



Founder of Everyday Dad Evolved: Charles Hayes

## Rebuild Mode AI Prompts to help you move forward

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### IDENTITY RESET PROTOCOL

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**Objective:**

Rebuild clarity, direction, and personal mission.

**AI PROMPT:**

"I'm a man rebuilding my life. Help me craft a clear, strong, future-focused identity based on resilience, fatherhood, discipline, and purpose..."

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### WEEKLY REBUILD PLANNER

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**Objective:**

Create a weekly structure that stabilizes your life.

**AI PROMPT:**

"Build a weekly plan for a man rebuilding his life..."

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### HABIT BUILDER SYSTEM

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**Objective:**

Build discipline using low-friction, 2-minute habits.

**AI PROMPT:**

**"Create tiny habits for a tired dad rebuilding discipline..."**

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### **EMOTIONAL PROCESSING PROTOCOL**

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**Objective:**

**Process stress, guilt, and pressure without shutting down.**

**AI PROMPT:**

**"Help me process this emotion: \_\_\_. Ask me 5 grounding questions..."**

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### **FATHERHOOD CONNECTION GENERATOR**

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**Objective:**

**Increase presence without increasing time.**

**AI PROMPT:**

**"Give me simple 5-minute fatherhood connection rituals for kids aged \_\_\_..."**

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### **SKILL-BUILDING BLUEPRINT**

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**Objective:**

**Build modern skills quickly.**

**AI PROMPT:**

**"Build me a 30-day skill development plan for digital marketing, UGC, AI..."**

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### **INCOME ROADMAP (30 DAYS)**

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**Objective:**

**Create clarity around income paths during a rebuild.**

**AI PROMPT:**

**"Create a 30-day income roadmap for a man rebuilding financially..."**