

BE BOLD WITH AI

ISSUE N° 01 · FREE GUIDE

five easy AI prompts *for the woman* who is ready to begin.

... — ...

*A small, beautiful start for
women 40+ who are done being
told to “just use it.”*

BEBOLDWITHAI.COM

VOL. I · BECKY & BRIDGET



*You do not
need to know
everything
about AI
to begin.*



You only need one small task and a clear question. That is what these five prompts are for.

Choose one. Copy it. Change the words in brackets to match your life or your business. That is the whole trick.

Try one today. Not five. Not the whole guide. Just one.

... — ...
— *Becky & Bridget*

CO-FOUNDERS
BE BOLD WITH AI

Turn your notes into a warm social note.

... — ...



THE PROMPT

Turn these notes into a warm, clear Facebook or Instagram post for my audience. Use a friendly, encouraging tone. Include a strong opening sentence, short paragraphs, and a simple call to action. My notes are: [paste your notes here].

TRY THIS WHEN

You know what you want to say but do not know how to start.

A QUIET TIP

Ask AI to write it in your voice. Then read it out loud. If it does not sound like you, tell it what to change.

Turn a brain dump into a plan you can follow.

... — ...



THE PROMPT

I have too many things on my mind. Turn this list into a realistic plan for the next [day or week]. Put the most important tasks first, group similar tasks together, and give me a simple checklist. Here is my list: [paste your list].

TRY THIS WHEN

Your to-do list feels overwhelming.

A QUIET TIP

Dump the whole list — nothing is too small. AI is better at sorting messes than perfect lists.

Draft a professional email without the blank page.

... — ...



THE PROMPT

Help me write a professional but warm email to [person or group]. I want to communicate [your goal]. Include these details: [paste details]. Keep it clear, respectful, and under [number] words.

TRY THIS WHEN

You need to send an email but do not know where to begin.

A QUIET TIP

If the first draft feels too stiff, say: “Rewrite this so it sounds like a real person, not a corporate memo.”

Turn one idea into five pieces of content.

... — ...



THE PROMPT

I help [who you serve] with [what you help them do]. Give me five simple Facebook, Instagram, or short-video content ideas that would be useful to my audience. For each idea, include a hook, a brief outline, and a gentle call to action.

TRY THIS WHEN

You need content ideas but do not want to start from zero.

A QUIET TIP

If one of the five sparks something, ask AI to expand only that one. Depth beats volume.

Ask AI to walk you through a task, slowly.

... — ...



THE PROMPT

I want to [describe what you want to do], but I am a beginner and feel stuck. Explain the first three steps in plain language. Ask me one question at a time if you need more information. Do not use technical jargon.

TRY THIS WHEN

You know what you want to do but need a clear starting point.

A QUIET TIP

If the answer is still too complex, ask: “Explain this like I have never used a computer.” It works.



THE INVITATION

These five prompts are only the beginning.

Be Bold with AI is a beginner-friendly program for women 40+ who want practical support using AI for writing, planning, content, visuals, websites, video, and building their ideas.

The Founding Cohort is enrolling now for \$197, lifetime access. Thirty spots.

Explore Be Bold with AI ➤

BeBoldWithAI.com

*You are not too old for AI.
You just need someone to show you how.*