

Still Got It

The Midlife Power Prompt

A simple exercise for figuring out what comes next.

I've always chased more - more freedom, more creativity, more alignment. I've made a new rule for myself: stay curious, stay open, and never settle for less than what lights me up. That's why I created this Power Prompt. It helped me reconnect with parts of myself I had put on the shelf for a while.

I wasn't meant to burn out or play small, and if you're reading this, neither were you. Whether you've been dreaming of something or just not feeling like yourself lately... Or maybe, you finally have a little time to think about you.

This is your moment.

You're not too late. You're right on time. These next five minutes might just spark the connection that pulls it all together.



The Power Prompt



One powerful, self-reflective prompt that AI will expand on
I created this because I know what it feels like to carry wisdom, ideas,
and stories, but wonder if it's too late, too much, or too far gone.
This prompt is here to remind you: you haven't missed your moment.
You're just getting started in a new way.
You still got it - the voice, the vision, the guts - even if it's been quiet for
a while. This tool is here to help you hear it again.



Take a few minutes.



Write whatever comes to mind.



This is just for you.

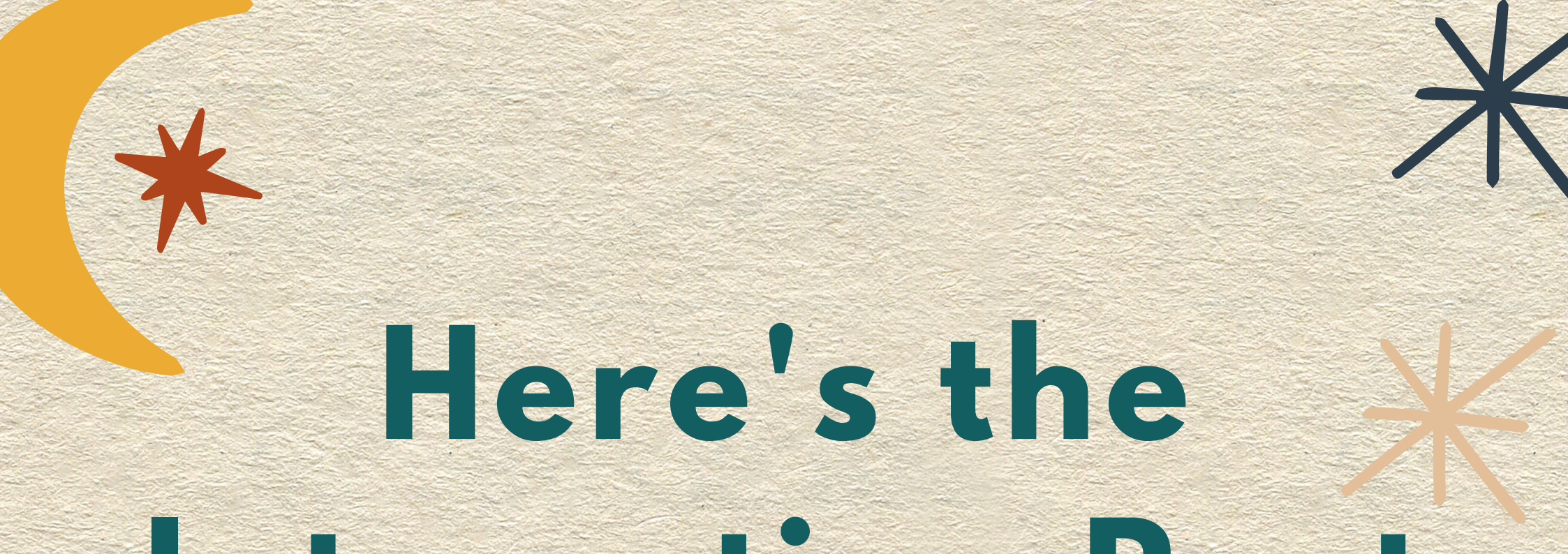
Find a small window of quiet - 10 to 15 minutes is enough.
Bring a journal, a cup of tea (or coffee, or wine - you do you),
and zero pressure.

Let the prompt stir something up. Use the AI tool to reflect
deeper if you'd like support - it's like a thoughtful
companion, not a judge.

There's no right way to do this. Just begin.

It might come out tender, bold,
confused, fierce, or free.
Let it.

