week: **[busy / normal / running on empty]**.

Build me a simple day-by-day plan for Monday to Sunday. Keep it realistic, leave some breathing room, and put the three most important things at the top. Then give me a grocery list, sorted by aisle.

Tip: the more real detail you give it, the better the plan. "Soccer Tuesday 6 to 7, across town" beats "soccer sometime."

Before the plan, *the brain dump*.

PROMPT 2

The brain dump sorter

When your head is full and you don't know where to start.

I'm going to dump everything that's in my head. Sort it into four groups: do this week, can wait, someone else can do it, and let it go. Be honest with me. Here it is: **[everything, in any order, typos and all]**

PROMPT 3

Dinners, sorted

When "what's for dinner" is the question you're most tired of answering.

Plan **[5]** dinners this week for **[number]** people. Food rules in our house: **[allergies, picky eaters, vegetarian, budget]**. Weeknight dinners need to take under **[30]** minutes. Use up leftovers where you can. Then give me one grocery list for all of it, sorted by aisle.

PROMPT 4

The clash fixer

When two things land at the same time and you can't be in two places.

These things overlap this week: **[the clash, with times]**. Help me work out what to move, what to ask for help with, and write a short, friendly message I can send to **[who]** asking for that help.

The plan only works if *they know it*.

PROMPT 5

The family group chat message

So you stop answering "what time is pickup?" six times a week.

Write a short, friendly message for our family group chat with this week's plan: **[paste your plan, or the key times]**. Keep it light, use the days as headings, and end with one line asking everyone to say if something's wrong.

PROMPT 6

The calls you've been avoiding

For the appointments and phone calls that keep sliding to "next week."

Here are the calls and appointments I need to book: **[the list]**. Put them in order of what's most urgent. For each one I'm dreading, write me a two-line script of what to say when they pick up.

PROMPT 7

The 15-minute reset

When the house, the inbox or the laundry pile is quietly winning.

I have 15 minutes on **[day]**. Give me a reset routine for **[the kitchen / my inbox / the laundry]** that I can actually finish in that time. Short steps, in order, no perfection.

Leave room *for you.*

PROMPT 8

The too-much week

When you look at the week and your stomach drops.

This week is too much. Here's everything on it: **[the list]**. Tell me what I could drop, shrink or hand to someone else. Be honest but kind, and tell me what I can stop feeling guilty about.

PROMPT 9

Find me time

Because "I'll rest when it's done" never comes.

Here's my plan for the week: **[paste the plan]**. Find me two 30-minute pockets that are just for me, and tell me what to move to make them happen.

PROMPT 10

The Friday check-in

Five minutes on Friday makes next Sunday easier.

On Sunday I planned this: **[paste the plan]**. Here's what actually happened: **[the real week]**. What should I change when I plan next Sunday? Keep it to three suggestions.

Don't start over. *Just say so.*

AI won't get your week perfect the first time. Nobody would. Tell it what's off, in plain words, and it fixes it.

Too packed

"Tuesday is too full. Move the grocery run to Wednesday and give me a lighter evening."

Too fancy

"Simpler dinners, please. Things a tired person can make with one pan."

Too long to read

"Shorter. Make it a checklist I can stick on the fridge."

It forgot something

"You missed the dentist on Thursday at 3. Add it and adjust the day."

Wrong tone

"Make the family message warmer and less bossy."

One safety habit: leave out passwords, bank details and health card or ID numbers. A first name and a time is all the plan needs.

Pick one prompt. *Tonight.*

Not all ten. Just one. Start with the Sunday Night Plan, give it your real week, and see what comes back. Then hit reply to my email and tell me how it went. I read every one.

Lisa