

COMPANION GUIDE

250 INTERACTIVE & QUIZ STYLE AI PROMPTS FOR BRAIN HEALTH

**With this companion guide to
How to Avoid Increasing the Risk of
Dementia When Using AI & ChatBots...
you will learn how to sharpen your
skills, and make smarter decisions
with prompts designed for daily life,
marketing, finance, strategy, home
selling, and more.**



MONARCHE
MARKETING

250 INTERACTIVE & QUIZ STYLE AI PROMPTS FOR BRAIN HEALTH

Every day, millions of people turn to AI tools like ChatGPT to save time, draft emails, analyze data, and generate ideas.

It feels efficient and helpful but have you ever stopped to ask yourself if constant reliance on these tools might be quietly affecting your brain?

Recent neuroscience suggests that when we outsource thinking to AI, we risk weakening the very skills that keep our minds sharp, including memory, problem-solving, creativity, and critical thinking.

I've created AI Prompts to Show You How to Use ChatGPT and other bots to keep your brain sharp while using AI and Chatbots!

Memory & Recall

1. Quiz me on 20 random historical facts and then test me again tomorrow to see how much I recall.
2. Give me a list of 10 new vocabulary words, use them in sentences, and test me at the end.
3. Present me with a short story (100 words). After I read it, ask me 5 detailed questions about it.
4. Teach me a memory palace technique using my own home layout.
5. Show me how to remember a shopping list of 20 items without writing it down.
6. Quiz me on state capitals using spaced repetition.
7. Create a 7-day memory workout routine with daily exercises.
8. Give me 10 random numbers and challenge me to memorize them backward.
9. Ask me to recall 5 details from a picture you describe.
10. Teach me the chunking method and test me with a long number.

Focus & Concentration

1. Guide me through a 5-minute Pomodoro focus session.
2. Create a 14-day plan to strengthen my concentration.
3. Teach me how to meditate with focus on my breath for 2 minutes.
4. Give me a daily “distraction audit” to track what pulls my attention away.
5. Provide me with a visualization exercise for clearing mental clutter.
6. Suggest brain teasers I can use to sharpen concentration.
7. Build a “deep work” schedule for my next 3 tasks.
8. Test me with a Stroop effect–style challenge (colors vs words).
9. Give me a step-by-step routine for focus before studying.
10. Roleplay as my accountability coach during a 25-minute focus sprint.

Critical Thinking & Problem Solving

1. Present me with a logic puzzle and walk me through solving it.
2. Give me a riddle and explain the reasoning once I answer.
3. Create a daily “what’s wrong with this picture” scenario for me.
4. Generate a complex scenario (like a business dilemma) and ask me to propose 3 solutions.
5. Teach me lateral thinking by asking me brain teasers.
6. Provide me with a mystery story and let me guess the culprit.
7. Create a decision tree for a real-life decision I’m facing.
8. Ask me to explain a proverb in 3 different ways.
9. Test me with a sequence and ask me to find the missing number.
10. Give me an ethical dilemma and challenge my reasoning.

Nutrition for Brain Health

1. Create a 7-day brain-boosting meal plan with omega-3s, antioxidants, and whole foods.
2. Suggest 5 brain-healthy snacks under 200 calories.
3. Give me a recipe using walnuts, blueberries, and spinach.
4. Teach me why hydration matters for cognitive performance.
5. Create a daily checklist of foods that fight brain fog.
6. Ask me to track my caffeine intake and suggest healthier swaps.
7. Suggest a grocery list for brain-friendly breakfasts.
8. Teach me about the MIND diet and how to start it.
9. Suggest brain-boosting smoothie recipes.
10. Quiz me on vitamins and minerals that help memory.

Stress Reduction & Relaxation

1. Guide me through a 3-minute breathing exercise.
2. Teach me progressive muscle relaxation.
3. Ask me to visualize a calming scene and describe it to you.
4. Give me 10 affirmations for mental clarity.
5. Lead me in a gratitude journaling exercise.
6. Teach me box breathing for anxiety.
7. Create a stress tracker template I can use daily.
8. Ask me to rate my stress and suggest 3 coping strategies.
9. Guide me through a body scan meditation.
10. Teach me how to reframe negative thoughts.

