

CareNav.Life™ Starter Kit

A practical first step from overwhelmed to empowered.

Hello,

If you're holding this, chances are you are the "go-to problem-solver" for your family.

You are the individual responsible for addressing Wi-Fi outages, interpreting medical directives, and organizing a substantial volume of "stuff" in the garage. You are competent and caring, but also overwhelmed.

I understand this because I have been there!

My career has been dedicated to engineering and systems, where I designed processes to transform complex systems into simple, reliable operations. When I found myself navigating these same life logistics for my own family, I did what I have always done: I built a system.

I realized that the tools I used to manage complex projects could be adapted to help families manage the complexities of life and life transitions. I discovered that modern AI, when guided by clear, simple instructions—also known as **prompts**—plain-language instructions—can become a powerful tool for turning everyday overwhelm into manageable next steps.

This CareNav.Life™ Starter Kit is your first step.

Inside, you'll identify one area that is creating friction, then use a ready-to-use AI prompt to turn that problem into a practical next step.

My objective is to help you move from a state of being overwhelmed to one of being empowered. You do not have to solve everything today. Start with one thing.

To your clarity,

Cherry,

Cherry Crawford

Founder, CareNav.Life™



The 10-Point Home Life Navigation Check-In

A simple tool to identify and prioritize support for independent living.

How to use this check-in

For this exercise, “I” can mean you, a parent, a spouse, or another loved one you are helping. Read each statement with your situation in mind. If it resonates as a source of stress or confusion, mark it. Be honest—this tool aids clarity; it does not judge.

Part 1: Technology & Connectivity

- ☐ 1. Daily Tech Question: I or a loved one frequently asks for help with simple tasks on a phone, tablet, or computer.
- ☐ 2. The “Fear of Scams”: I or a loved one worries about identifying scam emails, texts, or phone calls, and I am concerned about financial safety.
- ☐ 3. The “Invisible Screen”: I or a loved one has difficulty seeing screen text or finding the right buttons.

Part 2: Home & Daily Life

- ☐ 4. The “Clutter Creep”: Home is becoming cluttered with mail, papers, or belongings, and the idea of downsizing feels overwhelming.
- ☐ 5. The “Where Did I Put It?”: Crucial documents such as bills, medical records, or passwords are disorganized, making them difficult to locate when needed.
- ☐ 6. The “Recurring Bill Headache”: Paying monthly bills on time is becoming a source of stress or missed payments.

Part 3: Finances & Planning

- ☐ 7. The “Bargain Hunt”: I or a loved one is on a fixed income, but we are not sure whether we are taking advantage of available discounts, programs, or resources.
- ☐ 8. The “Just in Case Plan”: Key financial or medical information is not documented in one central, easy-to-access place for me or a family member if needed.

Part 4: Medical & Wellness

- ☐ 9. “Managing Medical”: Doctor appointments, medication schedules, and follow-up instructions are challenging to manage.
- ☐ 10. “Information Overload”: After a doctor’s visit, we often leave with a stack of papers and an unclear memory of the instructions.

Scoring Your Check-In: Finding Your Starting Point

If you checked 1–2 boxes: You’re in a good position. Focusing on these one or two areas can bring relief and help prevent future stress.

If you checked 3–5 boxes: This is very common. Life is complex. Pick the checked box that causes the most daily friction and start there.

If you checked 6+ boxes: You are not alone. This level of overwhelm is one reason CareNav exists. Choose one area for a quick win. Do not try to solve everything at once.

Your First AI Solution

You've identified the problems. Now let's solve one.

The prompt below is a ready-to-use example of how CareNav helps translate frustration into a clear, manageable next step. Open your favorite chatbot—such as ChatGPT, Claude, or Gemini. You can use ChatGPT (chatgpt.com), Claude (claude.ai), or Gemini (gemini.google.com). Then replace the text in brackets [] with your own words, as if you were explaining the situation to a trusted friend.

You do not need to know how to write an AI prompt.

Fill in the brackets, then copy and paste everything in the box below into your chatbot's input area. Then let the conversation begin.

CARENAV QUICK-WIN PROMPT

Act as a world-class strategic consultant and problem-solving expert. My goal is to gain clarity and create an immediate action plan for a problem I'm facing.

My problem is: [Describe your problem here in 1–3 sentences. For example: "I'm overwhelmed with decluttering my garage and don't know where to start," or "My dad keeps getting scam texts and I don't know how to help him recognize them."]

Your task is to guide me through a 3-step process:

1. Ask 5 Questions: Ask me exactly 5 clarifying questions designed to uncover the root of the problem, the desired outcome, and any hidden constraints. Do not give advice yet. Wait for my answers.
2. Summarize and Reframe: After I answer your 5 questions, summarize my situation and reframe my problem into a clear, solvable goal.
3. Provide a 3-Step "First 24 Hours" Action Plan: Give me a simple, 3-step action plan that I can start executing in the next 24 hours. Each step should be a small, concrete action that builds momentum.

Begin now by asking me your 5 questions.

This is the kind of practical, time-saving AI guidance you'll find throughout CareNav.Life™ resources.

Start small. Get one quick win.

The goal is not to solve everything today. The goal is to make the next step clearer.

A note about this guide

CareNav.Life™ provides educational and organizational tools to help you think through everyday life challenges. It does not provide medical, legal, financial, or emergency advice. When a situation involves professional care or urgent risk, consult the appropriate qualified professional.

What's Your Next Problem?

You don't have to solve everything at once.

You used the Starter Kit to identify one area where life could be easier. That is a win.

CareNav.Life™ is being built around a simple idea: use practical AI guidance to help retirees, caregivers, and family problem-solvers turn everyday challenges into manageable next steps.

Explore practical CareNav.Life™ resources

- Home & Decluttering
- Technology & Scam Awareness
- Family Organization
- Caregiver Support
- Independent Living

Ready for your next quick win?

Explore the CareNav.Life™ resources and choose the problem you want to tackle next.

[Insert your CareNav.Life™ store or resource link here]

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