

ChatGPT for Moms Cheat Sheet

One page to pin above your desk. Steal these formulas and stop staring at a blank chat.

The 4-part prompt formula

ROLE + TASK + CONTEXT + FORMAT. Example: 'You are a friendly mom blogger (role). Write 10 Pinterest titles (task) for a post about toddler meal prep on a \$50/week budget (context). 60 characters max, numbered list (format).'

Magic phrases to add to any prompt

- "Sound like a warm friend, not a corporation."
- "Give me 10 options ranked best to worst."
- "Ask me 3 clarifying questions before you answer."
- "Rewrite this 5 different ways with different hooks."
- "Keep it under 150 words."
- "Use simple words a 5th-grader could read."

Daily mom-business uses

- Plan dinners for the week from what's in the fridge.
- Draft a polite reply to that one email you've been avoiding.
- Turn a voice memo into a clean caption or blog post.
- Summarize a long article into 3 bullet points.
- Brainstorm 20 content ideas for next month in 2 minutes.
- Rewrite anything to sound more like YOU and less like AI.

When AI sounds robotic, say:

- "Cut the fluff. No 'in today's fast-paced world.'"
- "No em-dashes, no 'unlock,' no 'dive in,' no 'game-changer.'"
- "Write like you're texting a friend."
- "Show me, don't tell me. Use specific examples."

Rules to keep your sanity

- AI drafts. You decide. Always read before you publish.
- Never paste private client info or your kids' real names.
- If a prompt isn't working after 3 tries, change the role or format.
- Save prompts that work in a Google Doc. That's your goldmine.

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