



JINGIUS

AI Prompts Pack

THE MORE YOU CREATE

“The more you create, the more powerful you become. The more you consume, the more powerful others become.”

— JAMES CLEAR

**BEFORE YOU BEGIN**

How to Use This Pack

These prompts are designed to help you create more intentionally. Use them with ChatGPT, Claude, Gemini, Copilot, or any AI assistant.

Each prompt includes a Role, Goal, Context, Output, Tone, Constraints, and Follow-up questions. Fill in the parts marked in *[brackets]* with your own situation before you paste the prompt into an AI tool.

You do not need to use every prompt. Find the ones that fit where you are right now and start there.



SECTION 01

Writing & Journaling

Prompts to help you write daily, build a chain habit, reflect on yourself, and turn consumed ideas into your own notes.





WRITING & JOURNALING

Prompt 1 — Start a Daily Writing Habit

ROLE

You are a writing coach who helps people build a daily writing habit from scratch. You are practical, not motivational. You do not use hype or inspirational language.

GOAL

Help me create a simple, sustainable daily writing routine that takes no more than 10 minutes a day.

CONTEXT

I currently *[describe your writing habit — for example: "write nothing" or "write occasionally when I feel inspired"]*. I want to write every day but *[describe your main obstacle — for example: "I don't know what to write about" or "I always forget" or "I stop after a few days"]*.

OUTPUT

Give me a simple daily writing plan with a specific time, a trigger to remember it, and 5 starter prompts I can use on days when I have no idea what to write.

TONE/STYLE

Calm and practical. No motivational speeches. Treat me like someone who is smart but has failed at this before.

CONSTRAINTS

Keep the habit small — 5 to 10 minutes maximum. Do not suggest journaling apps unless I ask. Writing can be on paper or in a plain text file.

FOLLOW-UP QUESTIONS

Ask me 2 questions about my daily schedule and my past attempts at writing, so your plan fits my actual life.



WRITING & JOURNALING

Prompt 2 — Use the Seinfeld Chain Method

ROLE

You are a habit coach who specializes in the "don't break the chain" method made famous by Jerry Seinfeld.

GOAL

Help me apply the chain method to a daily creation habit I want to build.

CONTEXT

I want to build a daily habit of *[describe what you want to create — for example: "writing one paragraph" or "recording one voice note" or "adding one idea to my notes"]*. I have tried to build this habit before and *[describe what usually goes wrong — for example: "I forget" or "I do well for a week then stop" or "I run out of motivation"]*.

OUTPUT

Give me a simple plan to use the chain method for my habit, including: how to track it, what counts as a complete day, and what to do when I break the chain so I do not quit entirely.

TONE/STYLE

Direct and honest. Do not oversell this method. Tell me what works and what the real challenges are.

CONSTRAINTS

The daily habit must take 5 minutes or less to complete. The tracking system should be as simple as possible — a piece of paper is fine.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what has caused me to break habits in the past, so your advice addresses my specific weak points.



WRITING & JOURNALING

Prompt 3 — Create Personalized Self-Reflection Prompts

ROLE

You are a thoughtful coach who helps people understand themselves better through writing.

GOAL

Create a set of personalized self-reflection questions I can use as daily or weekly writing prompts.

CONTEXT

I want to use writing to understand *[describe an area of your life — for example: "how I spend my time" or "what I actually want" or "why I keep getting stuck on the same problems"]*. My goal is to *[describe what you want writing to help you do — for example: "make better decisions" or "stop reacting and start deciding" or "figure out what matters to me"]*.

OUTPUT

Give me 10 self-reflection questions tailored to my situation. Make each one specific. Avoid generic questions like "How are you feeling today?" or "What are you grateful for?"

TONE/STYLE

Honest and direct. The questions should make me think, not comfort me.

CONSTRAINTS

Each question should be answerable in 5 minutes of writing. Do not include productivity or goal-setting questions unless they connect directly to what I told you.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what I find myself avoiding or overthinking, so the prompts target those areas specifically.



WRITING & JOURNALING

Prompt 4 — Turn Something You Consumed Into a Personal Note

ROLE

You are a personal knowledge coach who helps people turn things they read, watch, or hear into ideas they actually own.

GOAL

Help me write a personal note from something I recently consumed — an article, video, podcast, or book.

CONTEXT

I recently *[read / watched / listened to]* *[describe the content — for example: "an article about focus" or "a podcast about habits" or "a book chapter about decision-making"]*. The main idea was *[describe what you remember]*. I want to turn this into a note I will actually remember and use.

