



Thrive Wellness & Development

Mastering Modern AI Tools workshop

AI Prompt Library

Learn the Right Tools. Use Them Effectively. Work Smarter.



Scan to open the website on your phone.

<https://cad692.github.io/ai-prompt-library/>

How to use

1. Find a prompt below and tap **Open**.
2. Read the preview on the website.
3. Tap **Copy** and paste it into your AI tool.

115+ prompts · [Foundations](#) · [Responsible AI use](#) · [Cheat sheet](#) · [Offline download](#)

Categories: Assistants · Research · Documents · Prompting · Slides · Images · Work · Data · Add-ins · Workflows · Pakistan · Chains
Filter live on the website: <https://cad692.github.io/ai-prompt-library/>

AI Assistants		001 to 010
001 Decision Lens Builder	Intermediate	Open ■
Use this to compare important options without outsourcing the final decision.		
002 Realistic Week Designer	Beginner	Open ■
Use this to turn crowded commitments into a workable week with recovery time.		
003 Skill Practice Coach	Intermediate	Open ■
Use this to learn a skill through diagnosis, practice, feedback, and reflection.		
004 Tone-Safe Email Rewriter	Beginner	Open ■
Use this to improve an email while preserving facts, intent, and your voice.		
005 Meeting Readiness Brief	Intermediate	Open ■
Use this to enter a meeting with clear outcomes, questions, and fallback positions.		
006 Constraint-Led Idea Lab	Intermediate	Open ■
Use this to generate feasible ideas within real limits instead of generic brainstorming.		
007 Interview Pressure Rehearsal	Advanced	Open ■
Use this to rehearse an interview through realistic role-play and direct critique.		
008 Two-Level Concept Explainer	Beginner	Open ■
Use this to understand a concept first simply and then at professional depth.		

009 Habit Experiment Partner Use this to design a small, compassionate habit experiment grounded in your routine.	Intermediate	Open 
010 Respectful Conflict Message Use this to draft a calm message about conflict while keeping boundaries clear.	Advanced	Open 
Research & Search		011 to 020
011 Three-Source Triangulator Use this to compare independent sources before trusting a consequential claim.	Advanced	Open 
012 Literature Landscape Mapper Use this to map a field's themes, methods, debates, and landmark studies.	Advanced	Open 
013 Claim Evidence Auditor Use this to separate claims, evidence, assumptions, and overstatement in a text.	Intermediate	Open 
014 Cited Brief Producer Use this to create a current web brief whose citations can be checked.	Intermediate	Open 
015 Rival Explanations Workbench Use this to test multiple explanations for an observation without anchoring early.	Advanced	Open 
016 Headline Study Crosscheck Use this to compare news coverage with the study or data it describes.	Intermediate	Open 
017 Research Question Sharpener Use this to turn a broad topic into a feasible and ethical research question.	Beginner	Open 
018 Annotated Source Cards Use this to create evaluative annotations from sources you have actually read.	Intermediate	Open 
019 Evidence Gap Radar Use this to identify defensible research gaps without claiming that nothing exists.	Advanced	Open 
020 Portable Fact-Check Plan Use this to verify a claim systematically before sharing or acting on it.	Beginner	Open 
Documents & PDFs		021 to 030
021 PDF Active Study Notes Use this to transform an uploaded reading into notes that support active recall.	Beginner	Open 
022 Agreement Risk Spotter Use this to spot contract clauses worth discussing with a qualified lawyer.	Advanced	Open 
023 Executive Signal Summary Use this to compress a long report into decisions, evidence, and implications.	Intermediate	Open 
024 Dual PDF Comparator Use this to compare two documents on matching criteria with traceable evidence.	Advanced	Open 
025 Document Action Harvester Use this to extract clear tasks, owners, deadlines, and dependencies from text.	Beginner	Open 
026 Thesis Chapter Reading Companion Use this to take analytical notes on a thesis chapter without rewriting it.	Advanced	Open 
027 Transcript Clarity Editor Use this to clean a meeting transcript while preserving meaning and accountability.	Intermediate	Open 
028 Policy Plain-Language Translator Use this to explain a policy clearly without weakening its actual requirements.	Intermediate	Open 

