

Wake up to a brief, built by AI.

One message that pulls your whole day together. Today's weather, what's on your calendar, a place to take the kids, and the one thing you keep forgetting. Set it once and it can run on its own.

Morning brief

Evening wind-down

Weekly look-ahead

Runs on autopilot

This kit gives you **two prompts**. The first builds your daily brief: today's weather, what's on your calendar, somewhere to take the kids, and the one thing most likely to slip, all in a single morning message. The second sets up a **Sunday look-ahead** for the week. Each prompt shows a filled-in example next to a blank template you can make your own. Works with whichever AI chat you already use.

BEFORE YOU START

How to use this kit

Three steps. That is it.

- 1 Open your AI chat, whichever one you use, and start a fresh conversation.
- 2 Copy a prompt, fill in the **italic fields** with your own details, then paste it in and send.
- 3 Your AI will **check today's weather and search local listings**, then hand you a clean brief. Nothing to build, nothing to install.

PROMPT ONE

Build your daily brief

Pulls your morning together in one calm message: weather, your day, and somewhere to take the kids. It ends with a simple after-dinner idea to get everyone outside before bath time.

EXAMPLE • MEERA & DIEGO, MISSISSAUGA ON

Be my morning brief. Check today's live date first, then give me a short, calm rundown for today, in this order.

Location: Mississauga, ON. Time zone: Eastern.
Household: Meera and Diego, two kids under 4 (a toddler and an infant).

1. Weather. Today's high, low, and rain chance, plus one line on what to dress the kids in.
2. My day. *[paste today's calendar and to-do list here, or connect your calendar if your tool supports it]*. Flag anything time-sensitive.
3. Out of the house. Search local listings for a toddler-friendly activity today: library storytime, a drop-in group, or a nearby park.
4. Don't forget. Pull the one thing from my list most likely to slip today.
5. After dinner. One easy outdoor idea to get fresh air with a toddler before bath time.

Keep it under 150 words. Warm, not chirpy. If a step has no good option today, say so and offer an alternative.

YOUR BLANK TEMPLATE

Be my morning brief. Check today's live date first, then give me a short, calm rundown for today, in this order.

Location: *[your city. your time zone.]*
Household: *[who's home, and kids' ages if it helps.]*

1. Weather. Today's high, low, and rain chance, plus one line on what to dress everyone in.
2. My day. *[paste today's calendar and to-do list here, or connect your calendar if your tool supports it]*. Flag anything time-sensitive.
3. Out of the house. Search local listings for *[an activity that fits your family]* today. Keep it close to home.
4. Don't forget. Pull the one thing from my list most likely to slip today.
5. After dinner. One easy *[outdoor or wind-down]* idea for this evening.

Keep it under 150 words. Warm, not chirpy. If a step has no good option today, say so and offer an alternative.

Set up your Sunday look-ahead

A weekly version. Once a week, get the shape of the days ahead: appointments, the busy patches, and anything worth prepping or buying before it sneaks up on you.

WHAT THIS UNLOCKS

Once you've run it, you don't need the full prompt again. Just say the word and the week's shape comes back, filtered to your household.

- "what's my week look like"
- "what should I prep this week"
- "busiest day this week?"
- "anything to buy ahead"
- "plan our weekend"

EXAMPLE • MEERA & DIEGO, MISSISSAUGA ON

Be my weekly look-ahead. Run this every Sunday evening. Check today's date first.

Location: Mississauga, ON. Time zone: Eastern.
Household: Meera and Diego, two kids under 4.

Look at the next 7 days and give me:

1. The shape of the week. Which days are busy, which are open. *[paste this week's calendar, or connect it if your tool supports that.]*
2. Can't-miss items. Appointments and deadlines, and flag anything that needs booking or prep before it lands.
3. Buy ahead. Anything the week says we'll need: a gift, a form, groceries for a specific day.
4. One day to protect. Name the day most likely to fall apart, and one thing I can do tonight to ease it.
5. With the kids. Search local listings for one weekend activity coming up that suits little ones.

Keep it scannable. Flag, don't lecture.

YOUR BLANK TEMPLATE

Be my weekly look-ahead. Run this every *[day]* evening. Check today's date first.

Location: *[your city. your time zone.]*
Household: *[who's home, kids' ages if it helps.]*

Look at the next 7 days and give me:

1. The shape of the week. Which days are busy, which are open. *[paste this week's calendar, or connect it if your tool supports that.]*
2. Can't-miss items. Appointments and deadlines, and flag anything that needs booking or prep.
3. Buy ahead. Anything the week says you'll need.
4. One day to protect. Name the day most likely to fall apart, and one thing you can do now to ease it.
5. With the kids. Search local listings for one activity coming up that suits your family.

Keep it scannable. Flag, don't lecture.

Set it and forget it

Both prompts work right now if you paste them in each morning. To have the brief arrive on its own, your AI tool has to schedule it, and that part is a paid feature today. Here is the honest breakdown.

WHAT YOU'LL NEED TO PUT IT ON AUTOPILOT

ChatGPT A paid plan. Scheduled tasks (the "Scheduled" tab in the sidebar) let you set the brief to run every morning on its own. They aren't on the free tier. Free users can still paste the prompt in each morning.

Claude A paid plan (Pro and up). Recurring tasks live in Claude's scheduled tasks, which are still rolling out. Free users can still paste the prompt in each morning.

No paid plan? You lose nothing important. Save the prompt and send it yourself each morning. Same brief, one extra tap. The automation is a convenience, not the value.

AI tools change fast. Plans, prices, and where the schedule button lives all move around. If something here doesn't match your screen, the feature probably moved, not vanished. Check your tool's current help pages.

PRO TIPS

Get the most out of it

Let it check live first

Tell it to check today's date and search local listings before it answers. That keeps the weather and activities real, not guessed.

Free works too

No paid plan means no auto-scheduling, not no brief. A saved prompt you send each morning does the exact same job.

Connect your calendar, or don't

If your tool can link your calendar, the brief fills itself in. If not, paste your day into the chat. Both work. Pick whatever's easy.

Trim it on hard mornings

Some days you only want the weather and the one thing you'll forget. Ask for the "short version" and it cuts the rest.

Keep the tone yours

Tell it how you want to be spoken to at 6am. "Warm, not chirpy" or "just the facts." It'll hold that tone every morning.

Make an evening one too

Same idea, flipped. A 7pm brief with tomorrow's weather and what's packed sets up the morning before it starts.