

## 5 AI Prompts That Actually Work

For Women Over 50 Who Want Real Results — Not Jargon

### Prompt 1 — Explain It Like I'm New to This

"Explain [topic] in plain language. Assume I have no technical background. Use everyday examples and avoid jargon."

*When to use it:* Use this when you want to understand something — AI tools, Medicare options, a contract clause, anything — without wading through confusing language.

### Prompt 2 — Help Me Write This Email

"I need to write an email to [person/company] about [situation]. I want to sound [professional/firm/warm]. Here are the key points I want to make: [list them]. Please draft it for me."

*When to use it:* Works for difficult conversations, follow-ups, complaint letters, or any email where you want to sound exactly right.

### Prompt 3 — Summarize This for Me

"Here is a document/article/contract. Please summarize the key points in plain English. Flag anything I should pay close attention to or ask questions about."

*When to use it:* Paste in any long document and get the highlights without reading every line. Great for insurance policies, legal documents, or long articles.

### Prompt 4 — Help Me Think Through This Decision





"I'm trying to decide between [option A] and [option B]. Here's my situation: [brief description]. What are the most important things I should consider? What questions should I be asking?"

*When to use it:* AI is a surprisingly good thinking partner. Use this when you feel stuck or just want a second opinion before making a decision.

## Prompt 5 — Write This in My Voice

"Here is something I wrote: [paste your text]. Please rewrite it to sound more [confident/warm/professional] while keeping my voice and main message. Don't make it sound like a robot wrote it."

*When to use it:* Perfect for polishing a bio, updating a LinkedIn summary, or improving anything you've already drafted.

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These prompts work in ChatGPT, Claude, Gemini, or any AI assistant. Copy them exactly, fill in the brackets, and press send. That's all it takes.

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