029 Pasted Reference Normalizer Use this to clean a pasted reference list without inventing missing details.	Beginner	Open 
030 Notes-Grounded Q&A; Maker Use this to ask and answer questions strictly from uploaded learning notes.	Intermediate	Open 
Prompt Engineering 031 to 040		
031 RTCFCE Prompt Architect Use this to convert a rough task into a complete RTCFCE prompt (Role, Task, Context, Format, Constraints, and Examples).	Intermediate	Open 
032 Weak Prompt Makeover Use this to see exactly how a vague prompt becomes specific and testable.	Beginner	Open 
033 Grounded Answer Guardrails Use this to design prompts that reduce unsupported claims and invented details.	Advanced	Open 
034 Clarification Gate Designer Use this to make an AI ask important questions before attempting the task.	Intermediate	Open 
035 Critique Revision Engine Use this to build a prompt that critiques an output before revising it.	Advanced	Open 
036 Constraint Stack Builder Use this to organise multiple prompt constraints without creating contradictions.	Intermediate	Open 
037 Few-Shot Pattern Crafter Use this to build examples that teach a model the desired output pattern.	Advanced	Open 
038 Task Tool Routing Prompt Use this to choose an appropriate AI tool based on task capabilities.	Beginner	Open 
039 Socratic Learning Dialogue Use this to create a tutor prompt that guides learning through questions.	Intermediate	Open 
040 Output Rubric Designer Use this to define measurable criteria for evaluating an AI-generated output.	Advanced	Open 
Presentations & Design 041 to 050		
041 Investor Pitch Deck Architect Use to shape an early-stage venture story before designing the slides.	Beginner	Open 
042 Concept to Teaching Slides Use to teach one difficult concept through examples, checks, and practice.	Beginner	Open 
043 One Message per Slide Editor Use when slides contain dense paragraphs, mixed messages, or unclear headlines.	Beginner	Open 
044 Speaker Notes Rehearsal Coach Use to convert slide bullets into natural notes for a timed presentation.	Beginner	Open 
045 Visual Metaphor Finder Use to replace generic stock photos with meaningful visual concepts.	Beginner	Open 
046 Before and After Slide Clinic Use to diagnose and redesign one weak slide without changing its facts.	Beginner	Open 
047 Canva Social Carousel Planner Use to turn one useful idea into a swipeable educational carousel.	Beginner	Open 
048 Stakeholder Update Deck Use for a concise project update that foregrounds decisions and risks.	Beginner	Open 

