

FREE PROMPT PACK · 2026 EDITION

MOMBOSSOS · STARTER PACK

# 6 AI Prompts for Busy Moms

*Copy. Paste. Done in under two minutes.*

Six prompts that quietly run the parts of your week you keep redoing from scratch. Works in ChatGPT, Claude, or Gemini. Free tiers included. Zero tech background required.

Meal planning

Scheduling

Homework help

Household

Self-care

Side hustle

6

PROMPTS INSIDE

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# How these prompts work

3 steps · about 90 seconds

## 01

### Pick the prompt

Six prompts, six common mom-week problems. Choose whichever one is breaking your week. There is no order. Skip around.

## 02

### Fill the brackets

Anywhere you see [NUMBER], [BUDGET], [AGES], swap in your real details. The more specific you are, the better the answer.

## 03

### Paste & tweak

Drop the whole thing into ChatGPT, Claude, or Gemini. Free tiers work fine. Read what comes back. Ask for a tweak in plain English if you need to.

#### PRO MOVE

**Stack two prompts.** Run the meal plan first, then paste the grocery list into the schedule prompt and ask it to add a 20-minute Sunday shop block. That is how moms who actually use AI run their week.

# Run the household on autopilot

## MEAL PLANNING

### 5-Day Family Dinner Plan

#### THE PROMPT

Create a 5-day dinner plan for a family of **[NUMBER]** with a **[BUDGET]** weekly grocery budget. Include one slow-cooker night, one pasta night, and two kid-friendly meals. List each meal, prep time, and a combined grocery list sorted by store section.

#### WHAT YOU GET BACK

SAMPLE: Mon — slow-cooker pulled pork (10 min prep). Tue — sheet-pan fajitas (20 min). Wed — spaghetti & salad (15 min). Thu — baked potato bar. Fri — homemade pizza night.  
**Grocery list:** Produce: peppers, onions, romaine, tomatoes. Protein: 3 lb pork shoulder, 1.5 lb chicken thighs, ground beef. Pantry: pasta, pizza dough, taco seasoning...

**PRO TIP** · Add dietary restrictions in brackets. It handles allergies, picky eaters, and "no green stuff."

## SCHEDULING

### Weekly Family Schedule Builder

#### THE PROMPT

Build a weekly schedule for a mom with **[NUMBER]** kids ages **[AGES]**. Activities include: **[LIST ACTIVITIES]**. I work **[SCHEDULE]**. Include school drop-off/pickup, homework blocks, activity windows, and 30 min of "mom time" daily. Format as a clean table.

#### WHAT YOU GET BACK

SAMPLE: Mon 7:00 wake → 8:00 drop-off → 8:30 work focus block → 3:30 pickup → 4:00 homework → 5:30 soccer (Mason) → 7:30 mom time.  
 Wed adds piano (Lily 4:00). Thu adds grocery pickup. Sat morning blocked for rest. All in a clean table you can paste into Notion or print on the fridge.

**PRO TIP** · Paste this into ChatGPT every Sunday night. Whole week planned in under 2 minutes.

# Off your plate, into AI

## HOMESCHOOL HELP

### Instant Homework Explainer

#### THE PROMPT

My [GRADE] grader is stuck on [SUBJECT]. The problem is: [PASTE PROBLEM OR DESCRIBE CONCEPT]. Explain it in simple terms a [GRADE] grader can understand. Give 2 examples with step-by-step solutions. Make it encouraging and fun.

#### WHAT YOU GET BACK

SAMPLE: Fractions are like sharing pizza. Cut a pizza into 4 slices, eat 1 — you ate 1/4.  
**Example 1:**  $1/2 + 1/4$ . Picture half a sandwich plus a quarter. Find a common bottom number... **Example 2:** 2/3 of 9 cookies. Split into 3 groups of 3, take 2 groups = 6 cookies. You got this!

**PRO TIP** · Works for math, science, history, writing. Any subject, any grade level K-12.

## HOUSEHOLD

### Monthly Cleaning Rotation

#### THE PROMPT

Create a realistic monthly cleaning schedule for a [HOUSE SIZE] home with [NUMBER] kids. Divide tasks into: daily (10 min), weekly (30 min), and monthly (1 hour). Assign age-appropriate chores for kids ages [AGES]. Format as a printable checklist.

#### WHAT YOU GET BACK

SAMPLE: **Daily (10 min):** beds made, dishwasher run, counters wiped. **Weekly (30 min):** Wed bathrooms, Sat vacuum + mop. **Monthly:** baseboards, fridge purge, linens.  
**Kid chores by age:** 6-8 tidy room + feed pet. 9-12 trash + fold laundry. 13+ load dishwasher + bathroom wipe-down.

**PRO TIP** · Ask it to "make the kids' chores feel like a game" for bonus compliance points.

# For you, not just everyone else

## SELF-CARE

### Mom Recharge Routine

#### THE PROMPT

I have [TIME AVAILABLE] minutes for self-care today. I'm feeling [EMOTION – exhausted, anxious, burnt out]. Design a micro-recharge routine I can do at home. Include breathing, movement, and one mental reset activity. Keep it realistic for a busy mom.

#### WHAT YOU GET BACK

SAMPLE (10 min, exhausted): 1. Box breathing 4-4-4-4 (2 min). 2. Wall stretches + shoulder rolls (3 min). 3. Step outside — no phone — 4-min walk. 4. One full glass of water. 5. 60 sec sitting still before re-entering the chaos. You will feel different. Not fixed. Different.

**PRO TIP** · Even "I have 5 minutes and I'm running on coffee" works. Try it right now.

## SIDE HUSTLE

### Side Income Brain Dump

#### THE PROMPT

I'm a mom with [HOURS] hours per week available and skills in [YOUR SKILLS/INTERESTS]. I need to earn an extra \$[AMOUNT] per month. Suggest 5 realistic side hustle ideas that fit my schedule and skill set. For each: what it is, how to start this week, realistic earning potential, and first 3 steps.

#### WHAT YOU GET BACK

SAMPLE (5 hrs/wk, organizing skills, \$500/mo target):  
 1. Notion templates on Etsy (\$300-800/mo). 2. Virtual assistant — solopreneur clients (\$25-40/hr). 3. Pet visits via Rover (\$25-50/visit). 4. Local declutter coach (\$60/session). 5. Digital meal-plan packs (\$15 each). Each idea includes first-week launch steps.

**PRO TIP** · Be specific with skills. "I'm good at organizing" turns into Notion templates and VA leads.

YOU LOVED THE FREE 6.

# Get all 26+ prompts.

The full MomBossOS library has 26+ prompts across 5 categories — including side hustle starters and a bonus household budget tracker.

[Get All 26 Prompts](#)

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## WHAT'S INSIDE

- ✓ 26+ ready-to-use AI prompts
- ✓ 5 categories: Meal, Schedule, Homework, Home, Self-Care
- ✓ Bonus: Side hustle starters
- ✓ Instant digital delivery
- ✓ Works with ChatGPT, Claude, & Gemini

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