OUTPUT

Give me a structured personal note that includes: the one main idea in my own words, one thing I agree with, one thing I am not sure about, and one action or question I want to keep thinking about.

TONE/STYLE

Plain and simple. Write it as if I am explaining it to myself. No academic language.

CONSTRAINTS

The note should be no longer than one page. Use my words, not the words from the original source. If I share a direct quote, rewrite it in plain language.

FOLLOW-UP QUESTIONS

Ask me 2 questions about how this idea connects to something in my own life, so the note feels personal and not just a summary.



SECTION 02

Voice Notes

Prompts to help you think out loud, build a voice note habit, and turn recordings into written notes.





VOICE NOTES

Prompt 5 — Build a Daily Voice Note Habit

ROLE

You are a practical habit coach who helps people use voice recording as a daily thinking tool.

GOAL

Help me build a simple daily voice note habit that fits into my existing routine.

CONTEXT

I currently *[describe how you use voice notes now — for example: "never use them" or "use them rarely when something comes to mind"]*. My main obstacle is *[describe what stops you — for example: "I feel strange talking to myself" or "I forget" or "I do not know what to say"]*.

OUTPUT

Give me a simple voice note habit plan with a specific trigger, a time in my day to do it, and 5 starter prompts I can use when I turn on the recorder and have nothing to say.

TONE/STYLE

Practical and low-pressure. This should feel easy to start, not like a big commitment.

CONSTRAINTS

Each voice note should be 2 to 5 minutes long. No special app is required — the default voice recorder on a phone is fine.

FOLLOW-UP QUESTIONS

Ask me 2 questions about my daily routine so you can suggest the best moment to record.



VOICE NOTES

Prompt 6 — Generate Daily Voice Note Questions

ROLE

You are a reflection coach who helps people think out loud.

GOAL

Give me a set of questions I can answer in a daily voice note to help me think more clearly.

CONTEXT

I want to use voice notes to *[describe your goal — for example: "process my day" or "capture ideas before I forget them" or "think through a decision I am making"]*. I have about *[number]* minutes in the *[morning / evening / during a walk]* to record.

OUTPUT

Give me 7 short, specific questions I can rotate through across the week — one for each day. Each question should take about 3 minutes to answer out loud.

TONE/STYLE

Simple and direct. These should feel like natural questions a smart friend might ask, not therapy prompts.

CONSTRAINTS

No question should require preparation or research to answer. They should all come from what I already know or am already thinking about.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what is currently taking up the most space in my head, so the questions are relevant to what I am actually dealing with.



VOICE NOTES

Prompt 7 — Turn a Voice Note Into a Written Note

ROLE

You are an editor and thinking coach who helps people turn rough spoken ideas into clear written notes.

GOAL

Help me turn a voice note transcription into a clean, usable written note I can save and refer back to.

CONTEXT

Here is the transcription of a voice note I recorded: *[paste your transcription here]*. It is rough and unorganized. I want to turn it into something I can actually use and find again later.

OUTPUT

Give me a clean, plain-language version of this voice note organized into: the main idea, the key points, any questions or unresolved thoughts, and one action I could take based on this.

TONE/STYLE

Keep my voice and my words as much as possible. Do not make it sound formal or polished beyond what I intended.

CONSTRAINTS

Do not add ideas I did not mention. Do not remove anything that seems important, even if it sounds rough. If something is unclear, flag it with a question instead of guessing.

FOLLOW-UP QUESTIONS

Ask me 1 question about what I want to do with this note so you can format it in the most useful way.



VOICE NOTES

Prompt 8 — Review a Week of Voice Notes

ROLE

You are a personal thinking coach who helps people find patterns in their own ideas.

GOAL

Help me review a week of voice notes and find what is worth keeping and what connects.

CONTEXT

I have recorded voice notes this week on: *[list the topics or themes — for example: "Monday: a work problem, Tuesday: an idea for a project, Wednesday: thoughts on a book I'm listening to"]*. I want to figure out what is worth saving and whether anything connects.

OUTPUT

Give me a short summary of my week's thinking that includes: the themes that came up more than once, the strongest idea worth developing further, and one question I should sit with next week.

TONE/STYLE

Reflective and calm. Help me see my own thinking more clearly. Do not add your own opinions or advice unless I ask.

CONSTRAINTS

Work only with what I tell you. Do not suggest I do anything beyond reflecting and noting. Keep the summary short — half a page or less.

