

The Mum's 15-Minute AI Reset.



Five prompts that clear the mental load in one sitting. School admin, meals, the week ahead, the invisible list, and the work catch-up.

Works with Claude, ChatGPT or Gemini. No tech background needed. Each prompt takes under fifteen minutes and keeps working every week after.

School Admin

12 MINUTES

The newsletters, the dates, the permission slips. One paste, one plan.

PROMPT TO PASTE



Here is everything from school this week: [paste newsletters, emails, notes photos as text]. Sort it into: dates for the calendar, things to buy or sign, things needing a reply, and things I can ignore. List actions by deadline.

Tip: do this every Sunday night. Same prompt, new paste. Two weeks in, it feels like staff.

Meal Planning

8 MINUTES

Five dinners and one shopping list from whatever is actually in the kitchen.

PROMPT TO PASTE

My family: [ages, likes, refuses, allergies]. In the fridge and pantry: [list what you have].
Give me 5 weeknight dinners using what I have where possible, plus one shopping list
for the gaps. Nothing over 30 minutes to cook.

Tip: save the reply. Next week, only the fridge list changes.

The Week Ahead

10 MINUTES

Everything landing this week, sorted into one plan you can see.

PROMPT TO PASTE



Here is my week: [paste calendar items, invites, appointments, deadlines]. Build me a day-by-day plan. Flag clashes, flag anything needing prep the night before, and tell me the single busiest pressure point.

Tip: ask it to write the night-before prep as phone reminders. Copy, paste, done.

The Mental Load

15 MINUTES

The invisible list, out of your head and into a system.

PROMPT TO PASTE



Ask me questions one at a time until you have my full mental list: home, kids, admin, health, the nagging stuff. Then sort it: do this week, schedule for later, delegate, delete. Be honest about the delete pile.

Tip: the delete pile is the point. Let it talk you out of things.

The Work Catch-Up

10 MINUTES

Back from school pickup to forty unread messages. Triage, not panic.

PROMPT TO PASTE

Here is what landed while I was out: [paste the actual emails or messages]. My priorities right now: [name your top 2]. Ask me anything unclear first. Then give me: what needs a reply today, drafts for the top 3, and what waits.

Tip: the prompt only works as well as the paste. Real messages in, real drafts out.

WHAT HAPPENS NEXT



The Reset Week starts now.

Five short emails are on their way, one per day. Each installs one of these resets properly, so it runs itself every week after.

That's the whole idea behind Mumbot. AI does not replace you. It clears the chaos so you can do the part that actually matters.

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