



Success is the
sum of small
efforts repeated
DAILY

www.timebandit.io

Time Bandit - GenAI Prompt Library

Think of these as conversation starters with your AI coach. The more personal you make them, the better the results. Be specific about your goals, routines, and challenges—AI can only coach what it understands. Try rephrasing a prompt in your own words, or ask follow-up questions until the advice feels natural and doable. Save the best answers somewhere visible, and revisit them often. The real progress happens when you keep the conversation going.

Previously exclusive to HabitBee, not for any GPT

1. Habit Building

(Start small. Stack smart. Stay consistent.)

Prompt 1: Help me design a new daily habit that supports my goal of [insert goal].

I want it to take less than 10 minutes a day and feel natural to start.

Prompt 2: I tend to lose motivation after a week. Create a plan to help me stay consistent for 21 days with small wins and visible progress.

Prompt 3: I want to connect this habit to my core value of [insert value]. Give me ideas for how to make it feel meaningful rather than mechanical.

Prompt 4: Turn my goal of [insert goal] into a 3-step daily routine I can easily remember. Use short, clear language.

Prompt 5: Act like a coach. Ask me five questions to uncover why this habit matters and how I can make it part of my day naturally.

2. Habit Breaking

(Disarm the trigger. Replace the cue. Win the moment.)

Prompt 1: I want to stop [insert habit]. Help me identify the triggers and design better replacement behaviors that give me the same reward.

Prompt 2: Ask me five reflective questions to help me see what this habit gives me emotionally — and how I could meet that need in a better way.

Prompt 3: Write a 7-day plan to reduce my [insert habit, like phone scrolling] by 50%, with practical daily steps.

Prompt 4: Help me create a simple “pause routine” I can use when I’m about to repeat a habit I want to break.

Prompt 5: Turn this statement — “I always do [habit] when I feel [emotion]” — into an awareness exercise that helps me rewrite the script.



3. Priority Management

(Decide what's urgent, important, or nonsense.)

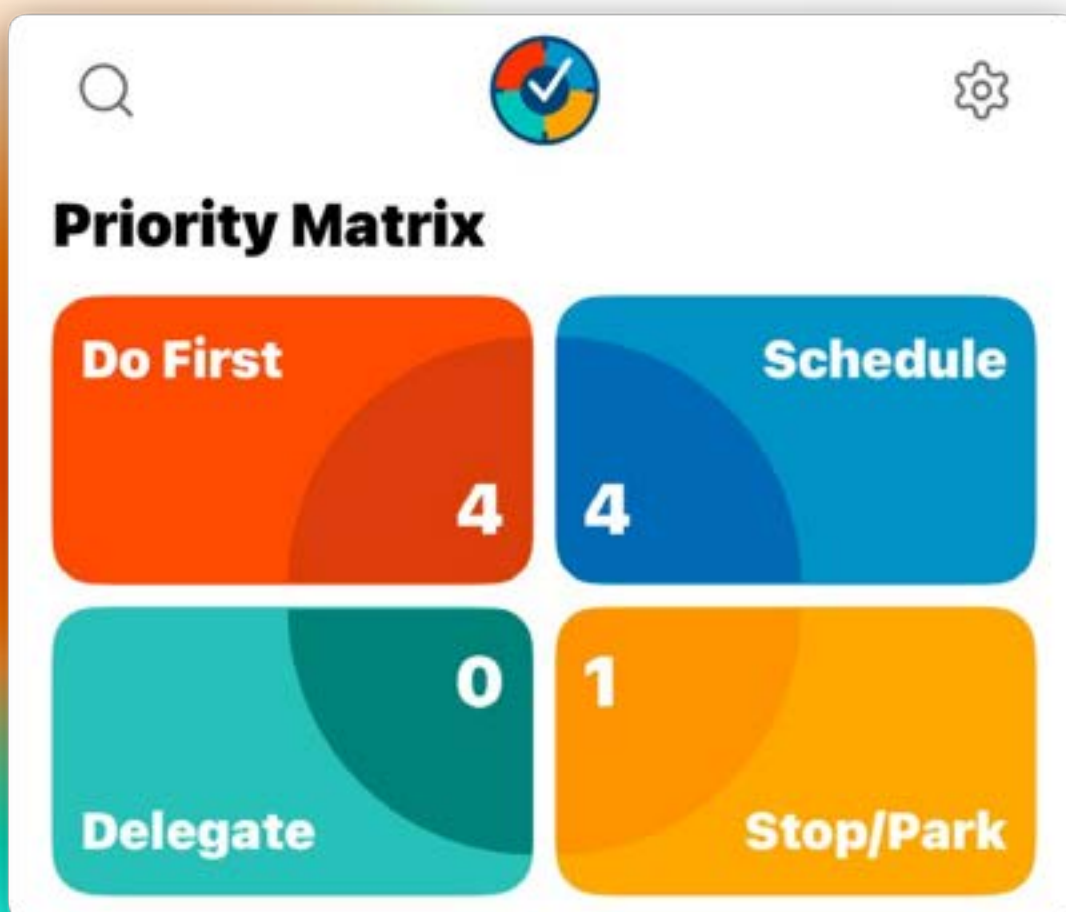
Prompt 1: Help me list my top 10 current tasks and categorize them using the Eisenhower Matrix (urgent/important, important/not urgent, etc.)

Prompt 2: I'm overwhelmed by too many tasks. Help me identify which ones truly matter to my goals this week — and which can wait.

Prompt 3: Based on my list of tasks, guide me through deleting, delegating, or scheduling each item. Keep it short and direct.

Prompt 4: Help me rewrite my to-do list for tomorrow so it fits into only 3 priorities that will make the day feel like a win.

Prompt 5: Act like a coach. Ask me 3 questions that help me see which tasks I'm doing just to feel busy versus the ones that move me forward.



4. Designing Your Hierarchy of Values

(Because without a “why,” you’re just doing stuff.)

Prompt 1: Ask me five questions to uncover what truly matters to me right now — not what I think *should* matter.

Prompt 2: Help me list my top five values and write one sentence explaining *why* each is important.

Prompt 3: Turn each of my values into an action statement — describe what it looks like when I’m living that value.

Prompt 4: I feel out of balance. Help me spot which of my values I’ve been neglecting and suggest one small habit to realign.

Prompt 5: Combine my top values, whys, and actions into a clear Hierarchy of Values statement that I can use as my north star.



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