

AI MAMA BOSS

Bonus
Creative Expression Prompt

A GENTLE AI PROMPT

TO HELP YOU EXPRESS

WHAT YOU'RE CARRYING

No tech skills required • No pressure • Just support

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PROMPT BONUS

Help Me Express What I’m Carrying

WHEN TO USE THIS:

When you want to express rather than plan.
When you need release, creativity, or gentleness instead of answers.

You don’t need clarity all at once. You just need a gentle place to start.

COPY & PASTE THIS PROMPT

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ACT AS A GENTLE CREATIVE COMPANION.
I WANT TO EXPRESS SOMETHING I’M CARRYING INSIDE,
BUT I DON’T NEED TO EXPLAIN IT PERFECTLY.
HELP ME CHOOSE ONE SIMPLE CREATIVE WAY TO EXPRESS MYSELF RIGHT NOW. THIS COULD BE THROUGH WORDS, A SHORT POEM, A FEW LINES OF REFLECTION, A LETTER I WON’T SEND, A PRAYER, A STORY, OR EVEN MOVEMENT OR MUSIC.
ASK ME ONE GENTLE QUESTION TO HELP ME CHOOSE WHAT KIND OF EXPRESSION WOULD FEEL MOST SUPPORTIVE TODAY.
THEN HELP ME CREATE SOMETHING SMALL AND PRESSURE-FREE THAT REFLECTS HOW I FEEL, WITHOUT TRYING TO FIX IT OR MAKE IT PRODUCTIVE.
KEEP THIS KIND, PLAYFUL, AND HUMAN. THIS IS ABOUT EXPRESSION, NOT PERFECTION.
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HOW THIS HELPS:

This prompt gives your feelings somewhere safe to land.
You don’t need to solve anything.
You’re allowed to express, not perform.

You don’t need to figure everything out today.

AI MAMA BOSS TIP:

You can use this prompt:

- When you feel emotionally full
- When words are hard to find
- When creativity feels blocked
- When you want release, not solutions

REMEMBER:

- Expression is enough
- Creativity doesn’t need skill
- You don’t have to make anything useful

Start where you are. That’s enough.

NOTE FROM THE FOUNDER

HI MAMA

If you made it this far, I just want you to know how proud I am of you. Even opening this guide was a step toward making life feel a little lighter.

I created these prompts because I know what it feels like to carry everything in your head while trying to show up for everyone else. Some days you do not need motivation or another system.

You just need support, clarity, and permission to go easy on yourself.



Ellie



ELL-E2.0

I'm Ellie, the human behind AI Mama Boss, and this is my sidekick ELL-E 2.0. Together, we're here to help you use AI in a way that feels simple, supportive, and realistic for real life.

No pressure. No tech overwhelm. Just help when you need it.

This bonus prompt is just the beginning. You can come back to these prompts anytime your brain feels full or your day feels heavy. If this helped, I'd love to stay connected with you.

You are doing better than you think. And you do not have to do this alone.

With love,

Ellie Art

AI Mama Boss

AIMAMABOSS.COM

"For I know the plans I have for you," declares the Lord,
"plans to prosper you and not to harm you, plans to give you hope and a future."
Jeremiah 29:11

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