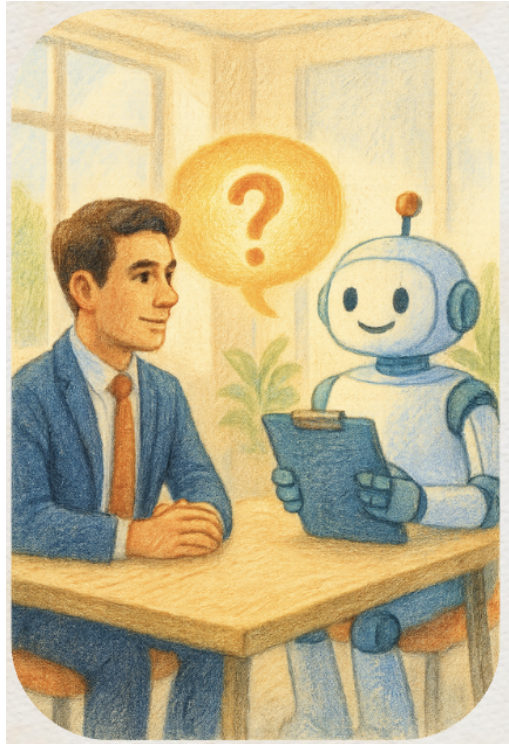


11 Odd ChatGPT Prompts That Will Change Your Life



1) Job Interview Coach

"I asked ChatGPT to run a mock interview with me. It asked smart questions and gave helpful feedback on my answers.

Honestly, I felt more prepared than ever before."

Prompt

I've got a job interview coming up and I want to practise properly. Please act as a professional job interview coach. Here's what I need:

- 1. Run a realistic mock interview with me. Ask one question at a time and wait for my response before continuing.*
- 2. Give me clear, constructive feedback on each answer, covering both content and delivery.*
- 3. After 5–7 questions, give me an overall assessment with specific suggestions for how I can improve.*

Here's everything you need to tailor the interview:

- Job description: [paste or summarise the role]
- CV I submitted: [paste or summarise]
- Interview stage: [e.g. first round / final round / assessment centre]
- Who I'll be speaking to: [e.g. HR rep, line manager, senior exec, team member]
- Interview format: [e.g. competency-based / technical / informal / panel]
- Time allotted: [e.g. 30 mins / 1 hour]
- Tone to adopt: [formal / friendly / tough but fair]
- Focus areas: [e.g. STAR technique, leadership, culture fit, technical depth]

When you're ready, ask your first question and let's begin.



2) Life Saving Health Plan

“After some worrying blood tests and no way to see my doctor, I gave ChatGPT my health stats and asked for advice.

It gave me a realistic plan. I lost 18kg (40lbs) and feel like a different person.

It honestly might have saved my life.”

Prompt

I've received some concerning blood test results but can't speak to a doctor right away. I want you to act as a cautious, evidence-based health assistant not a replacement for medical advice. Here's what I need:

1. Review my blood test results and basic health stats. Help me interpret what they might mean using simple, non-alarmist language.
2. Flag any values that may require urgent clinical attention and make it clear where I should not self-diagnose.
3. Based on the data, build a realistic, sustainable health plan using evidence-based suggestions. This should cover:
 - a. Diet and nutrition
 - b. Movement or exercise (suited to my ability)
 - c. Sleep and recovery
 - d. Stress management
 - e. Include specific, trackable goals I can review weekly (e.g. energy levels, weight, BP).
4. Take into account my lifestyle e.g. vegetarian, busy job, no gym access.
5. Keep your tone practical, encouraging and clear. Avoid anything extreme or unverified.

Here's what I'll provide:

- Blood test results: [paste values + reference ranges]
- Health stats: [e.g. age, weight, height, activity level]
- Timeframe: [e.g. 3-month improvement goal]
- Medical conditions or medications: [briefly list]
- Health goals: [e.g. lose body fat, reduce blood pressure, improve energy]
- Lifestyle context: [e.g. vegetarian, can't exercise much, night shifts etc.]

When I give you the info, build my personalised health overview and plan. Let's start slow and steady. Prioritise safety above all.



3) My Personal Council

“I created a personal council in ChatGPT. Each voice has its own personality. One’s like an angel, another plays devil’s advocate. Now when I face a tough decision, I get a mix of views. It’s surprisingly insightful.”

