

“A ChatGPT beginner’s
guide for entrepreneurs
over 40”



“5 SIMPLE CHATGPT PROMPTS TO SAVE TIME AND GROW YOUR BUSINESS”

written by
Que Alexander

www.themidlifesisterhood.com

Welcome to a Smarter Way to Run Your Business!

As a midlife entrepreneur, you're juggling a lot: managing your business, staying on top of marketing trends, and trying to carve out time for yourself. But what if you could simplify your workflow, save hours each week, and still grow your business—all without needing to be a tech expert?

That's where ChatGPT comes in.

In this guide, I'll show you 5 easy-to-use ChatGPT prompts that will help you:

- Write social media content in minutes.
- Generate new business ideas effortlessly.
- Automate tasks so you can focus on what matters most.

Whether you're a total beginner or just looking for a simpler way to manage your business, this guide is for you. Let's get started!





Prompt 1: Write Instagram Captions in Seconds

Description:

Social media is essential for growing your business, but writing engaging captions every day can feel like a chore. ChatGPT can help you create scroll-stopping captions in seconds.

Instructions:

1. Open ChatGPT (or a similar AI tool).
2. Type the following prompt:
 - “Write a 3-sentence Instagram caption for a [business type] about [topic]. Make it engaging and end with a call-to-action.”
3. Review the output and tweak as needed.

Example Output:

- “Are you overwhelmed trying to manage your small business? Simplify your life and grow your income with ChatGPT! Comment below if you’re ready to learn how.”





Prompt 2: Plan a Week of Social Media Content

Description:

Feeling stuck on what to post next? Let ChatGPT create a full week of content ideas so you can show up consistently without the stress.

Instructions:

1. Type:

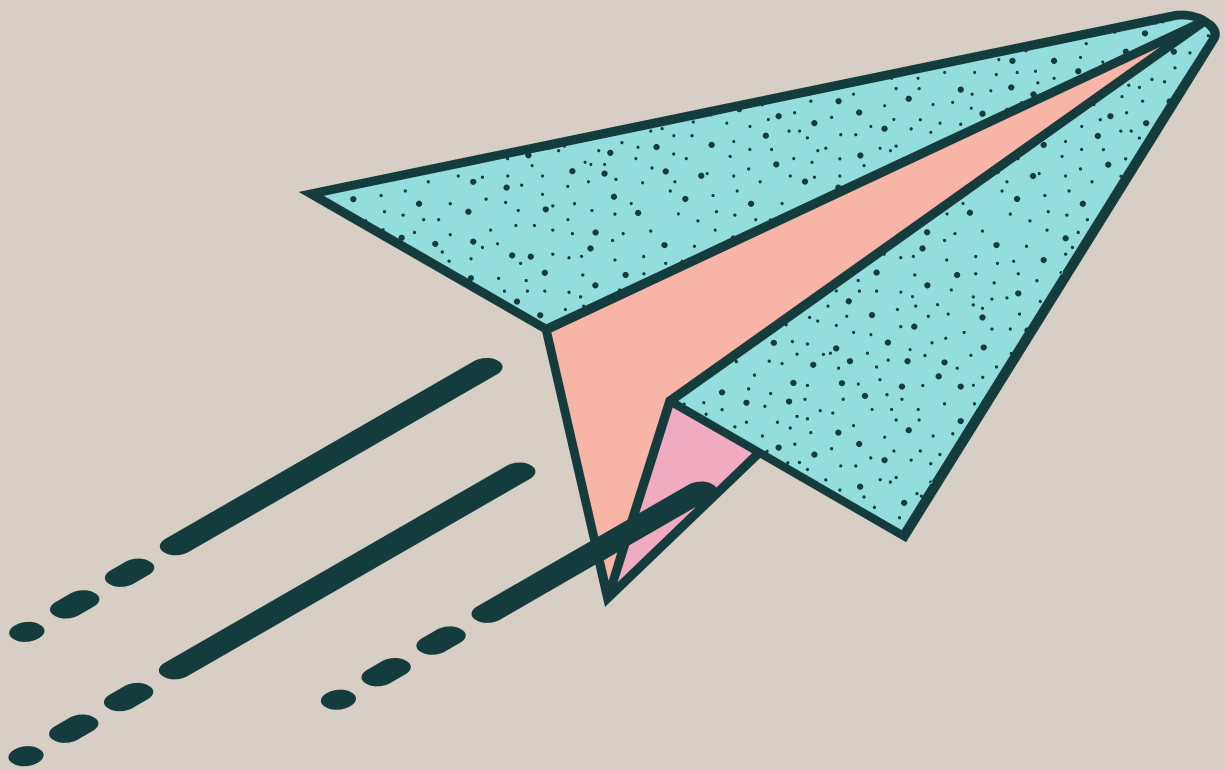
- "Create a 7-day social media plan for a [business type] focused on [goal, e.g., increasing engagement]. Include post topics and formats."

