

A STARTER KIT FOR MOMS

The Starter Edit.

*AI, in twelve minutes. The one tool. Ten prompts. Zero
tech-bro talk.*

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Where to start.

Welcome. If you're here, you've probably already tried AI once. Maybe twice. And it went fine — or it went weird, and you closed the tab and forgot about it for six months.

This kit exists because AI is easier than the internet has made it look. You do not need a subscription stack. You do not need to learn "prompt engineering." You need one tool, a handful of prompts that actually fit a mom's real life, and permission to be terrible at it for a week.

What's in the next eleven pages has been tested — not theorized. If it didn't work on a Tuesday night while dinner was cooking, it didn't make the Edit.

— *The Mom Fund*

ONE

The Tool.

The only AI you need this week.

Start with ChatGPT. Nothing else.

There are hundreds of AI apps. You don't need them yet. ChatGPT is free, it's the standard, and it's the tool almost every other prompt in this kit was written for.

The reason we're not giving you five tools: five tools is how people quit. One tool, used ten times this week, will teach you more than a stack of subscriptions you never open. Learn the muscle first. The stack can wait.

SETUP · FIVE MINUTES

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- 01 Go to chat.openai.com in your browser, or download the ChatGPT app from your phone's app store.
 - 02 Sign up with your email. The free tier is enough for everything in this kit.
 - 03 On mobile, turn on voice mode. This is the unlock — talking to it while you're doing something else is where AI actually saves time.
 - 04 Open a new chat. Paste in the first prompt from page seven. Start there.
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T W O

Ten Prompts.

Copy, paste, tweak. That's the whole trick.

Home & family.

PROMPT 01

The fridge dinner.

You are my meal planning assistant. Here's what's in the fridge: [list]. In the pantry: [list]. Give me 3 dinner ideas under 45 minutes tonight, using only what's here. Include the steps.

WHY IT WORKS Constraints. AI wanders unless you tell it exactly what it has to work with.

PROMPT 02

The kid's birthday.

You are my party-planning assistant. I'm hosting a [age]-year-old's birthday for [number] kids on [date]. Give me a 3-hour timeline, a game list, a shopping list grouped by store, and a text I can copy for the group-chat invite. Ask clarifying questions first.

WHY IT WORKS "Ask clarifying questions first" turns AI from a search engine into a collaborator.

PROMPT 03

The gaps in the week.

Here's our family schedule this week: [dump]. Find the actual gaps. Where can I fit an errand, a workout, and one hour with just my partner? Tell me what to move if it doesn't fit.

WHY IT WORKS AI is faster than you at seeing gaps. You are faster at deciding what matters.

Work & career.

PROMPT 04

The reply you're avoiding.

Draft a reply to this email: [paste]. Match the sender's tone. Keep it under four sentences. Make one clear ask at the end.

WHY IT WORKS Tone-match plus a word limit. Most people forget both and end up sounding stiff.

PROMPT 05

The meeting you took notes in.

Here are my meeting notes: [dump]. Give me: (1) the decisions made, (2) my action items, (3) who I need to follow up with. Nothing else.

WHY IT WORKS You wrote notes to be found later. This is what "found later" looks like.

PROMPT 06

The project you're stuck on.

I'm working on [project]. I'm stuck on [specific piece]. Ask me five questions that would help me get unstuck. Don't answer them yourself – just ask.

WHY IT WORKS AI as a mirror, not an oracle. Best prompt in this kit for anything creative.

PROMPT 07

The brief you keep rewriting.

Rewrite this in half the words: [paste]. Keep the meaning. Cut the corporate voice.

WHY IT WORKS "Half the words" is a real constraint. AI will actually do it.

The invisible work.

PROMPT 08

The gift you owe someone.

Help me pick a gift for [person], my [relationship]. They love [three things], hate [one thing]. Budget: \$[X]. Occasion: [X]. Give me five ideas ranked by "how much they'd talk about it."

WHY IT WORKS The ranking criterion is the magic. Change it to change what you get.

PROMPT 09

The weekend, planned.

It's Friday. My family has [X hours] free this weekend. Weather is [X]. Give me one anchor plan for Saturday and one for Sunday — not a list. Include where, when, what to pack, and one restaurant near it.

WHY IT WORKS "Anchor plan, not a list." One next step per day, not thirty tabs.

PROMPT 10

Dinner for a week.

Give me a five-night dinner plan for a family of [X]. Two nights under 30 minutes. One night should stretch into next-day lunch. Group the shopping list by grocery-store aisle.

WHY IT WORKS The shopping list by aisle. That's what saves the trip, not the recipes.

T H R E E

The Mistakes.

Three things every beginner gets wrong. Skip them.

Skip the learning curve.

Three patterns that break AI conversations, and the reframes that fix them. If you only remember these, you're ahead of ninety percent of people who tried AI once and gave up.

MISTAKE 01

Asking one big vague question.

"Help me plan my kid's birthday" gets you a bland, generic answer. AI has no idea what you actually want.

THE FIX Constraint first, question second. How many kids. What ages. What budget. Where. Constraints make the answer useful.

MISTAKE 02

Not telling it to ask you questions.

Left to itself, AI will guess. Then you correct it. Then it guesses again. You end up in a loop.

THE FIX Add "ask me clarifying questions first" to any prompt where the outcome matters. It becomes a collaborator, not a search engine.

MISTAKE 03

Taking the first answer.

The first answer is a draft. Always. New users read the first answer and either accept it or give up on AI entirely.

THE FIX One word: "again." Or "shorter." Or "in the voice of my group chat." The real skill is in the second, third, fourth turn.

WHAT'S NEXT

Keep going.

The AI Edit lands in your inbox every Friday. One tool tested. One prompt worth stealing. One system that saves a mother's evening. That's it. That's the Edit.

SUBSCRIBE →

themomfund.com

Built by a real mom. Not AI.

Written anonymously. On purpose. What you just read has been tested — not theorized. If it doesn't work on a Tuesday night, it doesn't make the Edit.

THE MOM FUND

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