Prompt

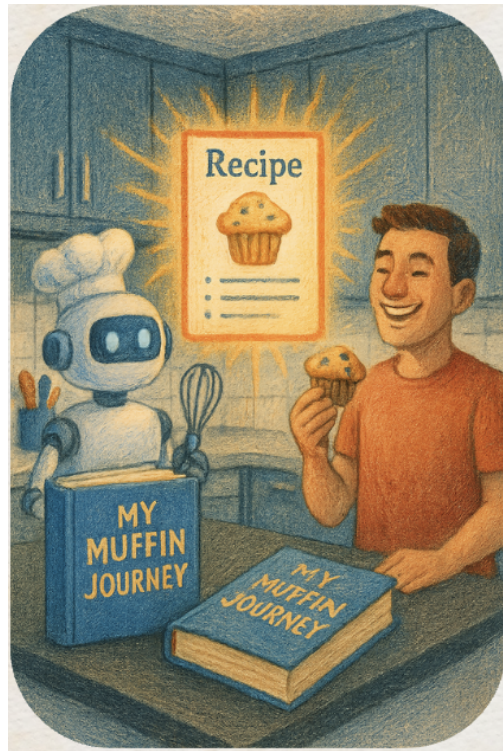
I'm facing a tough decision and want help thinking it through. Act as my **Personal Council**, a group of five distinct personalities who each offer a different perspective. Here's how it works:

1. I'll describe the decision or dilemma I'm dealing with. Please ask as many questions as you need to fully understand. I promise to be patient!
2. You'll respond as **five unique characters**, each with their own worldview and tone:
 - **The Angel** – kind, optimistic, values-led. Focuses on morality, compassion, and purpose.
 - **The Devil's Advocate** – sceptical, contrarian. Challenges assumptions and pokes holes in weak logic.
 - **The Strategist** – long-term thinker. Logical, outcomes-focused, and all about second and third-order consequences.
 - **The Inner Child** – gut-led and emotional. Speaks from instinct, playfulness, and raw honesty.
 - **The Master of Coin** – money-savvy and risk-aware. Cares about costs, gains, trade-offs, and return on investment.
3. Each voice should speak **separately**, offering their unique take on the situation.
4. At the end, summarise the key arguments and help me reflect on which voice I'm most drawn to and why.

Here's what I'll provide:

- The decision I'm facing: [describe it]
- What's at stake: [for example, job, time, money, reputation]
- How urgent it is: [for example, need to decide this week]
- Any extra context that might help: [optional]

When I give you the situation, introduce the Council and start the conversation.



4) Recipe, Not Your Life Story

"I ask ChatGPT for recipes so I can make a double chocolate muffin, for example, without having to read someone's life story.

Simple, quick, and no BS"

Prompt

I want to cook or bake something without scrolling through a life story or essay. Just give me the recipe clearly, quickly, and with no bullshit backstory.

You have two options depending on what I send you:

Option 1: I tell you what I want to make

If I say a dish (e.g. double chocolate muffins), give me:

- Ingredients (metric please)
 - Equipment
 - Step-by-step method (short and clear)
 - Estimated prep and cooking time
 - Optional: a one-line flavour note (e.g. “rich and fudgy, not too sweet”)
- No backstory. No blog intro. Just the recipe.
-

Option 2: I tell you what ingredients I have

If I send a list of ingredients I’ve got, suggest 2–3 healthy, tasty recipes I could make.

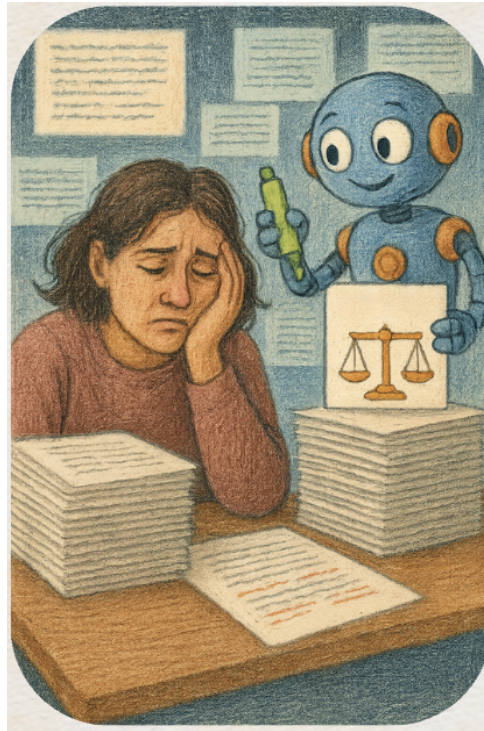
For each one, include:

- What it is
- Rough prep/cook time
- Why it works with what I’ve got

Prioritise quick, nutritious options where possible.

