

AI as Your Thinking Partner

Session 1 • Prompt Reference Handout

These are the prompts we used in the first session on May 12. You can copy any of them into Claude, ChatGPT, Gemini, or Microsoft Copilot. The AI does not know your name, your doctor, or your HOA. It only knows what you tell it. The more specific you are, the more useful the answer.

Demo 1 The Retirement Poem

A warm-up to see that AI can be funny, self-aware, and surprisingly human.

PROMPT

Write a short funny poem about retirement in the voice of someone who is grumpy on the outside but secretly optimistic. About 12 lines.

Want to try a variation?

Tell it: "Try again but make it more sarcastic" or "Make it about someone who retired from teaching."

You can keep asking until it gets it right. There is no limit.

Demo 2 What a 70-Year-Old Knows

The AI draws on decades of human writing. This prompt asks it to reflect that back honestly.

PROMPT

What are some things a 70-year-old genuinely understands about life that most 30-year-olds have not figured out yet? Be honest and thoughtful, not flattering.

Your own version

Swap in your own age or experience: "...that someone who has moved 20 times understands..."

Or ask the follow-up: "Which of those things took you the longest to learn, if you had been the one living them?"

Demo 3 The Drug Information Sheet

You can photograph any document and hand it to the AI to read. This demo uses an Albuterol patient information sheet.

FIRST PROMPT (AFTER UPLOADING TWO PHOTOS OF THE SHEET)

I have uploaded two photos of a drug information sheet for Albuterol.

Please read both images and explain everything on them in plain English.

No medical background assumed. Tell me what this drug is, how to use it, what side effects I should watch for, and anything I genuinely need to know.

Keep it simple and organized.

Use this with any medication or document

Photograph both sides, upload the images, and ask the same questions.

Works for Medicare summaries, insurance benefit explanations, lab results, and more.

Note: This is not medical advice. Questions about your specific health belong with your doctor.

FOLLOW-UP PROMPT

Based on that sheet, which side effects are serious enough that I should call my doctor right away, and which ones are normal and will most likely go away on their own?

Demo 4 The Fish That Doesn't Taste Like Fish

AI handles open-ended, personal requests. This one starts with a real-life constraint and gets practical fast.

PROMPT

I want to start eating more fish for health reasons, but I do not like a strong fishy taste. Which types of fish would you recommend for someone like me, and why do some fish taste stronger than others? Then give me a simple recipe for one of your recommendations that a beginner cook can follow.

Keep the conversation going

"I can't find that fish at my local store. What else works?"

"My doctor also said to reduce sodium. Can you adjust the recipe?"

The AI holds the full conversation. You never have to start over.

Demo 5 The Legal Paragraph Explained

Dense legal language becomes plain English in seconds. Works on HOA documents, insurance policies, Medicare supplements, lease agreements, and more.

PROMPT (PASTE YOUR OWN LEGAL PARAGRAPH AFTER THE INSTRUCTIONS)

Here is a paragraph from an HOA agreement. Please explain what it actually means in plain language. Then tell me: what does this require me to do, and what happens if I do not do it?

[Paste your paragraph here or upload a document to the AI tool]

Other things this works on

Insurance policy exclusions • Medicare supplement summaries

Contractor agreements • Prescription benefit descriptions • Lease clauses

Note: This is not legal advice. For anything significant, verify with an attorney.