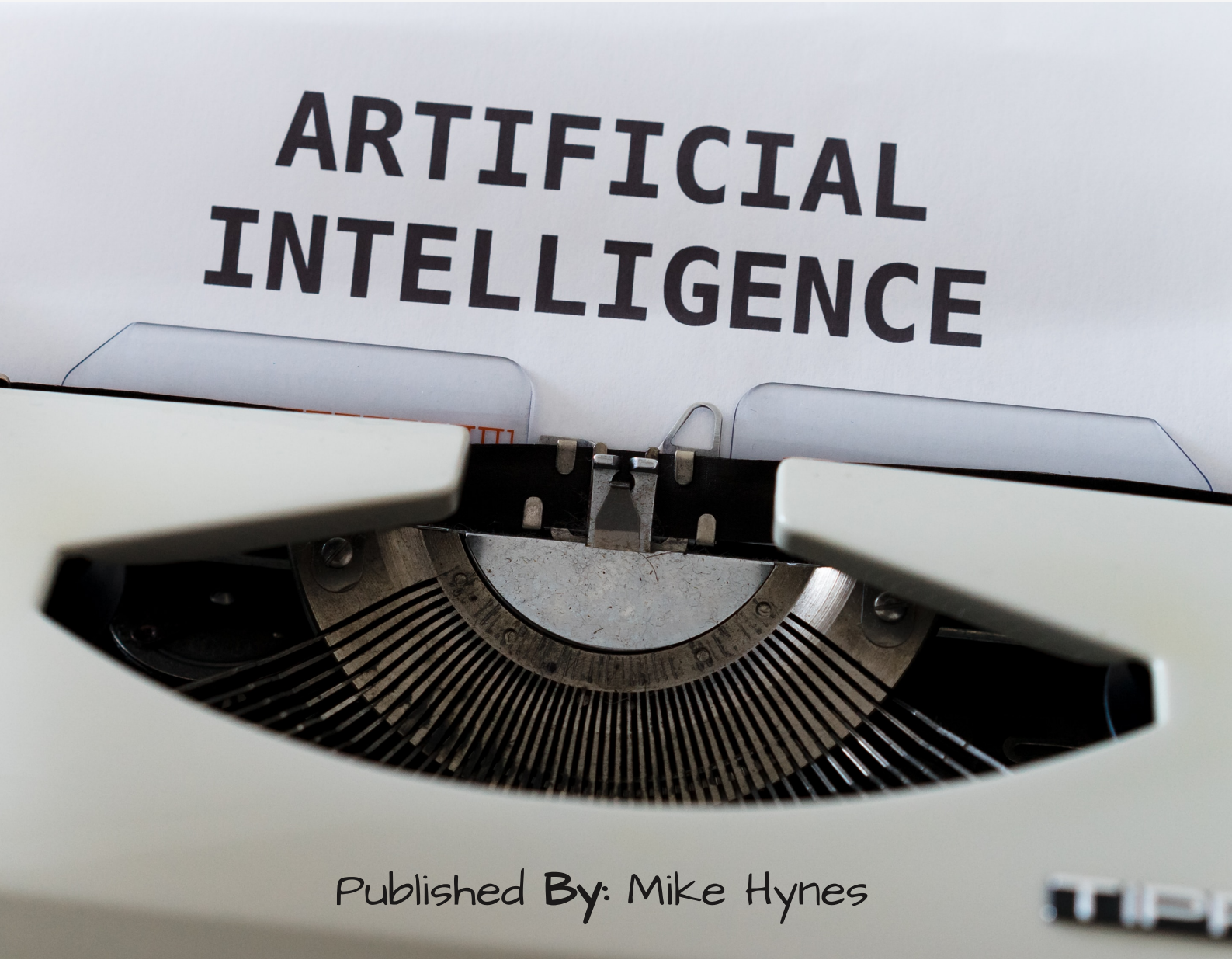
FAST ACTION BONUS 2

The Senior's AI Prompt Companion!

Designed for Beginners Who Prefer Clarity Over Complexity!