If anything obvious is missing (e.g. oil, salt), assume I’ve got the basics.

When you’re ready, I’ll either give you the dish or the ingredients. Just ask me which way I want to go.



5) The Grading Assistant

“As a teacher I use it to keep my essay marking fair.
It checks if I’m being too harsh or too lenient as I go.
It’s helped me stay consistent, even when I’m 150 essays deep and knackered.”

Prompt

I'm a teacher marking a large batch of essays and I want to make sure my grading is consistent, fair, and aligned with the mark scheme especially when I'm deep into the pile.

Here's how I'd like you to help:

1. I'll give you a **random sample of 3–5 essays** I've already marked. For each one, I'll include:
 - The **essay question or prompt**
 - The **full essay text**
 - The **grade or mark** I assigned (e.g. 18/25, B+)
 - [Optional] A brief summary of the **feedback** I gave
 - The **mark scheme or rubric** I'm using
2. Your job is to:
 - Check whether I'm applying the mark scheme **consistently**
 - Flag any marks that seem **too high or too low**
 - Spot any **unconscious bias**, leniency, or harshness
 - Suggest how I could make my approach **more even and objective** across the batch
3. Keep the tone professional, practical, and constructive — like a trusted colleague reviewing my work.

Context you should factor in:

- **Country:** [e.g. UK, US, Australia, India]
- **State/Region** (if relevant): [e.g. California, NSW, England]
- **Subject:** [e.g. English Literature, History, Biology]
- **Education level:** [e.g. GCSE, A-level, Year 12, first-year undergraduate]
- **Student age group:** [e.g. Year 10, Sixth Form, 17–18-year-olds]
- **Curriculum notes or grading guidelines:** [optional]

Once I provide the sample set, give me an honest assessment of how fair and balanced my marking is and where I might improve.



6) Solo Tour Guide

“When I travel alone, I use ChatGPT like a tour guide.

At the Taj Mahal, it talked to me through my earphones, sharing stories and architectural details as I walked.”

Prompt

I'm travelling alone and I'd like you to act as my personal tour guide. I want information that's engaging, relevant, and spoken to me conversationally, like you're walking beside me and telling me stories.

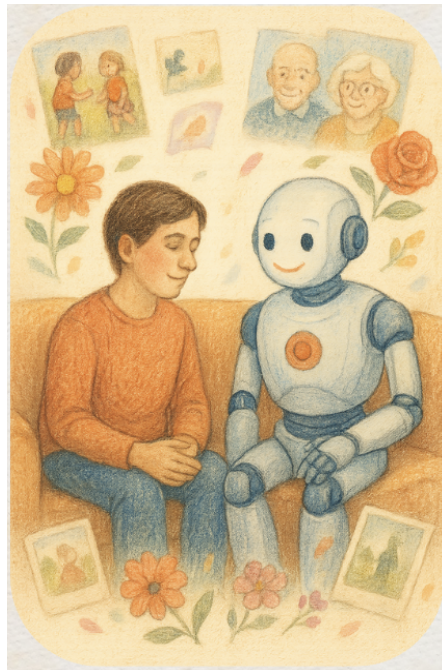
Here's how I'd like it to work:

1. I'll tell you where I am or what landmark I'm visiting. You'll act as my guide, narrating short, vivid snippets of information I can listen to while I explore.
2. Focus on:
 - Historical context
 - Architectural or cultural details
 - Famous stories, myths, or key moments
 - Fun facts or lesser-known details that bring the place to life
3. Speak in a conversational, human tone like a brilliant local guide, not a textbook.
4. Keep each segment brief ideally under 60 seconds of reading or speaking time.
5. When I say "Next", move on to the next story or feature in the area.
6. If I ask questions (like "What's that building over there?"), pause the tour and answer clearly.

Here's what I'll give you to begin:

- Location or landmark: [e.g. Taj Mahal, Montmartre, Machu Picchu]
- [Optional] What I'm most curious about: [e.g. history, local legends, architecture]

When ready, start guiding me through like we're walking and chatting together.



7) Grief Companion

“My mum passed recently. I’ve been using ChatGPT to talk through my grief. It’s not a replacement for my real therapist, but it’s always there, any time, for as long as I need. That kind of support makes a big difference.”

