

Build your partner's quick-reference guide with AI.

One copy-paste prompt. No coding. A living cheat sheet for the moments they want to help but don't know how, filled in from your real answers.

Comfort list

Real wishlist

Update shortcut

Save-to-phone ready

This kit gives you **one prompt** to paste into your AI chat. It interviews you about what actually helps when you're upset, overloaded or celebrating, then turns your answers into a one-page guide your partner can save to their phone. It replaces the moment where you type "**just tell me what you need**" for the hundredth time. The prompt below shows a filled-in example alongside a blank template for you to customize.

BEFORE YOU START

How to use this kit

Three steps. That is it.

- 1 Go to **claude.ai** (or any AI chat) and start a new chat. A free account works fine.
- 2 Copy the prompt, **swap in your name and your partner's name**, then paste it in and hit send.
- 3 Answer its questions honestly and specifically. It will **organize everything** into a clean one-page guide, ready to save or send to your partner.

PROMPT ONE

Build the guide

Covers what helps when you're upset, your comfort list, your real wishlist, and what a good outing looks like. Answer honestly and specifically, the good stuff is always in the details, not the generalities.

EXAMPLE — MEERA & DIEGO, MISSISSAUGA ON

My name is **Meera** and I want to build a quick-reference guide for my partner, **Diego**.

Interview me about:

- what actually helps when I'm upset
- what doesn't help
- my comfort list
- what I actually want
- what a good outing looks like for me

Ask follow-up questions if any of my answers feel vague or too general.

Once you have real answers, turn it into a clean one-page guide I can save and send to him.

YOUR BLANK TEMPLATE

My name is *[your name]* and I want to build a quick-reference guide for my partner, *[their name]*.

Interview me about:

- what actually helps when I'm upset
- what doesn't help
- my comfort list
- what I actually want
- what a good outing looks like for me

Ask follow-up questions if any of my answers feel vague or too general.

Once you have real answers, turn it into a clean one-page guide I can save and send to them.

PROMPT TWO

Build your update shortcut

Creates a standing instruction so your AI remembers the guide. Preferences change. You shouldn't have to rebuild the whole thing every time something shifts.

WHAT THIS UNLOCKS

Just say the word. Any of these updates the guide instantly, no rebuilding from scratch.

"add to my comfort list"

"update my wishlist"

"I want something different now"

"redo the whole thing"

EXAMPLE — MEERA & DIEGO, MISSISSAUGA ON

Build me a personal update shortcut for my partner guide. Here is my setup:

My guide so far:

[paste the finished guide from Prompt One]

Rules:

- When I say "add to my comfort list", add the new item without rewriting the rest
- When I say "update my wishlist", replace only that section
- Keep the same one-page format every time
- Ask one clarifying question if my update is vague

YOUR BLANK TEMPLATE

Build me a personal update shortcut for my partner guide. Here is my setup:

My guide so far:

[*paste the finished guide from Prompt One*]

Rules:

- When I say "add to my comfort list", add the new item without rewriting the rest
- When I say "update my wishlist", replace only that section
- Keep the same one-page format every time
- Ask one clarifying question if my update is vague

PRO TIPS

Get the most out of it

Let it ask follow-ups

Don't stop at one-line answers. Let your AI chat dig deeper on anything vague, the good stuff is in the specifics.

Update it anytime

Preferences change. Say "add to my comfort list" and it revises just that section, not the whole guide.

Keep it real, not aspirational

This isn't a wishlist for a different life. It's for an ordinary Tuesday, so answer for that version of you.

Bookmark it, don't bury it

Save the finished page to your partner's home screen so it's one tap away, not filed in a folder they'll forget.

Swap the labels

"Partner" and "they" are placeholders. Rename everything to fit your actual relationship.

Build theirs too

Have your partner run the same prompt back. It works both ways, not just in your favour.