

Start Here

Weekly Planning Kit

Version 0.4.1. A simple guided conversation, with no worksheets to complete.

Start your first conversation

1. Open a new chat in a capable AI assistant, such as ChatGPT.
2. Open COPY-THIS-PROMPT.txt. Copy all its text, paste it into the chat, and send it.
3. Answer the AI's questions at your own pace. Say skip, pause, or stop whenever you wish.

Tell the AI about your week, commitments, capacity, and priorities. Review its draft and approve responsibilities with everyone involved before using it.

Do I paste the prompt every time?

Usually, no. Reopen the same conversation and say: "Help me plan another week." You do not need to paste the prompt again while that conversation still has the instructions.

In a new chat, paste the full prompt again. If an older chat forgets your preferences or instructions, remind it or start fresh. The kit cannot guarantee that the AI remembers everything.

Keep your downloaded prompt. Before leaving a useful conversation, you may ask: "Give me a short restore note with our approved preferences and boundaries." Review it and save it privately. Paste it after the full prompt in a new chat; do not assume preferences transfer automatically.

Make it fit

Ask for a simpler explanation, an example in the chat, or a different question. You do not need a separate worksheet or sample PDF. Manual use is fully functional; no automation or external account connection is needed.

Christian framing grounded in historic Protestant Reformed theology is the default. Anyone may say "Leave faith out." The AI must honor that preference in shared output; restoring faith content requires every participant's explicit welcome.

Christian reflection follows the five solas of the Protestant Reformation. From time to time, the AI may suggest a Bible passage to read. It should give a passage range, encourage you to read the surrounding context, and never use an isolated verse as a proof text. You may freely reword any question so it fits your circumstances and helps the planning conversation feel natural.

Before you share or use a result

Use labels and general descriptions. Do not share passwords, account identifiers, private records, or information you would not want processed by your AI provider. Guided Life Kits does not receive your answers through the prompt; your AI provider's terms and settings govern your chat.

AI can be wrong or lose context. Review its output. No outcome is guaranteed. This is a self-service educational aid, not therapy, financial, legal, medical, pastoral, or other professional advice. Stop for unsafe conflict, coercion, or emergencies and seek appropriate real-world help. Never speak for an absent person or pressure anyone to participate.

Your download and requirements

START-HERE.pdf is this guide. COPY-THIS-PROMPT.txt starts the guided experience. LICENSE.txt contains personal-use terms and the full legal and safety notice. Read those terms before use.

You need an AI service and a device that opens ZIP, PDF, and TXT files. No AI account or subscription is included. Provider availability and usage limits vary. The kit is free; optional tips do not unlock content or personalized support. For a missing or damaged file, download a fresh copy from the official product page.