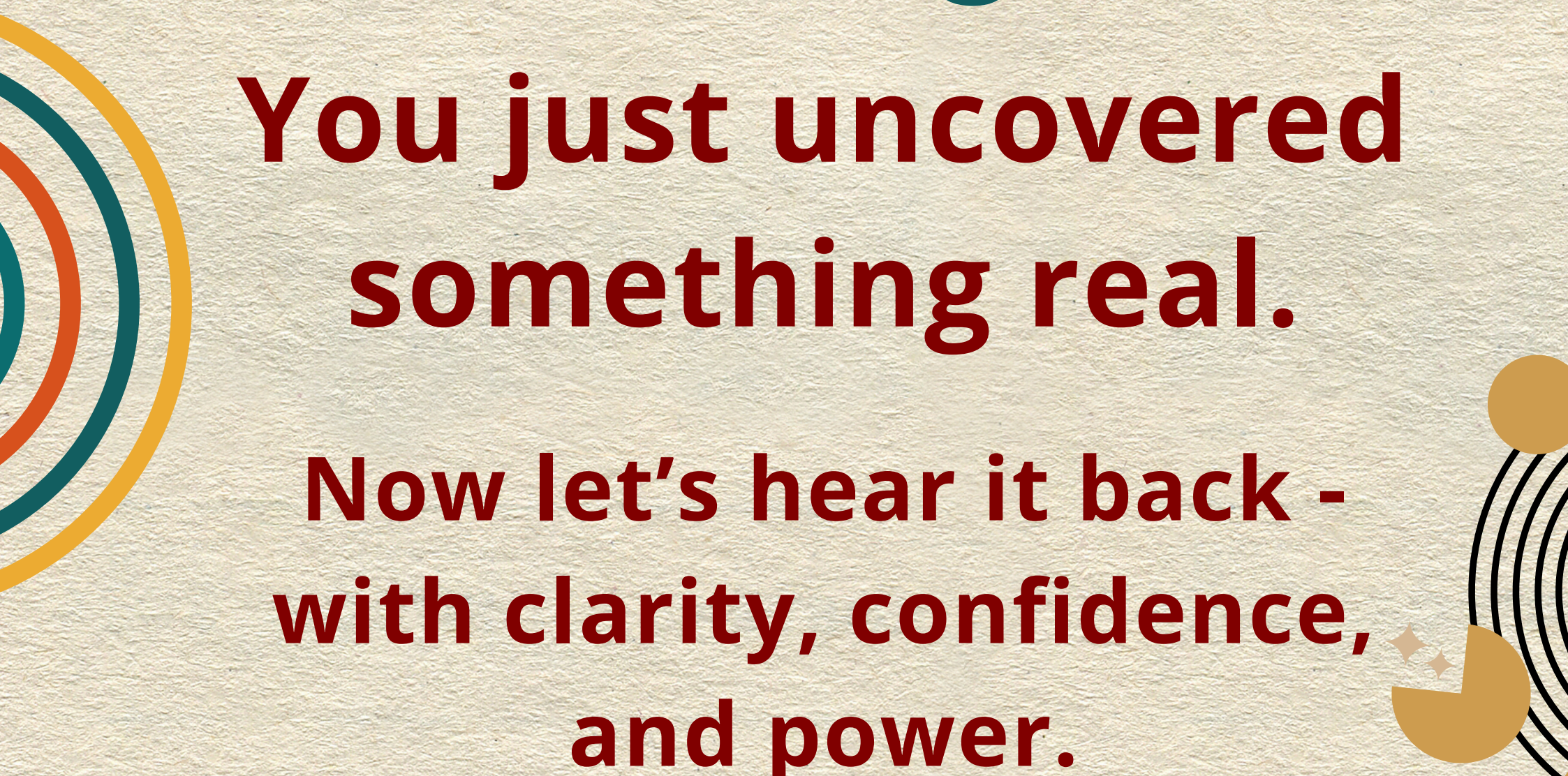




**Here's the
Interesting Part**

**You just uncovered
something real.**

**Now let's hear it back -
with clarity, confidence,
and power.**



Speak Your Truth, AI Will Amplify It!



How to Use the AI Reflection Tool

If you want a deeper mirror for your thoughts, here's a way to use ChatGPT like a quiet conversation partner - one who listens, expands, and reflects back without judgment.

✨ Step 1: Open ChatGPT

You can use the free version at chat.openai.com (you'll need to sign in or create a free account).

✨ Step 2: Copy + Paste This Prompt

Hi ChatGPT, I'd like to reflect on a journaling prompt. Please help me explore this question thoughtfully and supportively:

"What have I overcome that I never thought I could, and how might that strength help me build what's next?"

Feel free to ask follow-up questions if you'd like to help me delve deeper. Let's take it slow.

✨ Step 3: Just Start Typing

You don't have to sound perfect. Just type your thoughts like you're talking to a kind friend.

If you get stuck, ChatGPT will ask gentle questions to help you keep going.



Step 4 (Optional): Try It Again with a Twist

Come back to the prompt on a different day,
or ask ChatGPT to turn your thoughts into:

✨ A personal mission statement

✨ A morning mantra

✨ A gentle next step

This isn't a one-time tool, it's one you can keep coming back to, any time you need clarity or confidence.



Before You Go

Even taking 10 quiet minutes for yourself is powerful.

You showed up. You reflected. That's the magic.

If you felt something spark inside you... good.

That's your voice saying:

I'm still here. Let's go.



What's Next?

Keep an eye on your inbox - I'll be sending you more tools, tiny sparks, and steps to help you build something beautiful.

If you want to go deeper or explore how AI can help you build your business with less overwhelm, I've got something special you might like.

Check the link inside your email.



kat@katunlocked.com



<https://www.instagram.com/katunlocked>



katunlocked.com