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Welcome,

If you have ever stared at a blank screen and thought:

"I don't know what to type…"

This companion is for you.
These prompts are not advanced marketing tools.

They are simple starting points.
You do not need to use all of them.

You do not need to understand everything.
You simply choose one prompt when you feel stuck.

Copy it.

Paste it into ChatGPT.
Adjust it slightly to suit your situation.

And see what happens.
AI is not here to replace your thinking.

It is here to help you begin.

The Senior's AI
Prompt Companion!

How To Use This Companion.

1.Choose one section that fits what you're working on.
2.Pick one prompt.
3.Copy and paste it into ChatGPT.
4.Adjust the wording if needed.
5.Edit the response so it sounds like you.

If something feels too complicated, skip it.

Return later.
There is no rush.

A Few Quick Examples

So you can see how this works, here are three simple examples.

Example 1 – Clarifying an Idea

Prompt:

"Suggest three small online income ideas suitable for someone over 60 who prefers steady, manageable projects."

ChatGPT may respond with ideas like:

- A short digital guide
- A simple checklist
- A small email mini-course

You review the ideas and choose one that feels comfortable.

Example 2 – Writing a Simple Email

Prompt:

"Draft a short, friendly email introducing my beginner guide for retirees. Keep the tone calm and realistic."

ChatGPT will give you a draft.

You remove dramatic words.

You simplify.

You make it sound like you.

Example 3 – Improving What You've Written

Prompt:

"Please simplify the following paragraph and remove any exaggerated language."

Paste your paragraph underneath.

ChatGPT helps you soften it.

You stay in control.

That's how this companion works.

Simple prompts.

Practical support.

No complexity.

Now we move into Section 1.

Section 1 – Getting Started!

(Use These When You Feel Unsure Where to Begin)

Sometimes the hardest part is deciding what to build.

These prompts help you move from uncertainty to clarity.

Choose one.

Prompt 1

"Help me identify one simple online income idea suitable for someone over 60 who wants steady, manageable projects."

Prompt 2

"Ask me five gentle questions to help clarify what kind of small online project would suit my personality and experience."

Prompt 3

"Suggest three small digital guide ideas that focus on helping retirees avoid online scams."

Prompt 4

"Help me narrow down my idea so it feels realistic and not overwhelming."

Prompt 5

"Create a very simple step-by-step plan for starting a small online income project over 30 days."

Section 2 – Clarifying Your Ideas!

(Use These When Your Idea Feels Vague or Unclear)

Sometimes you have an idea… but it feels fuzzy.

These prompts help you sharpen it without making it bigger.

Choose one and refine gently.

Prompt 6

"Help me clearly define who my small online guide is for. Ask me simple questions to narrow down my target audience."

Prompt 7

"Please help me turn this general idea into something more specific and manageable: [insert your idea here]. Keep it realistic for someone over 60."

Prompt 8

"Suggest ways I can simplify my project so it feels easier to complete within 30 days."

Prompt 9

"Help me write a one-sentence message explaining what my guide does and who it helps. Keep it calm and clear."

Prompt 10

"Ask me three questions that will help me decide whether my idea is too big and needs simplifying."

Prompt 11

"Help me identify one small problem my guide solves instead of trying to solve everything."

Prompt 12

"Please review this idea and tell me if it feels realistic for a beginner. Suggest how to make it more manageable."

Section 3 – Creating Simple Guides!

(Use These When You Are Writing Your First Digital Product)

These prompts help you build something small and useful.

Remember: short and clear is enough.

Prompt 13

"Create a simple outline for a short beginner-friendly guide aimed at retirees who want to earn a little extra income online."

Prompt 14

"Draft a short introduction for my guide that feels reassuring and realistic, not promotional."

Prompt 15

"Write a clear section explaining one small step retirees can take to start earning online. Keep the language simple."

Prompt 16

"Help me create a short checklist to include at the end of my guide."

Prompt 17

"Write a calm and encouraging conclusion for my guide that reinforces steady progress."

Prompt 18

"Please shorten this section and make it clearer without removing the main message: [paste your text]."

Prompt 19

"Rewrite this paragraph so it sounds more natural and less formal: [paste your text]."

