

A Quick Note Before You Dive In

Throughout these prompts, you'll see text in [brackets]. That's where you add your own details, experiences, or specific topics. For example, if you see [describe your experience], replace that entire bracketed section with your actual story or situation.

Now, here's what we've got for you:

Prompts from Yesterday's Session

These are the two prompts we worked with during our session. If you want to try them again or share them with others, they're right here.

Prompt 1:

You are an expert at intergenerational communication. I am an 80-year-old retired software engineer and systems analyst. Ask me 3 questions to help me identify a decision I made in my life that formed me and that I could use as a teaching moment for my grandchildren.

Prompt 2 (Tom's answer prompt):

My answer to 2: In 1980, I made a decision to return to the US from 16 years in Germany where I worked as a programmer. I thought I could easily get a job in the US but was not aware that the unemployment in the US was over 10% at that time. I ended up returning to Germany 4 months later to the job I had left.

What is the key lesson I can extract from that experience that could benefit my grandchildren?

Prompt 3

You are an expert at ideation. I am in my early 80s and want to figure out what life experience I could share with my grandchildren without alienating them.

What is the best way to connect with my teen-age grandchildren or great-grandchildren?

Prompt 4

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Additional Prompts for Exploring Your Life Experience

We've created a whole collection of new prompts, each offering a different angle on the same goal: discovering and using your life experience. Whether you want to preserve memories, create something you can share or even sell, pass wisdom to the next generation, or simply remember your journey more clearly, these prompts give you different ways in.

MEMORY ENHANCEMENT PROMPTS

The Decade Review *"I want to explore significant experiences from my [choose decade: 20s, 30s, 40s, etc.]. Ask me questions that help me remember specific moments, the choices I made, who influenced me, and what I learned during that period. Start with one question at a time, and build on my answers to help me explore these memories more deeply."*

Career Crossroads *"I had several pivotal moments in my career where I had to make important decisions. Help me remember and explore 3-5 of these crossroads by asking me about the circumstances, what was at stake, who was involved, and what happened. Guide me to notice patterns in how I approached these decisions."*

The Sensory Time Machine *"I want to remember [a specific period, place, or experience] more vividly. Ask me questions about what I saw, heard, smelled, tasted, and felt physically during that time. Help me reconstruct the sensory details that bring the memory to life, then explore what those details reveal about what mattered to me then."*

INTERGENERATIONAL WISDOM SHARING (NON-CONDESCENDING)

The Context Bridge *"I want to share an experience with younger people, but I don't want to sound like I'm lecturing. Here's what happened: [describe experience]. Help me explain the context of that time period in a way that's interesting and relevant, then draw out the insights that might actually be useful today, even though the world has changed so much."*

Parallel Challenges *"Young people today face [describe a challenge you see them dealing with]. I faced something similar when [describe your experience], though the circumstances were different. Help me explore both the similarities and differences, and identify which parts of what I learned might genuinely transfer across generations. Keep me honest if I'm being too 'back in my day' about it."*

The Question They're Not Asking "When my grandchildren or younger people ask me about [topic], I think they're really trying to figure out [what you sense they're actually wondering about]. Help me craft a response that addresses both what they asked and what they might actually need to hear, without making them feel like I'm pushing an agenda."

Wisdom Without Warnings "I learned something important about [topic/value/approach] through my experiences. Instead of framing it as advice or warnings about what to avoid, help me turn this into a story or observation that lets younger people draw their own conclusions. I want to share insight, not instructions."

LEARNING FROM MISTAKES

The Failure Inventory "I made a significant mistake when [describe situation]. At the time I justified it by [your reasoning then]. Looking back, help me analyze: What was I actually afraid of? What was I trying to protect? What would I have needed to know or believe differently to make a better choice? How can I frame this lesson in a way that helps others without just saying 'don't do what I did'?"

Pattern Recognition "I've noticed I made similar mistakes in different situations throughout my life. Help me identify 2-3 recurring patterns in my errors: [describe situations if you know them]. What do these patterns tell me about my blind spots? How did I eventually break these patterns, or am I still working on them? What made the difference when I finally got it right?"

The Reframe "Something I considered a failure at the time was [describe experience]. Years later, I realize [what you understand now]. Help me tell this story in a way that captures both the pain of the mistake and the eventual insight, so younger people can see how perspective changes over time and understand that some lessons take decades to learn."