2. Use ChatGPT's suggestions to draft your posts.

Example Output:

- Monday: Post a tip about [business goal].
- Tuesday: Share a customer success story.
- Wednesday: Share a personal behind-the-scenes photo...





Prompt 3: Automate Follow-Up Emails

Description:

Don't let potential clients slip through the cracks! Use ChatGPT to draft personalized follow-up emails that feel professional and thoughtful.

Instructions:

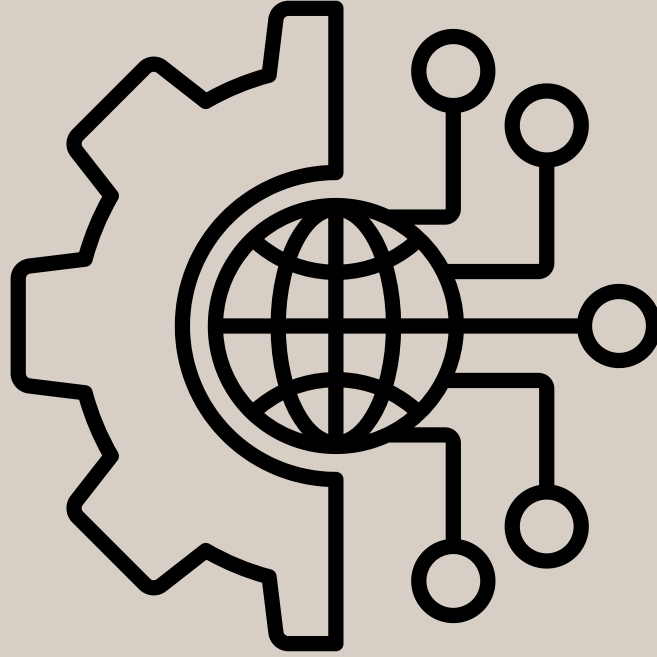
1. Type:
 - "Write a follow-up email for a [business type] thanking a client for their inquiry about [product/service]. Keep it friendly and professional."
2. Copy, paste, and customize the email for your client.

Example Output:

- Subject: Thank You for Reaching Out!
Body: Hi [Client Name],

Thank you for your interest in [service/product]. I'd love to help you [specific goal]. Let's schedule a time to chat further—just reply to this email to set it up!





Prompt 4: Brainstorm Blog Post Ideas

Description:

Struggling with content ideas? ChatGPT can help you brainstorm blog topics that are perfectly tailored to your audience.

Instructions:

1. Type:

- "Generate 5 blog post ideas for a [business type] targeting [audience]. Make them actionable and engaging."
- 2. Choose your favorite idea and start writing!

Example Output:

- "5 AI Tools Every Entrepreneur Should Know"
- "How to Save 10+ Hours a Week With ChatGPT"
- "Simple Strategies for Building Passive Income Streams."





Prompt 5: Brainstorm Passive Income Ideas

Description:

Want to create new revenue streams but don't know where to start? ChatGPT can generate ideas tailored to your business niche.

Instructions:

1. Type:

- "What are 5 passive income ideas for a [business type] targeting [audience]?"
- 2. Review the ideas and pick one to explore further.

Example Output:

- "Create an eBook, sell templates, offer online courses, start a subscription service, or host paid webinars."

YOU'RE ONE STEP CLOSER TO SIMPLIFYING YOUR BUSINESS!

Congratulations on taking the first step toward using ChatGPT to streamline your workflow and grow your business! With these 5 simple prompts, you now have the tools to:

- Create content faster.
- Stay consistent with your marketing.
- Free up time for the things you love.

But this is just the beginning!

If you're ready to dive deeper and master AI tools for your business, join my upcoming virtual workshop where I'll show you how to turn these tools into powerful strategies for passive income and long-term growth.

CTA:

Click below to sign up for the workshop and take the next step in building the business (and life) you've always wanted!