049 Workshop Agenda Slide Builder Use to design agenda slides that explain participation, timing, and outcomes.	Beginner	Open 
050 Data Slide Storyline Use to turn a chart or dataset into an honest decision narrative.	Beginner	Open 
Images & Video 051 to 060		
051 Studio Product Photo Director Use to create a production-ready product image prompt without false features.	Beginner	Open 
052 Educational Explainer Still Use to visualize a process or concept in one teachable image.	Beginner	Open 
053 LinkedIn Profile Banner Brief Use to design a professional banner that supports, rather than repeats, a profile.	Beginner	Open 
054 Urdu Calligraphy Safe Poster Use to create a culturally respectful poster while preserving accurate Urdu text.	Beginner	Open 
055 Midjourney Editorial Portrait Use for a controlled editorial portrait with explicit lighting and camera language.	Beginner	Open 
056 Runway Six Second Scene Use to brief a short, controlled image-to-video moment in Runway.	Beginner	Open 
057 CapCut Caption Led Reel Use to script a short vertical video designed for sound-off viewing.	Beginner	Open 
058 ElevenLabs Natural Voiceover Use to prepare a natural voiceover script with pronunciation and pacing cues.	Beginner	Open 
059 Six Frame Storyboard Map Use to previsualize a short video before filming or generating assets.	Beginner	Open 
060 Brand Consistent Image Family Use to generate several campaign images that feel related but not repetitive.	Beginner	Open 
Work & Business 061 to 070		
061 Respectful Cold Email Use to draft a concise first-contact email grounded in real relevance.	Beginner	Open 
062 Proposal Scope Boundary Builder Use to define project deliverables, exclusions, acceptance, and change handling.	Beginner	Open 
063 Evidence Aware SWOT Use to build a SWOT that separates evidence from team assumptions.	Beginner	Open 
064 Customer Interview Field Guide Use to plan non-leading interviews about real customer behavior.	Beginner	Open 
065 SOP First Draft Mapper Use to turn process knowledge into a testable first SOP.	Beginner	Open 
066 Service Complaint Recovery Reply Use to respond calmly to a customer complaint with verified next steps.	Beginner	Open 
067 Plain Language Pricing Explainer Use to explain pricing structure clearly without hidden qualifiers or legal claims.	Beginner	Open 
068 Mutual Value Partnership Outreach Use to approach an organization with a specific, balanced collaboration idea.	Beginner	Open 
069 Outcome Led Weekly Status Use to turn weekly activity notes into a concise outcome and risk update.	Beginner	Open 

070 Local Shop Campaign Angle Lab Use to brainstorm practical campaign angles for a neighborhood business.	Beginner	Open ■
Data & Productivity		071 to 080
071 Spreadsheet Cleaning Blueprint Use to plan safe cleaning before changing a messy spreadsheet.	Beginner	Open ■
072 Chart to Decision Narrative Use to explain a chart in plain language without overstating it.	Beginner	Open ■
073 Assumptions First Analysis Use before quantitative analysis to expose definitions, assumptions, and decision thresholds.	Beginner	Open ■
074 Notion Database System Designer Use to design a practical Notion database before building views and automations.	Beginner	Open ■
075 Meeting Notes to Accountable Actions Use to convert messy meeting notes into decisions, tasks, and open questions.	Beginner	Open ■
076 Zapier or Make Workflow Sketch Use to map an automation before connecting live accounts or customer data.	Beginner	Open ■
077 KPI Definition Card Maker Use to define KPIs consistently before building a dashboard.	Beginner	Open ■
078 Unbiased Survey Designer Use to design a short survey that measures one clear research objective.	Beginner	Open ■
079 Spreadsheet Error Check Formulas Use to design formula-based checks that flag likely spreadsheet errors.	Beginner	Open ■
080 Personal Knowledge Base Architecture Use to create a simple knowledge system you can maintain each week.	Beginner	Open ■
AI Add-ins		081 to 088
081 Word Rewrite With Guardrails Rewrite a Word document while preserving meaning, facts, and the writer's natural voice.	Beginner	Open ■
082 Excel Analysis Question Designer Ask Copilot in Excel for a focused, auditable analysis of a selected table.	Intermediate	Open ■
083 Gmail Context-Aware Draft Draft a clear Gmail reply grounded in the thread and the sender's actual request.	Beginner	Open ■
084 Grammarly Plus Human Tone Review Run a Grammarly tone pass, then complete a disciplined human editorial check.	Beginner	Open ■
085 Browser Sidebar Research Capture Card Capture a web source into reusable evidence notes without confusing claims with conclusions.	Intermediate	Open ■
086 GitHub Copilot Function Scaffold Generate a function stub with explicit contracts, edge cases, and test placeholders.	Intermediate	Open ■
087 Cursor Multi-File Refactor Brief Ask Cursor to refactor several files while preserving public behavior and limiting scope.	Advanced	Open ■