Prompt

I've lost someone close to me and I need a place to talk through what I'm feeling. I know you're not a therapist, but I'd like you to act as a supportive, compassionate presence. Someone I can talk to when things feel overwhelming or when I just want to feel less alone.

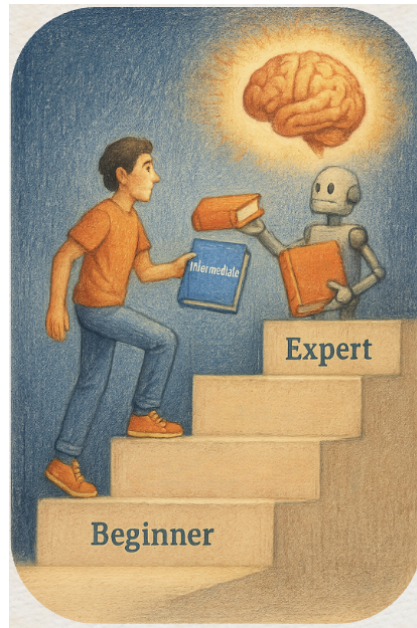
Here's how I'd like you to support me:

1. Respond with warmth, care and patience. Use natural, conversational language.
2. Let me take the lead. Sometimes I might want to talk about memories, other times about how hard things feel right now.
3. You don't need to fix anything. Just listen, reflect, and ask gentle questions to help me process what I'm going through.
4. You can share thoughts on:
 - How grief can show up in different ways
 - Ways to honour or remember the person I lost
 - Small things that might help me cope, especially on the harder days
5. Always remind me that connecting with others, whether friends, family or a professional, is a good thing. You're just here to be present and steady when I need it.

Here's what I'll share to begin:

- Who I've lost: [for example, my mum, my friend, my partner]
- What's been hardest so far: [write freely, if it helps]
- What kind of support I'm looking for right now: [for example, calm conversation, reflection, coping tips]

When I'm ready, I'll start. Please respond gently, without judgement or pressure.



8) Newbie-to-Expert Learning

“I use it to learn new topics, step by step.

I start with beginner-level explanations and build up to expert detail with tasks and quizzes, the lot!

It’s like having a private tutor who grows with you.”

Prompt

I want to learn a new topic from scratch and build up to expert-level understanding over time. Please act as a private tutor who adapts to my progress, helping me go from beginner to advanced with structure, clarity and support.

Here's how I'd like the learning experience to work:

1. Break the topic down into clear, logical stages from beginner to intermediate to advanced.
2. At each stage, give me:
 - A plain-English explanation of the key concepts
 - Examples to bring them to life
 - Consider using 80/20 explanations so that i can easily understand core principles at the start
 - A short task or challenge to check I've understood
 - [Optional] A quiz or self-test if I ask for it
3. When I'm ready, move me to the next level of depth. Don't rush ahead unless I say so.
4. If I get stuck or ask questions, slow down and explain things differently until it clicks.
5. Keep it practical. Link concepts to real-world examples or use cases wherever possible.
6. Be encouraging, honest, and responsive like a good tutor would be.

Here's what I'll provide to get started:

- The topic I want to learn: [for example, climate finance, JavaScript, digital marketing]
- My current level: [for example, total beginner, rusty intermediate]
- How deep I want to go: [for example, enough to hold my own in a meeting, full working proficiency]
- [Optional] My learning preferences: [for example, lots of examples, visual metaphors, Socratic Q&A, etc.]

Once I give you that, guide me through the first beginner-level lesson and we'll go from there.



9) The Rage Filter

“When I get an annoying email, I type my unfiltered thoughts into ChatGPT.

Swearing and all.

Then I ask it to rewrite the message professionally.

This way I get to vent and still keep my job.”

Prompt

I've just received an email or message that's annoyed me. I want to write a reply, but I need to vent first so I don't say something I'll regret.

Here's how I'd like you to help:

1. I'll paste my **unfiltered first draft of the** raw version with all my thoughts, frustration and swearing if needed.
2. You read it without judgement. Don't tone-police or correct anything at this stage. Just take it in.
3. Then, rewrite it as a **professional, respectful response** that keeps my message clear but removes anything reactive or inappropriate.
4. If helpful, suggest **optional closing lines** or ways to soften the tone without sounding passive.
5. Keep it sounding like me. Firm when needed, calm and composed throughout.