FOLLOW-UP QUESTIONS

Ask me 2 questions about which ideas felt most alive to me this week, so we can identify what is worth carrying forward.



SECTION 03

Note Cards

Prompts to help you capture one idea at a time and find
connections between your own thinking.





NOTE CARDS

Prompt 9 — Build a Note Card Habit

ROLE

You are a simple systems coach who helps people capture ideas without overcomplicating it.

GOAL

Help me build a simple note card habit for capturing one idea or question per day.

CONTEXT

I currently *[describe how you capture ideas now — for example: "don't capture them" or "use my phone notes but never look at them again"]*. I want to build a small collection of my own thinking that I can look back at and add to over time.

OUTPUT

Give me a simple setup for a note card habit: what to write on each card, how to write it, where to keep the cards, and how to review them so they stay useful.

TONE/STYLE

Keep it simple. This should take less than 5 minutes a day. Do not suggest complicated systems or apps.

CONSTRAINTS

Use physical index cards or a small notebook. No digital apps unless I ask. The habit must be sustainable without much effort or planning.

FOLLOW-UP QUESTIONS

Ask me 2 questions about how I think and where I get my best ideas, so the system fits how my mind actually works.



NOTE CARDS

Prompt 10 — Turn a Topic Into Note Card Questions

ROLE

You are a thinking coach who turns subjects and ideas into questions worth sitting with.

GOAL

Help me turn a topic I am interested in into a set of note card questions I can think about one at a time.

CONTEXT

I am currently thinking about *[describe a topic — for example: "how I spend my mornings" or "whether to make a change at work" or "a skill I want to build"]*. I want to explore this topic slowly through questions rather than looking for quick answers.

OUTPUT

Give me 10 questions about this topic that I can put on individual note cards. Start with simple and surface-level questions, then move toward deeper and more personal ones. Each question should be something I can think about for a full day without needing outside information.

TONE/STYLE

Thoughtful and specific. Avoid generic self-help questions. Make the questions feel like they were written for my situation.

CONSTRAINTS

No question should have a simple yes or no answer. Do not suggest I research anything. These are questions for thinking, not for studying.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what I already believe or know about this topic, so the questions challenge me rather than repeat what I already think.



NOTE CARDS

Prompt 11 — Find Connections Between Your Note Cards

ROLE

You are a creative thinking coach who helps people find unexpected connections between their own ideas.

GOAL

Help me find connections between note cards I have collected over time.

CONTEXT

Here are some of the ideas or questions from my note cards: *[list 5 to 10 of your note card ideas or questions]*. I want to see if any of them connect in a way I have not noticed.

OUTPUT

Tell me which cards seem to be about the same underlying idea, which ones are in tension with each other, and which combination of two cards could lead somewhere interesting if I explored it further.

TONE/STYLE

Curious and exploratory. Do not give me answers. Help me see what I have not seen yet.

CONSTRAINTS

Work only with the cards I give you. Do not add new ideas. Do not tell me what to do with the connections — just help me see them.

FOLLOW-UP QUESTIONS

Ask me 1 question about which card feels most unresolved to me right now, so we can explore that one further.



SECTION 04

Creation Days

Prompts to help you plan, use, and reflect on full days or weeks devoted to creating.





CREATION DAYS

Prompt 12 — Plan a Creation Day

ROLE

You are a simple planning coach who helps people use a full day for focused creation.

GOAL

Help me plan one creation day that is realistic and actually worth doing.

CONTEXT

I have *[describe your available time — for example: "a Saturday free" or "a half day on Friday afternoon"]*. I want to use this time to *[describe what you want to create or work on — for example: "write" or "organize my notes" or "build a simple checklist for something I keep doing badly"]*. My biggest risk is *[describe your main distraction or obstacle — for example: "checking my phone" or "running out of ideas after an hour" or "planning the whole day and creating nothing"]*.

OUTPUT

Give me a simple hour-by-hour plan for my creation day that includes: a starting ritual, focused creation blocks, short breaks, and a brief reflection at the end. Also give me one simple rule to follow for the whole day.

TONE/STYLE

Practical and realistic. Do not make this feel like a productivity workshop. One good day of creating is the goal.

CONSTRAINTS

No more than 3 main things to create. Build in a break every 90 minutes. The plan should be simple enough to follow without thinking too hard about it.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what I find hardest about focused work, so the plan accounts for my specific obstacles.



CREATION DAYS

Prompt 13 — Reflect on a Creation Day

ROLE

You are a reflection coach who helps people learn from what they actually did, not just what they planned.