088 Notion Meeting Notes Curator Convert rough Notion meeting notes into decisions, actions, questions, and a concise record.	Beginner	Open ■
AI Workflows		089 to 096
089 Study Pack Production Pipeline Design a multi-tool pipeline that turns learning material into an ethical study pack.	Intermediate	Open ■
090 Monthly Content Calendar Pipeline Build a repeatable workflow from audience insight to approved, scheduled content.	Intermediate	Open ■
091 AI-Assisted Client Delivery Checklist Create a controlled client-delivery process with transparent and reviewable AI assistance.	Advanced	Open ■
092 Source-to-Decision Brief Workflow Plan a traceable path from research question to concise decision brief.	Advanced	Open ■
093 Focused Job-Hunt Daily System Organise a daily job search across discovery, tailoring, outreach, tracking, and follow-up.	Beginner	Open ■
094 Small Business Weekly AI Rhythm Plan a practical weekly AI routine for a small business with clear human controls.	Intermediate	Open ■
095 Data-to-Decision Operating Workflow Turn operational data into a documented recommendation with validation and accountability.	Advanced	Open ■
096 Teacher Preparation Workflow Prepare an inclusive lesson through curriculum alignment, resource creation, review, and reflection.	Intermediate	Open ■
Pakistan Pack		097 to 108
097 CSS and PMS Study Plan Builder Build a realistic CSS or PMS preparation schedule centred on concepts and ethical practice.	Intermediate	Open ■
098 CSS and PMS Concept Self-Tutor Learn a CSS or PMS concept through explanation, examples, recall, and self-testing.	Intermediate	Open ■
099 HEC University Assignment Structure Coach Plan an original university assignment structure while preserving the student's authorship and citations.	Beginner	Open ■
100 Thesis Chapter Architecture Planner Design a thesis chapter map aligned with the research question, method, and evidence.	Advanced	Open ■
101 Scholarship SOP Argument Architect Build an authentic scholarship statement structure from the applicant's verified experiences and goals.	Intermediate	Open ■
102 International CV Evidence Tailor Tailor a Pakistani candidate's CV to an international vacancy without fabricating credentials.	Intermediate	Open ■
103 Rozee.pk and LinkedIn Application Kit Prepare a consistent application kit for a genuine vacancy found on Rozee.pk or LinkedIn.	Beginner	Open ■

104 Upwork and Fiverr Proposal Proof Writer Draft a concise freelance proposal grounded in the client's brief and the seller's real proof.	Intermediate	Open ■
105 Pakistan City Market Campaign Planner Plan a locally grounded campaign for a specific Pakistani city using testable assumptions.	Advanced	Open ■
106 Urdu, English, and Roman Urdu Adapter Adapt one message across Urdu, English, and Roman Urdu while preserving intent and register.	Intermediate	Open ■
107 WhatsApp Business Message Suite Create permission-aware WhatsApp Business messages for common customer moments.	Beginner	Open ■
108 FBR Tax Awareness Explainer Explain a Pakistan tax topic in plain language with official-source checks and boundaries.	Advanced	Open ■

Workflow Chains	109 to 115
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109 Chain Step 1 - Research Brief Define a precise research brief that can support the rest of a presentation workflow.	Intermediate	Open ■
110 Chain Step 2 - Evidence Notes Convert the approved research brief into traceable, source-level evidence notes.	Advanced	Open ■
111 Chain Step 3 - Evidence Synthesis Turn verified evidence notes into findings, tensions, and calibrated implications.	Advanced	Open ■
112 Chain Step 4 - Presentation Outline Shape synthesised findings into a persuasive and logically paced presentation outline.	Intermediate	Open ■
113 Chain Step 5 - Slide Draft Draft concise slide content from an approved evidence-mapped presentation outline.	Intermediate	Open ■
114 Chain Step 6 - Speaker Notes Create natural speaker notes that add context without reading the slides aloud.	Intermediate	Open ■
115 Chain Step 7 - Final Quality Review Conduct a final evidence, narrative, design, accessibility, and delivery review.	Advanced	Open ■