

A woman with dark hair and glasses is looking down at a laptop. In the background, a baby is visible, wearing a white shirt and a pacifier. The woman is wearing a white top with a pattern. The baby is wearing a blue and white striped shirt. The woman's hand is visible on the laptop keyboard.

*25*

**FREE CHAT GPT  
PROMPTS FOR  
MOMS**

# Honest Chatgpt Prompts Guide For Moms

**Vicki Broadbent**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

## **Honest Chatgpt Prompts Guide For Moms:**

**Single Mom's Guide to ChatGPT and Simplifying Daily Life** Gloria Diver,Ryan Barber,2024-06-24 Single Mom s Essential ChatGPT Guide for Simplifying Daily Life Discover how AI can transform your daily routine with Single Mom s Essential ChatGPT Guide for Simplifying Daily Life Coauthored by Gloria Diver and Ryan Barber this practical guide is designed to help single moms easily navigate the complexities of everyday tasks What s Inside Getting Started with ChatGPT Learn how to set up and customize ChatGPT to fit your unique needs Parenting Support Find parenting tips create fun activities for kids and manage school schedules effortlessly Household Management Generate meal plans create grocery lists and get cooking tips to keep your household running smoothly Self Care and Wellness ChatGPT can help you discover self care tips set daily reminders and maintain healthy habits Career Development Get career advice build resumes and cover letters and find job opportunities tailored to your skills Personal Growth Set goals track progress and stay motivated with positive affirmations and success stories Tips and Tricks Maximize ChatGPT s efficiency with keyboard shortcuts custom commands and template responses Join us on this journey to make your life simpler more manageable and fulfilling with the power of AI Embrace ChatGPT s possibilities and let it be your personal assistant in tackling daily challenges Grab your copy today and start transforming your life with ChatGPT

**This Isn't What Helped** Yasmin Mellor,2025-08-04 There are moments in motherhood when the noise of advice drowns out what you actually need This Isn t What Helped strips away the sugarcoating and dives into the reality of being an overwhelmed mom searching for more than quick fixes and rehearsed platitudes It speaks to the raw spaces between exhaustion and love where survival feels like the only goal and enjoy every moment sounds like an impossible demand This book offers an honest perspective on what support really looks like when you re balancing endless responsibilities little sleep and the constant weight of being everything to everyone It doesn t pretend the struggle isn t real or that it can be solved with simple hacks Instead it focuses on practical ways to create space find relief and build a foundation of strength that doesn t depend on perfection Readers will learn how to Recognize and address the signs of burnout before they spiral into deeper exhaustion Build small sustainable habits that support mental and emotional balance in daily life Ask for and accept help in ways that create genuine support not just added guilt Let go of unrealistic expectations while maintaining a sense of purpose and connection Reclaim pieces of identity outside of motherhood without feeling like you re stepping away from your family Each chapter blends practical strategies with unfiltered honesty offering tools that fit into the unpredictable rhythms of raising children The focus is on creating manageable shifts that make life feel lighter not adding more pressure to do everything right It acknowledges the complex emotions that come with parenting and provides guidance that meets you where you are not where others think you should be This Isn t What Helped also explores the deeper emotional layers of motherhood the quiet moments of doubt the longing for understanding and the tension between caring for your children and caring for yourself It offers ways to process those

feelings without shame and create room for joy and connection even in the middle of hard days Inside these pages you ll discover how to navigate the chaos with compassion for yourself learning that being a good mom isn t about doing it all but about finding balance in what matters most The book emphasizes real solutions that acknowledge real life helping you build a support system that actually works and a mindset that sustains you through every stage For moms who are tired of being told to hang in there and ready for guidance rooted in truth and practicality This Isn t What Helped offers a voice that