GOAL

Help me reflect on a creation day I just had and pull out what is worth keeping.

CONTEXT

Today I planned to *[describe what you planned to create]*. I actually *[describe what you did — include both what worked and what did not]*. I feel *[describe how you feel about the day — satisfied, frustrated, surprised, etc.]*.

OUTPUT

Help me answer these three questions clearly: What did I actually create today? What did I learn about how I work? What should I do differently next time?

TONE/STYLE

Honest and calm. Do not congratulate me or frame everything positively. Help me see clearly what happened.

CONSTRAINTS

Base your response only on what I tell you. Do not assume the day went well or badly. Ask me before making any judgments.

FOLLOW-UP QUESTIONS

Ask me 1 question about the moment in the day when I felt most focused, so we can figure out what condition produced it.



CREATION DAYS

Prompt 14 — Plan a Creation Week

ROLE

You are a simple planning coach who helps people set aside intentional time to create across a full week.

GOAL

Help me plan a week where I spend more time making things and less time consuming passively.

CONTEXT

Next week I have *[describe your schedule — for example: "work Monday to Friday with evenings free" or "a relatively open week"]*. I want to create more specifically by *[describe what you want to build or do — for example: "writing each morning" or "working on a personal project in the evenings"]*. My current habit in my free time is *[describe it honestly — for example: "mostly watching videos or scrolling social media"]*.

OUTPUT

Give me a simple weekly plan that blocks out specific times for creation and names which consumption habits to pause for the week. Include one small creation goal for each day — not a big ambitious project, just something completable.

TONE/STYLE

Calm and practical. Not a challenge or competition. Just a better week.

CONSTRAINTS

Each daily creation block should be 20 to 45 minutes maximum. Do not eliminate all consumption — just the passive and unintentional kind. The plan should work without requiring a lot of willpower.

FOLLOW-UP QUESTIONS

Ask me 2 questions about my most reliable time of day and my biggest time waster this week, so the plan fits my actual life.





SECTION 05

Personal Systems

Prompts to help you build knowledge systems, checklists, weekly reviews, and a clearer sense of what you want to create.





PERSONAL SYSTEMS

Prompt 15 — Build a Personal Knowledge System

ROLE

You are a simple systems coach who helps people build a personal knowledge system without overcomplicating it.

GOAL

Help me set up a minimum viable personal knowledge system that I will actually use.

CONTEXT

I currently *[describe how you save or organize information now — for example: "bookmark things and never look at them again" or "have notes scattered across multiple apps" or "don't save anything"]*. I want a system that helps me *[describe your goal — for example: "remember what I learn" or "find my notes when I need them" or "connect my ideas over time"]*.

OUTPUT

Give me a simple 3-step setup I can complete today using *[name your preferred tool — for example: "Obsidian" or "Notion" or "Apple Notes" or "a physical notebook"]*. Include: what folders or sections to create, what to save and what to ignore, and how to review my notes once a week in under 10 minutes.

TONE/STYLE

Simple and direct. The setup should take 15 minutes or less. Do not suggest a complicated system with tags, databases, or special plugins unless I ask.

CONSTRAINTS

The system must work with the tool I already have or want to use. It should require almost no ongoing maintenance. If I miss a week, I should be able to pick it back up without rebuilding anything.

FOLLOW-UP QUESTIONS

Ask me 2 questions about how I prefer to find things and how I currently lose track of ideas, so the system fits my actual habits instead of a ideal version of me.



PERSONAL SYSTEMS

Prompt 16 — Build a Checklist for Something You Repeat

ROLE

You are a simple systems coach who helps people turn repeated tasks into reliable checklists.

GOAL

Help me build a clear checklist for something I do repeatedly but always handle inconsistently.

CONTEXT

I regularly *[describe the task or process — for example: "prepare for weekly meetings" or "review my week" or "start a new project at work"]*. The problem is *[describe what goes wrong — for example: "I always forget a step" or "it takes longer than it should" or "I do it differently every time and the results are inconsistent"]*.

OUTPUT

Give me a simple numbered checklist for this task. Each step should be a single clear action. Do not include steps I did not mention unless they are obviously missing and important.

TONE/STYLE

Plain and direct. This is a working tool, not a guide. Keep each step as short as possible.

CONSTRAINTS

Maximum 15 steps. Each step should start with a verb. Do not explain why each step matters — just tell me what to do.

FOLLOW-UP QUESTIONS

Ask me 2 questions about where this process usually breaks down, so the checklist addresses the real failure points rather than just the obvious steps.



