



Everyday Wellness Prompt Pack

Prepared by Mia Bennett | Scripting Horizons

15 simple prompts for building small habits, winding down at night, resetting when stress builds, and planning easy meals and energy.

How to Use This Pack

- Copy a prompt, paste it into any AI assistant (ChatGPT, Claude, Gemini or similar), and replace each [BRACKETED] part with your own details.
- The AI only needs the everyday details: your routine, your schedule, how you felt. Leave out names, medical records and anything you'd rather keep private.
- Start with one prompt that suits this week. A single small change you keep beats a long list you abandon.
- If the first answer doesn't fit your life, reply with what's different and ask it to adjust. You know your days better than it does.

Note: These prompts are for general information and everyday planning. They are not medical advice. If you have a health condition, food allergy, ongoing sleep or mood difficulties, or a history of disordered eating, talk with your doctor before making changes, and ask them about anything that worries you.

Habits and Routines

1. Choose One Small Habit

I'd like to feel [BETTER / MORE ENERGISED / MORE CALM] in my daily life. Right now my days look like this: [DESCRIBE A TYPICAL DAY]. Suggest five very small habits, each taking under five minutes, and help me choose the one most likely to stick.

Tip: If a habit feels like a big effort on a bad day, shrink it until it feels almost silly.

2. Attach It to Something I Already Do

I want to start [HABIT]. These are things I already do every day without thinking: [LIST DAILY ANCHORS, E.G. MAKING COFFEE, BRUSHING TEETH, COMMUTING]. Suggest three ways to attach the new habit to one of them, with the exact wording of the plan, such as "After I [ANCHOR], I will [HABIT]."

Tip: A habit tied to a daily anchor has a built-in reminder.

3. Plan for the Wobble

My habit is [HABIT]. The things that usually get in the way are [TIREDNESS / BUSY DAYS / TRAVEL / MOOD / OTHER]. For each one, give me a smaller backup version of the habit I can do on those days, so I keep the thread going.

Tip: A tiny version on a rough day keeps the routine alive.

4. Weekly Habit Check-In

This week I tried to [HABIT] on [NUMBER] of 7 days. What helped: [DESCRIBE]. What got in the way: [DESCRIBE]. Ask me two follow-up questions, then suggest one small adjustment for next week.

Tip: Five minutes on the same day each week works better than a big review now and then.

Sleep and Wind-Down

5. Build My Wind-Down Routine

I usually go to bed around [TIME] and want to be asleep by [TIME]. My evenings look like this: [DESCRIBE, INCLUDING SCREEN TIME AND ANY CHORES]. Suggest a simple 30 to 45 minute wind-down routine I could realistically follow most nights.

Tip: Keep it to three or four steps. A routine you can repeat beats an ambitious one.

6. Quiet a Busy Mind at Night

My mind tends to race when I lie down, usually about [WORK / FAMILY / MONEY / THE NEXT DAY / OTHER]. Give me a short end-of-evening routine for getting thoughts out of my head and onto paper, with a few questions to answer so I can let them go until morning.

Tip: Keep a notepad by the bed so a late thought has somewhere to land.

7. Be Kind to Myself After a Poor Night

I slept badly last night ([DESCRIBE]) and today I have [LIST OF COMMITMENTS]. Help me plan a gentle day: what to keep, what to lighten, when to take short breaks, and a sensible plan for the evening so I can catch up on sleep.

Tip: One rough night happens to everyone. Plan around it and move on.

Stress Resets

8. Two-Minute Reset

I'm feeling [STRESSED / OVERWHELMED / ON EDGE] and have about two minutes. Give me a short, calm reset I can do right where I am, such as [AT MY DESK / IN THE CAR / AT HOME], with simple steps to follow.

Tip: Save the answer in your phone notes so it's ready when you need it.

9. Sort What's on My Mind

Here is everything currently weighing on me, in no particular order: [LIST]. Help me sort it into three groups: things I can act on this week, things I can only influence a little, and things outside my control. Then suggest one small next step for each item I can act on.

Tip: Writing it all down first often shrinks the pile before you even sort it.

10. Say No Kindly

I've been asked to [DESCRIBE REQUEST] by [PERSON, E.G. A COLLEAGUE OR FRIEND]. I'd like to decline politely because [REASON]. Write three versions of a short, friendly reply, from very brief to a little more detailed.

Tip: A clear, kind no usually lands better than a late or reluctant yes.

11. Reset a Hard Afternoon

It's [TIME] and my day has gone off track because of [REASON]. I have [TIME] left before [DEADLINE OR EVENING PLANS]. Help me choose the two or three things that matter most for the rest of today and let the rest wait.

Tip: Ask what actually needs doing today before you try to catch up on everything.

Food and Energy

12. A Simple Week of Meals

Plan a simple week of dinners for [NUMBER] people. We enjoy [FOODS YOU LIKE], we avoid [ALLERGIES / DISLIKES / DIETARY NEEDS], and we have about [TIME] to cook on weeknights. Include a short shopping list and a tip for using leftovers.

Tip: Plan fewer meals than you think you need and let leftovers fill the gaps.

13. Cook From What I Have

I have these ingredients at home: [LIST]. I'd like a quick meal for [NUMBER] people in about [TIME] using mostly what I have, and a note on the one or two extra items that would make it easier.

Tip: A quick look through the fridge before shopping saves money and waste.

14. Daily Energy Check-In

Here is how my energy felt today: morning [LOW / OK / HIGH], afternoon [LOW / OK / HIGH], evening [LOW / OK / HIGH]. What I ate and drank: [DESCRIBE]. How I slept last night: [DESCRIBE]. What I did: [DESCRIBE]. Ask me two questions about my day, then suggest one gentle change to try tomorrow.

Tip: Notice the pattern over a few days before you change anything.

15. Find My Energy Patterns

Over the past week I noted my energy each day: [PASTE YOUR DAILY NOTES]. Look for any patterns in timing, food, sleep, movement or stress, and suggest two small experiments I could try next week. Remind me to check with a doctor if I'm worried about how tired I feel.

Tip: Change one thing at a time so you can tell what made the difference.

If you'd like more everyday wellness ideas, Mia Bennett has books to go with these prompts:

- [Tiny Changes, Big Results](#)
- [10 Steps to Health and Wellness](#)
- [The 80/20 Guide to Being Healthy](#)
- [The 80/20 Guide to Eating Well](#)
- [The 80/20 Guide to Moving More](#)

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