understands the weight you carry and a path to feeling supported steady and seen **Mom, Tell Me Your Unfiltered Life Story** Agnes Spellman Books,2025-06-10 Mom Tell Me Your Unfiltered Life Story A Funny and Honest Guided Journal for Mom Real Life Prompts Questionable Advice and Keepsake Memories Mom Tell Me Your Unfiltered Life Story A Funny and Honest Guided Journal for Mom Real Life Prompts Questionable Advice and Keepsake Memories Not your average guided journal for Mom and that s exactly the point This isn t the overly sweet prepackaged version of her life story It s the real funny questionably filtered version and it s going to be a keepsake worth keeping Mom Tell Me Your Unfiltered Life Story is a guided journal for moms who ve seen some stuff Packed with 200 prompts designed to spark real stories honest advice and hilarious memories this book is the perfect mix of humor heart and just the right amount of chaos It s part memory book part time capsule that your family will treasure forever and possibly quote at holidays Inside This Keepsake Journal Engaging and fun prompts like Tell me about the time you almost lost me at Target or at least pretended to Rapid fire questions like What s your emotional support beverage This or That Dressed to Impress OR Pajamas are Pants A treehouse family tree you can color or not and add family members the ones that make it into the will Perfect size 6 x 9 inches easy to hold write in and gift Designed for mothers of all kinds that have a sense of humor **The Working Mom** Vicki Broadbent,2020-10-27 Chosen by the Independent as one of the 10 best business books written by women Vicki is one inspirational mumboss who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read Una Healy Ideal for going back to work without losing your mind a no nonsense guide to navigating the transition Marie Claire If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki Read learn and follow A brilliant book from an inspirational mother Natasha Courtenay Smith author of The Million Dollar Blog In The Working Mom Vicki Psarias founder of HonestMum com shares her manifesto for surviving and thriving at work and at home Vicki writes about everything from juggling work and family to regaining your confidence after having a baby and battling imposter syndrome An award winning blogger and vlogger in this book Vicki shares how to turn your passions into a business that suits the modern mum s lifestyle The Working Mom is full of practical advice tips and tricks to help fellow mumbosses build their own business or return to work while creating a personal brand and learning how to market yourself Vicki s funny fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business her blog Honest Mum is one of the UK s most popular parenting and lifestyle sites and the blog combined with Vicki s social channels

has an average monthly reach of 1 million A Lean In for the blogging and vlogging generation The Working Mom is an essential book for all parents whether they are returning to work or looking to start a new career as well as anyone looking to build their brand or business online A must read for the modern Mum particularly one who has aspirations to build her own business I wish I had been able to read it three years ago Katie Massie Taylor Co Founder Mush **The Honest Mom** MILA. KING,2025-01-29 Motherhood is a journey like no other It s filled with breath taking joy unexpected challenges and countless moments of transformation However as any new mom will tell you it can also be challenging With sleepless nights overwhelming emotions and shifting dynamics no one can prepare you for what s ahead The Honest Mom Navigating the First Year with Grace and Grit is a heartfelt guide that speaks directly to the joys and struggles of new motherhood Drawing from her experience as a mother of two Mila King offers a compassionate faith filled resource to help moms navigate this beautiful season with strength and grace This book is for Moms recovering from childbirth whether through natural delivery or C section Parents navigating NICU challenges surrogacy or adoption journeys Single moms and those separated from their support systems Any new mom searching for guidance encouragement and hope What You ll Find Inside Relatable stories about the ups and downs encountered in early motherhood Practical advice for overcoming challenges from sleep deprivation to self doubt Reflections on faith and how it can anchor you through even the most challenging days Simple heartfelt prayers at the end of every chapter to inspire strength and peace Each chapter feels like a conversation with a trusted friend one who understands your fears celebrates your victories and reminds you that you are never alone on this journey Why This Book Matters This book offers a safe space for honesty vulnerability and grace in a world that often demands perfection It reminds readers that motherhood is not about doing it all but embracing individual journeys beauty If you re a new mom looking for faith encouragement and practical wisdom this book is the companion you need **Surviving Motherhood Together** Olivia Young,Heather Hearn,2022-09 Surviving Motherhood Together Honest Moms Real Stories Heather Hearn Olivia YoungThis book is a collection of several mothers experiences thoughts ideas true stories and top tips relating to their first few years of raising their children As my own daughter is currently struggling through various aspects of raising her own two little boys we saw that there was a need for a book for new moms but one that didn t tell them what to do or how to do it rather one that shared other s mom s trials and tribulations as well as their successes and victories In this way a new mother a mother to be or even a woman who has already had a baby can see that they are not alone in their struggles Other moms had been through the same exhaustion confusion frustrations and trials but have found a way to get through and come out of the experience guilt free and triumphant The sole purpose of the book is to share experiences and ideas and to support other moms by showing them that they are not alone It has been said that it takes a village to raise a child well this is the contribution of our village to other moms as they go about raising their children Our book includes the following topics Do birth plans go according to plan Premature and Lockdown babies Your long awaited angel is less than angelic When sticking

to your mothering plan is somewhat sticky Is breast really best Deciding if baby needs a doctor and those dreaded vaccinations Is baby's teething trouble reducing your tears Will baby sharing your bed sacrifice your marriage Is your OCD ocd ing your Child The forever food fight The shock of the terrible twos and tantrum threes Pushing your patience Ditching the dummy binning the bottle and dealing with other substitute crutches Is toilet training driving you potty Working moms and the need for nursery school normality The pure joy and positives of parenting Wrapping it all up Each chapter includes honest and real stories our mom's Top Tips a motivational quote and a brief conclusion

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