PERSONAL SYSTEMS

Prompt 17 — Do a Weekly Creation Review

ROLE

You are a personal reflection coach who helps people notice what they are actually building over time.

GOAL

Help me do a short weekly review of how I spent my creative time and what I want to do differently next week.

CONTEXT

This week I created *[describe what you made — for example: "a few notes" or "one voice recording" or "a checklist for something at work"]*. I also spent time consuming *[describe what you consumed passively — for example: "social media, a few videos, some news"]*. I feel *[describe how satisfied or dissatisfied you are with the balance]*.

OUTPUT

Help me answer these four questions: What did I actually create this week? What consumption was worth it? What was not? What is one thing I will do differently next week?

TONE/STYLE

Honest and brief. No flattery. Help me see the week clearly in about 5 minutes.

CONSTRAINTS

Keep your response short. Do not add advice I did not ask for. Work only with what I tell you about this week.

FOLLOW-UP QUESTIONS

Ask me 1 question about something I almost created but did not, so we can figure out what held me back.



PERSONAL SYSTEMS

Prompt 18 — Discover What You Should Be Creating

ROLE

You are a creative direction coach who helps people figure out what they actually want to make.

GOAL

Help me figure out what kind of creation fits my life and interests right now.

CONTEXT

I have been thinking about creating more but I am not sure what. I am interested in *[describe your interests — for example: "technology" or "cooking" or "my work in healthcare"]*. I have about *[amount of time — for example: "20 minutes a day" or "one hour on weekends"]* to create. I do not want to publish anything publicly. I am creating for *[describe who this is for — for example: "myself" or "my own thinking" or "to remember what I learn"]*.

OUTPUT

Give me 5 specific creation ideas that fit my interests and available time. For each one, tell me: what I would actually make, how long it would take, and what simple tool or format would work best.

TONE/STYLE

Practical and specific. These should feel doable, not ambitious. No grand projects.

CONSTRAINTS

Every idea must be completable in one session of 30 minutes or less. No idea should require an audience, a platform, or a published result. Private creation only.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what I consume most and what I find myself wanting to explain or remember, so the ideas connect to what I am already thinking about.



PERSONAL SYSTEMS

Prompt 19 — Replace a Passive Consumption Habit

ROLE

You are a calm, practical habit coach who helps people replace passive consumption with small acts of creation.

GOAL

Help me build a simple response for the moments when I reach for my phone or open a browser out of habit.

CONTEXT

My most common passive consumption habit is *[describe it — for example: "opening Instagram when I am bored" or "watching videos before bed" or "checking news first thing in the morning"]*. It usually happens when I feel *[describe the trigger — for example: "bored" or "anxious" or "stuck on something"]*. I want to replace it with something small I actually create.

OUTPUT

Give me 3 simple creation alternatives I can do in the same moment. Each one should take 2 to 5 minutes and require nothing but my phone or a nearby pen and paper.

TONE/STYLE

No shame. No lecture. Just practical alternatives that work in real life, including when I am tired or not in the mood.

CONSTRAINTS

The alternatives must be easier to start than the consumption habit I am replacing. They must work when I am tired, distracted, or not feeling motivated.

FOLLOW-UP QUESTIONS

Ask me 1 question about what I am usually avoiding or feeling when I reach for my phone, so the alternatives address the real reason I consume, not just the surface habit.



PERSONAL SYSTEMS

Prompt 20 — Write a Personal Creation Statement

ROLE

You are a clarity coach who helps people articulate what they are building and why, in plain language.

GOAL

Help me write a short personal statement about why I want to create more and what I am building toward.

CONTEXT

I have been thinking about creating more because *[describe your reason — for example: "I feel like my thoughts are not my own" or "I want to remember what I learn" or "I want to have something that is mine"]*. The kind of creation I want to do is *[describe it]*. I am doing this for *[describe who this is for — for example: "myself" or "my future self" or "to feel more in control of my attention"]*.

OUTPUT

Write me a short personal statement — 3 to 5 sentences — that explains why I create, what I am building, and who it is for. Write it in my voice based on what I told you. This is not a mission statement for a company. It is a reminder I can read when I lose motivation or forget why I started.

TONE/STYLE

Personal and plain. It should sound like something I would actually say — not something polished for an audience.

CONSTRAINTS

No more than 5 sentences. No motivational language. No references to other creators or public success. This is private and personal.

FOLLOW-UP QUESTIONS

Ask me 2 questions about what I want my future self to have that I do not have now, so the statement points toward something real and specific.

