



AI TOOL DROP

The Personal Life Prompt Pack

AI for your actual week. Decisions, planning, learning, writing.

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The Personal Life Prompt Pack

AI for your actual week: decisions, planning, learning, writing, and the Sunday reset. No business required. Every prompt below works in Claude's free tier, and each one is built to take YOUR real context, because that is the whole trick.

1 · The Decision Helper

For any two-option decision you keep circling: jobs, apartments, purchases, plans.

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Help me decide between [OPTION A] and [OPTION B].
My real situation: [income/constraints/what matters to me].
What I am afraid of with each: [say it honestly].
First ask me the 3 questions that would most change the answer. Then, after I
reply, show the honest tradeoffs side by side, tell me which option my OWN
stated values point to, and name the fear that is doing the most distorting.
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TIP, The "ask me 3 questions first" line is what separates a real analysis from a generic pros-and-cons list.

2 · The Life Planner

Weekly planning that respects your actual life instead of a productivity fantasy.

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Plan my week. Fixed commitments: [work hours, kids, appointments].
Things that MUST happen: [list]. Things I keep failing to do: [list, be honest].
My energy pattern: [morning person / night person / wrecked after work].
Build a realistic week that puts the failing items where my energy actually is,
includes buffer, and cuts anything that does not fit instead of pretending it
will. Tell me what you cut and why.
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3 · The Meal Planner That Knows Your Fridge

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Plan [N] dinners this week. Household: [adults, kids, pickiness, allergies].
Time limit per meal: [X] minutes. Budget mood: [tight / normal].
Already in the house: [what is actually in your fridge and pantry].
Use what I have first, then give me ONE shopping list for the rest, organized by
store section.
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4 · The Patient Tutor

The biggest quality-of-life unlock in AI: a tutor with infinite patience and zero judgment.

Teach me [TOPIC]. Start at my actual level: [total beginner / know a little / rusty].
Explain the core idea in plain language with one everyday analogy. Then let me ask dumb questions until it clicks. When I say "quiz me", test me with 5 questions, grade honestly, and reteach ONLY what I missed, a different way than before.

5 · The Hard Email

Draft an email for me. Situation: [what happened]. To: [who and what power dynamic].
What I want to happen: [outcome]. My draft feelings: [angry / hurt / anxious, be real].
Write it firm, clear, and impossible to use against me later. No passive aggression, no apologizing for existing, under 150 words. Then show a softer version and a shorter version so I can pick.

6 · The Money Conversation

Not financial advice; preparation. AI is the world's best prep partner for expensive rooms.

I have a [meeting with a financial advisor / big purchase decision / negotiation about X].
My situation in plain numbers: [income, the amounts involved, what worries me].
Prepare me: the 5 questions I should ask, the 3 answers that should worry me if I hear them, the vocabulary I need so nothing goes over my head, and the one mistake people in my exact situation most often make.

7 · The Sunday Reset

Fifteen minutes that makes the whole pack a habit. Run it every week, same conversation, so your context accumulates.

Sunday reset. Here is my brain dump of everything floating around: [dump it, messy is fine].
Sort it into: this week (scheduled), delegated to future me (with a date), and honestly never (say it to my face).
Then give me Monday's single most important task and one thing from last week I should feel good about.

TIP, Keep this as ONE ongoing conversation you return to weekly. The accumulated context makes each reset sharper than the last.

Troubleshooting

The answers feel generic. You gave it a search query, not your situation. Every prompt here has [brackets] because the specifics ARE the product. Fill them with the real, slightly embarrassing details.

It got something factually wrong. It happens, confidently. For facts that matter, verify with a source. For thinking, planning, and drafting, wrongness is rare and iteration fixes it: just say "that part is wrong because..." and keep going.

I keep forgetting to use it. Home screen, one standing conversation for life admin, and the Sunday Reset as your anchor habit. One weekly ritual beats ten good intentions.

More where this came from: aitooldrop.com/personal, and the beginner's weekend guide at aitooldrop.com/guides/ai-for-beginners.

