

Ask Better, Live Better: 3 Healthy Prompts to Ask ChatGPT

Your Pocket Guide to Wellness-Powered AI Conversations

INTRODUCTION

Technology can be a powerful wellness tool—when you know how to use it right. Whether you're working on your fitness, mental clarity, or healthy habits, ChatGPT can help you stay focused, motivated, and consistent. But like anything, the quality of your results depends on the quality of your questions. That's where this guide comes in.

In just a few minutes, you'll learn **three powerful prompts** to ask ChatGPT that will help you:

- ✓ Set clear wellness goals
- ✓ Break through mental roadblocks
- ✓ Get practical ideas tailored to your lifestyle

Use these prompts whenever you need a boost of clarity, creativity, or accountability.

Prompt #1: “Create a simple, 10-minute morning routine to help me feel more energized and clear-headed throughout the day.”

Why it works:

Mornings set the tone for the rest of your day. Instead of scrolling or rushing into stress, this prompt helps you build a routine that gets your mind and body on track from the start.

What you'll get:

- A customized 10-minute morning flow that can include movement, breathwork, hydration, journaling, and more.
- Science-backed tips to boost energy and focus.

- Options based on your fitness level or preferences (just let ChatGPT know!).

Pro Tip: Follow up with, “What are 3 variations I can rotate throughout the week to keep it interesting?”

Prompt #2: “I’m struggling to stay motivated to eat healthy. Can you give me 5 fun, realistic meal ideas and a mindset tip to help me stay on track?”

Why it works:

Nutrition isn't just about discipline—it's about *delicious consistency*. This prompt blends mindset and meal planning in a way that doesn't feel like a punishment.

What you'll get:

- 5 easy-to-make meal ideas using ingredients you probably already have.
- A motivational boost that goes beyond guilt-tripping.
- Suggestions for swaps and upgrades that keep meals satisfying and supportive of your goals.

Pro Tip: Ask, “Can you organize this into a 3-day meal plan with a grocery list?” if you want to go further.

Prompt #3: “I’ve been feeling overwhelmed lately. What are 3 calming practices I can do in under 15 minutes to feel more centered?”

Why it works:

Sometimes the hardest thing is just getting started. This prompt gives you quick, actionable tools to reconnect with your body and breath—without needing a therapist or a yoga mat.

What you'll get:

- Short, effective practices like box breathing, nature walks, or somatic movement.
- Tools to regulate your nervous system and reduce stress.
- An explanation of *why* these practices work so you're more likely to stick with them.

Pro Tip: Try a follow-up: “Can you guide me through one of those calming practices, step by step?”

Final Thoughts

ChatGPT is more than a search engine—it's a conversation partner that can help you design the healthy lifestyle you want. But it starts with asking better questions. Use these prompts as your foundation, and don't be afraid to follow up, tweak, or ask again in a new way. That's where the magic happens.

Want even more prompts like these? [Reach out or subscribe to my newsletter](#) for weekly wellness tips and real-life coaching.

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Awareness Training