

# 50 Everyday Prompts for Beginners

Grant Ingraham | Practical Guides for Everyday Digital Life  
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These simple, practical prompts are designed for beginners who want to get comfortable using AI in everyday life. You can copy and paste them directly, or change the details to fit your situation.

## Your 50 Beginner Prompts

- 1. Help me plan a simple weekly meal plan for a family of four.
- 2. Explain in simple terms: what is cloud storage?
- 3. Write a friendly reminder message asking my neighbor to return a borrowed tool.
- 4. Give me five healthy snack ideas that are quick and affordable.
- 5. Help me create a to-do list for organizing my garage this weekend.
- 6. Explain how to reset a forgotten password in simple steps.
- 7. Give me tips to reduce stress during busy days.
- 8. Suggest five easy dinner recipes that use common pantry ingredients.
- 9. Help me write a short thank-you note to a friend who helped me out.
- 10. Explain how to recognize a scam email in simple terms.
- 11. Create a step-by-step checklist for backing up my computer files.
- 12. Write a simple morning routine to help me start the day calmly.
- 13. Help me plan a one-day road trip with budget-friendly ideas.
- 14. Give me five conversation starters for meeting new people.
- 15. Explain the difference between WiFi and mobile data in simple language.
- 16. Help me write a polite message to reschedule an appointment.
- 17. Suggest five hobbies that are easy for beginners to try.
- 18. Create a simple grocery list for healthy meals for the week.
- 19. Give me tips to stay safe while shopping online.
- 20. Explain what two-factor authentication is and why it matters.
- 21. Help me set realistic fitness goals as a beginner.
- 22. Write a friendly birthday message for a family member.
- 23. Suggest free tools to help keep my phone secure.
- 24. Create a daily cleaning checklist for my home.
- 25. Explain how to identify misinformation online in simple terms.

- 26. Help me write a short introduction about myself for a club or group.
- 27. Give me easy ways to save money on everyday purchases.
- 28. Create a packing list for a weekend getaway.
- 29. Explain what a password manager is and how it helps protect me.
- 30. Help me plan a weekly schedule to stay organized.
- 31. Give me tips to reduce screen time without feeling deprived.
- 32. Explain how online banking works in simple, safe terms.
- 33. Help me write a polite email asking for more information about a service.
- 34. Suggest beginner-friendly exercises I can do at home.
- 35. Create a simple checklist for keeping my phone updated and secure.
- 36. Explain what artificial intelligence is in simple language.
- 37. Help me plan a quiet self-care evening at home.
- 38. Give me tips for recognizing fake news on social media.
- 39. Write a friendly message to reconnect with an old friend.
- 40. Suggest simple ways to improve my sleep habits.
- 41. Create a beginner guide to using email safely.
- 42. Help me organize my digital photos into folders.
- 43. Explain what a computer virus is and how to avoid one.
- 44. Give me conversation tips for talking with teenagers about technology.
- 45. Help me set personal goals for the next three months.
- 46. Write a short motivational message to encourage myself today.
- 47. Explain what a VPN is and whether I might need one.
- 48. Give me tips to keep my personal information private online.
- 49. Help me create a list of simple daily habits for better health.
- 50. Explain how to safely use public WiFi networks in beginner-friendly language.

Use these prompts as a starting point. The clearer you are about what you need, the better the AI can help. Never include private details like passwords, account numbers, home address, Social Security numbers, or medical information in a prompt.