What I Wish Someone Had Told Me "When I was [age] and facing [situation], I really struggled with [specific challenge]. No one told me [what you now know]. Help me articulate what I wish I'd understood then, including why it was so hard to see at the time, and how someone could have helped me understand it without making me feel stupid or naïve."

PRODUCT CREATION PROMPTS

The Legacy Letter Series *"I want to create a series of letters to [specific person/grandchildren/future generations] about different aspects of life. Each letter should focus on one theme [love, work, money, health, friendship, purpose, etc.]. For this first letter on [theme], help me: 1) Identify 3-4 specific experiences that shaped my understanding, 2) Draw out the insights that still hold true, 3) Write it in a way that feels personal but polished enough to preserve."*

The Cookbook of Life *"I want to create a collection of 'recipes' for handling life situations, based on my experience. Each 'recipe' should include: the situation, the ingredients (qualities or resources needed), the method (step-by-step approach), common mistakes (what to avoid), and variations (how to adapt). Help me start with [specific life situation] and create the first recipe entry."*

The Decision Framework *"I've made thousands of decisions over my lifetime. Help me create a guide that captures my decision-making framework by: 1) Identifying 5-7 categories of major decisions I've faced, 2) Extracting the principles I actually used (not what I thought I should use), 3) Creating practical questions that others could ask themselves when facing similar decisions. Let's start with [category]."*

The Conversation Starter Deck *"I want to create a set of conversation prompts that help families talk about meaningful topics without getting heavy or preachy. Based on my experience with [area of life/challenge/insight], help me develop 10-15 questions that would spark good discussions between generations. Make them open-ended and genuinely interesting, not just 'tell me about the old days.'"*

The Professional Playbook *"I spent [X years] in [field/industry/role] and learned lessons that don't make it into official training. Help me create a practical guide for people entering or working in this field. For each section, I'll share what I experienced, and you help me turn it into actionable guidance that respects that times have changed but some human dynamics haven't."*

The Values Excavation Project *"I want to create something that captures what I actually value, proven by how I've lived, not just what I think I should value. Help me examine key decisions, what I sacrificed for, what I protected, where I invested my time and energy, and what I returned to repeatedly. Then help me write this up as a clear statement of lived values with specific stories as evidence."*

The Prompt Generator Prompt

This one's a bit different. It's a meta-prompt that helps you brainstorm and create your own custom prompts for whatever aspect of your experience you're trying to capture. Think of it as the "teach a person to fish" option.

Meta-Prompt:

"I'm someone with decades of life experience, and I want to create custom prompts that help me remember, process, and share specific aspects of my life story. I need your help brainstorming prompts that work for my particular situation.

Here's what I'm trying to accomplish: [describe your goal - could be preserving memories, sharing wisdom, creating something specific, working through past experiences, etc.]

The audience or purpose is: [who will benefit - yourself, grandchildren, professionals in your field, people facing similar challenges, general legacy, etc.]

Help me brainstorm 5-7 different prompt ideas by:

- 1. Asking me clarifying questions about what aspects of my experience are most important to capture*
- 2. Identifying different angles or entry points into this topic based on what I tell you*
- 3. Suggesting various formats (story-based, question-and-answer, comparative, analytical, creative, practical guide, etc.)*
- 4. Considering what emotional tone would work best (reflective, instructional, conversational, inspirational, cautionary, celebratory)*
- 5. Thinking about what would make each prompt actually usable - not too vague, not too restrictive*

For each prompt idea you suggest, explain why it might work well for my situation and what kind of output it would likely produce. Then help me refine the one or two that resonate most with me into polished prompts I can actually use.

Also, if you notice I'm trying to do too much in one prompt, tell me and suggest how to break it into smaller, more focused prompts that would work better."

A Final Note:

Pick one that speaks to you and give it a try. You don't need to use them all at once. Start with whatever feels most relevant to where you are right now. And remember, these aren't meant to be perfect on the first attempt. The AI will work with you, ask follow-up questions, and help you develop your thoughts as you go.

If something doesn't work the way you expected, or if you want help adapting a prompt for your specific situation, just let us know. That's what we're here for.