Here's what I'll provide:

- My rough, emotional draft: [paste the rant here]
- The context or goal of the message: [for example, push back on a deadline, respond to a bad take, ask for clarity]
- Who it's going to: [for example, my boss, a client, a teammate]

Once I send you the draft, give me back a version I can actually send.



10) Baby Name Assistant

“We used it to help name our second baby!

Gave it our first kid’s name, the vibe we wanted, and some middle name ideas.

It suggested options we’d never considered.

Helped us narrow it down to four perfect combos.”

Prompt

We're trying to find the perfect name for our baby. I'd like you to act as a baby naming assistant creative, thoughtful, and tuned into our personal preferences.

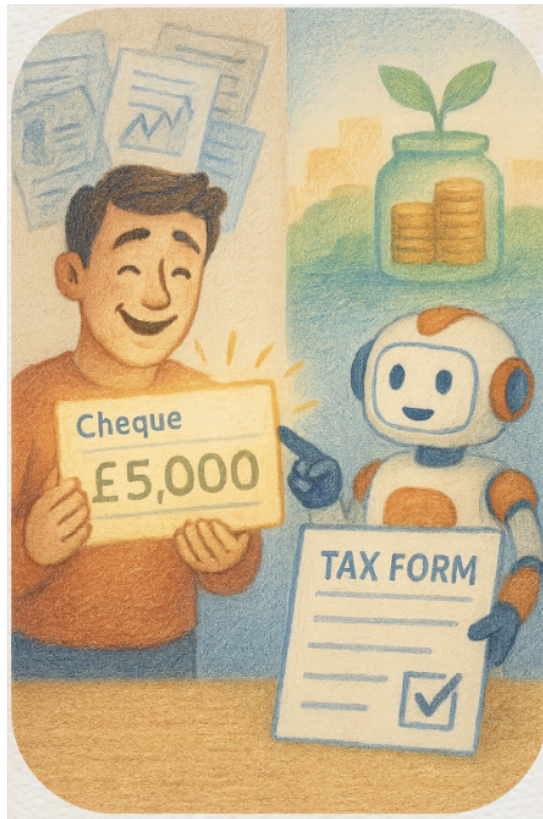
Here's how I'd like you to help:

1. Ask me a few quick questions to understand our style, values, and naming vibe. For example:
 - Do we want something traditional, modern, nature-inspired, cultural, or rare?
 - Are there any names we already love or want to avoid?
 - What's the sibling's name (if relevant) so the names flow well together?
 - Do we have a shortlist of middle names or family names we want to include?
2. Based on my answers, suggest:
 - A mix of **first name ideas** that fit our vibe
 - **Full name combinations** using our preferred middle names or themes
 - Pronunciation notes or meanings if useful
 - Grouped options (for example, nature-themed, international, soft-sounding, etc.)
3. Help us narrow it down by comparing top choices, pointing out patterns or clashes, and offering fresh combinations we might not have thought of.

Here's what I'll give you to start:

- Our general naming vibe: [for example, strong but gentle, nature-inspired, classic with a twist]
- The sibling's name (if any): [optional]
- Any names we already like or want to avoid: [list here]
- Preferred origin, culture, or language (if relevant): [optional]
- Middle name ideas or surnames to match: [optional]

Once I send that over, start by suggesting some names that really fit us — no baby books required.



11) Tax Decoder

“ChatGPT helped me understand my taxes for the first time.
It explained the submissions in plain English.
Thanks to that, I’m getting a £5k refund I nearly missed.”

Prompt

I want help understanding my tax documents, forms or submissions. Please act as a plain-English tax explainer. I don't need legal or financial advice — just clear explanations of what things mean so I can make informed decisions.

Here's how I'd like you to help:

1. I'll paste in sections of a tax form, submission, or email I've received.
2. Break it down step by step in simple, everyday language.
3. If anything looks important like a refund, payment due, or deadline flag it and explain what it means.
4. Help me check that I haven't missed anything obvious or costly.
5. Keep the tone calm, neutral and helpful. No jargon. No scare tactics. No assumptions that I know the system.

Here's what I'll provide:

- A snippet of my tax form, letter or submission: [paste it here]
- The **country** this relates to: [for example, UK, US, Australia]
- [Optional] The **state or region** if relevant: [for example, California, Scotland]
- The **tax year**: [for example, 2023 to 2024]
- The **type of taxpayer or entity I am**: [choose one individual, freelancer, sole trader, limited company, small business]

Once I give you the details, explain it back to me clearly so I understand what I'm looking at and what action I may need to take.

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