Prompt 20

"Review this section and remove any exaggerated or dramatic language: [paste your text]."

Section 4 – Writing Calm Emails!

(Use These When You Want to Stay in Touch Without Sounding Like a Marketer

Email does not need to feel promotional.

It can feel conversational and supportive.

Choose one prompt when you feel unsure what to say.

Prompt 21

"Draft a short, friendly welcome email for retirees who downloaded my guide. Keep the tone calm and realistic."

Prompt 22

"Write a gentle follow-up email that shares one helpful tip related to my guide."

Prompt 23

"Help me write an email explaining why steady online income is better than chasing fast results."

Prompt 24

"Rewrite this email so it sounds less promotional and more conversational: [paste your email]."

Prompt 25

"Help me shorten this email while keeping the message clear: [paste your email]."

Prompt 26

"Draft a short email introducing my guide without using urgency or sales pressure."

Prompt 27

"Give me three simple ideas for helpful weekly emails I could send to retirees interested in small online income."

☐ **I used at least one prompt in this section.**

Section 5 – Planning Small Products!

(Use These When You Want to Improve or Expand Gently)

You do not need to build something large.

These prompts help you think small and manageable.

Prompt 28

"Suggest three small digital product ideas suitable for someone over 60 who wants steady, simple projects."

Prompt 29

"Help me break this larger idea into smaller, easier pieces: [describe your idea]."

Prompt 30

"Create a simple 5-day writing plan for finishing a short digital guide."

Prompt 31

"Help me decide on a fair and reasonable price for my beginner-friendly guide."

Prompt 32

"Review my product idea and suggest ways to make it more practical and less overwhelming."

Prompt 33

"Help me write a clear and honest description of my guide. Avoid hype or dramatic language."

☐ **I used at least one prompt in this section.**

Section 6 – Improving & Simplifying!

(Use These When You Want to Make Something Clearer and Stronger)

Often the best improvement is simplification.

These prompts help you refine without complicating.

Prompt 34

"Please simplify this paragraph and make it easier to understand: [paste text]."

Prompt 35

"Remove any exaggerated or overly confident language from this section: [paste text]."

Prompt 36

"Rewrite this so it sounds more natural and conversational: [paste text]."

Prompt 37

"Help me shorten this section while keeping the main message intact: [paste text]."

Prompt 38

"Review this email or guide section and suggest small improvements for clarity."

Prompt 39

"Turn this long explanation into three short, clear bullet points: [paste text]."

Prompt 40

"Ask me three questions that would help make this idea clearer and more focused."

☐ **I used at least one prompt in this section.**

Section 7 – Building Confidence & Staying Steady!

(Use These When You Feel Unsure or Stuck)

Sometimes the obstacle is not technical.

It's confidence.

These prompts help you think clearly and move forward calmly.

Prompt 41

"Help me identify one small step I can take today that moves my online project forward without overwhelming me."

Prompt 42

"Ask me three gentle questions that will help me overcome hesitation about launching my small guide."

Prompt 43 "Help me turn this worry into a practical action step: [describe your concern]."

Prompt 44

"Suggest ways I can make my project feel more manageable if I'm starting to feel overwhelmed."

Prompt 45

"Help me review my progress over the past 30 days and identify what I've accomplished."

Prompt 46

"Rewrite this message so it sounds more confident but still calm and realistic: [paste text]."

Prompt 47

"Help me decide whether I should simplify my project rather than expand it."

Prompt 48

"Create a short reminder I can read when I feel behind or discouraged."

☐ **I used at least one prompt in this section.**

Final Note.

(You Do Not Need to Use Everything)

You do not need to use every prompt in this companion.

In fact, you shouldn't.

Choose one.

Use it when you feel stuck.

Let it help you begin.

AI is not here to replace your thinking.

It is here to reduce friction.

You remain in control.

If something feels too complicated, skip it.

Return later.

You are building steadily.

And steady builders succeed more often than rushed ones.

A Simple Reminder!

You do not need:

- Perfect wording
- Perfect systems
- Perfect timing

You need clarity.

You need calm action.

You need consistency.

And you are capable of all three.

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