Sleep & Rest

1. Create a bedtime routine for optimal brain recovery.
2. Ask me 5 questions about my sleep habits and suggest improvements.
3. Teach me the role of deep sleep in memory consolidation.
4. Help me design a screen-free wind-down routine.
5. Suggest foods that promote melatonin naturally.
6. Create a 30-day sleep diary template.
7. Teach me about circadian rhythms and productivity.
8. Help me identify habits that sabotage my sleep.
9. Guide me through a relaxation story to fall asleep faster.
10. Give me a breathing technique for better sleep onset.

Learning & Study Skills

1. Ask me to explain a topic I know in "simple terms" to test comprehension.
2. Teach me the Feynman technique and walk me through it.
3. Provide me with flashcards on a subject I choose.
4. Quiz me with spaced repetition on 10 new facts.
5. Help me create a mind map on a complex subject.
6. Test me with rapid-fire trivia.
7. Create a mnemonic for remembering a long list.
8. Teach me how to summarize a text into 3 sentences.
9. Give me a daily "learn one new thing" challenge.
10. Help me track my progress on a new language.

Creativity & Innovation

1. Give me 5 random words and ask me to create a story.
2. Ask me to imagine 3 new uses for a common object.
3. Guide me through divergent thinking exercises.
4. Provide me with a daily creative writing prompt.
5. Ask me to sketch an idea for a new invention.
6. Challenge me to solve a problem in an unusual way.
7. Ask me to generate 10 ideas for improving my workspace.
8. Give me a metaphor challenge (compare two unrelated things).
9. Guide me in brainstorming without judgment.
10. Ask me to write a short poem about focus.

Lifestyle & Daily Habits

1. Create a daily brain workout combining puzzles, reading, and reflection.
2. Ask me to track my screen time and suggest healthy limits.
3. Teach me the benefits of physical exercise for brain health.
4. Suggest a weekly walking routine to boost creativity.
5. Provide me with posture reminders for better blood flow to the brain.
6. Teach me how to practice mindful eating.
7. Ask me to describe my mood before and after exercise.
8. Help me set SMART goals for cognitive improvement.
9. Create a weekly planner to balance work and rest.
10. Teach me the benefits of learning new hobbies.

Social & Emotional Brain Health

1. Roleplay a challenging conversation to practice emotional control.
2. Teach me how socializing affects neuroplasticity.
3. Ask me to recall the names of 10 people I've met recently.
4. Guide me in practicing active listening.
5. Provide journaling prompts about my emotions.
6. Roleplay as a debate partner to sharpen reasoning.
7. Ask me to reflect on 3 positive interactions I had this week.
8. Create empathy-building exercises for daily life.
9. Teach me how to reframe criticism into growth.
10. Ask me to write a thank-you letter to someone who helped me.



100 Interactive Professional Prompts

Marketing & Branding (1–20)

1. Pretend you're my ideal customer. Ask me 5 questions about my business and point out where my answers are unclear.
2. Rewrite my elevator pitch in 3 different tones: professional, persuasive, and casual. Which one feels strongest and why?
3. Create 10 headline options for my sales page. Which 3 do you think would get the highest clicks — and why?
4. Play the role of a skeptical customer. Challenge my product offer with tough objections until I give a strong response.
5. Give me 5 competitor taglines and then quiz me: can I identify which is the most compelling and why?
6. Draft a simple email campaign for me, but leave blanks for me to fill in — like [audience pain point] and [big benefit].
7. Show me 5 ad hooks, but scramble the order. Have me guess which should go first for maximum impact.
8. Write 3 fake customer reviews (good, neutral, bad). Ask me how I'd respond professionally to each.
9. Make a short quiz testing my knowledge of social media algorithms — include answer explanations after I guess.
10. Create a scenario where my ad budget gets cut by 50%. Ask me to adjust the campaign priorities.
11. Give me 10 blog titles but hide the keywords. Challenge me to insert the right keyword phrases.
12. List 5 ways to market on a \$0 budget. Ask me to rank them by difficulty and effectiveness.
13. Act as a new team member who doesn't understand my marketing plan. Ask 5 questions until it's clear.
14. Write me a half-finished social post and ask me to finish it with a strong call-to-action.
15. Make 5 different Instagram captions. Ask me which fits best for: informative, inspiring, or promotional.
16. Show me 3 weak website headlines. Ask me to rewrite them so they're irresistible.
17. List 10 influencer niches. Ask me to pick the best fit for my business and explain why.
18. Give me 5 customer objections. Ask me to write down my own comeback before you show me examples.
19. Create 3 email subject lines with missing words. Ask me to fill in the blanks creatively.
20. Draft a marketing funnel with 5 steps. Ask me to reorder them in the right sequence.

