

AI Income Starter Pack for Moms

50+ prompts, a side-hustle checklist, and a 7-day plan to start earning during nap time.

Welcome, mama

This pack is built for the 20 minutes you actually have. Pick one prompt, one hustle, and one day from the plan — then close the laptop without guilt.

50+ ChatGPT prompts you'll actually use

- Write 10 Instagram hooks about [topic] in a warm mom-next-door voice.
- Turn this blog post into a 5-email welcome sequence: [paste].
- Give me 15 Etsy listing titles for a [product] using high-intent keywords.
- Draft a 7-day meal plan for a family of 4, budget \$120, toddler-friendly.
- Rewrite this pitch to a brand for a UGC collab, friendly + confident: [paste].
- Create 20 Pinterest pin titles for a post about [topic], 60 chars max.
- Outline a \$27 digital product I can sell to new moms in the [niche] space.
- Generate 10 TikTok hook ideas starting with 'POV:' for a mom creator.
- Write a polite invoice follow-up email for a 14-day overdue client.
- Summarize this article into a carousel of 7 slides: [paste].
- Create a content calendar for 30 days, 3 posts per week, theme: [theme].
- Draft a lead magnet opt-in page for [freebie] — headline, sub, 3 bullets, CTA.
- Brainstorm 25 blog post ideas for a [niche] mom blog targeting Pinterest.
- Write a kind boundary-setting email to a client asking for free extra work.
- Turn my voice memo notes into a clean LinkedIn post: [paste].
- Give me 10 affiliate angles for [product] aimed at busy moms.
- Write a 60-second reel script teaching one tip about [topic].
- Draft an Etsy shop announcement for a new prompt-pack launch.
- Create 5 testimonial request templates I can send to past clients.
- Rewrite my About page in a warm, story-led voice for a mom audience.

- Generate 10 viral-style YouTube Shorts titles for [niche].
- Plan a \$0 launch week for my new digital product — day by day.
- Write 15 product description bullets for [product] focused on benefits.
- Give me 10 lead magnet ideas a mom in [niche] would actually download.
- Create a refund policy in plain, friendly language for a digital shop.
- Draft 5 cold pitch emails to local businesses for social media help.
- Turn this transcript into a clean blog post with H2s and a TL;DR: [paste].
- Write a 'what I'd do with \$0 and 30 days' plan for [niche].
- Brainstorm 10 bundle ideas combining my existing products: [list].
- Create a one-page brand voice guide based on these notes: [paste].
- Generate 20 hook variations for this post until one slaps: [paste].
- Write a workshop outline for a 45-minute free training on [topic].
- Plan a 4-email Black Friday sequence for my digital shop.
- Draft 5 polite DM responses for collab requests I want to decline.
- Give me 10 SEO blog title ideas using long-tail keywords for [niche].
- Outline a mini-course (5 lessons) I can sell for \$47 on [topic].
- Rewrite this product page to focus on the transformation, not features.
- Create a simple onboarding email for new email list subscribers.
- Generate 10 quote-graphic ideas in my brand voice about [theme].
- Plan a podcast pitch — 3 angles, bio, and topic ideas — for [show].
- Write a 'sold out' waitlist email that builds excitement.
- Draft a kind unsubscribe-prevention email for inactive subscribers.
- Give me 10 batching ideas to record a week of content in 2 hours.
- Create a simple SOP for publishing one blog post start to finish.
- Write a thank-you page that upsells my \$17 mini product.
- Generate 15 carousel hook ideas for Instagram about [topic].
- Draft a 'why I started' founder story in 250 words for my About page.
- Create a content repurposing plan: 1 blog → 9 pieces of content.
- Write 5 friendly cart-abandonment email subject lines.

- Plan a quiet launch: 7 days, 1 email, 3 posts, no funnel needed.

Side hustle checklist

- Pick ONE hustle that fits your time + energy this season.
- Write down the smallest possible first version (one product, one post, one client).
- Set up a free Stripe or Etsy/Gumroad account.
- Create one lead magnet to start your email list.
- Publish or list within 7 days — done beats perfect.
- Tell 5 real humans (DMs, friends, group) before you 'launch.'
- Schedule 2 content batches per week (30 min each).
- Track income + hours in a simple Google Sheet weekly.

Your 7-day nap-time plan

- Day 1 — Pick your hustle and your offer. Write one paragraph: who, what, price.
- Day 2 — Set up your free tools (ChatGPT, Canva, Stripe/Gumroad/Etsy).
- Day 3 — Create your lead magnet using 3 prompts from this pack.
- Day 4 — Build a one-page sales or opt-in page.
- Day 5 — Write 5 short posts using the hook prompts above.
- Day 6 — Soft launch to your list, stories, and 5 DMs.
- Day 7 — Review: what worked? Keep, kill, double down.

Bonus: 25 Instagram hooks for mom creators

- POV: you have 20 minutes and a sleeping baby...
- If I had to restart my mom business today, I'd do this.
- The AI prompt that saved me 6 hours this week.
- Things I stopped doing once I hit my first \$1k month.
- Read this before you build another freebie.
- Mom creators: please stop doing this on Instagram.
- Here's what no one tells you about selling digital products.
- I tried [tool] for 7 days as a mom of 2 — honest review.
- Three boring tasks ChatGPT does for me every morning.

- Your niche isn't too saturated, your offer is too vague.
- \$0 → \$500 with one prompt pack: here's the receipt.
- Nap-time content batching in 4 simple steps.
- If your reels aren't working, try this hook formula.
- The fastest way to start an email list as a mom.
- What I'd do with 1 hour a day to build income online.
- Mom-friendly tools I actually use weekly (no fluff).
- Why your freebie isn't converting (and the fix).
- Stop trading hours for dollars — make this instead.
- How to use ChatGPT without sounding like a robot.
- 5 signs you're ready to launch your first product.
- The mindset shift that doubled my income.
- What I wish I knew before quitting my 9–5.
- How I plan a week of content during one nap.
- The 'lazy mom' marketing system that actually works.
- Save this if you want to start earning online in 2026.