Finance & Money Management (21–40)

1. List 5 common budgeting mistakes. Ask me which I'm most guilty of and how to fix it.
2. Give me 3 investment options and ask me to choose the best for short-term vs long-term goals.
3. Create a 5-question quiz on basic accounting terms. Let me guess before showing answers.
4. Hand me 3 monthly expense reports and ask me to spot the wasteful spending.
5. Give me a fake profit & loss statement. Ask me to identify 2 major red flags.
6. Create a roleplay: I'm asking for a business loan. Play the banker and ask me tough questions.
7. List 5 money-saving hacks. Ask me to rank them easiest to hardest to implement.
8. Show me 3 ways to price a product. Ask me which would maximize profit and why.
9. Write 3 negotiation scripts and leave blanks for me to fill in with my own numbers.
10. Give me 10 finance acronyms (like ROI, CAGR). Ask me to define them before you reveal.
11. Roleplay as a financial advisor. Ask me my goals, then challenge my answers with smarter alternatives.
12. Show me 5 hidden costs businesses overlook. Ask me to predict which is most common.
13. Create a budget with errors and ask me to find them.
14. Give me 3 tax-saving strategies and ask me which I'd try first.
15. Ask me to build a personal budget with just 3 categories: Needs, Wants, Savings.
16. Create a cash flow crisis scenario. Ask me to list emergency actions.
17. Show me 3 investment case studies. Ask me which investor made the smartest choice.
18. Hand me 5 financial statements. Ask me which is most useful for tracking growth.
19. Create 5 money mindsets. Ask me to identify which one matches me.
20. Pretend you're my accountant. Ask me 5 questions about my spending that make me reflect.

Business Strategy & Productivity (41–60)

1. Create a business plan outline but leave blank sections for me to fill.
2. Ask me to rank 10 leadership skills from most important to least.
3. Simulate a board meeting where half the members disagree. Ask me to resolve it.
4. Give me 3 time management systems. Ask me which one I'd stick to.
5. Create a "what would you do?" scenario for a failing product launch.
6. Hand me 5 CEO mistakes. Ask me which is most dangerous.
7. Show me 3 workday schedules. Ask me to choose the one that maximizes productivity.
8. Roleplay as an employee unhappy with company direction. Ask me to handle the situation.
9. Write 3 unfinished company vision statements. Ask me to finish them.
10. List 5 strategy tools (SWOT, OKRs). Ask me to choose the best for my current business.
11. Simulate a customer service crisis. Ask me to solve it.
12. Make a riddle that hides a business strategy principle. Ask me to guess.
13. Give me 3 bad leadership quotes. Ask me to rewrite them as good ones.
14. Ask me to create a morning routine with 3 productivity hacks.
15. Give me 5 excuses employees might make. Ask me how I'd respond.
16. Write a short problem scenario and ask me to brainstorm 3 solutions before showing yours.
17. Ask me to choose: focus on growth or profitability — then challenge my reasoning.
18. Show me 5 decision-making biases. Ask me which I'm most prone to.
19. Create 3 fake strategic goals. Ask me to reorder them by priority.
20. Hand me a weekly schedule with wasted time. Ask me to optimize it.

Home Selling Strategies (61–80)

1. Pretend to be a hesitant homebuyer. Ask me tough questions about the property.
2. Show me 3 bad listing descriptions. Ask me to rewrite them.
3. List 5 common staging mistakes. Ask me which is worst.
4. Ask me to design a listing headline with limited characters.
5. Roleplay as a seller who doesn't want to lower price. Ask me to convince you.
6. Give me 5 real estate objections. Ask me to respond.
7. Show me 3 offers with different terms. Ask me which is strongest.
8. Create 5 open house scenarios. Ask me how I'd attract buyers.
9. Hand me 3 market reports. Ask me which signals a buyer's market.
10. Show me 5 home upgrades. Ask me to pick the best ROI.
11. Write a half-finished email to a potential buyer. Ask me to finish it.
12. Roleplay as a tough inspector. Ask me how I'd handle my seller's frustration.
13. Show me 3 pricing strategies. Ask me to pick the best.
14. Hand me 5 negotiation tactics. Ask me which feels most ethical.
15. Give me 3 examples of poor property photos. Ask me how to fix them.
16. Pretend to be a buyer making lowball offers. Ask me how I'd counter.
17. Ask me to write a property highlight in 50 words.
18. Create a quiz on closing costs — multiple choice.
19. List 5 ways to market a home. Ask me to rank effectiveness.
20. Show me 3 ad scripts with missing benefits. Ask me to fill them in.

Personal Growth & Misc (81–100)

1. List 5 habits of successful people. Ask me which I'm weakest in.
2. Ask me to rewrite my daily routine for better focus.
3. Create a 5-question quiz on emotional intelligence.
4. Give me 3 public speaking mistakes. Ask me how to fix them.
5. Pretend I just failed at something big. Ask me to reframe it.

6. Show me 3 networking icebreakers. Ask me which feels most natural.
7. Ask me to journal for 5 minutes about my biggest challenge.
8. Give me 5 decision-making models. Ask me to pick my go-to.
9. Hand me a time-wasting activity. Ask me how to replace it.
10. Create a productivity game: challenge me to cut 1 hour off my workday.
11. Show me 3 conflict scenarios. Ask me to roleplay my response.
12. Ask me to define success in one sentence. Then challenge me to shorten it.
13. List 5 career paths. Ask me which excites me most.
14. Create a quiz on negotiation tactics.
15. Pretend I'm pitching myself for a promotion. Ask me 3 hard questions.
16. Show me 3 toxic work habits. Ask me which I need to drop.
17. Ask me to map my perfect day hour by hour.
18. List 5 productivity apps. Ask me to pick one and explain why.
19. Give me a fill-in-the-blank mantra for motivation.
20. Ask me to brainstorm 3 skills I'll need in the next 5 years.

50 Quiz-Style Prompts (Licenses, Certifications, Learning)

1. Quiz me on 10 key real estate laws in [state]. Give me multiple choice answers.
2. Ask me 15 questions about OSHA safety rules and score me at the end.
3. Create a flashcard quiz for accounting terms. Don't show answers until I guess.
4. Test me on 20 digital marketing acronyms.
5. Give me a quiz on finance formulas. Ask me to solve step by step.
6. Create a practice exam with 25 questions on real estate license renewal.
7. Quiz me on Fair Housing laws with true/false questions.
8. Ask me to define 10 project management terms. Show answers after I try.
9. Test me on ethics rules for real estate professionals.
10. Quiz me on mortgage types and interest rate terms.
11. Make a quick exam on property valuation methods.
12. Create 10 tricky multiple-choice questions on tax deductions.
13. Quiz me on the differences between LLCs, S Corps, and C Corps.
14. Test me on copyright and marketing law basics.
15. Ask me 20 quick-fire vocabulary questions for business law.
16. Create a quiz on California broker rules.
17. Test me on mortgage math — have me calculate payments.
18. Ask me 10 true/false marketing compliance questions.
19. Create a 25-question mock exam for digital marketers.
20. Quiz me on Google Ads terms and strategies.
21. Test me on Fair Credit Reporting Act basics.
22. Create a flashcard set for real estate disclosures.
23. Quiz me on key OSHA construction safety standards.
24. Ask me 10 trick questions on real estate math.
25. Test me on ADA compliance rules.
26. Create a 15-question exam for social media managers.
27. Quiz me on lead-based paint disclosure rules.
28. Test me on federal finance regulations.
29. Make a multiple-choice exam on digital privacy law.
30. Quiz me on the most common real estate contracts.
31. Create a quiz on environmental hazard disclosures.
32. Test me on appraisal methods.
33. Ask me 10 quiz questions on email marketing best practices.
34. Test me on continuing education ethics modules.
35. Create a 30-question exam for general business law.

36. Quiz me on negotiation tactics with scenarios.
37. Test me on licensing renewal deadlines.
38. Ask me 10 quiz questions about home inspections.
39. Create a 20-question practice exam for real estate math.
40. Quiz me on ADA accessibility requirements for websites.
41. Test me on data privacy laws (GDPR, CCPA).
42. Quiz me on marketing ethics standards.
43. Create a 25-question exam for sales professionals.
44. Test me on escrow process step by step.
45. Quiz me on zoning law basics.
46. Create a flashcard deck for appraisal terms.
47. Ask me 15 quiz questions on tax deadlines.
48. Test me on mortgage disclosure requirements.
49. Quiz me on contracts — multiple choice format.
50. Create a random 50-question mixed-topic practice test.

**CONTACT ME
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